

Again this year, special emphasis is to be placed upon our Code of Ethics. It is requested that school administration, coaches and athletes make a special effort to review our Code this year in an effort to re-dedicate ourselves to our founding principles.

* * * * *

CODE OF ETHICS

IT IS THE DUTY OF ALL CONCERNED WITH
HIGH SCHOOL ATHLETICS:

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative and good judgment by the players on a team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players.
10. To remember that an athletic contest is only a game - not a matter of life and death for player, coach, school, officials, fan, community, state or nation.

GOOD SPORTSMANSHIP, ETHICS AND INTEGRITY!!!
"YOU MAKE THE DIFFERENCE !!!"



10932 Pine Street
Los Alamitos, CA 90720
(562) 493-9500 * Fax (562) 493-6266

DATE: JANUARY, 2008
TO: CIF-SS BOYS AND GIRLS TRACK AND FIELD COACHES
FROM: PAUL CASTILLO, ASSISTANT COMMISSIONER
SUBJECT: 2008 TRACK AND FIELD SEASON

*** WELCOME TO THE 2008 TRACK AND FIELD SEASON ***

The Track and Field Preview Packet has been prepared to assist you in the organization of your school program. The information is important in preparation for the upcoming season. Please share this information with your assistant coaches.

The following items are included in the packet:

1. Calendar Dates
2. Championship dates for 2008 Season
3. Playoff Groupings
4. Blue Book Rules --
 - A. Accountability Rule
 - B. Player Conduct Rule
 - C. Spring Practice Rule
 - D. Association Rule
 - E. Supervision of Athletes
 - F. Track Competition Outside the Season of Sport
 - G. Other Points of Interest
5. Discus Cage Specifications
6. CIF Rules for Pole Vault
7. Pole Vault Weight Verification Form
8. Rule Revisions for 2008
9. Pre-season Team Meeting
10. Head Coach Responsibilities
11. Coaches Liability - Defensive Game Plan
12. Sportsmanship
13. Sanctioned Event List

2008 TRACK AND FIELD ADVISORY & MANAGEMENT COMMITTEES

Christine Barboza, Paramount HS
Rich Benoy (Mgt.)
Al Britt, Esperanza HS
Rob Dearborn, Moorpark HS (Mgt.)
Brian Fitzgerald, Rio Mesa HS
Marge Fulton (Mgt.)
Hal Harkness
Steve Hill, Warren HS (Mgt.)
Sheryl Hite, Eisenhower HS

Mike Knowles, Muir HS
Jonas Koolsbergen, Harvard-Westlake HS
Van Latham, Carpinteria HS (Mgt.)
Bob McGuire
Joe McNab, Notre Dame/SO HS
Jack Recla, Trabuco Hills HS (Mgt.)
Kevin Smith, Oak Park HS
Brian Springer (Mgt.)

CIF SOUTHERN SECTION TRACK AND FIELD CALENDAR DATES

The following is a capsule of the CIF Southern Section calendar for the upcoming season:

OPENING OF PRACTICE

Organized track and field practice, which may be conducted before and/or after school hours may begin on MONDAY, FEBRUARY 11, 2008.

NOTE: Organized team practice shall be interpreted as meaning the association of a coach with potential team members for the purpose of learning or practicing skills of track and field.

NOTE: Refer to Rule 314 (Page 101 of Blue Book) for conditioning workouts prior to the opening of organized practice on FEBRUARY 11, 2008.

STARTING DATE FOR INTERSCHOLASTIC CONTEST

No interscholastic meets (practice, invitational or league) may be scheduled prior to MONDAY, FEBRUARY 25, 2008.

LAST LEAGUE AND/OR NON-LEAGUE CONTEST

All league competition for both boys and girls teams must end on or before Friday, May 2, 2008. Schools may compete until May 3, 2008, for non-league contests.

IMPORTANT! IMPORTANT! IMPORTANT!

*****PLEASE NOTE: ENTRIES INTO THE CIF-SS PRELIMS FROM LEAGUE MEET MANAGERS WILL BE DUE IN THE CIF SOUTHERN SECTION OFFICE BY 9:00 A.M. ON SATURDAY, MAY 3, 2008. LEAGUES MUST SCHEDULE THEIR LEAGUE FINALS PRIOR TO SATURDAY!!! *****

TRACK AND FIELD CHAMPIONSHIP DATES FOR 2008

This may be used for preliminary planning, as more comprehensive information will follow in a later bulletin.

BOYS AND GIRLS VARSITY

All Prelims are on Saturday, May 10, 2008 - Field Events: 11:00 a.m.; Running Events 12 Noon

DIVISION I PRELIMS

Trabuco Hills HS – Jack Recla, Meet Mgr. – (949) 768-1934

DIVISION II PRELIMS

Moorpark HS -- Rob Dearborn, Meet Mgr. – (805) 517-2160
rdearborn@mrpk.k12.ca.us

DIVISION III PRELIMS

Warren HS -- Hal Harkness, Meet Mgr. – (714) 529-6938

DIVISION IV PRELIMS

Carpinteria HS -- Van Latham, Meet Mgr. – (805) 684-4107
vlatham@cusd.net

DIVISIONAL FINALS

Mt. San Antonio College – Bob McGuire, Meet Mgr. -- Saturday, May 17, 2008
Stadium Opens - 9:15 am
Field Event Warm-Up Only - 9:30 am
Start Pole Vault Competition 10:30 am
Start All Field Event Competition - 11:00 am
Start Running Events - 1:00 pm

MASTERS MEET - STATE QUALIFYING

Cerritos College -- Bob McGuire, Meet Mgr. -- Friday, May 23, 2008
Stadium Opens - 4:15 pm
Field Events Warm-Up Only - 4:30 pm
Start Discus/Shot Put Competition - 4:30 pm
Start Field Event Competition - 5:30 pm
Start Running Events - 6:00 pm

STATE TRACK MEET

Cerritos College -- Friday and Saturday, May 30 and 31, 2007
Norwalk

CIF SOUTHERN SECTION 2008 TRACK AND FIELD PLAYOFF DIVISIONS

As a result of the CIF Southern Section Council decision (*March 23, 2000), for the 2007-2008 Track and Field season, league qualifiers for the CIF Southern Section Prelims will advance to their division based on the 2006-2007 CBED enrollment figures for their individual schools.

In order to address some concerns expressed by the Track and Field Advisory Committee and in an effort to avoid introducing, at this time, more drastic changes (i.e., additional minimum standards, capping entries, etc.) you will note that there have been some slight adjustments in the divisional makeup.

Leagues using Hy-Tek for their prelim/final meets must only use the school abbreviations listed on the divisional breakdown sheets. No other abbreviations can be used.

The following pages list the divisional breakdown of schools.

**CIF Southern Section
2008 Boys and Girls Track and Field
DIVISION I (2630 and Above)
As of January 10, 2008**

ALPHA

Alhambra	3310	Miller, A.B.	3379
Aliso Niguel	3226	Millikan	4199
Alta Loma	2854	Mission Viejo	2927
Anaheim	2897	Montclair	3163
Arcadia	3684	Montebello	3466
Arroyo Valley	3011	Murrieta Valley	3152
Bell Gardens	3339	Ontario	2711
Bloomington	3092	Oxnard	3028
Buena	2733	Pacifica/O	3235
Burbank	2671	Palmdale	3340
Burroughs/B.	2728	Paloma Valley	3434
Cabrillo/L.B.	3882	Paramount	4174
Cajon	2774	Perris	3057
California	2968	Poly/Long Beach	4704
Canyon/CC	2683	Poly/Riverside	2806
Canyon Springs	2790	Quartz Hill	3590
Capistrano Valley	2860	Rancho Cucamonga	2794
Carter	2744	Rancho Verde	3460
Cathedral City	2837	Redlands	3511
Chaffey	3403	Redlands East Valley	3657
Chaparral	2867	Rialto	3413
Chino	3036	Royal	2859
Chino Hills	2853	San Clemente	3192
Colton	3287	San Geronio	3177
Corona	3100	Santa Ana	3859
Crescenta Valley	3003	Santa Ana Valley	3066
Dana Hills	3088	Santa Fe	2791
Diamond Bar	3257	Santa Monica	3200
Dominguez	2687	Santiago/C	4058
Downey	3814	Saugus	2638
El Rancho	3399	Schurr	3280
El Toro	2714	Serrano	2729
Esperanza	3208	Silverado	3692
Etiwanda	3446	Sultana	2815
Fontana	4091	Tesoro	3016
Fountain Valley	3083	Trabuco Hills	3104
Glendale	3169	Upland	3695
Glendora	2721	Valley View	2660
Great Oak	2888	Ventura	2689
Hawthorne	2738	Vista Murrieta	3450
Hesperia	3286	Walnut	2897
Highland	3459	Warren	3548
Jordan	4128	West Covina	2878
Jurupa Valley	2819	West Ranch	2656
Kaiser	2654	West Valley	3348
King, M.L.	3028	Westminster	2689
Knight	3286	Wilson/LB	4453
La Quinta/LQ	2833	Yucaipa	3058
La Sierra	3192		
Lakewood	4280		
Lancaster	3423		
Leuzinger	3077		
Los Alamitos	3090		
Los Osos	3139		
Lynwood	3120		
Marina	2849		

