Central Unified School District

Elementary Athletic **Handbook**

Character. Action. Purpose.

2026

Central Unified School District

Welcome **Message**

Rayshawn Hightower, Director of Athletics
Central Unified School District

Welcome to another exciting year of CUSD Athletics! As the Athletic Director, I am thrilled to extend a warm greeting to everyone involved in our vibrant sports community. Our Athletics Department is dedicated to providing diverse sports opportunities that not only develop athletic skills but also foster character and community spirit.

At Central Unified, we recognize that sports may not be the most important thing we do, but for many students, they are a source of motivation and a key influence on school culture. Our goal is to win every day by preparing, planning, and playing with excellence. Winning, to us, means aligning our character and actions with our purpose. It's about who we become internally, not just what we achieve externally.

Our core values of communication, achievement, resilience, empathy, and service guide everything we do. These values help us plan, prepare, and play to win, not just in sports, but in life. We exist to develop character skills, create a sense of belonging, and forge memories and relationships that last a lifetime. Winning begins on the inside, and true success is measured by the positive impact we have on our students' lives.

We are committed to transforming from transactional coaching to transformational coaching. A transactional coach focuses on using student-athletes and high school sports to achieve personal milestones or win championships. In contrast, a transformational coach is motivated by the potential to positively impact student-athletes and change lives. In our athletics department, we define the success of our coaches and programs by asking: Did the student-athlete create lifelong friendships? Do they feel they belong here? Did they create meaningful memories? Did they learn valuable life lessons? Can they achieve their goals?

Winning requires vision, focus, a supportive community, and alignment. We believe that building and maintaining healthy relationships, fostering a positive culture, effective communication, and robust systems are the keys to success.

Our goals for this year are ambitious and vital to our continued growth:

- Increase the number of coaches, especially at the elementary and middle school levels.
- Identify and address the drop in sports participation from elementary to middle school.
- Continue fundraising efforts to support our programs.
- Reignite relationships with feeder programs and establish healthy connections.

Together, we can achieve great things. Thank you for your support and dedication to Central Unified School District Athletics.

Let's make this year our best yet, on and off the field.

Central Unified School District

GUIDING PRINCIPLES

CORE VALUES:

- Communication
- Achievement
- Resilience
- Empathy
- Service

1 BELIEFS

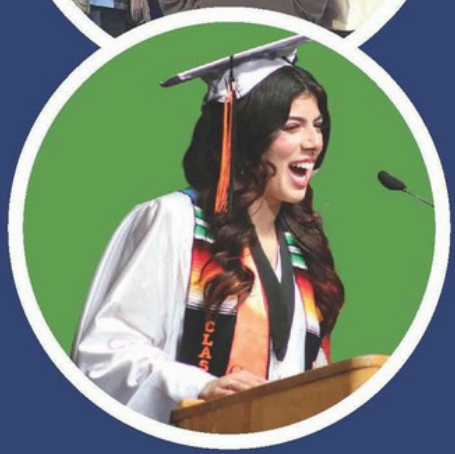
We believe in excellence and high expectations.
We believe in equity and access.
We believe in collaboration and community.

2 VISION

Central Unified will be a regional leader in education where all students graduate ready for success.

3 MISSION

Embrace diversity to educate our youth, ensure academic success, and empower tomorrow's leaders.



We are Central Unified!

Vision
Mission

Purpose Vision

Winning begins on the inside, not the outside. Winning is not just about WHAT you have externally (i.e. championships or scores on the scoreboard), it's about WHO you become internally.

Core Values

CUSD Athletics remain committed to our core values of Communication, Achievement, Resilience, Empathy, and Service.

Mission

Central Unified will create and support athletic programs that require academic excellence, work to build character, promote teamwork, provide motivation and develop players' sport specific skills. Win or lose, our programs will be innovative while setting and accomplishing goals that benefit the students and supporting the overall mission of the district.

- **Belief #1 - Athletics, academics and values work together to develop people.**
  Action statement: Coaches will promote excellence in the classroom by providing appropriate time allocations for studies and encouragement to seek assistance from teacher, tutors, coaches and other services. Personal growth resources on campus and in the community will be identified and encouraged.
- **Belief #2 - Sportsmanship will be a top priority in our program.**
  Action statement: Students, coaches, fans and administrators will work together to set standards for appropriate conduct while competing and will hold each other accountable to these standards.
- **Belief #3 - (Everyone is someone) Participation at some level is a key to program outcomes.**
  Action statement: Coaches will identify and articulate roles for all student-athletes and junior varsity programs will be developed and utilized when appropriate to allow opportunities to compete.
- **Belief #4 - Competing in a Central Unified uniform or polo will be a team effort.**
  Action statement: The experiences and relationships developed while coachng and competing in a uniform at Central Unified will enable student-athletes and coaches to have a successful career, take ownership in the programs and connect players to alumni and community.
- **Belief #5 - Athletic programs and directors will plan and prepare to compete at the highest levels possible for each sport.**
  Action statement: Schedules will be developed for each sport to compete at the highest local, regional and national levels possible. Coaching staffs that are appropriate for squad sizes and skilled to teach student-athletes to reach their full potential will be developed and supported. Recruiting plans that attract high-achieving coaches with abilities to succeed at any level of competition will be implemented. Resources will be sought and delivered to coaches to ensure that our athletes may compete at the highest level.
- **Belief #6 - Athletics will be a fun experience for everyone involved.**
  Action statement: We will create an environment where student-athletes and staff have an enjoyable and meaningful experience while keeping the focus of athletics as a game and learning process, not a way of life. We encourage all teams to support each other attending contests and providing positive reinforcement.

Keys to **Success**

Relationships

Building and maintaining positive, trustworthy, and mentoring relationships.

Culture

Building a culture of success with consistent, sustainable, and effective practices that improves the climate.

Communication

Exchanging ideas, thoughts, opinions, knowledge, and data so that the message is received and understood with clarity and purpose

Systems

Constant evaluation and re-evaluation of current and future systems to improve productivity .

Athletics
Culture

Goal

We plan, prepare, and play to win.

What's our why?

We exist to develop character skills, create a sense of belonging, and create memories and relationships that last a lifetime.

How do we Define Winning?

Winning is when your character and your actions align with your purpose.

Winning Requires

- Vision
- Refocusing
- Winning Circle
- Alignment

Defintion of Success

We define the success of our coaches and programs through the answering to the following questions:

- Did the student create lifelong friendships? Do I belong here?
- Did students create lifelong memories? Is this meaningful?
- Did sutdents learn lifelong lessons? Can I do this?

Shift from Transactional to Transformation

A transactional coach is mostly concerned with using students and high school sports to improve their situation. This could be as simple as trying to reach a coaching milestone or winning a championship.

A transformational coach is more motivated by what they can do for students and change lives in the process.

WHAT IS A CENTRAL UNIFIED ATHLETE?

A CENTRAL UNIFIED ATHLETE

A Central Unified athlete can come in any size, shape or color. There is no common denominator except for the love of academics, athletics and the desire to get the most out of their abilities. They are proud of their strengths, but understand their weaknesses. They are first of all concerned with being a great student and always carry a positive attitude. They are never selfish, and know that individual recognition will come through team excellence.

A Central Unified athlete understands that leadership is about taking responsibility, not making excuses. They understand that true leadership lies not in words but in our actions and attitudes at school, in the community and on the playing field. They know that leaders must create vision and be strong enough to translate that vision into reality. A Central Unified Athlete has the heart of a warrior and never loses the honesty and character of a small child. They understand if they don't work hard they can never be successful.

A Central Unified Athlete is willing to always help those in need, and is much more aware of the example they are setting for everyone watching from the sideline and hallways. A Central Unified athlete is happy when they make a play but never forgets that their teammates, teachers and coaches put them in a position to do so. While they never let up on the field, the other team is not the real opponent; it is the full extent of their own potential that they are always playing against.

A true athlete is made and not born. They are constantly striving to reach their academic and athletic potential knowing that they will bypass other players who cannot withstand the strain of this quest for excellence. They realize the challenges and competition of today's game will better prepare them for tomorrow's world. They know that the true measure of a performance is not measured in wins and losses, but how much of themselves they have given to their school and the game.

A Central Unified Athlete never realizes when the odds are stacked against them. They can only be defeated by a clock that happens to run out of time or innings that no longer exist. They are what small children dream of becoming and what old men and women can remember with great pride that they once were.

WHAT IF I HAVE AN EMERGENCY?

EMERGENCY CONTACTS

When dealing with an unexpected situation with a student athlete, please follow the protocols listed below. Keep in mind that yellow cards must be available at all times.

Emergency Protocols

1. Secure the injured athlete
2. notify the paramedics if necessary.
    a. Have players open gates and flag down ambulance to direct them to your location
    b. Send another coach to make phone calls
3. Have the injured athlete's yellow card available for paramedics.
4. Notify Parents then principal
5. Notify administration immediately
    a. Athletic Director – Call and text
    b. Vice principal – Call and text
    c. Elementary / District Athletic Director – Call and text
    (Principal will complete an EIR)

Investigational Situations

1. Investigation situation – must have reasonable suspicion
2. Separate kids – must be supervised
3. Call principal and parents
4. Document what you found / everyone who investigates
5. Written statements from kids
    a. Be sure to collect specific information of when, what, where and how.
6. Witness statements from coaches
7. Final written statement from the Head Coach
    a. Use the BRICK process
        - B – Background
        - R – Rule broken
        - I – Impact on the team
        - C – Corrective action or direction for improvement
        - K – Knowledge to the parents
8. Provide all information when speaking with administration. Don't risk your position for a bad decision a student athlete made.

