



TO: CROSS COUNTRY COACH

**FROM: JERRY SCHNIEPP, COMMISSIONER
JOHN LABETA, ASSISTANT COMMISSIONER**

DATE: JUNE 8, 2017

RE: 2017 BOYS AND GIRLS CROSS COUNTRY PRESEASON BULLETIN

1. PRESEASON ADVISORY MEETING

August 14, 2017 - 6:30 p.m., CIFSDS Office 3636 Camino Del Rio North, Suite 200

2. POST-SEASON ADVISORY MEETING

November 28, 2017 - 4:00 p.m., CIFSDS Office 3636 Camino Del Rio North, Suite 200

3. 2017 RULES BOOK

A copy of the **2017** National Federation Track and Field/Cross Country Rule Book is being mailed to schools for the head varsity coach. It is the official rules book for the CIF and will govern all interscholastic Cross Country competition in the San Diego Section unless otherwise provided in the Green Book or bulletins. Please note carefully the rules book changes from those by which the CIF operated during the **2016** season.

4. GREEN BOOK

Coaches are advised to review general eligibility rules as well as special Cross Country rules in the **2017-18** Green Book. Copies of the Green Book are made available to school administrators in August. For more information contact your school administration or log onto the CIFSDS website @ www.cifsds.org, click on Green Book.

5. RECOMMENDED GUIDELINES FOR GAME MANAGEMENT

The form titled Recommended Guidelines for Game Management is available online at www.cifsds.org, click on Forms, Miscellaneous.

6. ORGANIZED TEAM PRACTICE

First day of practice for Boys' and Girls' Cross Country **August 7, 2017**

7. MAXIMUM/MINIMUM CONTESTS

The combined total of the Dual/Tri-contests and invitationals shall not exceed 13. This includes "Time Trials," but does not include post-season CIFSDS competition. Participation in any invitational by an individual counts as one of the 13 permitted. **TO BE ELIGIBLE TO COMPETE IN CIFSDS CROSS COUNTRY FINALS, AN ATHLETE MUST COMPETE IN AT LEAST FIVE (5) OF THE TEAMS REGULARLY SCHEDULED MEETS.)**

***If your athlete has not competed in at least 5 meets the attached waiver form must be submitted and approved for CIF Championships. Form information below:**

- The **CIFSDS Permission to Compete in Team and Individual Championships** form must be submitted and approved via CIF Home by **November 11, 2017** to be eligible. The form may also be found on the CIFSDS website under Cross County and Misc. Forms.

8. COMPETITION DATES

August 14 - First possible interscholastic contest.

November 10 - Last possible pre-playoff competition.

9. "ETHICS IN SPORTS" POLICY

Coaches are reminded of the "ETHICS IN SPORTS" Policy:

EJECTION POLICY:

Any player whose conduct merits ejection from a game by an official for acts of *gross unsportsmanlike conduct* shall be disqualified from participating in the remainder of the game and will be subject to the following penalties:

In all sports with the exception of football, the penalty will be ejection from that contest and a 6 or 3 game/match suspension; in the sport of football, the penalty will be ejection from that contest and a 3 game suspension.

Any athlete ejected for act of this nature is required to meet with the CIFSDS Commissioner or Assistant Commissioner at an agreed upon time prior to returning to play.

Ejections for reasons other than "gross unsportsmanlike conduct" will result in a penalty of ejection from that contest and a one (1) game/match suspension. A one game suspension may not be appealed.

After the suspension from play, the student may only return after certification by the school principal or his/her designee that the student(s) has completed a conference with a school administrator. The appropriate form indicating the completion of the conference must be filed with the San Diego Section office prior to "rejoining the team" ("rejoining the team" is in reference to competition, not practice).

A second ejection from a game or contest will cause the student to be suspended for the remainder of the season. Participation of a player who was ejected from a previous contest, who knowingly or unknowingly participates in the next contest, will result in the forfeiture of that contest.

Players are permitted to practice with the team and attend contests, but not in game uniform, during the period of suspension.

A copy of the revised policy must be signed by each coach, athlete and parent/guardian before attending or participating in a contest. The signed copies are to be filed at each school site, and each Principal is to forward a compliance form to the CIFSDS Office.