**CIF Southern Section
2008 Boys and Girls Track and Field
DIVISION II (2130 - 2629)
As of January 10, 2008**

Adolfo Camarillo	2406	Nogales	2459
Agoura	2265	Norco	2448
Antelope Valley	2217	Norte Vista	2368
Arlington	2184	North, J.W.	2599
Arroyo	2329	North Torrance	2254
Arroyo Grande	2277	Northwood	2221
Ayala	2466	Norwalk	2415
Baldwin Park	2379	Orange	2410
Beverly Hills	2365	Pacific	2318
Canyon/A	2270	Palm Desert	2162
Centennial/Corona	2578	Palm Springs	2189
Century	2590	Pasadena	2547
Cerritos	2180	Paso Robles	2183
Channel Islands	2562	Patriot	2372
Charter Oak	2136	Peninsula	2463
Claremont	2255	Pioneer Valley	2525
Coachella Valley	2575	Ramona	2147
Colony	2265	Redondo Union	2467
Compton	2549	Righetti	2486
Culver City	2195	Rio Mesa	2278
Cypress	2293	Roosevelt	2341
Damien (B)	2142	Rowland	2481
Don Lugo	2295	Saddleback	2475
Dos Pueblos	2267	San Bernardino	2623
Edison	2549	San Gabriel	2557
Eisenhower	2279	San Jacinto	2265
El Dorado	2376	San Marcos	2234
El Modena	2244	Santa Barbara	2418
Elsinore	2227	Santa Maria	2251
Fullerton	2257	Savanna	2208
Garden Grove	2262	Seegerstrom	2234
Garey	2247	Simi Valley	2541
Granite Hills	2266	South Torrance	2198
Hart	2476	Sunny Hills	2578
Hemet	2603	Temecula Valley	2604
Hoover	2401	Thousand Oaks	2585
Hueneme	2261	Torrance	2257
Huntington Beach	2602	Troy	2443
Indio	2552	University	2262
Katella	2420	Valencia/P	2596
Kennedy	2413	Valencia/V	2624
La Habra	2322	Victor Valley	2576
La Mirada	2335	Villa Park	2364
La Serna	2410	Vista del Lago	2574
Lakeside	2285	West Torrance	2171
Loara	2577	Westlake	2411
Los Amigos	2222	Whittier	2547
Loyola (B)	2438	Woodbridge	2220
Mark Keppel	2439		
Mater Dei	2309		
Mayfair	2415		
Mira Costa	2284		
Moorpark	2452		
Moreno Valley	2228		
Newbury Park	2309		
Newport Harbor	2438		

**CIF Southern Section
2008 Boys and Girls Track and Field
DIVISION III (1120 - 2129)
As of January 10, 2008**

Alemany	1429	Lutheran/Orange	1295
Apple Valley	2013	Magnolia	1868
Artesia	1859	Monrovia	1864
Atascadero	1649	Morningside	1365
Azusa	1580	Mountain View	1878
Banning	1285	Muir	1299
Barstow	1931	Nipomo	1263
Bassett	1422	Nordhoff	1125
Beaumont	1937	Northview	1533
Beckman	1962	Notre Dame/SO	1169
Bellflower	2025	Oak Park	1327
Bishop Amat	1503	Ocean View	1538
Bishop Montgomery	1211	Pacifica/GG	1984
Bolsa Grande	1598	Palos Verdes	1750
Bonita	1861	Pioneer	1755
Brea Olinda	2070	Pomona	1726
Buena Park	2044	Rancho Alamitos	1888
Burrough/R	1771	Rim of the World	1754
Cabrillo/Lompoc	1578	Rosary (G)	1330
Calabasas	2023	Rosemead	2006
Cathedral (B)	1228	Rubidoux	1324
Centennial/Compton	1416	San Dimas	1363
Chaminade	1174	San Luis Obispo	1560
Citrus Hill	1739	San Marino	1148
Corona del Mar	1451	Santa Margarita	1650
Costa Mesa	1243	Santa Paula	1616
Covina	1606	Santiago/GG	2005
Crespi (B)	1204	Servite (B)	1732
Desert Hot Springs	1861	Sierra Vista	2126
Desert Mirage	1725	Sonora	1967
Diamond Ranch	1847	South El Monte	1527
Don Bosco (B)	1832	South Hills	2089
Duarte	1215	South Pasadena	1551
Eastside	1419	St. Francis (B)	1392
El Monte	2041	St. John Bosco (B)	2092
El Segundo	1220	St. Joseph/Lakewood (G)	1720
Estancia	1247	St. Lucy's (G)	1778
Foothill	1995	Summit (9-11)	1872
Gabrielino	1819	Temescal Canyon	2121
Gahr	1935	Temple City	2086
Ganesha	1643	Tustin	1851
Gladstone	1585	Western	2121
Glenn	1999	Wilson/HH	1878
Golden Valley	1924	Yucca Valley	1690
Harvard-Westlake	1164		
Heritage	1178		
Inglewood	1893		
Irvine	1831		
La Canada	1562		
La Puente	1806		
La Quinta/W	1792		
Laguna Hills	1927		
Lawndale	1325		
Littlerock	2053		
Lompoc	1634		
Los Altos	2062		

**CIF Southern Section
2008 Boys and Girls Track and Field
DIVISION IV (1 - 1119)
As of January 10, 2008**

Academy for Academic Ex.	406	Linfield Christian	418	Sierra Canyon	85
Animo Leadership	538	Lone Pine	122	Silver Valley	546
Antelope Valley Christian	77	Los Angeles Adventist	90	South Bay	37
Aquinas	372	Los Angeles Baptist	643	South Bay Lutheran	75
Archer (G)	614	Louisville (G)	1004	St. Anthony	230
Arrowhead Christian	399	Lucerne Valley	356	St. Bernard	505
Arshag Dickranian	94	Lutheran/La Verne	178	St. Bonaventure	778
Bell-Jeff	334	Lutheran/Los Angeles	164	St. Genevieve	471
Bethel Christian/R	35	Lycee International	8	St. Joseph/Santa Maria	642
Big Bear	1007	Malibu	786	St. Margaret's	401
Bishop	741	Maranatha	636	St. Mary's Academy (G)	762
Bishop Diego	287	Marlborough (G)	736	St. Matthias (G)	676
Bishop Union	186	Marshall Fundamental	1044	St. Monica	559
Blair	1023	Mary Star of the Sea	475	St. Paul	702
Boron	175	Marymount (G)	850	Tahquitz (9-10)	933
Brentwood	472	Mayfield (G)	614	Temecula Prep	118
Brethren Christian	311	Mesa Grande Academy	139	Templeton	810
California Military	138	Milken Community	574	Thacher	246
Calvary Chapel/D	389	Mojave	689	Trinity Lutheran	19
Calvary Chapel/M.V.	195	Morro Bay	942	Trona	109
Calvary Chapel/S.A..	654	Murphy (B)	534	Twentynine Palms	939
Calvary Murrieta	570	New Roads	339	Upland Christian	221
Campbell Hall	529	Nia Educational Charter	69	Valley Christian/Cerritos	670
Cantwell-Sacred Heart	653	Noli Indian	93	Verbum Dei (B)	672
Carpinteria	845	Notre Dame Academy (G)	954	Victor Valley Christian	156
Cate	277	Notre Dame/R	608	Village Christian	624
Chadwick	343	Nuvview Bridge	304	Village Glen	88
Cornerstone Christian/C	105	Oaks Christian	672	Villanova Prep	325
Crean Lutheran South (9-10)	95	Oakwood	310	Vistamar	135
Crossroads	484	Ojai Valley	132	Vivian Webb (G)	358
CSDR	186	Ontario Christian	470	Webb (B)	368
Death Valley Academy	32	Owens Valley	22	West Valley Christian	112
Desert	409	Oxford Academy	711	Western Christian	487
Desert Christian/B.D.	109	Pacific Hills	225	Westridge (G)	554
Desert Christian/L	543	Pacifica Christian	127	Whitney	694
Dunn	179	Paraclete	794	Whittier Christian	678
Excelsior Education Center	934	Pilgrim	87	Wildwood	224
Fillmore	1089	Poly/Pasadena	369	Windward	324
Flintridge Prep	389	Price	76	Woodcrest Christian	431
Flintridge Sacred Heart (G)	812	Providence	557	Xavier College Prep (9-10)	127
Godinez (9-10)	934	Ramona Convent (G)	892		
Hamilton	373	Ribet Academy	185		
Hesperia Christian	145	Riverside Christian	331		
High Desert	131	Rosamond	939		
Hillcrest Christian/T.O.	60	Sacred Heart of Jesus (G)	744		
Holy Family (G)	564	Saddleback Valley Christian	233		
Holy Martyr's	240	Sage Hill	455		
Immaculate Heart (G)	1038	Salesian (B)	716		
Immanuel Christian	47	San Gabriel Mission (G)	500		
J Serra	915	San Jacinto Valley Acad. (9-11)	70		
Kern Valley	693	San Juan Hills	641		
Kilpatrick (B)	216	Santa Clara	329		
La Reina (G)	826	Santa Ynez	1088		
La Salle	750	Serra	551		
La Sierra Academy	292	Shandon	5		
Laguna Beach	1073	Sherman Indian	360		