2026-27
CENTRAL ELEMENTARY ATHLETIC LEAGUE

Approved
5-2024

The Elementary Athletics Directors and Principals shall have the responsibility for the operation and maintenance of policies and procedures of all elementary athletic programs. The district has taken a firm position that academics must be the first priority for all students and that coaches should adjust accordingly to allow students to participate in both academics and athletics. Central Unified strongly views athletics as a support to the overall educational program that provides critical "connectedness" for many of our students. CUSD athletics provides an opportunity for students to be involved and continue in developing a culture of excellence through athletics.

COMMISSIONERS

The K-6 Athletic Director and Director of Athletics will function as the Commissioners and work in conjunction with school sites and district administration to address elementary athletic issues and concerns.

MEETINGS

Meetings will be approximately two weeks prior to the beginning of each athletic season and as deemed necessary by the Commissioner by Zoom. The last meeting will be two weeks before the last Championship game and will be to review bylaws in person.

RULE AND POLICY CHANGE PROCEDURES

All recommended rule and policy changes must be processed through and approved by the Director of Athletics.
A simple majority from a quorum of the Athletic Directors/Principals will constitute action as approved by the Commissioner. All rule and policy changes will be by vote at AD meeting or by e-mail the Wednesday following the AD meeting. Athletic events may be added to existing schedules by both Commissioners if approved.

PROTEST COMMITTEE COMPOSITION AND GUIDELINES

The Protest Committee will be composed of one Administrator and both Commissioners and will follow the CIF appeals guidelines. The role of the Protest Committee will be to review concerns and protests and make appropriate recommendations for disciplinary action to the Commissioners. The Commissioners will ensure consistency in enforcement of disciplinary recommendations. The Commissioner must be notified verbally within 24 hours and a written protest turned in within 48 hours.
Games being protested will be completed but played under protest. Official to verify that in the official score book.

GENERAL POLICIES

PRACTICE SESSIONS

A practice session is defined as having a coach or any other individual supervising or organizing practice activities under game conditions. Try-outs are considered practice. All practices will be conducted after the conclusion of the normal school day. Practices may NOT be held during staff development, minimum days Wednesday Prep Time, Saturday or over Summer break.

Practice for any sport shall begin no sooner than the date posted on the schedule as the " Practice starts" date. No practice session shall begin before the official opening of school in August. Cheer try-outs are an exception to this rule since try-outs can be done at the end of the prior school year. Practices shall be conducted only on days school is in session(no Saturday practice). Other exceptions are during the Thanksgiving, Winter and Spring vacation. Sports teams are allowed a maximum of five (5) hours of practice per week during these vacations. Camps/clinics are allowed as long as they are open to everyone and notification to the K-8 Athletic Director is made two weeks prior. Camps held during another sports season must be held after in season sports practice or on Saturday. Twenty hours maximum for camps.Camps are allowed in the Summer. During camps/vacation practices coaches make sure they are staying until kids are picked up. No canceling practice due to lack of kids. Once they commit to a time they follow through. Parents are dropping kids off and expecting to have them picked up at an agreed time. Don't let them leave for home on their own. Parents must pick them up. Summer school sports should not be construed as appropriate for practice.

No practice will be conducted during the time classes are normally in session. All sports may conduct meetings and issue uniforms during recess periods only. Coaches may not engage in organized recess or other informal practice play with team members at any time, during the season or in the off-season.

The maximum number of hours of practice per week for all sports **during the season** shall not exceed four and a half hours per week. The minimum hours of practice will be three hours. Fall, Winter, and Spring athletics may practice six (6) hours per week from the **opening date of the season to the first regular season competition.**

All students must practice three (3) hours prior to league competition. Students new to wrestling must condition and practice at least six (6) hours prior to league competition. Students playing football must participate in conditioning /practice/acclimation for days 1-5 of practice. This may include calisthenics, rule sessions, chalk talks, and game films. During days 1 & 2 of the acclimatization period footballs ,football shoes, helmets will be the only equipment permitted. During days 3-5 only helmets and shoulder pads may be worn. Beginning on the sixth (6th) day, all protective equipment may be worn and full contact may begin.

Athletes may participate in two sports in the same season as long as it is approved by both coaches and the Principal, including cheer. Athletes must have participated in two games, matches or meets to qualify for championships.

If the schedule includes a bye or a postponement, teams may practice on those days.
ONE scrimmage game per sport will be allowed. Scrimmages are not considered a practice.

Athletic events may be added to existing schedules by the site Athletic Director, Principal, and final approval from the K-6 Athletic Director. The athletic event will be separate from the practice regulations as written.

VIOLATIONS

Violation of rules could result in the head coach being suspended for one league game; the team forfeiting one league/championship game; or the loss of points for that sport.

Athletic Excellence Award

Athletic Excellence points are based on league play. Points are accumulated according to how a school team finishes in a league. Points for track are based on the District meets. Two points are awarded for each place a team finishes above the others in their league. In track and cross country there will be one Championship for Girls and one for Boys by combining Midget and Bantam points. Two points are awarded for the District Champion.

Example of a six-team league finish in volleyball, football, basketball, wrestling, baseball, and softball:

Team	W	L	Central Points
Team A	6	0	12
Team B	5	1	10
Team C	4	2	7
Team D	4	2	7
Team E	3	3	4
Team F	2	4	2

Tied teams combine points and divide by the number of tied teams.

Victory Medals-Sportsmanship Award

Given at EVERY competition our teams play (scrimmage, regular season game, Championship game.) Awarded to an athlete who shows good sportsmanship and character during play. Not an MVP award! Teams meet after shaking hands and award an athlete to the opposing team. Both teams then give a "Central" break as a show of sportsmanship and unity.

TEAM CONTACTS

"Informal" contacts with team members – Coaches may not engage in any type of informal play, drills, walk-throughs or other forms of practice with team members, including during recess breaks, lunch-time recess periods and intramural activities. Coaches are allowed to hold weigh-ins and chalk talks during such time periods.

TEAM MANAGERS

Selection and utilization of team managers – Students are not required to be eligible for a given sport in order to serve as manager (e.g. fourth graders may serve as managers for a fifth/sixth grade sport such as football). Gender may not be used as part of the criteria for selection of team managers (e.g., girls may serve as managers for boys' teams, and vice-versa). Managers who are not eligible for a sport may not participate in drills, game situations, or practice of any kind. Managers must still fill out all paperwork and follow the same gpa requirements as the players.

RULES FOR STUDENT PARTICIPATION IN TRAVEL CLUBS AND CAMPS

Whether run by CUSD coaches or outside agencies, students cannot be required to take part in travel clubs and camps as part of the criteria for participation in elementary athletic teams. Off-season participation in such clubs is acceptable if it does not interfere with district sports and events.

MONITORING OF PRACTICE SCHEDULES

Principals or their designees are expected to monitor practice schedules as well as appropriately enforce all rules and policies pertaining to athletics. Violations of policy and/or rule infractions will be reported to members of the Protest Committee. The role of the Protest Committee will be to review protests and make appropriate recommendations for disciplinary action. No further appeals will be accepted.

PARTICIPATION

Participation in elementary athletics is generally open to 4th, 5th, and 6th grade students that have not reached *their 13th birthday prior to September 1st*. The Junior Fresno Relays and Junior Olympic qualifying are governed by the Fresno County Track and Field Committee.Cross Country is open to 3rd-6th grade. Tackle football is open to 5th and 6th grade only.

Grade Point Average: Students are expected to maintain a 2.0 grade point average and adhere to district and site policies. Grade Point Average will follow CIF guidelines with some changes. If a student's GPA drops below a 2.0 at any grading period, they will be placed on probation. While on probation an athlete may practice and play in games. Two consecutive grading periods below 2.0 they will be deemed ineligible. Number of "F's" does not deem them ineligible. If deemed ineligible they may practice but can not play in a game or travel with the team. While ineligible it is the school site's discretion as to whether the athlete practices or not. Grading Period will be from Monday to Friday each week during the season. Grades are cumulative, not just work that week.

The Eligibility Semester Rule: The rule comes into effect when a student enters the fifth grade. Students in fifth grade have four (4) consecutive semesters in which to compete in elementary athletics. If a student is retained for any reason, his/her eligibility runs out at the end of the fourth consecutive semester.

Discipline issues: School administration, parent and coach are the only people allowed to keep a player from participating. Teachers can't keep an athlete from participating unless a school administrator has approved the case. All appeals must go through the Commissioners.

1. Official rosters for each sport must be submitted to the District Athletic Directors office no later than Monday, after the second (2nd) scheduled league game.(Used for TitleIX and eligibility issues)

2. An athlete may switch from one sport to another before the official roster is due. Once the athlete makes one switch, they may not return.

3. New students may switch sports prior to the second (2nd) league game in which they are eligible to participate.

4. Specifically, by sport, participation is open to the following students:

Cross Country	3rd,4th, 5th, and 6th grade girls/boys
Football	5th, and 6th grade girls/boys
Volleyball	4th,5th, and 6th grade girls
Basketball	4th,5th, and 6th grade girls/boys
Wrestling	4th, 5th, and 6th grade girls/boys
Track	4th, 5th, and 6th grade girls/boys
Softball	4th,5th, and 6th grade girls

Baseball	4th,5th, and 6th grade girls/boys
Comp Cheer	5th and 6th (4th see Cheer section)

DISTRICT CHAMPIONSHIPS

All team sport seasons (Volleyball, Basketball, Softball, Baseball, Football) will terminate at the end of the league schedule and there will be a championship game. Team trophies will be awarded to the league champions and District Champions.