NOTE: Compliance form due dates are as follows:

Fall Sports = August 28, 2017; Winter Sports = November 27, 2017; Spring Sports = February 26, 2018.

10. REMINDER - COACHING COMPENSATION (CIF STATE BYLAW503)

A coach shall not be reimbursed for coaching services from any source other than the school funds without the approval of the school's governing board, nor be subject to any bonus arrangement dependent upon the success of the school's team.

11. COACHING CERTIFICATION

Reminder that all coaches (paid or unpaid) must be certified in coaching education. Coaches may become certified online for a fee of \$52.00 or in a classroom setting by one of California's instructors. For information, go to State CIF website www.cifstate.org and click on one of the following links:

- About CIF Coaching Education Program
- CIF/NFHS Online Coaching Education Course (\$52.00 percoach)

12. SANCTIONED TOURNAMENT/INVITATIONALEVENTS

CIFSDS SANCTIONING - CIFSDS will sanction tournaments/invitationals when invited schools are from California, Arizona, Nevada, Oregon, Alaska, and Hawaii and/or from non-border states when invited schools are less than eight (8) or invited states are less than five (5). New CIFSDS sanction application is on website www.cifsd.org - Tournaments.

CIFSDS sanction is necessary for all tournaments at all levels (Varsity, JV, Frosh, Club). Tournament/Invitational Directors must provide the assignment secretary with a sanction number (issued by CIFSDS office) **before** officials may be assigned. Please check the CIFSDS website for approved sanction numbers @ www.cifsd.org click on Tournaments.

Reminder - sanctioning deadline for CIFSDS applications for FALL tournaments/invitational is December 1 (\$25 sanction fee). After deadline \$100 late fee will be assessed for a total of \$125.

NFHS SANCTIONING - Sanction requests involving five (5) or more non-border states or eight (8) or more schools from non-border states and/or schools from foreign countries (including Canada and Mexico) must be sanctioned online through NFHS. For sanctioning procedures go to www.nfhs.org. NFHS will notify the CIFSDS office when sanctioning process is completed for CIFSDS schools and will post approved events on their website.

Feel free to call the CIFSDS office 858-292-8165 or email carltoncifsd@gmail.com

13. CIFSDS CHAMPIONSHIP FORMAT

- The host will be South Bay Conference
- Meet directors –Tim Latham, Sweetwater High School
- All schools will be eligible to compete.
- The San Diego Section meet will be conducted in five divisions each for boys and girls (Divisions I, II, III, IV, and V).
- School enrollments will be based upon **October 2016** CBED data for grades9-12.
- Seven students may be entered as a cross country team for the finals and only five shall be counted (except in the case of a tie breaker).
- The order of races will be the same as that of the State CIF Championship meet.
- Online entries are mandatory for the 2016 meet. The deadline will be set at the advisory meeting on August 15, 2016.
- Chip timing will be used in the championships.

14. PLAYOFF DATES

Section Finals/State Qualifying: Saturday, November 18, 2017, at Morley Field, Balboa Park.
State Meet: Saturday, November 25, 2017 at Woodward Park, Fresno.

15. HIGH SCHOOL SPORTS SPONSORSHIP PROGRAM

The CIF-San Diego Section is beginning its **22 nd year** of a High School Sports Sponsorship Program to help offset the ever-increasing costs of conducting section championships in all sports. The purpose of the program is to seek and solicit support (financial, products, or services) from individuals, organizations, and/or businesses desiring to sponsor CIFSDS activities; whereby the CIFSDS provides specific sponsorship acknowledgment. The goal of the High School Sports Sponsorship Program is to have each of the 22 section-approved sports sponsored by a wide range of the San Diego community. For an application or more information on the sports sponsorship program, please contact the CIF-San Diego Section office or visit our web site at **www.cifsd.org**.

Email Distribution:

Boys' and Girls' Cross Country Coaches
Athletic Directors
Conference Presidents/Schedulers
Media
Gary MacDonald - SDCTSA
Roger Blake, Ron Nocetti - State CIF Office

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