**CIF Southern Section
2008 Boys and Girls Track and Field
Hy-Tek Abbreviations**

<u>School</u>	<u>(Hy-Tek Abbreviations)</u>	<u>School</u>	<u>(Hy-Tek Abbreviations)</u>
Academy of Academic Ex.		Calvary Chapel/Murrieta	
Adolfo Camarillo	(CAMA)	Calvary Christian School	
Agoura	(AGOU)	Campbell Hall	
Alemanya	(ALEM)	Cantwell-Sacred Heart	
Alhambra	(ALHA)	Canyon/Anaheim	(CAAN)
Aliso Niguel	(ALNI)	Canyon/Canyon Country	(CANY)
Alta Loma	(ALLO)	Canyon Springs	(CASP)
Anaheim	(ANAH)	Capistrano Valley	(CAPO)
Animo Leadership		Carpinteria	
Antelope Valley	(ANVA)	Carter	(CART)
Apple Valley	(APVA)	Cate	
Aquinas		Cathedral (B)	(CATH)
Arcadia	(ARCA)	Cathedral City	(CACI)
Archer School for Girls (G)		Centennial/Compton	(CENC)
Arlington	(ARLI)	Centennial/Corona	(CENN)
Arrowhead Christian		Century	(CENT)
Arroyo	(AROY)	Cerritos	(CERR)
Arroyo Grande	(ARGR)	Chadwick	
Arroyo Valley	(ARVA)	Chaffey	(CHAF)
Artesia	(ARTE)	Chaminade	
Atascadero	(ATAS)	Channel Islands	(CHIS)
Ayala	(AYAL)	Chaparral	(CHAP)
Azusa	(AXUS)	Charter Oak	(CHOA)
Baldwin Park	(BAPA)	Chino	(CHIN)
Banning	(BANG)	Chino Hills	(CHHI)
Barstow	(BARS)	Citrus Hill	(CIHI)
Bassett	(BASS)	Claremont	(CLAR)
Beaumont	(BEAU)	Coachella Valley	(COVA)
Beckman	(BEMA)	Colony	(COLO)
Bell Gardens	(BEGA)	Colton	(COLT)
Bell-Jeff		Community Harvest Center	
Bellflower	(BELF)	Compton	(COMP)
Beverly Hills	(BEHI)	Connelly (G)	
Big Bear		Cornerstone Chr/Camarillo	
Bishop Amat	(BIAM)	Corona	(CORO)
Bishop Diego		Corona del Mar	(CODM)
Bishop Montgomery	(BIMO)	Costa Mesa	(COME)
Bishop Union		Covina	(COVI)
Blair		Crescenta Valley	(CRVA)
Bloomington	(BLOM)	Crespi (B)	(CRES)
Bolsa Grande	(BOGR)	Crossroads	
Bonita	(BONI)	CSDR	
Boron		Culver City	(CUCI)
Brea Olinda	(BROL)	Cypress	(CYPR)
Brentwood		Damien (B)	(DAMI)
Brethren Christian		Dana Hills	(DAHI)
Buena	(BUEN)	Death Valley Academy	
Buena Park	(BUPA)	Desert	
Burbank	(BURB)	Desert Christian/Lancaster	
Burroughs/Burbank	(BURO)	Desert Christian/BD	
Burroughs/Ridgecrest	(BURO)	Desert Hot Springs	(DEHO)
Cabrillo/Lompoc	(CABR)	Desert Mirage	(DEMI)
Cabrillo/Long Beach	(CABL)	Diamond Bar	(DIBA)
Cajon	(CAJO)	Diamond Ranch	(DIRA)
Calabasas	(CALB)	Dominguez	(DOMI)
California	(CALF)	Don Bosco (B)	(DOBO)
Calvary Chapel/Downey		Don Lugo	(DOLU)
Calvary Chapel/Santa Ana		Dos Pueblos	(DPHS)

<u>School</u>	<u>(Hy-Tek Abbreviations)</u>	<u>School</u>	<u>(Hy-Tek Abbreviations)</u>
Downey	(DOWN)	Kennedy	(KNSS)
Duarte	(DUAR)	Kern Valley	
Dunn		Kilpatrick (B)	
Eastside	(EASI)	King, M.L.	(KGML)
Eastside Christian		Knight	(KNIG)
Edison	(EDIN)	La Canada	(LACA)
Eisenhower	(EISE)	La Habra	(LAHA)
El Dorado	(ELDR)	La Mirada	(LAMI)
El Modena	(ELMO)	La Puente	(LAPU)
El Monte	(ELMT)	La Quinta/Westminster	(LAQN)
El Rancho	(ELRA)	La Quinta/La Quinta	(LAQU)
El Segundo	(ELSE)	La Reina (G)	
El Toro	(ELTO)	La Salle	
Elsinore	(ELSI)	La Serna	(LASE)
Esperanza	(ESPE)	La Sierra Academy	
Estancia	(ESTA)	La Sierra	(LASI)
Etiwanda	(ETIW)	Laguna Beach	(LABE)
Excelsior Education Center		Laguna Hills	(LAHI)
Fairmont		Lakeside	(LAKS)
Fillmore		Lakewood	(LAKE)
Flintridge Prep		Lancaster	(LANC)
Flintridge Sacred Heart (G)		Lawndale	(LAWN)
Fontana	(FONT)	Leuzinger	(LEUZ)
Foothill	(FHIL)	Lighthouse Christian	
Fountain Valley	(FOVA)	Linfield Christian	
Frazier Mountain		Littlerock	(LITT)
Fullerton	(FULL)	Loara (LOAR)	
Gabrielino	(GABR)	Lompoc	(LOMP)
Gahr	(GAHR)	Lone Pine	
Ganesha	(GANE)	Los Alamitos	(LOSA)
Garden Grove	(GAGR)	Los Altos	(LOST)
Garey	(GARE)	Los Amigos	(LOAM)
Gladstone	(GLAD)	Los Angeles Baptist	
Glendale	(GLND)	Los Angeles Adventist	
Glendora	(GLEN)	Los Osos	(LOOS)
Glenn	(GLNN)	Louisville (G)	
Golden Valley	(GOVA)	Loyola (B)	(LOYO)
Granite Hills	(GHLS)	Lutheran/La Verne	
Great Oak	(GROA)	Lutheran/Los Angeles	
Hamilton		Lutheran/Orange	(LUOR)
Hart	(HART)	Lynwood	(LYNW)
Harvard-Westlake	(HAWE)	Magnolia	(MAGN)
Hawthorne	(HAWT)	Malibu	(MALI)
Hemet	(HEME)	Maranatha	
Hesperia	(HESP)	Marina	(MARI)
Highland	(HIGL)	Mark Keppel	(MAKE)
Hillcrest Christian/TO		Marlborough (G)	
Holy Family (G)		Marshall	
Holy Martyr's		Mary Star of the Sea	
Hoover	(HOOV)	Marymount (G)	
Hueneme	(HUEN)	Mater Dei	(MADE)
Huntington Beach	(HUBE)	Mayfair	(MAYF)
Immaculate Heart (G)		Mayfield (G)	
Immanuel Christian		Milken Community	
Indio	(INDI)	Miller, A.B.	(ABMI)
Inglewood	(INGL)	Millikan	(MILK)
Irvine	(IRVI)	Mira Costa	(MICO)
Jordan	(JORD)	Mission Viejo	(MIVI)
JSerra		Mojave	
Jurupa Valley	(JURU)	Monrovia	(MORO)
Kaiser	(KAIS)	Montclair	(MOCL)
Katella	(KATE)	Montebello	(MOBE)