1. Tie Breaker- The win/loss record at the end of the season will determine the division champion. If two teams or more tie with the same record, co-champions will be declared. To determine who will represent the division in the championship game or have a higher seed head to head will be the first criteria, the second criteria will be a record against the highest common opponent, followed by a coin flip by K-8 Athletic Director.

The individual sports (Cross Country, Wrestling, & Track) will honor champions as outlined below.
Cross Country: The fastest six (6) runners in each division receive medals, 7th – 12th receive ribbons.
Track: The top four athletes/teams in each event will receive ribbons at the District meet.
Wrestling: The top qualifiers from each league compete in the District Wrestling Championships. The six top wrestlers in each weight division receive medals. Cheer Championships are discussed in the Cheer section.

Pre-Season/Season Area Tournaments

Elementary teams are eligible to compete in tournaments outside their Area (excluding camps run by high/middle schools) provided they have first competed in their home Area's tournament, or if their home Area does not offer a tournament.(approved 12-8-2025)

WEATHER CONDITIONS

The K-6 Athletic Director will have the final determination pertaining to the cancellation and rescheduling of games/practice due to extreme weather conditions. Cancellation decisions will be made no later than 9:00 AMfor weather. Real Time Air Advisory Network(RAAN) readings are made hourly. We will follow hourly readings until the noon time reading is posted and announce whether games are canceled following given guidelines. Note that if Purple readings come up again after noon reading games can be canceled or postponed during the game.

CANCELED GAMES

Every effort must be made to play scheduled games. If weather conditions prevent make-ups, a double forfeit will result, subject to review by the K-6 Athletic Director. No other game changes will be allowed. Re-scheduled games will be played the following Tuesday. If that game gets rained-out then the following Tuesday will be game day and so on until the game is finally played.

OFFICIALS

Jeff Vivian at 559-285-0212 for football, basketball, baseball and softball. Wrestling contact Rick McKinney at 559-765-9237. If an official does not show up both coaches will officiate the game.Only an adult approved by the District can officiate a game.

COACHES' TRAINING AND EVALUATIONS

Site principals shall be responsible for the training and evaluation of all coaches.

SUBSTITUTE GUIDELINES

1. Elementary Athletic Directors

- Are allowed a full day substitute for all home games. This will allow Athletic Directors to set up and break down all equipment, set up playing areas for competitions, and complete the game management checklist (ie, water jugs)..

2. Elementary Coaches

- Elementary coaches are allowed a half-day substitute for all home and away games.
- Elementary games start at 12:30 pm with transportation arriving at 11:30 am.
- Head coaches will be given priority when substitute coverage is needed. Coverage for assistant coaches will be determined at the discretion of the site principal.

SUPERVISION

Site supervision needs to be visible at all home athletic contests. It is mandatory to have Supervision by site administration at all district championship events. Coaches and AD shall supervise the athletes while site administration is there to supervise parents and handle any incidents that may arise.

6th GRADE CAMP

Schools going to camp W-Th-F must reschedule their game the Tuesday before they go to camp. Schools going to camp on a Tuesday must reschedule their game for the Tuesday following camp. District AD must be notified in September of camp dates and rescheduled dates. **NO other field trips or Carnivals can be used to reschedule games.**

Process for 1/2 day athletics substitutes should be as follows:
Athletic directors will inform the site secretary at least 5 business days in advance of the date, teacher and times a substitute is needed. The site secretary will create the SBA using the athletic fund string. Once authorized HR will post the School Business absence in SmartFind Express.
Elementary Athletic Directors
● Are allowed a full day substitute for all home games. This will allow Athletic Directors to set up and break down all equipment, set up playing areas for competitions, and complete game management checklist(ie. water jugs)..
Elementary Coaches
● Elementary coaches are allowed a half day substitute for all home and away games. ● Elementary games start at 12:30pm with transportation arriving at 11:30am. ● Head coaches will be given priority when substitute coverage is needed. Coverage for assistant coaches will be determined at the discretion of the site principal.

Cut Policy and Squad Size

CUSD values the ideal of maximum participation, but the nature of interscholastic sports makes it necessary to limit squad size in some sports. When coaches make cuts, players are given every opportunity to discuss the outcome with the coaches involved. CUSD offers no-cut programs to accommodate those athletes who wish to participate on the interscholastic level. Although CUSD uses CIF state tournament regulations as a guideline for determining squad size, the actual size of the squad is left to the discretion of the coach with the approval of the Athletic Director.

Cutting Policy:

Responsibility

- -Choosing the members of the athletic teams is the sole responsibility of the coaches of those teams.
- -Lower level coaches shall take into consideration the policies as established by the Head Coach in a particular program when selecting the final team rosters.
- -Prior to trying out, the coach shall provide the following information to all candidates for the team: extent of tryout period, criteria used to select team members, practice/time commitment needed if an athlete is selected to the team, and game commitments.

Procedure

- -When a team cut becomes a necessity, the process will include these important elements:
  - Completion of a minimum of three practice sessions.
  - Each candidate will be informed of the cut by an evaluation letter showing strengths and areas to be improved on. Letters should be given out in a private manner. Suggestions are end of class, mailing, or as they are getting on the bus.
  - Teams are encouraged to have at least one intrasquad game or scrimmage prior to the cut.
- -Cut lists will not be posted.
- -Coaches will discuss alternative possibilities for participation in the sport or in other activities programs.
- -If a coach foresees difficulties arising as a result of team cuts, he/she should discuss the situation with the Athletic Director.

Pursuing Victory with Honor Presentation

The following is an example of a Pursuing Victory with Honor presentation. Feel free to follow it or come up with your own as long as you cover the topics listed.

I. Introduction

A. All teams meet in one place for introductions (gym, cafeteria, etc…)
1. Administrator welcomes student athletes and introduces coaches
2. AD introduces what will be covered in the presentation

II. Group Presentation (gym, cafeteria, etc…)

A. Speakers– two coaches are to give a short (5 minutes or less) talk on a pillar of Character Counts including personal stories (example-Responsibility)
B. AD then discusses any information all teams/coaches/parents may need as a group
1. GPA 2.0
2. Cut Policy
3. School paperwork needed
4. etc..
C. Teams are dismissed to rooms for team meetings

III. Team Meetings

A. Discuss
1. Team Rules
2. Cut policy and how you judge/rate athletes
3. GPA
4. Transportation
5. Emergency Cards
B. Discuss Character in Sports and have athletes sign Code of Conduct

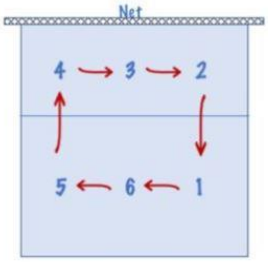
IV. PVwH Meeting to be held with-in first two weeks of season
A. Date and time of meetings to be sent to K-6 Athletic Director

GIRLS VOLLEYBALL RULES

Approved 5-26

Dimensions: Elementary School
Court: 30' x 60'
Net: 7'
Ball: Volleyball Lite

Diagram of Court



Number of Players: Six players on each side.

Scoring:
A point is scored by the team who wins the rally, regardless of who serves. A missed serve is a point for the opposing team. Games are played to 25 points and must be won by 2 points. A match is the best 2 out of 3 games. Teams flip for serve. If a 3rd game is needed, teams will flip for serve. In the 3rd game, once one of the two teams reaches 12 points, the teams will swap sides and continue to play from the same spot in their rotation to 25. This is not a time out.

Rotation of Players:
Rotation is made only after the opposing team loses serve. Players rotate clockwise on the court. The server continues to serve until a rally is lost.

Rules:

1. Players will have only one attempt to get the ball over the net on a serve.
2. The server shall stand with feet anywhere behind the baseline. Contact with the baseline ("foot fault") during a serve is a foul
3. Hands or forearms may be used during a serve attempt.
4. A ball touching the net and going over is a <u>legal</u> serve. (Called a "let" serve)
5. Any ball touching the net, crossing between the sidelines, remains in play.
6. Players may leave the court to play a ball outside of the court boundaries as long as she does not cross the line extended from the net.
7. Players must be in position to serve. After the serve, players may move from their respective positions. No back line player may spike or block at the net. Attacking the ball by a back row player must be done behind the 10' line.
8. Only 3 contacts are allowed before the ball is returned to the opposing team. Players may not touch the ball twice in succession. Exception: A ball that is partially blocked does not count as a contact and therefore may be touched twice by the blocker.
9. It is a foul when a player touches the net or steps <u>completely</u> over the center line under the net.
10. It is a foul when the ball momentarily comes to rest or is contacted for a prolonged amount of time by a player. This is called a "lift".
11. Multiple contacts are more than one contact by a player during one attempt to play the ball. Multiple contacts are only permitted if the first contact was an attempt to block, and on <u>any first team</u> hit, whether or not the ball is touched by the block. This is also called a "double hit".

12. A ball contacting any part of the line shall be considered in.

13. A team is allowed to substitute freely and an unlimited amount, the only restriction being a player once entered into the game, must remain in the same spot in the rotation and therefore would only be eligible to serve 1/6th of a full rotation.
14. Teams will be allowed 2 timeouts per game. Time outs are one minute in length.