School	(Hy-Tek Abbreviations)
Moorpark	(MOOR)
Moreno Valley	(MOVA)
Morningside	(MORN)
Morro Bay	
Mountain View	(MOVW)
Muir	(MUIR)
Murphy (B)	
Murrieta Valley	(MUVA)
New Roads	
Newbury Park	(NEPA)
Newport Harbor	(NEHA)
Nia Educational Charter	
Nipomo	(NIPO)
Nogales	(NGLE)
Noli Indian	
Norco	(NORC)
Nordhoff	(NORD)
Norte Vista	(NOVE)
North, J.W.	(NRTH)
North Torrance	(NOTO)
Northview	(NRVW)
Northwood	(NRWO)
Norwalk	(NORW)
Notre Dame Academy (G)	
Notre Dame/Sherman Oaks	(NODA)
Nuvview Bridge	
Oak Park	(OAPA)
Oaks Christian	
Oakwood	
Ocean View	(OCVI)
Ojai Valley	
Ontario	(ONTA)
Ontario Christian	
Orange	(ORAN)
Owens Valley	
Oxford Academy	
Oxnard	(OXNA)
Pacific	(PACI)
Pacific Hills	
Pacifica/Garden Grove	(PAFE)
Pacifica/Oxnard	(PAOX)
Palm Desert	(PADE)
Palm Springs	(PASP)
Palmdale	(PADA)
Paloma Valley	(PLMV)
Palos Verdes	(PSVE)
Paraclete	
Paramount	(PARA)
Pasadena	(PASA)
Paso Robles	(PARO)
Patriot	(PATR)
Peninsula	(PENI)
Perris	(PERR)
Pioneer	(PNER)
Pioneer Valley	(PIOV)
Poly/Long Beach	(POLB)
Poly/Pasadena	
Poly/Riverside	(PORI)
Pomona	(POMO)
Pomona Catholic (G)	
Price	
Providence	

School	(Hy-Tek Abbreviations)
Quartz Hill	(QUHI)
Ramona	(RAMO)
Ramona Convent (G)	
Rancho Alamitos	(RAAL)
Rancho Cucamonga	(RACU)
Rancho Verde	(RAVE)
Redlands	(REDL)
Redlands East Valley	(REEA)
Redondo Union	(REDO)
Rialto	(RIAL)
Ribet Academy	
Righetti	(RIGH)
Rim of the World	(RIWO)
Rio Mesa	(RIME)
Roosevelt, Eleanor	(ROEL)
Rosamond	
Rosary (G)	(RORY)
Rosemead	(ROSE)
Rowland	(ROWL)
Royal	(ROYL)
Rubidoux	(RUBI)
Sacred Heart of Jesus (G)	
Saddleback	(SADD)
Sage Hill	
Salesian (B)	
San Bernardino	(SABR)
San Clemente	(SCLE)
San Dimas	(SADI)
San Gabriel Mission (G)	
San Gabriel	(SAGA)
San Gorgonio	(SAGO)
San Jacinto	(SAJA)
San Luis Obispo	(SALU)
San Marcos	(SAMA)
San Marino	(SNMR)
Santa Ana	(SAAN)
Santa Ana Valley	(SAVA)
Santa Barbara	(SABA)
Santa Clara	
Santa Fe	(SAFE)
Santa Margarita	(STMA)
Santa Maria	(STMR)
Santa Monica	(SAMO)
Santa Paula	(SNPL)
Santa Ynez	(SAYN)
Santiago/Corona	(SNTO)
Santiago/Garden Grove	(SNTO)
Saugus	(SAGU)
Savanna	(SAVN)
Schurr	(SCHU)
Scott Academy (G)	
Seegerstrom	(SEGR)
Serra	
Serrano	(SERN)
Servite (B)	(SERV)
Sherman Indian	
Sierra Vista	(SIVI)
Silver Valley	
Silverado	(SILV)
Simi Valley	(SIVA)
Sonora	(SONR)
South Bay Lutheran	

<u>School</u>	<u>(Hy-Tek Abbreviations)</u>
South El Monte	(SOEM)
South Hills	(SOHI)
South Pasadena	(SOPA)
South Torrance	(SOTO)
St. Anthony	
St. Bernard	
St. Bonaventure	
St. Francis (B)	(STFC)
St. Genevieve	
St. John Bosco (B)	(STJB)
St. Joseph/Santa Maria	
St. Joseph/Lakewood (G)	(STJP)
St. Lucy's (G) (STLU)	
St. Margaret's	
St. Mary's Academy (G)	
St. Matthias (G)	
St. Monica	
St. Paul	
Sultana	(SULT)
Summit	(SUMT)
Sunny Hills	(SUHI)
Temecula Valley	(TEVA)
Temescal Canyon	(TECA)
Temple City	(TECI)
Tesoro	(TESO)
Thacher	
Thousand Oaks	(THOA)
Torrance	(TORR)
Trabuco Hills	(TRHI)
Trona	
Troy	(TROY)
Tustin	(TUST)
Twentynine Palms	
University	(UNIV)
Upland	(UPLN)
Valencia/Placentia	(VAPL)
Valencia/Valencia	(VALE)
Valley Christian/Cerritos	
Valley View	(VAVI)
Ventura	(VENT)
Verbum Dei (B)	
Victor Valley	(VIVA)
Villa Park	(VIPA)
Village Christian	
Village Glen	
Villanova Prep	
Vista del Lago	(VIDL)
Vista Murrieta	(VIMU)
Vivian Webb (G)	
Walnut	(WALN)
Warren	(WARR)
Webb (B)	
West Covina	(WECO)
West Los Angeles Baptist	
West Ranch	(WERN)
West Torrance	(WETO)
West Valley Christian	
West Valley	(WEVL)
Western	(WSTN)
Western Christian	
Westlake	(WELA)
Westminster	(WEMI)
Westridge (G)	

<u>School</u>	<u>(Hy-Tek Abbreviations)</u>
Whitney	
Whittier	(WHTT)
Whittier Christian	
Wilson/Hacienda Heights	(WLHH)
Wilson/Long Beach	(WILB)
Windward	
Woodbridge	(WOBR)
Woodcrest Christian	
Yucaipa	(YUCI)
Yucca Valley	(YUCA)

2008 QUALIFYING STANDARDS

1. League champions in each event will automatically qualify.
2. Second and third place finishers will qualify ***IF*** they meet the minimum standard for their event.
3. At-large entrant standards will be different from the minimum standards. ***(*At-large standards can only be achieved in varsity league finals competition.)***

2008 QUALIFYING STANDARDS FOR 2nd & 3rd PLACE IN LEAGUE FINALS

Event	DIV. I BOYS		DIV. I GIRLS		DIV. II BOYS		DIV. II GIRLS		DIV. III BOYS		DIV. III GIRLS		DIV. IV BOYS		DIV. IV GIRLS	
	FAT	HT	FAT	HT	FAT	HT	FAT	HT	FAT	HT	FAT	HT	FAT	HT	FAT	HT
100	11.24	11.0	13.14	12.9	11.54	11.3	13.34	13.1	11.64	11.4	13.14	12.9	12.14	11.9	13.94	13.7
200	22.94	22.7	27.74	27.5	23.04	22.8	27.74	27.5	23.54	23.3	26.74	26.5	24.14	23.9	28.34	28.1
400	52.14	51.9	1:01.54	1:01.3	52.34	52.1	1:03.14	1:02.9	53.14	52.9	1:03.14	1:02.9	55.14	54.9	1:06.14	1:05.9
800	2:03.14	2:02.9	2:30.14	2:29.9	2:04.54	2:04.3	2:33.14	2:32.9	2:06.14	2:05.9	2:32.14	2:31.9	2:17.14	2:16.9	2:43.14	2:42.9
1600	4:36.14	4:35.9	5:35.14	5:34.9	4:40.14	4:39.9	5:40.14	5:39.9	4:50.14	4:49.9	5:45.14	5:44.9	5:15.14	5:14.9	6:10.14	6:09.9
3200	10:15.14	10:14.9	12:15.14	12:14.9	10:15.14	10:14.9	12:30.14	12:29.9	10:45.14	10:44.9	13:00.14	12:59.9	11:25.14	11:24.9	14:00.14	13:59.9
110HH/100HH	16.04	15.8	17.34	17.1	16.34	16.1	17.74	17.5	17.64	17.4	17.84	17.6	19.94	19.7	20.14	19.9
300IH/300LH	41.74	41.5	49.74	49.5	42.54	42.3	51.44	51.2	44.14	43.9	50.94	50.7	48.54	48.3	55.14	54.9
400 Relay	44.54	44.3	51.74	51.5	45.44	45.2	52.54	52.3	45.94	45.7	53.74	53.5	49.14	48.9	56.54	56.3
1600 Relay	3:35.14	3:34.9	4:20.14	4:19.9	3:38.14	3:37.9	4:25.14	4:24.9	3:40.14	3:39.9	4:25.14	4:29.9	3:59.14	3:58.9	4:50.14	4:49.9
High Jump	5-11		4-09		5-09		4-08		5-08		4-08		5-06		4-06	
Pole Vault	11-06		8-00		11-06		7-06		10-00		7-06		8-06		7-00	
Long Jump	20-09		15-09		20-00		15-03		19-03		15-03		18-00		14-06	
Triple Jump	42-00		32-00		41-06		32-00		39-00		31-00		34-00		29-00	
Shot Put	44-00		32-00		45-00		31-06		42-00		31-00		36-00		27-00	
Discus	130-00		100-00		135-00		95-00		115-00		95-00		100-00		75-00	

FAT = Fully automatic timing; HT = hand timed

LEAGUE MEET MANAGERS, LEAGUE COORDINATORS

All leagues should have, in their constitution, language dealing with the submission of league entries to the CIF Prelims. The process utilized for entry submission must be consistent with that approved language.

2008 QUALIFYING STANDARDS FOR FREE LANCE & AT-LARGE ENTRIES

Event	DIV. I BOYS		DIV. I GIRLS		DIV. II BOYS		DIV. II GIRLS		DIV. III BOYS		DIV. III GIRLS		DIV. IV BOYS		DIV. IV GIRLS	
	FAT	HT	FAT	HT	FAT	HT	FAT	HT	FAT	HT	FAT	HT	FAT	HT	FAT	HT
100	10.92	10.6	12.32	12.0	11.01	10.7	12.41	12.1	11.20	10.9	12.71	12.4	11.32	11.0	12.68	12.4
200	22.16	21.9	25.13	24.8	22.20	21.9	25.48	25.2	22.54	22.3	25.83	25.5	22.95	22.7	26.34	26.1
400	50.23	49.9	58.05	57.8	50.30	50.0	58.93	58.6	50.36	50.1	58.99	58.7	51.94	51.7	1:00.10	59.8
800	1:57.95	1:57.7	2:19.27	2:19.0	1:59.31	1:59.0	2:20.76	2:20.5	2:00.09	1:59.8	2:20.39	2:20.1	2:03.12	2:02.8	2:26.06	2:25.8
1600	4:21.91	4:21.6	5:10.91	5:10.6	4:22.33	4:22.0	5:05.64	5:05.4	4:25.60	4:25.3	5:11.16	5:10.9	4:36.29	4:36.0	5:26.94	5:26.7
3200	9:29.98	9:29.7	11:19.95	11:19.7	9:39.96	9:39.7	11:19.44	11:19.2	9:47.25	9:47.0	11:30.13	11:29.8	10:00.59	10:00.3	12:01.99	12:01.7
110HH/100HH	14.86	14.6	15.54	15.3	15.07	14.8	15.57	15.3	15.53	15.2	15.74	15.5	16.35	16.1	16.87	16.6
300IH/300LH	40.02	39.7	46.16	45.9	40.20	39.9	46.70	46.4	40.77	40.5	47.45	47.2	42.50	42.2	48.05	47.8
400 Relay	43.21	42.9	48.93	48.6	43.29	43.0	49.75	49.5	43.45	43.2	49.83	49.5	44.75	44.5	51.37	51.1
1600 Relay	3:25.86	3:25.6	4:01.94	4:01.7	3:27.04	3:26.8	4:01.82	4:01.5	3:26.55	3:26.3	4:05.36	4:05.1	3:34.23	3:33.9	4:12.66	4:12.4
High Jump	6-04		5-01		6-02		5-01		6-02		5-00		5-11		4-10	
Pole Vault	13-07		9-08		13-04		9-10		12-10		9-10		11-10		8-04	
Long Jump	21-07		17-00		21-02		17-00		20-09		16-01		20-02		15-11	
Triple Jump	43-09		35-10		43-09		35-01		42-06		34-05		41-11		33-04	
Shot Put	49-08		37-01		52-03		37-04		49-10		35-05		44-11		32-01	
Discus	151-11		117-07		162-05		123-01		145-05		114-08		129-01		95-05	

FAT = Fully automatic timing; HT = hand timed

LEAGUE MEET MANAGERS, LEAGUE COORDINATORS

All leagues should have, in their constitution, language dealing with the submission of league entries to the CIF Prelims. The process utilized for entry submission must be consistent with that approved language.

BLUE BOOK RULES - SPECIAL POINTS OF INTEREST

A) ACCOUNTABILITY RULE --

125.1 -- COACH EJECTION -- Upon the ejection of a coach from any CIF-SS contest, it is the responsibility of the principal of said school to file a letter of explanation with the CIF Southern Section Office which includes the circumstances surrounding the matter and what action the principal has taken to prevent a recurrence. Said correspondence is to be filed within THREE school days of notification of the ejection. Additionally, upon ejection, the head or assistant coach shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. A second ejection will constitute a two contest suspension and a third ejection will cause suspension for the remainder of the season.

125.2 -- FAILURE TO COMPLETE A CONTEST -- When a school fails to complete a contest, due to a coach pulling his/her team from the floor, court or field, it is MANDATORY that the CIF-SS Office be notified by the Principal within 24 hours (excluding holidays and weekends). The competing schools and officials will be required to file written reports, and after review of the aforementioned material, the principal of the school involved will be required to respond to the CIF Southern Section Office concerning his/her investigation of the incident.

QUESTION: *How serious is such action?*

ANSWER: *It has been the position of the CIF-SS Executive Committee to expect the building principal of the school concerned to relieve the coach from his/her assignment for the balance of that season or the Executive Committee is empowered to consider recommendations for additional penalties.*

B) 2822. PLAYER CONDUCT -- Any player ejected for any reason or any player who leaves the confines of the bench or team area during a fight that may break out or has broken out shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. A second ejection will constitute a two contest suspension and a third ejection will cause suspension for the remainder of the season. A player who was ejected from the previous contest who, knowingly or unknowingly, participates in or is in attendance at the next contest, will result in the forfeiture of that contest.

QUESTION: *What is meant by attendance at a contest?*

ANSWER: *Attendance is defined as being present at the team bench/area, inside a gymnasium, stadium or playing area. Students ejected from a game in progress should remain under supervision of school staff. The intent of this rule is that the ejected person is not in attendance at the contest.*

C) RULE 2811 -- SPRING PRACTICE RULE -- Beginning May 12 a school may hold before and after school practice but may not participate in an interscholastic scrimmage, practice or contest for a period of time not to exceed fifteen (15) days.

SPECIAL NOTE: Only students currently enrolled and attending a member school (grades 9-12) may participate in spring practice/tryouts. Eighth graders do not become ninth graders until after they have graduated.

D) RULE 2813 – ASSOCIATION WITH HIGH SCHOOL PLAYERS -- No representative of a member school shall organize, sponsor or coach a track team outside the season of sport during the school year, in which students with remaining eligibility at that school are participating.

E) TRACK COMPETITION OUTSIDE THE SEASON OF SPORT - Some schools in this Section may possibly be violating Section and State rules relative to coaches and/or school involvement with athletes in the sport of track **OUTSIDE THE SEASON OF SPORT**.

We would ask that coaches review the Association Rule (313 and 2813). Coaches association with athletes, outside the season of sport is limited to one regularly scheduled physical education class only and that schools and coaches may not be involved in outside meets with their athletes. High school athletes participating in these meets do so as unattached individuals. The school cannot provide or be involved with the furnishing of uniforms, transportation, coaching and/or before and after school practice.

F) OTHER POINTS OF INTEREST -

1. **MAXIMUM CONTESTS** -- An individual of a track and field team will be permitted to enter and participate in no more than a total of 13 dual, triangular or invitational (sanctioned) meets during the season, not including all league or CIF-SS Championships.
2. **MAXIMUM NUMBER OF MEETS/DAY** -- No student will be permitted to enter two different meets on the same day. A student may compete in different classifications during a calendar week but not in the same meet. League prelims and finals are considered to be one meet, as are the CIF Southern Section Prelims and Finals.

MAXIMUM NUMBER OF EVENTS: A STUDENT MAY ENTER A TOTAL OF NOT MORE THAN FOUR EVENTS IN ANY ONE MEET. These may be four running events or four field events or any combination of track and field events totaling not more than four.

3. **OUTSIDE COMPETITION** -- "Unattached competition is permissible for a student in other than school contests during the season of sport."
4. **LEVEL OF COMPETITION** -- No student shall participate in more than one level of competition in the same sport in the same day.
5. **DISCUS CAGE** -- Mandatory (See diagram)

The use of a protective cage is required for the discus event. There will be a rear to the cage as well as sides that extend forward at least up to the front of the ring and preferably several feet beyond the front of the ring.