Comments:

1. It is legal to use the fist in volleyball.
2. A point is not scored when the ball out of play is thrown over the net.
3. The server must wait for the referee to blow the whistle and hand signal before she serves.
4. Spiking is legal.
5. Home team emails scores to K-8 AD.
6. It is highly recommended that teams attempt to use all three contacts, and not purposely pass the ball back over the net on the first contact. This practice is counter productive and does not teach the skills players need to be competitive in the future. While the "overpass offense" is not illegal it is considered bad form and unsportsmanlike.

CROSS COUNTRY RULES

Approved 5-26

GENERAL INFORMATION

1.High school rules will be used with some modifications for the CUSD Elementary Athletic Program.

TEAMS

1. A cross country team shall consist of three (3) members or more.
2. Each elementary school shall have four (4) cross country teams.
   a. One 3rd/4th grade girls' team - 1 kilometer
   b. One 3rd/4th grade boys' team - 1 kilometer
   c. One 5th/6th grade girls' team - 2 kilometers
   d. One 5th/6th grade boys' team - 2 kilometers

RULES

1.Fall athletic rosters are due by the second meet.

2.An example of scoring shall be as shown in the following table:

Place of finish	1st	2nd	3rd	4th	5th
Points	1	2	3	4	5

3.All competitors who finish the race shall be ranked and tallied in accordance with the above table. The team score shall then be determined by totaling the points scored by the first three finishers of each team.

4.If fewer than three (3) competitors of a team finish, the places of all members of that team shall be disregarded.

5.Tiebreaker - It is considered a tie even if two (2) or more teams score the same number of points. In case of a tie, the high school tie breaker procedure will be in effect. The team with the best fourth (4th) place finisher shall prevail.

6.The order of races shall be: 5th/6th grade girls
5th/6th grade boys
3rd/4 th grade girls
3rd/4th grade boys

7. While the 4th, 5th, 6th, 7th, 8th, 9th, and 10th runners and so on, of a team does not score points toward their team's total, their places, if better than those of any of the first three (3) of an opposing team, result in an increased score for that opposing team.

8. League dual meet competition will determine the league champion. Midget and bantam points will be combined to determine a boys and girls winner for duals.

9. Non-participants shall not aid a runner in any way, i.e., pacing, water, towels, etc.
Verbal encouragement is not considered an aid.

10. Participants must wear shoes.

CROSS COUNTRY CHAMPIONSHIPS

The league team portion of competition will terminate at the end of the league dual meets. Individual athlete recognition will be at the end of the season district meet. Each school may send all their runners. The divisions are: 3rd/4th grade girls, 3rd/4th boys, 5th / 6th grade girls & 5th &/6th boys. Individual medals will be given to the top 6 places and ribbons will be provided for the 7th –12th places. For all dual meets, District championship, and athletic excellence points midget and bantam points will be combined to determine a boys and girls champion.

OFFICIALS

1.The STARTER and REFEREE place the teams in proper position on the starting line after they have drawn lots for position. They give needed instructions before the race and start the race. They make final decisions concerning questionable points and disqualify any runner for unsportsmanlike conduct, or for any flagrant violation of the rules.

2.The FINISH JUDGES stand outside the chute, and on the finish line and determine the order in which runners enter the chute. Their decision is final.

3.The CHUTE INSPECTORS supervise the runners after they enter the chute and see they are properly checked to prevent any irregularity in the order of finish. They see that any runner who crosses the finish line is given his proper order as the contestants go through the chute. Some officials instruct contestants in the chute to place a hand on the shoulder of the one in front of them to prevent gaps in the line.

4. The PLACE CHECKER gives a place card to each finisher with a number on it corresponding to the place of finish.

5. The TIMER records the time of all runners.

6. The SCORE KEEPER records the following information on the score sheets:
    a. Name and school of each finisher corresponding to his place of finish.
    b. Record the times of each finisher corresponding to their place of finish.
    c. Add the place of the first three (3) finishers for each team.
    d. The team with the lowest point total will be declared the winner.

For all dual meets, District championship, and athletic excellence points midget and bantam points will be combined to determine a boys and girls champion.

TACKLE FOOTBALL RULES

Approved 5-26

1. CIF High school rules will be used with some modifications.

2. Football is a no cut sport.

3. Field Size:

a) 40 by 80 yards with 10 yard end zones
b) Fields will be lined G, 10, 20, 30, 40, 30, 20, 10, G
c) Hash marks will be marked 13 yards from the sidelines.
d) The coach's sideline restriction expands to the 20 yard line on either side.

4. Weight and Grade Limits:

a) Varsity

Weight: minimum 70 lbs maximum 150 lbs
A waiver can be used for those lighter than 70lbs.
A copy of waivers should be sent to K-6 AD.
Weight limit is with athletic shorts and shirt.
Grades: 5th and 6th grade

b) An athlete may not practice in uniform or participate in contact unless they make weight as stated. Once certified at a game, an athlete does not have to make weight until the next game.

5. Weigh-ins:

Each player shall be weighed at the game site immediately prior to the beginning of the game , in athletic shorts and shirt. Weigh-ins will be observed by the AD for verification. If not available the VP or staff member will observe. Roster to be signed by both coaches and observers. Roster to be sent to K-8 AD. Double forfeit if not received by Monday following.

The coach is to present a typed roster at weigh-ins with jersey number, name, grade, and weight. Hand written roster will not be accepted. Scales can be calibrated at the Best Weight & Scale Co. 2728 N. Sunnyside phone # 291-2592.

Player Eligibility

a) All players must meet academic eligibility requirements. If an athlete falls below a 2.0 GPA for one grading period they will be put on probationary status. If the athlete falls below 2.0 two grading periods in a row they are then ineligible until the next grading period.

6. Coaches

a) Must be fingerprinted, have TB, signed a contract and have CPR/First Aid up to date before coaching.
b) The Head coach is responsible for his/her assistants, player eligibility, and that players are properly fitted and equipped.

7. Shoes

a) Central will follow C.I.F./National Federation guidelines that allow molded or detachable rubber cleats. No metal.

8. Contact/Practices

a) The first official contact game/scrimmage will be the Carnival.
b) Four hours a week minimum, six maximum practice prior to Carnival.
c) Three hours a week minimum, four and half maximum practice after the Carnival. Stretching and changing are not counted as practice hours.
d) Practices can not be canceled unless cleared by the AD/Vice Principal/Principal and approved by K-8 Athletic Director.
e) Athletes must complete 8 hours of practice, with the first three being non-full pads and five hours in full gear prior to a scrimmage or game.
f) Practice may start on the date that's on the schedule.

9. C.I.F. Guidelines

a) Anything not covered in the Central Elementary bylaws will be covered by C.I.F. guidelines.

10. Ejections

a) A player or coach ejected from a game will not be allowed to participate in the next scheduled game.
b) An appeal may be made to the K-6 AD.
c) Appeals must be made by the following Monday following the game in which the player or coach was ejected otherwise the ejection stands.

11. Team Game Responsibilities

a) All spectators and parents must remain 15 yards from the team bench. The home team shall provide crowd control barriers around each team's bench.
b) The home team will provide water containers for both teams. Visiting teams will be responsible for their own cups or bottles.
c) The home school will provide first-down markers, down indicator, score keeper and adult or high school age crews.

12. Time of Games

a) Weigh-ins must take place as soon as possible after arrival. A 10 minute warm-up period is given before the 5th quarter game. The 5th quarter game starts at 12:00 and the Varsity game starts at 12:30. No games start before 12:30. Drop dead at 1:40.
b) Quarters will be 6 minutes in length, so non-running time. The referees will keep time. Half-time is 6 minutes. Stopwatches will be furnished by the home team.

13. Fifth Quarter Game

a) The game will start immediately after a 10 minute warm-up period.
b) Time will be 15 minutes running time.
c) The visiting team starts the possession on their own 30 yard line.
d) If a team scores there is no extra point and the other team takes over on their 30 yard line.
e) If a turnover takes place the team starts where the change of possession takes place.
f) No score is kept for the 5th quarter.
g) The 5th quarter is for those who regularly do not get time in the scored game.
h) Coaches are allowed on the field during the 5th quarter.
i) Coaches will officiate 5th quarter.

14. Championship Game

a) League #1 vs League #2
b) Tie breakers for league champion will be:
    1) Head to head
    2) Record against next highest common opponent
    3) Coin flip

15. Scrimmage

a) Will be the third Friday after school starts or Saturday if the stadium is unavailable.

16. Game tie breaker

a) All games that end in a tie will be resolved using the National Federation 10 yard line overtime procedure. No new overtime can start after 1:40. If by that time there is no change the game will be a tie.

17. Officials

a) CIF officials will be used through Jeff Vivian. sirvivian00@gmail.com.
b) Two officials will be ordered for each game but games can be played with one.

18. Insurance

a) Students are to have private insurance or can purchase low cost insurance through the school site.

19. Game Ball

a) Junior size balls will be used.