RULE 2801 - LANDING SECTOR FOR DISCUS AND SHOT PUT

For safety reasons, the landing sector for both the discus and shot put will be 34.92 degrees. The present width of area for restraining spectators and other athletes, not throwing the shot or discus, will remain the same as per National Federation rules (February 1998, Federated Council)

SUPERVISION OF ATHLETES

The Southern Section Office has experienced a problem which has perpetuated itself over the past few years as it pertains to proper supervision and entry of student-athletes in the post-season playoffs.

The situation relates only to individual sports, i.e. CROSS COUNTRY, INDIVIDUAL TENNIS, TRACK, SWIMMING, etc. and the official recognition and registration of entrants at the respective playoff sites.

State and Southern Section Rule 309 states:

No CIF team (i.e., individual) shall participate in inter-scholastic or approved competition with any other team unless the CIF team is under supervision as required by the California Administrative Code Title V and CIF By-Law #506A and #506B. (Additionally, refer to Rule 123.) The supervisor must remain in attendance at all times.

Those persons APPROVED FOR SUPERVISION PURPOSES are limited to:

- A. Certificated personnel
- B. Certified Coaches (certified credentialed coaches)
- C. Non-certificated temporary coaches (certified walk-on coaches.)

(It should be noted that schools representing the same DISTRICT may send one credentialed or certified supervisor for three or four athletes. These individuals have been recognized and are to continue to be recognized for registration and participation purposes in that the district has assigned the supervisory role for all students from its' member schools to this one individual.)

However, the concern is for those students who ARE NOT accompanied by a faculty representative and report to the playoff site by themselves or with a parent. ***GIVING PARENTS THE SUPERVISION AUTHORITY, WHETHER IN WRITING OR NOT, DOES NOT MEET THE STANDARDS SET FORTH IN THE ABOVE REGULATIONS. This also applies to parents who are the student's private coach but are not under contract to the member school.***

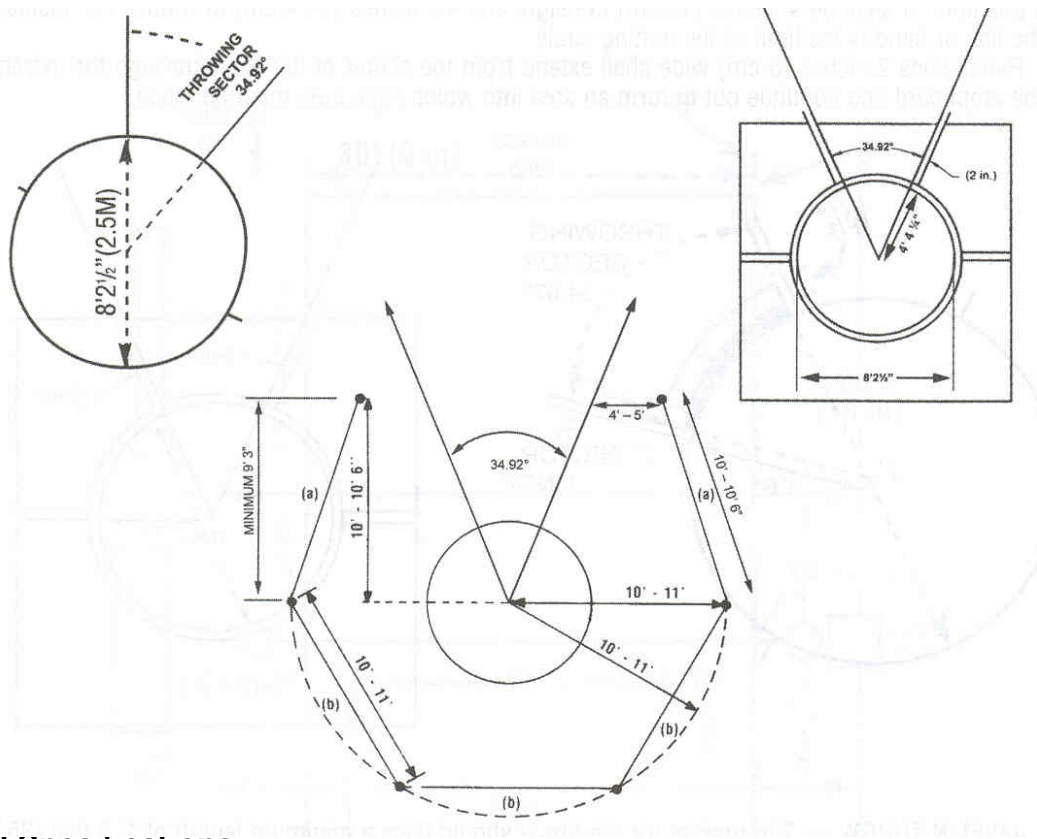
PLEASE NOTE, THIS RULE WAS REVIEWED BY BOTH THE STATE CIF OFFICE, IT'S GENERAL COUNSEL AND THE SOUTHERN SECTION EXECUTIVE COMMITTEE. IT HAS BEEN REAFFIRMED THAT THE INTERPRETATION STAND AS ABOVE AND THAT ANY STUDENT REPORTING FOR COMPETITION WHO IS NOT UNDER DIRECT SUPERVISION IN ACCORDANCE WITH STATE AND SOUTHERN SECTION RULE 309, IS TO BE DENIED ENTRY FOR PARTICIPATION IN THE COMPETITION.

As pointed out by the Southern Section and State CIF attorney, there are inherent liability problems when an individual competes in violation of said rule. Please review this rule with your staff in that it will be strictly enforced as per the above application.

DISCUS CAGE SPECIFICATIONS

SUGGESTED DISCUS CAGE SPECIFICATIONS

Portable or permanent installation. It is recommended that the cage be constructed of heavy nylon netting or other material that will absorb the energy of the discus to prevent bounce back.



Suggested Specifications:

Height: 10' to 12'

Front Opening: 20'-24'

Distance from Corner Post to Sector Line: 4' to 5'

Distance from Center of Circle to Fencing: 10' to 11'

Fencing: Energy Absorbing Material

(a) 10' to 10'6"

(b) 10' to 11'

- Note:**
- 1) The above diagram of a discus throwing cage is designed to provide limited protection for competitors, officials and spectators in the immediate throwing area due to the nature of the event. It does not assure the safety of the aforementioned personnel.
 - 2) It is recommended that all throwing areas be roped and flagged to ensure the safety of spectators and athletes.

CIF RULES FOR THE POLE VAULT

The State CIF issues the following rules directive for immediate implementation in the pole vault event. National Federation Track & Field Rules 7-5-3 and 7-5-4 in the pole vault require important and necessary modifications in the conduct of the event. State High School Associations may exercise their authority to require a stricter enforcement of these rule changes. CIF coaches and officials must comply with and enforce all National Federation and State CIF rules. Failure to do so may jeopardize the safety of the event.

1. Verification of Weight

All coaches of high school track and field teams are required to present written verification to the starter-referee listing the current weight of each student pole vaulter prior to each high school meet. Such verification is to be recorded on an official **pole vault event card** appropriately designed with a space for the listing of the vaulter's weight plus the signature/initials of the coach. The pole vault event card is an **official record**.

a) **Dual Meets** - Each school shall enter competitors on their own event cards i.e. entrants from two or more schools should not be on the same entry card. Each school will be responsible for retaining a permanent file of the event cards in the office of its athletic director.

b) **Invitationals, League Championships, Section Championships, State Championships** - All entrants may be listed on a single event form and coaches are required, at check-in time, to enter the current weight for each vaulter, and place their initials on that official event form. The meet director is responsible for retaining the event form as an official record on permanent file.

2. Inspection of the Poles - Penalty for Violation

A. When the athlete checks in at the event, the pole vault event judge and/or the starter-referee will inspect the poles of each student vaulter to compare the signed, official pole vault event card (which lists each vaulter's current weight) against the numerical pole rating of all poles to be used by that student-vaulter. The above inspection shall be completed in order to approve each vaulter for subsequent practice vaults and official vaulting attempts. **Athletes who violate National Federation rule 7-5-3 which requires a vaulter to use a pole rated at the vaulters body weight, or above, will be disqualified from the pole vault event.**

NOTE: The CIF is not suggesting the event judge check the pole weight rating for every jump taken, but that the judge spot check the pole during warm-ups and competition for adequate compliance.

It is further clarified that should an athlete be disqualified, it would be a disqualification from the pole vault event only and not from the meet itself.

B. The pole vault event judge and/or starter referee may periodically check the poles of each student vaulter during practice or official vaulting attempts to insure: 1) the proper placement of a top hand-hold band 2) the numerical pole rating in one-inch numerals 3) proper pole bindings

Remarking of Older Poles

When the etching or printing listing the manufacturer's pole rating is no longer clearly visible, the pole may be remarked for possible use provided the pole has been reflexed according to the original manufacturer's specifications. The poles' numerical rating must be clearly marked according to National Federation rule specifications.

3. Safe Hand-Hold Zone - CIF Penalty for Violation

The top of the safe hand-hold zone shall be clearly marked with a one-inch circular band around the pole in contrasting color (National Federation Rule 7-5-3). **By State CIF rule, a violation of the safe hand-hold zone by a student-vaulter shall be deemed a failed try. A further violation shall be cause for disqualification.**

When checking for compliance, the one-inch circular band marking the top of the safe hand-hold zone must be "clearly visible" after the vaulter places his/her top hand next to that band.

4. Variable Weight Poles i.e. Training or Technique Poles

By State CIF rule, the variable weight pole shall not be used in any CIF high school competition. We note that expert vaulting coaches indicate there is some value in a variable weight pole, but its use must be restricted for short run, drill work and only during practice or training sessions and always under skilled supervision.

ALL NATIONAL FEDERATION AND CIF RULES APPLY WHENEVER THE POLE VAULT EVENT IS CONTESTED REGARDLESS OF WHETHER THE EVENT IS SCORED OR NOT.



10932 Pine Street
Los Alamitos, CA 90720
(562) 493-9500 * (562) 493-6266

DATE: August 27, 2002
TO: Athletic Directors, Track and Field Coaches
FROM: Paul Castillo, Assistant Commissioner
SUBJECT: Pole Vault Rules Changes

The California Interscholastic Federation (CIF), through its' affiliation with the National Federation of State High School Associations (NFHS), has adopted rules which set the legal minimum size and standards of the pole vault pits **effective immediately for the 2003 track and field season**. The new rules are as follows:

Effective immediately, the landing surface measured beyond the back of the standard base protection pad, shall be a minimum of **19'8"** wide, and the dimension of the landing surface in back of the vaulting box to the back of the landing pad shall be **16'5"** deep. The material in the pad shall be high enough and of a composition that will **decelerate the landing**. When the landing pad is made up of two or more sections, the landing surface shall include a common cover or pad extending over all sections. (7-5-7) (7-5-8).

If the edges of the front, or landing pad, immediately adjacent to the planting box are not tapered, the back of the cutout may be placed no farther than **3 inches** from the top of the back of the planting box. (7-5-8)

The upright standards that support the crossbar shall be not less than **13'8" (4.16m) or more than 14'8" (4.48m)** apart, and the standards must include pins or holes for them to support the crossbar. (7-5-10)

The non-metal crossbar shall be 14'10" (4.52m) in length, of uniform thickness, and shall have a weight of not more than 5 pounds. (7-5-11)

A planting box shall be located midway between the standards. This box shall be constructed of concrete, fiberglass, metal, or other hard surface material into which the vaulting pole is placed. The box shall be of dimensions indicated in the accompanying Diagrams A and B, and it shall be placed so the top edges are at ground level. The box in Diagram B shall be constructed so that the sides slope outward at the end nearest the landing pit. The end of the planting box shall be placed at an angle of 105 degrees with the base of the box. **The front edge of the box shall not extend above the grade of the runway surface.** NOTE: It is recommended the planting box be of a color contrasting to the color of the runway. (7-5-12)

A minimum of 2" dense foam padding (box collar) shall be used to pad any hard and unyielding surface including **between the planting box and all pads.**

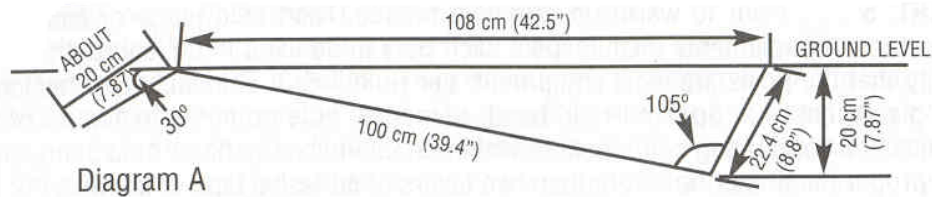


Diagram A

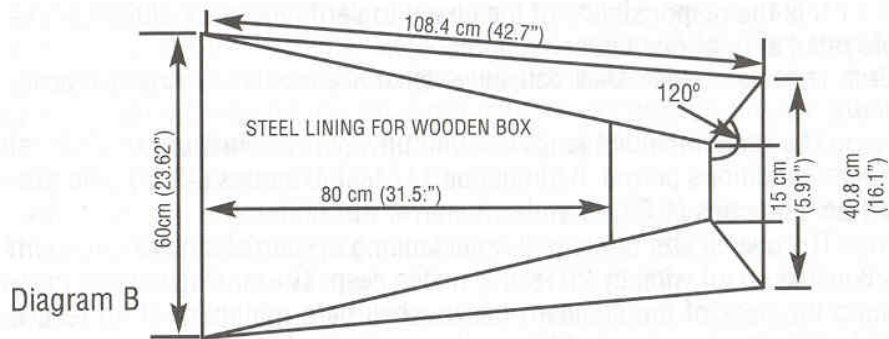


Diagram B

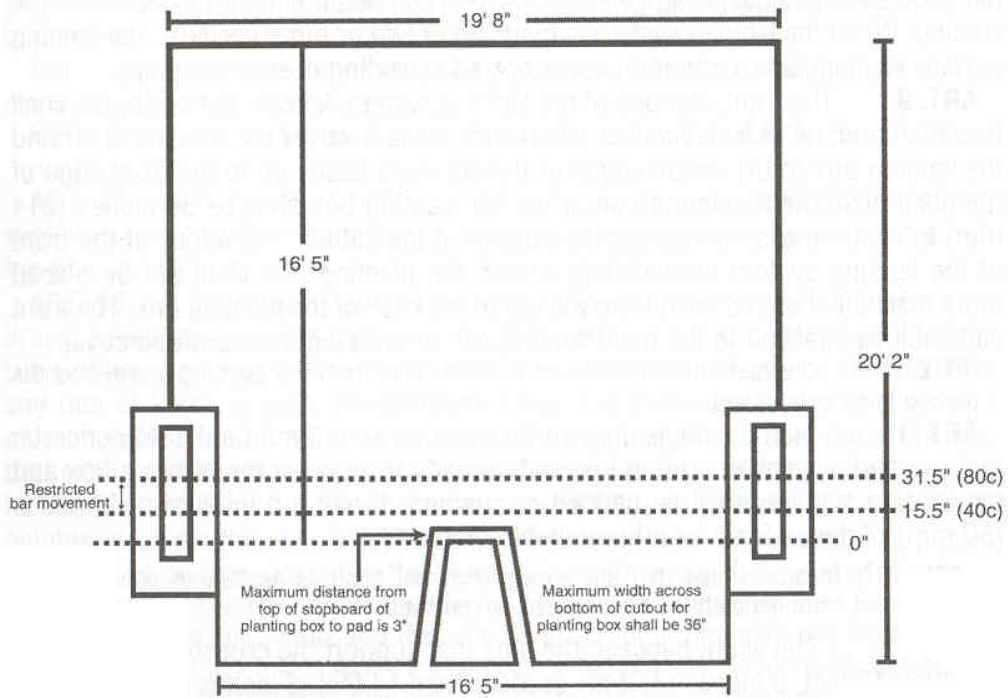


Diagram C

The intent of this early notification is to alert all schools to the changes so that any necessary adjustments can be made.



**2008 CIF
Pole Vault Sign-In/Verification**



<u>NFHS Track and Field Rules</u>	<u>Rule 7</u>	<u>Section 5</u>	<u>Pole Vault</u>
Art 2	The vaulting pole may be of any material and of any length and diameter. It may have a binding of not more than two layers of adhesive tape of uniform thickness. However, the bottom of the pole may be protected by several layers of tape, PVC, metal, sponge rubber or other suitable material to protect it when placed in the planting box.		
Art 3	The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturers must include on each pole: the pole rating that shall be a minimum of ¾ inch in a contrasting color located within or above the top handhold position; a 1-inch circular band indicating the maximum top handhold position with the position being determined by the manufacturer. <i>Prior to competition, the coach must verify that all of the schools' pole vaulters meet these requirements.</i>		
Art 4	A competitor shall not use a variable pole, a pole which is improperly marked or a pole rated below his/her weight during warm-up or competition.		