20. Rules

a) Kick-off will be from the 30 yard line.

b) Punt: Before a punt is kicked, each team must declare its intent to do so. The head coach must declare, prior to the ball being marked ready-for-play, the option of kicking the ball or calling a fourth down play. If the head coach chooses to punt, the defensive team cannot rush the punt but the punting team may send players downfield to defend the return. The defensive team may jump and wave their arms. The offensive team must long snap the ball to the punter. The punter must kick the ball from at least 5-yards behind the line of scrimmage. There is no such thing as a fumbled snap. The punter can pick it up and kick it. Once the ball is kicked it is a live ball and can be returned.(updated 9-4)

c) Major penalties are 10 yards, rather than 15 yards.

d) If the referee discovers a player without a mouthpiece, the team will be assessed a 10 yard penalty. Mouth pieces must be of a color other than white. No clear mouth pieces.

e) Three time-outs per half. Coaches may call time-outs from the sideline.

f) Extra points will be worth two points from the 2.5 yard line.

g) A free kick shall not be kicked out of bounds between the goal lines untouched . If it is Returner has the following options:
   1. Accept a five yard penalty from the previous spot and have K re-kick
   2. Put the ball in play 20 yards beyond the previous spot
   3. Decline the penalty and put the ball in play where it went out of bounds

BOYS BASKETBALL RULES

Approved 5-26

General information

1. The team may consist of only 4th, 5th and 6th graders.

Substitutions

1. A substitute may enter the game only in dead ball situations and only after being recognized by the referee.

Jump ball

1. All players must stay outside the circle until the ball is tapped
2. One or two hands may be used to tap the ball.
3. The ball may be tapped one or two times, but no more than twice.
4. The jumper may not take possession of the ball until it has touched the ground or a player other than the one who took the jump ball.

Handling the ball

1. A player may hold the ball for five seconds in bounds in closely guarded, five seconds out of bounds and ten seconds on a free throw.
2. If a player is not closely guarded (within three feet), he may hold the ball as long as he wants.
3. A player may take or tap the ball from an opponent. (the hand is considered to be part of the ball).
4. In making a lay-up, the athlete is allowed 2 1/2 steps.

Taking the ball out of bounds

1. The person taking the ball out of bounds may:
   A. Run the baseline **only** after a made basket.

B. In all dead ball situations, players may only take 1 step forward to pass the ball on an out of bounds play.

2. At the sideline after:
   A. Any violation.
   B. Ball hit out of bounds.
   C. A free throw for unsportsmanlike conduct.
   D. Unnecessary roughness.
3. At the end line (goal line) after:
   A. A successful free throw except after a double foul.
      1. (technical foul).
   B. A successful field goal (basket scored).
4. When out of bounds space is limited.
5. No part of any player within the court may come nearer than three feet to the spot on the boundary line where the ball is being thrown in.

During a free throw

1. The defensive team shall have the lane position nearest the basket.
2. All players must stay off the lane line and out of the lane until the ball hits the rim.

Violations

1. The ball is taken out of bounds at the sideline opposite the spot where the violation occurred.

Jump ball

A. Tapping the ball more than twice.

B. Playing the ball before it touches the floor, basket, backboard, or has been played by another player

C. Failing to stay in your position outside the circle until the ball has been tossed up.

D. Stepping into the circle before the ball has been tapped.

Handling the ball

A. Kicking the ball intentionally with the foot or lower leg.

B. Hitting the ball with the fist.

C. Dribbling with two hands (double dribble).

D. Discontinued dribble and re-dribble (double dribble).

E. Holding the ball more than five seconds when closely guarded.

F. Five seconds out of bounds, ten seconds at the free throw line.

Three-second line violation

A. Player without the ball remains in the free-throw lane for more than three seconds when his team has the ball.

Ten-second line violation(NEW)

A. A 10-second violation occurs when a basketball team fails to advance the ball from the backcourt (defensive half) to the frontcourt (offensive half) within 10 consecutive seconds of gaining team control

Out of bounds

1. Causing the ball to go out of bounds.

Free throw

1. Failure to try for a free throw within ten seconds after receiving the ball.
2. Failure to cause the ball to touch the ring or enter the basket.

Fouls

1. Until six team fouls, the ball goes out of bounds to the team fouled, except in the case of "double foul" and "shooting foul".

In a "shooting foul", if the shot is made, one shot: if missed, two shots, in a double foul" the team possessing the ball at the time of the foul takes the ball out on the side, no shot.

2. On the seventh team foul (per half), a one and one situation comes into play. On the tenth foul, two shots will be assessed.

Common fouls

A. Blocking - getting in front of a player who is moving with or without a ball.

B. Charging - touching an opponent with the ball or body when he is standing still.

C. Hacking - chopping at the ball.

D. Pushing.

E. Holding.

F. Tripping

G. Pulling or spinning an opponent into an off-balance position while trying to take the ball.

H. Substitute entering the court before being signaled on by the referee or not reporting to the scorer.

Disqualifying:

1. A player is removed from the game when he has committed either:

A. Five fouls (personal fouls).

B. A single disqualifying foul (poor sportsmanship or roughness).

1. Warning first unless it is too rough.

Miscellaneous:

1.The clock stops on all time outs. **60 seconds time outs, 2 timeouts per half.**

2. No jump balls (except opening jump). alternate possession will be used.

3.Pressing & trapping are o.k., but **no** pressing if 20 points ahead.

4.No player is to wear jewelry. Fingernails must be clipped to a reasonable length. (both coaches will check this with their teams and their opponents before the game begins).

Wristbands and headwear shall meet the following guidelines:

a. Headbands and wristbands shall be white, black, beige or the predominant color of the jersey and shall be the same color for each item and all participants. They must be the same color as any sleeve/tights worn.

b. A headband is any item that goes around the entire head. It must be a circular design without extensions. If worn, only one headband is permitted, it must be worn on the forehead/crown, it must be nonabrasive and unadorned, and it must be a maximum of 2 inches wide.

c. If worn, only one wristband is permitted on each wrist, each must be worn on the arm below the elbow, each must be moisture absorbing, non abrasive and unadorned, and each must be a maximum of 4 inches wide.

d. Rubber, cloth or elastic bands may be used to control hair. Hard items, including, but not limited to, beads, barrettes and bobby pins, are prohibited.

e. Head decorations and headwear, except those specified above, are prohibited. EXCEPTION: State associations may on an individual basis permit a player to participate while wearing a head covering if it meets the following criteria: a. For medical or cosmetic reasons – In the event a participant is required by a licensed medical physician to cover his/her head with a covering or wrap, the physician's statement is required before the state association can approve a covering or wrap which is not abrasive, hard or dangerous to any other player and which is attached in such a way it is highly unlikely that it will come off during play. b. For religious reasons – In the event there is documented evidence provided to the state association that a participant may not expose his/her uncovered head, the state association may approve a covering or wrap which is not abrasive, hard or dangerous to any other player and which is attached in such a way it is highly unlikely it will come off during play.

5. Eye glasses must be secured with proper equipment.

6. The home school will provide the official scorer. The visiting team will provide a scoring assistant.

7. The homeschool turns scores into the district ad.

8. There are no 3 point shots even if lines are present.

<u>Length of games:</u>

1. Teams will play 6 minute non-running time quarters.
2. **Two timeouts per half, 60 sec. Each.**
3. If the situation requires it, quarters may be shortened at the agreement of both coaches.
4. Halftime will be 6 minutes.
5. If the score is tied, one 3 minute overtime period. If still tied, sudden death (jump ball, 1st score wins).

<u>Equipment</u>:

1. Basketballs
   a. Boys-use official size basketball
2. Time/Score Clock(NEW)
   a. All games, including championship, must use an electronic time/score clock and have a designated responsible person to run it. Officials do not keep time.

GIRLS BASKETBALL RULES

Approved 5-26

General information

1. The team may consist of only 4th, 5th and 6th graders.

Substitutions

1. A substitute may enter the game only in dead ball situations and only after being recognized by the referee.

Jump ball

1. All players must stay outside the circle until the ball is tapped
2. One or two hands may be used to tap the ball.
3. The ball may be tapped one or two times, but no more than twice.
4. The jumper may not take possession of the ball until it has touched the ground or a player other than the one who took the jump ball.

Handling the ball

1. A player may hold the ball for five seconds in bounds in closely guarded, five seconds out of bounds and ten seconds on a free throw.
2. If a player is not closely guarded (within three feet), he may hold the ball as long as he wants.
3. A player may take or tap the ball from an opponent. (the hand is considered to be part of the ball).
4. In making a lay-up, the athlete is allowed 2 1/2 steps.

Taking the ball out of bounds

1. The person taking the ball out of bounds may:
   A. Run the baseline **only** after a made basket.

B. All dead ball situations, player may only take 1 step forward to pass the ball on an out of bounds play.

2. At the sideline after:
   A. Any violation.
   B. Ball hit out of bounds.
   C. A free throw for unsportsmanlike conduct.
   D. Unnecessary roughness.
3. At the end line (goal line) after:
   A. A successful free throw except after a double foul.
      1. (technical foul).
   B. A successful field goal (basket scored).
4. When out of bounds space is limited.
5. No part of any player within the court may come nearer than three feet to the spot on the boundary line where the ball is being thrown in.

During a free throw

1. The defensive team shall have the lane position nearest the basket.
2. All players must stay off the lane line and out of the lane until the ball hits the rim.

Violations

1. The ball is taken out of bounds at the sideline opposite the spot where the violation occurred.

Jump ball

A. Tapping the ball more than twice.
B. Playing the ball before it touches the floor, basket, backboard, or has been played by another player
C. Failing to stay in your position outside the circle until the ball has been tossed up.
D. Stepping into the circle before the ball has been tapped.

Handling the ball

A. Kicking the ball intentionally with the foot or lower leg.
B. Hitting the ball with the fist.
C. Dribbling with two hands (double dribble).
D. Discontinued dribble and re-dribble (double dribble).

E. Holding the ball more than five seconds when closely guarded.
F. Five seconds out of bounds, ten seconds at the free throw line.

Three-second line violation

A. Any player without the ball remains in the free-throw lane for more than three seconds when his team has the ball.

Ten-second line violation(NEW)

A. A 10-second violation occurs when a basketball team fails to advance the ball from the backcourt (defensive half) to the frontcourt (offensive half) within 10 consecutive seconds of gaining team control

Out of bounds

1. Causing the ball to go out of bounds.

Free throw

1. Failure to try for a free throw within ten seconds after receiving the ball.
2. Failure to cause the ball to touch the ring or enter the basket.

Fouls

1. Until six team fouls, the ball goes out of bounds to the team fouled, except in the case of "double foul" and "shooting foul".

In a "shooting foul", if the shot is made, one shot: if missed, two shots, in a double foul" the team possessing the ball at the time of the foul takes the ball out on the side, no shot.

2. On the seventh team foul (per half), a one and one situation comes into play. On the tenth foul, two shots will be assessed.

Common fouls

A. Blocking - getting in front of a player who is moving with or without a ball.
B. Charging - touching an opponent with the ball or body when he is standing still.
C. Hacking - chopping at the ball.
D. Pushing.
E. Holding.
F. Tripping
G. Pulling or spinning an opponent into an off-balance position while trying to take the ball.
H. Substitute entering the court before being signaled on by the referee or not reporting to the scorer.

Disqualifying:

1. A player is removed from the game when he has committed either:
   A. Five fouls (personal fouls).

B. A single disqualifying foul (poor sportsmanship or roughness).
   1. Warning first unless it is too rough.

Miscellaneous:

1.The clock stops on all time outs. **60 seconds time outs, 2 timeouts per half.**
2. No jump balls (except opening jump). alternate possession will be used.
3.No player is to wear jewelry. Fingernails must be clipped to a reasonable length. (both coaches will check this with their teams and their opponents before the game begins).

Wristbands and headwear shall meet the following guidelines:

a. Headbands and wristbands shall be white, black, beige or the predominant color of the jersey and shall be the same color for each item and all participants. They must be the same color as any sleeve/tights worn.

b. A headband is any item that goes around the entire head. It must be a circular design without extensions. If worn, only one headband is permitted, it must be worn on the forehead/crown, it must be nonabrasive and unadorned, and it must be a maximum of 2 inches wide.

c. If worn, only one wristband is permitted on each wrist, each must be worn on the arm below the elbow, each must be moisture absorbing, non abrasive and unadorned, and each must be a maximum of 4 inches wide.

d. Rubber, cloth or elastic bands may be used to control hair. Hard items, including, but not limited to, beads, barrettes and bobby pins, are prohibited.

e. Head decorations and headwear, except those specified above, are prohibited. EXCEPTION: State associations may on an individual basis permit a player to participate while wearing a head covering if it meets the following criteria: a. For medical or cosmetic reasons – In the event a participant is required by a licensed medical physician to cover his/her head with a covering or wrap, the physician's statement is required before the state association can approve a covering or wrap which is not abrasive, hard or dangerous to any other player and which is attached in such a way it is highly unlikely that it will come off during play. b. For religious reasons – In the event there is documented evidence provided to the state association that a participant may not expose his/her uncovered head, the state association may approve a covering or wrap which is not abrasive, hard or dangerous to any other player and which is attached in such a way it is highly unlikely it will come off during play.

5. Eye glasses must be secured with proper equipment.
6. The home school will provide the official scorer. The visiting team will provide a scoring assistant.
7. The homeschool turns scores into the district ad.
8. There are no 3 point shots even if lines are present.
9. A player may press only after the player crosses over the half-court line, no full court press, penalty for this will be a technical foul.

<u>Length of games:</u>

1. Teams will play 6 minute non-running time quarters.
2. **Two timeouts per half, 60 sec. Each.**
3. If the situation requires it, quarters may be shortened at the agreement of both coaches.
4. Halftime will be 6 minutes.
5. If the score is tied, one 3 minute overtime period. If still tied, sudden death (jump ball, 1st score wins).

<u>Equipment</u>:

1. Basketballs
   a. Girls- use "women's" or intermediate size
2. Time/Score Clock(NEW)
   b. All games, including championship, must use an electronic time/score clock and have a designated responsible person to run it. Officials do not keep time.

WRESTLING RULES

Approved 5-26

GENERAL INFORMATION

1. High school rules will be used with some modifications for the Central Elementary Athletic Program.
2. Scales may be calibrated at the Best Weight & Scale Co. 2728 N. Sunnyside, 291-2592.
3. The responsibility of the referee is primarily for the safety of the wrestlers through the proper interpretation and application of the rules governing the sport of wrestling.

RULES

1. A wrestling season has two components. Dual matches will determine League Champions and the District Championship tournament will determine individual District Champions and the District Team Champion.
2. Weight classes shall be known as:

63lb.	69lb.	75lb.	81lb.	87lb.
93lb.	99lb.	105lb.	112lb.	119lb.
126lb.	133lb.	143lb.	153lb.	168lb.

3. All wrestlers will be weighed in their wrestling singlet. The wrestler's weight with singlet shall be their net weight and wrestle according to all other weight rules. Weigh-ins will be observed by the AD for verification. If not available the VP or staff member will observe.
4. Female wrestlers must wear an undergarment that completely covers their breast and that all wrestlers wear suitable undergarments that completely covers parts of their body.
5. A growth allowance of one pound will be added to each weight class the 4th match of the season(2-12-2027). An additional one pound will be added for the championship tournament(3-6-2027). This is a net increase of two pounds per weight class.
6. The weight certification match will be the fourth league match of the season(2-12-2027). Bye teams will certify as though there was a match. School administration must witness and sign certification. The weight certification establishes the minimum weight that a wrestler may compete for all dual and tournament competition after the certification match. Send a copy of certification to K-8 AD.
7. All wrestlers under 100 pounds may wrestle one weight class above their actual certified weight. All wrestlers over 100 pounds may wrestle no more than two weight classes above their actual certified weight.
8. Students new to wrestling must condition and practice at least six (6) hours prior to league competition.
9. Wrestlers shall have wrestled a minimum of two league matches to qualify for a seed in the championship tournament.
10. All weigh-ins shall be held prior to the beginning of each competition, and conducted under mutual agreement by opposing schools. Once all wrestlers are weighed, the scales are closed. Wrestlers have one chance to weigh-in; if they do not make it they can step off then immediately back on to check for errors. That is it.
11. Scales shall be provided by the host school.
12. Wrestlers with mouth braces must wear protective mouthpieces.
13. 4th grade wrestlers may not wrestle the 168 lb. weight division.
14. Wrestling is for grades 4-6. No 3rd graders.
15. All Varsity wrestlers shall have their exact weight listed on the official score sheet.
16. Head gear is required for all wrestling activities.
17. An alternate two-piece uniform consisting of compression shorts or shorts designed for wrestling and a form-fitted compression shirt has been approved for wrestling. Wrestlers will have the option of the two-piece uniform or the traditional one-piece singlet.
18. All mats must be sanitized at least once a week to prevent the spread of communicable diseases. If detected at a school, the mat should be sanitized daily and affected wrestlers may not wrestle until cleared by a doctor. See clearance form.

19. Three periods one minute in length for Varsity matches shall constitute a match. Junior Varsity matches shall be three, 30 second rounds.
    A. First period: both wrestlers start in neutral position(standing)
    B. Second period: one wrestler is given the option to take position of either advantage (top), defensive (bottom), neutral or deferring to the opponent.
    C. Third period: Start shall be the reverse of the second period.
    D. Overtime matches: The overtime shall consist of a one-minute sudden victory period; if no scoring occurs, two 30-second tiebreakers shall be utilized; and if the score remains tied a 30-second ultimate tiebreaker will be competed.

20. Wrestling shall continue as long as one supporting point of either wrestler remains inbounds. The supporting points are those which bear the wrestler's weight, exclusive of those parts which the wrestler holds of the opponent.
21. The shoulders or scapula no longer need to be inbounds to earn a fall. If the offensive wrestler maintains one support inbound and the defensive wrestler remains on the mat, a fall or near fall points may be earned regardless of the out-of-bounds line.
22. Coaches are restricted to the bench while the clock is running and during normal out-of-bounds and resumption of wrestling. During this time, the coach may walk behind the team bench to encourage his wrestler or, when necessary for the team bench to be located in the bleachers, to walk in front of the team area, provided it is away from the mat. The coach may approach the official's table to request the match to be stopped to discuss possible misapplication of a rule. The coach may move toward the mat only during a charged time-out or at the end of the match. The first offense will result in a warning. A recurrence will be penalized as misconduct.

WRESTLING CHAMPIONSHIPS

The team league championship will terminate at the end of the duals. Individual athlete recognition will be at the end of the District Tournament. We will also recognize the District team champion. Individual District Tournament medals will be awarded to the top 6 places. Team trophy for District Champion.

1. Only Coaches cleared by the District during this season of sport will be allowed to coach in the corner.
2. Meet Director/K-6 AD must have a cleared coaches list available and wrist bands assigned.
3. AD's would like to see five or six mats for the tournament so it is run in a reasonable amount of time.