Meet: _____ Location: _____ Date: _____

Position	Athlete's Name	School	Weight of Athlete	Coach's Signature	Poles Inspected by Official
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

2008 Track and Field Rules Changes

2-3-2 new, 2-3-3 delete: Addresses that meet results may be corrected at any time when a participant, who has been disqualified from further participation in the meet, has participated and scored points. Article 2-3-3, regarding the opportunity to correct the score when an ineligible athlete participates, is deleted as new Rule 2-3-2 will now address.

Rationale: The correcting of the score due to an error of permitting a disqualified contestant to participate had not previously been addressed. This change will cover correction of the score due to use of disqualified contestant due to conduct during the meet and/or one who should not have participated in the meet at any time.

3-2-4g: Determines that the games committee now has the authority to designate specific areas where coaches may observe and confer with competitors during competition.

Rationale: Designating specific areas where coaches may confer with competitors will assist coaches and meet administration especially when a venue may be located away from the track.

4-3-1d(1): Specifies that a school name or insignia may be worn on an undergarment providing it is not larger than 2 1/4 square inches with no dimension more than 2 1/4 inches. Further, clarifies that if more than one visible garment is worn under a uniform top/bottom, all such garments worn under the uniform piece shall be the same, single solid color.

Rationale: The rule previously did not address if the school insignia could be placed on an undergarment and be considered legal. This change clarifies that school identification is permitted. The change also clarifies that multiple visible garments worn under the uniform top or bottom must be the same color under that piece of uniform.

6-5-4: Reverts back to the measurement of a standard (international)- length stopboard of 4 feet, rather than converting to a shorter stopboard for the 34.92-degree sector in the shot put. The NOTE has been deleted as the 4-foot length is standard for this item.

Rationale: Manufacturers are not making a stopboard for the 34.92-degree sector. The longer stopboard is consistent with the use of this same throwing sector in other rules codes as well. It is not necessary to have high schools purchase a custom stopboard. This eliminates any need for change and cost to schools.

7-5-29b: Deletes that it is a foul if a competitor in the pole vault is to leave the ground without breaking the plane.

Rationale: Pole vaulters will be able to abort what might be a bad attempt and still have the opportunity within the prescribed time limit to execute another attempt. This change now judges all vertical jumps the same in regard to aborted attempts and trials.

Editorial Changes

3-2-3 new g; 3-5-(2-4); 4-3-1c(2); 4-3-1; 5-7-3; 6-2-12; 6-4-6; 7-5-11; 9-6-1b; 9-6-4

PRE-SEASON ATHLETE ORIENTATION MEETING

Pre-season orientation meeting is an absolute **MUST** prior to the beginning of your season. In order to assist you in meeting your **OBLIGATION OF INFORMING YOUR ATHLETES**, I have included a sample agenda for a starting point. If you should need any additional information or assistance, don't hesitate to call me at the CIF-SS Office.

EXAMPLE - ATHLETE ORIENTATION MEETING

I. SEASON OVERVIEW

- A. Season Dates
- B. Practice
 - 1. Times
 - 2. Expectations
 - 3.
- C. Game Schedule
 - 1. Home Procedures
 - 2. Away Procedures
 - 3.
- D. Equipment Responsibilities
 - 1. Home Games
 - 2. Away Games
 - 3.

II. RULE AND REGULATIONS

- A. CIF-SS Blue Book Rules
 - 1. Outside Competition
 - 2. Summertime Rules
 - 3.
- B. School Rules and Regulations
 - 1. School Attendance
 - 2. Code of Conduct for Athletics
 - 3. Eligibility Standards
 - 4. Discipline
 - 5.
 - 6.

III. COACHES' RULES AND REGULATIONS

- A. Athlete Behavior
- B.
- C.
- D.
- E.
- F.
- G.

HEAD COACH - JOB RESPONSIBILITIES

- I. REPORTS TO: Athletic Director
- II. SUPERVISES: Assistant coaches, trainer, and student assistants.
- III. BASIC FUNCTION: To provide leadership, supervision, and organization of a specific athletic activity, and to carry out the objectives of the total athletic program.
- IV. PRIMARY RESPONSIBILITIES:
 - A. Year-round Responsibilities -
 - 1. Formulate objectives for the coming sport season.
 - 2. Keep abreast of new ideas and techniques by attending clinics and workshops, reading in his/her field and encouraging the assistant coaches to do the same.
 - 3. Be knowledgeable of rules and regulations concerning his/her sport.
 - 4. Keep abreast of rule changes in his/her sport.
 - 5. Implement proper procedures for out-of-season practices according to state high school association guidelines.
 - 6. Be active in professional organizations such as the state coaches association.
 - 7. Inventory, selection, care and maintenance of equipment.
 - 8. Assists the athletic director as needed.
 - B. Season Responsibilities -
 - 1. Before Season
 - a. Assist athletic director with proper registration of all athletes.
 - b. Assist athletic director in the payment of necessary fees.
 - c. Review the district policy on accident reporting and insurance procedures.
 - d. Assist athletic director in compiling eligibility lists and other reports.
 - e. Post an emergency phone and doctors list.
 - f. Arrange for a systematic issuance of school equipment.
 - g. Make sure all athletes have had physicals.
 - h. Explain all regulations of the district presented in the Players' Handbook.
 - i. Clarify to athletes the letter award policy.
 - j. Select and instruct team managers on proper care of equipment, facilities, and other duties as assigned.
 - k. Check arrangements for all bus trips with athletic director.
 - 2. During Season
 - a. Assume responsibility for constant care of equipment and facilities being used.
 - b. Assume supervisory control over all phases of teams in the program.
 - c. Organize and schedule practice sessions on a regular basis with the idea of developing the athlete's greatest potential.
 - d. Apply discipline in a firm and positive manner as outlined according to athletic policy.
 - e. See that facility regulations are understood and enforced.
 - f. Emphasize safety precautions and use accepted training and injury procedures.
 - g. Conduct oneself and teams in an ethical manner during practice and in contests.
 - h. Report outcome of contest to the media.
 - i. Instruct players on rules and rule changes, and new ideas and techniques.
 - j. Provide to the athletic director for file purposes a copy of all general correspondence and bulletins to student athletes and parents.
 - k. Adhere to the rules and regulations of the school district regarding school bus regulations.
 - l. File a discipline report with the athletic director when applicable.
 - m. Directly supervise or designate a supervisor of all dressing rooms and shall lock up all facilities at the close of each practice or contest.
 - n. Accompany and direct the varsity team in all interscholastic activities at home and assistant coaches at such activities.
 - o. Designate one or more of assistant coaches to be responsible for the junior varsity team and freshman team.

3. End of Season

- a. Arrange for the systematic return of all school equipment and hold the athlete responsible for all equipment not returned.
- b. Arrange for cleaning, storing, and conducting an inventory of all equipment.
- c. Recommend student athletes who have fulfilled requirements for athletic letters, certificates or special awards.
- d. Recommend additions and/or improvement for the care and maintenance of facilities.
- e. Recommend to the athletic director and principal, personnel for assistant coaching position.
- f. Submit recommendations for schedule for next year.
- g. Select equipment and make recommendations for purchases of such.
- h. Prepare a budget in conjunction with the athletic director.
- i. Maintain records of team and individual accomplishments.
- j. Evaluate past season.

SPORTSMANSHIP

THE INFLUENCE OF THE COACH

The coach is in a better position to have a positive influence on the youth of a community than any other member of the faculty. He/She has an obligation to develop a personality and character which are above reproach. The example set by the coach is of extreme importance. The character-building potential of athletics is closely related to the character of the coach.

Athletics furnish a setting for the demonstration of attitudes of players which are a direct reflection of the coach. It takes self-discipline on the part of the coach to always let reason, rather than emotions, guide conduct. To build the correct pattern for your athletes, give the following points your attention:

1. Watch your language. Obscenity and profanity have no place on the bench, in the dressing room, or, in fact, in your speaking vocabulary. Additionally, racial or ethnic comments will never be condoned.
2. You can explain defeat, but do not alibi for it.
3. Do not gloat in victory; this is even more offensive than the alibi.
4. Do not challenge the decision of officials.
5. Do not lose your temper, because with it will go your poise.
6. Organize your work well in advance, make a work schedule and carry it out effectively.
7. Do not try to take unfair advantage of the rules.
8. Give leadership opportunities to your players.
9. The coach's job is to develop the individual players and the team into a unit which can give a performance approaching their maximum ability as individuals and as a team. This must be done within the best meaning of the word **SPORTSMANSHIP**.
10. SPORTSMANSHIP - PRIORITY # 1

GOOD SPORTSMANSHIP, ETHICS AND INTEGRITY!!!
"YOU MAKE THE DIFFERENCE !!!"

SANCTIONS