MATCH SCORING

1. Points are awarded during a match for the following:
    A. Takedown- from a neutral position, wrestler takes opponent to the mat and gains complete control- 3 points
    B. Escape- defensive wrestler gains a neutral position- 1 point
    C. Reversal- defensive wrestler gains a position of advantage without becoming neutral in the process- 2 points
    D. Near fall- offensive wrestler holds the opponent's shoulder to the mat within four inches or 45 degrees with full control continuously for two seconds- 2 points, three seconds-3 points, four seconds 4 points.
    E. Technical fall- occurs when a wrestler has earned a 15 point advantage over the opponent- match over
    F. Fall- any part of the shoulder or area of scapula held in contact with the mat for two full seconds constitutes a fall- match ends

TEAM SCORING

Dual Meet scoring:

Match Result	**Point Value**
Fall	6
Forfeit	6
Default	6
Technical Fall(15+ pt advantage)	5
Major decision(8-14 pt adv)	4
Decision	3

Track and Field Rules

Approved 5-26

General Information

1. Junior Fresno Relays and USATF rules will be used with some modifications for the Central Elementary Athletic Program.
2. The track season begins with the spring season. All other general sports rules are enforced. An athlete may participate in track and one other spring sport.
3. The Central Unified Elementary Track Season will be split into two seasons, the Central Elementary Athletic Program and the County Track and Field Program.
4. The Central portion will be the District track meets.
5. The County Track and Field Program will start with the Area IV meet and finish with the Valley Meet.

Rules

1. For the Central Unified Track portion of the season each school shall have a track team of the following division for both boys and girls:
   a. Central Unified Track Meets are 4th-6th Boys and Girls.
   b. Central Unified School District competition shall limit a maximum of four participants per event, except for the relay, which will have one team.
   c. Team points from the meet will declare a District team Champion.

2. For the County Track and Field portion each school shall have a track team of the following divisions for both boys and girls:

a. Age groups for County Track Meets are 9-10 Boys, 9-10 Girls, 11-12 Boys, 11-12 Girls, 13-14 Boys and 13-14 Girls.

b. Area IV meet shall limit a maximum of three participants per event, except for the relay, which will have one team.

For all County Track Purposes, the following age groups will be used:

Age Division	Year of Birth
9 - 10 (previously Bantam)	2016-17
11 - 12 (previously Midget)	2014-15
13 - 14 (previously Youth)	2012-13

3. Area IV, County Finals and Junior Fresno Relays rules and events are determined by the Fresno County Track and Field Committee. Rules and events will be distributed when available. Valley Championships are a USATF Sanctioned Meet.

4. The division shall have the following events for Central District Meets: (see County Rules for county events)

4th/5th/6th

100 meters
200 meters
400 meters
1200 meters
400 meter relay
High Jump
Long Jump

6lb. shot put
80 m. hurdles
1600 meter relay

Mini javelin, Triple Jump, Discus, 800 and 3,000 only competed in County Meets not District Meet

5. The Central Elementary Championship track meet will be held at the end of the dual meet season.

6. Athletes may not participate without shoes. Track shoes may be worn. Pyramid spikes 3/16" or smaller are allowed, no needle spikes.

7. **County Meets** 9/10 and 11/12 age groups may be entered in only three events. 13/14 may be entered in only four events. The 400 m relay and 1600 m relay are considered an event.

8. The 100m, 200m, 400m, and 4x100 are run in lanes. The 1200m will use a waterfall start.

9. All entries will be done online at www.athletic.net.

10. Teams will be allowed 6 athlete substitutions during the District Meet. The coach will register their substitutions with the Clerk of the Course and the substituted athlete will compete in the place of the missing/injured athlete and is subject to the 3 event maximum.

Baseball Rules

approved 5-26

Cal Ripken "new rules" and bat rules shall be checked yearly when the new Rule Book is released and changes added to bylaws. Books issued in February.

General Information

1. All play will be according to Cal Ripken Major 70 Rules and Regulations, including the re-entry rule, with some exceptions.
2. Base dimensions: 70' Pitching Mound: 50'

Teams

Each school will have one baseball team which may consist of students in 4th, 5th or 6th grades. Schools may have a "B" team funded solely by the school.

Rules

1. Games will be six innings, or 1:40 drop dead time and score reverts back to the last fully completed inning. If a game is tied after the inning or time limit, it is a tie.
    a. Championship Game-
        - Tie-breaking rule- the offensive team shall begin its turn at bat with the player who is scheduled to bat last in that respective half inning being placed on second base. Each team will get an at bat until a winner is declared.
    b. Playoff Game-
        - In the event that an inning isn't finished due to time limit and the result of returning to the previous inning results in a tie, both teams will continue and finish the full inning. The tie breaking rule will be used the following inning if still tied.
2. Substituting a pitcher:
    a. A pitcher leaving the game for a substitute may not re-enter as a pitcher.
    b. A pitcher may exchange positions with a substitute and return to pitcher one time. In both circumstances the player must remain in original batting order.
3. Pitchers are limited to six innings per calendar week (Monday through Friday), or one complete game per week. (A complete game is one that starts and finishes either by inning or time limit.) If a pitcher delivers one pitch in an inning, the pitcher will be charged for one inning pitched.
    a. A pitcher must have two days rest between pitching assignments if they pitch three innings in one game.

- Playoffs/Championship- pitchers the day of the championships are allowed to pitch six total innings that week between both games.

    b. Games in which an ineligible pitcher is used shall be played under protest. Game is completed but played under protest.
4. Designated Hitter (DH): A player may be placed on the roster as a designated hitter ONLY. The DH will be one of the nine batters on the roster.
5. The coach has the authority over playing time. It is not mandatory to play everyone but recommended.
6. A player may lead off base and attempt to steal.
7. A batter is OUT, whether or not the catcher drops the third strike.
8. The infield fly rule will be in effect.
9. There will be no home run line. A batter may attempt as many bases as they can legally touch.
10. Shoes with metal cleats or spikes are prohibited.
11. The bats shall follow Cal Ripken Major 70 Rules.
12. Protective head gear shall be worn while at bat, as a base runner, and while out of the dugout on the playing surface, during practice and all games.
    a. Catchers shall wear a protective mask, including throat protection, headgear, shin guard and cup, during games practice and warm-up.
13. Time between innings shall be approximately one minute. Maximum warm-up pitches shall be six.
14. Inning limits: If one team scores five runs in an inning.

Playoffs/Championship- there is no run rule, mercy rule will be 10 runs after 4 innings or 8 after 5 innings

Playoffs are no new inning after an hour and thirty minutes. Then tie breaker if needed.

Championship is no new inning after an hour and thirty minutes . Then tie breaker if needed.

15. Sliding- Players should be instructed to slide properly to avoid injury to themselves and the fielders. If a runner at any base, except first, does not slide or make an obvious attempt to avoid a collision, the runner will be declared out.
16. Umpire No Show- If during baseball season an umpire does not show the Head Coaches will umpire the game. The head coach will call balls and strikes for his pitcher while standing behind the pitcher. They will also call the bases from this position.
    An agreed upon adult cleared through the District can umpire. (AD,teacher, or employee) Without umpire gear they would stand behind the pitcher to officiate. This would be a volunteer unpaid situation.

Cal Ripken Bat Rule

Cal Ripken Division - All non-wood bats must have the USA Bat Marking. The Barrel Maximum is 2 5/8". No BBCOR Bats are permitted in the Cal Ripken Division. Solid one piece wood bats are permitted for use in all divisions and must conform to Rule 1.10. No laminated or experimental bats shall be used in a game.

PENALTY

-If the illegal bat is discovered prior to a batter completing his "at bat" the bat is simply removed from play and the "at bat" continues.

-A player who uses an illegal bat or non-conforming barrel dimension and hits a fair ball will be ruled out. No advancement on the bases will be allowed, and any outs during the play shall stand. This is an appeal play. The "at bat" will be considered legal once a pitch is thrown to the next batter.

-Any bat discovered prior to the game that does not conform to the above rules shall be directed to be removed immediately and not be allowed for use during the game.

Fast Pitch Softball Rules

approved 5-26

ASA "new rules" and bat rules shall be checked yearly when the new Rule Book is released and changes added to bylaws. Books issued in January.

General Information

1. All play will be according to ASA Fast Pitch Under 12 rules with some exceptions.
2. Base dimensions: 60' Pitching Mound: 40'

Teams

Each school will have one softball team which may consist of students in 4th, 5th or 6th grades. Schools may have a "B" team funded solely by the school.

Rules

1. Games will be six innings, or 1:40 drop dead time and score reverts back to last fully completed inning.. If a game is tied after the inning or time limit, it is a tie.
   a. Championship Game-
      - Tie-breaking rule- the offensive team shall begin its turn at bat with the player who is scheduled to bat last in that respective half inning being placed on second base. Each team will get an at bat until a winner is declared.
   b. Playoff Game-
      - In the event that an inning isn't finished due to time limit and the result of returning to the previous inning results in a tie, both teams will continue and finish the full inning. The tie breaking rule will be used the following inning if still tied.
2. Substituting a pitcher:
   a. A pitcher leaving the game for a substitute may not re-enter as a pitcher.
   b. A pitcher may exchange positions with a substitute and return to pitcher one time. In both circumstances the player must remain in original batting order.
3. Substituting a player:

a. Starting player may be substituted or replaced and re-enter once. The substitute and re-entered player must occupy the same batting position in the original line up.

4. Designated Player : A player may play as a defensive player but may not bat, allowing a designated player to bat but not play as a defensive player.
5. Stealing is allowed according to ASA rules.
6. A batter is OUT, whether or not the catcher drops the third strike.
7. The infield fly rule will be in effect.
8. There will be no home run line. A batter may attempt as many bases as they can legally touch.
9. Shoes with metal cleats or spikes are prohibited.
10. All bats must clearly say " Official Softball."
11. Protective head gear shall be worn while at bat, as a base runner, and while out of the dugout on the playing surface, during practice and all games.
    a. Catchers shall wear a protective mask, including throat protection, headgear, and shin guard, during games practice and warm-up.
12. Time between innings shall be approximately one minute. Maximum warm-up pitches shall be six.
13. Inning limits: If one team scores five runs in an inning.
    Playoffs/Championship- there is no run rule, mercy rule will be 10 runs after 4 innings or 8 after 5 innings
    Playoffs are no new inning after an hour and thirty minutes. Then tie breaker if needed.
    Championship is no new inning after an hour and thirty minutes . Then tie breaker if needed.
14. Sliding- Players should be instructed to slide properly to avoid injury to themselves and the fielders. If a runner at any base, except first, does not slide or make an obvious attempt to avoid a collision, the runner will be declared out.

15. Umpire No Show- If during softball season an umpire does not show the Head Coaches will umpire the game. The head coach will call balls and strikes for his pitcher while standing behind the pitcher. They will also call the bases from this position.
    An agreed upon adult cleared through the District can umpire. (AD,teacher, or employee) Without umpire gear they would stand behind the pitcher to officiate. This would be a volunteer unpaid situation.

Elementary Pep & Cheer

Approved 5-26

Participation Requirements:
Cheer teams will be available to 5th and 6th grade students at the elementary level.

Each site, depending on the size of enrollment(small schools), has the discretion to allow 4th grade students to participate. The decision should be based on supervision and safety.
EX: Large schools 5th and 6th/ Small schools 4th-6th.

School sites also have the discretion to select a cheer squad (anyone eligible can participate, no cuts) and a competition squad (try-outs with cuts to determine members). Schools can choose to compete with their cheer squad or to have cuts for their competition team.

Students must meet district athletic requirements in order to participate, including at least a 2.0 GPA and satisfactory citizenship.

Elementary cheer teams shall focus on learning the following with an emphasis on proper cheer motions:

- cheer motions (high v low v, daggers, goal posts, t, broken t, diagonal, k, etc.)
- jumps (x jump, toe touch, hurdler, pike, etc.)
- stunts (how to base, how to back spot, how to fly, building techniques, how to be safe, etc.)

The following will be MANDATORY for cheer advisors during the FALL season (July – December):

- Attendance at squad practices- at least 3 hours/week
- Attendance at all home football games- including championships
- Attendance at all home basketball games- including championships
- Attendance at performances at rallies or other school events
- Attendance at the high school spirit night football game
- Attendance at the high school spirit showcase night

Principals will have the discretion to send cheer squads to away games based on bus availability.

The following will be MANDATORY for cheer advisors during the SPRING season (January early March):

- Attendance at squad practices- at least 3 hours/week
- Attendance at all home basketball games- including championships
- Attendance at performances at rallies or other school events
- Participation in Central Unified Elementary Cheer Championships
- Participation in one other local competition- performing competition routine at spirit showcase in addition to cheer squad routine would be acceptable.

Safety Guidelines
All school sites shall follow the safety guidelines set forth in the National Federation of State High School Associations Spirit Rules Book.
Stunting guidelines:

- Absolutely no jewelry allowed.
- Proper shoes are required.
- All stunting must be supervised by an adult.
- All stunts must have a back spot.

- Difficult stunts shall not be attempted until basic stunting techniques have been mastered. All stunting must occur on either mats or grass.

- No basket tosses

Uniform requirements:

Cheer uniforms shall not exceed $500. Potential costs include:

Skirt	Bow	Bag (optional)
Shell top	Body Liner	Warm-ups (optional)
Socks	Spirit pack(practice t-shirt, shorts)	Poms (options)
Shoes	Camp (optional)	

*School sites shall provide uniforms for those who cannot afford to purchase their own. The uniform will be a loaner (general size- will not be custom fit, cannot be altered, must be returned at the end of cheer season).

*School sites shall provide fundraising opportunities to help defray the cost of participation in cheer and spirit.

*School sites shall provide opportunities to purchase used uniforms from previous squad members.
Competition
Advisors can hold try-outs for the competition team with cuts being made.

Squad size shall not exceed 36 members. The school site may determine a minimum number of competition cheer team members.

Competition team should consist of those members who have already been selected for the school cheer team.

Squads will be able to compete in the following division:

- Show Cheer- performance consisting of a combination of music and words. Routines should include but are not limited to stunting, dancing, tumbling, pyramids, jumps, formation and level changes, etc.

The Central Unified Elementary Cheer Championships are mandatory for competition squads.

- Divisions-Large (14+), Small (13-), Pep
- Once you enter a division you can not change without approval from the Championship organizer.

The decision of which other competitions to attend will be left to the discretion of the advisor, AD and Principal.
Choreographers must be cleared through the district. Help with choreography is available through the high school.
Advisors must participate in Central Unified Elementary Cheer Championships in order to receive spring coaching stipend.

District cheer practices can be held after school or in the evening at the school site. If after normal practice hours an administrator must be on site or on call. All coaches MUST be cleared and transportation issues not held against the athlete. No off site practices during this time.

In order to compete in a competition or practice, a student must be in attendance at least half of the school day.
After District Championships the District season is complete. Attending Nationals/other tournaments is a school site decision and practice can be held in the evening or off campus as long as the Principal approves.

Off campus practices follow field trip guidelines and athletes must be cleared. The administrator must be on site or on call.

FIRST AID PROCEDURES

It is essential that coaches and trainers know the signs of heat exhaustion and heatstroke. The chart below should be reviewed frequently during the season when football and training hazards that accompany it are rare in the spotlight. It is recommended that short water breaks be scheduled every 15 to 25 minutes.

	HEATSTROKE	HEAT EXHAUSTION
FACE	Red and flushed	Pale
SKIN	Hot and dry	Moist
TEMPERATURE	Extremely high	Normal
PULSE	Strong and rapid	Weak and rapid

HEATSTROKE

Heatstroke is caused by high body temperature, salt loss, and dehydration. The body's mechanisms for dissipating heat will have stopped working, and a tremendous increase in body temperature will occur rapidly. Heatstroke is a medical emergency, and must be treated as a life-threatening situation. The signs and symptoms of heatstroke are as follows:

1. The victim may be dizzy, weak, mentally confused, euphoric, or have a sense of impending doom before becoming unconscious.

2. With little warning the victim may become unconscious.

3. The victim will have an exceedingly high temperature. The skin will feel hot to the touch. Rectally, the temperature will be above 105 degrees, and may reach 109 degrees F.

4. The victim's skin will be extremely dry and will appear flushed. The pulse rate will be strong and rapid.

FIRST AID PROCEDURES

Coaches and trainers must review first aid treatment with the team physician before the season starts. Because heatstroke is caused by the body's acute inability to lose heat rapidly, the following steps must be taken immediately:

1. Make immediate arrangements to have the athlete transported to the nearest medical facility. Severe neurological, circulatory, and hepatic (liver) conditions may occur if quick and definitive medical attention is not sought.

2. Remove all clothing and pads and place the athlete in the coolest available place.

3. Cool the athlete's body by any means possible. Many physicians recommend placing the victim in an ice bath. Any method, however, that would help lower the body temperature (cold water, chemical cooling packs, ice rubbed vigorously over the body) would suffice.

4. If the patient can cooperate, give cold drinks to aid in heat loss.

HEAT EXHAUSTION

Heat exhaustion is sometimes difficult to recognize. Its symptoms are generally less severe than those of heatstroke and vital signs may even appear normal. Coaches should look for the following signs to determine if the victim is suffering from heat exhaustion:

1. The victim may experience progressive weakness, inability to work, and loss of appetite.

2. The skin is usually moist and clammy, and may be pale or ashen gray.

3. The pupils may be dilated, and the pulse may be weak and slightly more rapid than normal (less than 100).

4. The victim is usually conscious, but it is not uncommon for fainting to occur.

5. The victim may be suffering from muscle cramps.

FIRST AID PROCEDURES

Heat exhaustion is an emergency situation, but it usually is not life-threatening. The following first aid steps should be followed:

1. The athlete should lie in the coolest available place and be given cool drinks.

2. Encourage the athlete to drink as much as possible.

3. Remove excess clothing and rub the athlete's body with a cool, wet cloth.

4. The athlete should be instructed to stay out of the heat for the rest of the day and be taken to a hospital in case of other complications.

Protocol and Procedures for the Management of Sports-Related Concussion

Guidelines and Procedures for Coaches:

A. Recognize concussion

1. All coaches should become familiar with the signs and symptoms of concussion.

B. Remove from activity

1. If a coach suspects the athlete has sustained a concussion, the athlete should be removed from activity until evaluated medically.

2. Any athlete who exhibits signs or symptoms of a concussion should be immediately removed, assessed, and should not be allowed to return to activity that day.

C. Refer the athlete for medical evaluation

1. Coaches should report all head injuries as soon as possible, for medical assessment and management, and for coordination of home instructions and follow-up care to the following:

   a. School Administration and school site nurse

   b. Central East High School Athletic Trainer

2. Coaches/School Administration should fill out a concussion injury report form and submit to both the school site nurse and the Athletic Trainer for records.

3. Parent contact must be made to inform them of injury and make arrangements for them to pick up the athlete at the location where the injury occurred or make other arrangements to ensure athlete safety.

4. In the event that an athlete's parents cannot be reached, and the athlete is able to be sent home:

   a. The Coach or School Administrator should ensure that the athlete will be with a responsible adult, who is capable of monitoring the athlete.

   b. The Coach or School Administrator should continue efforts to reach the parent.

   c. If there are any questions about the status of the athlete, the Athletic Trainer at Central East must be contacted to further evaluate the situation and determine the proper plan of action.

"Heads-Up" 4-Step Action Plan:

1. Remove the athlete from play

2. Ensure that the athlete is evaluated by an appropriate health-care professional.

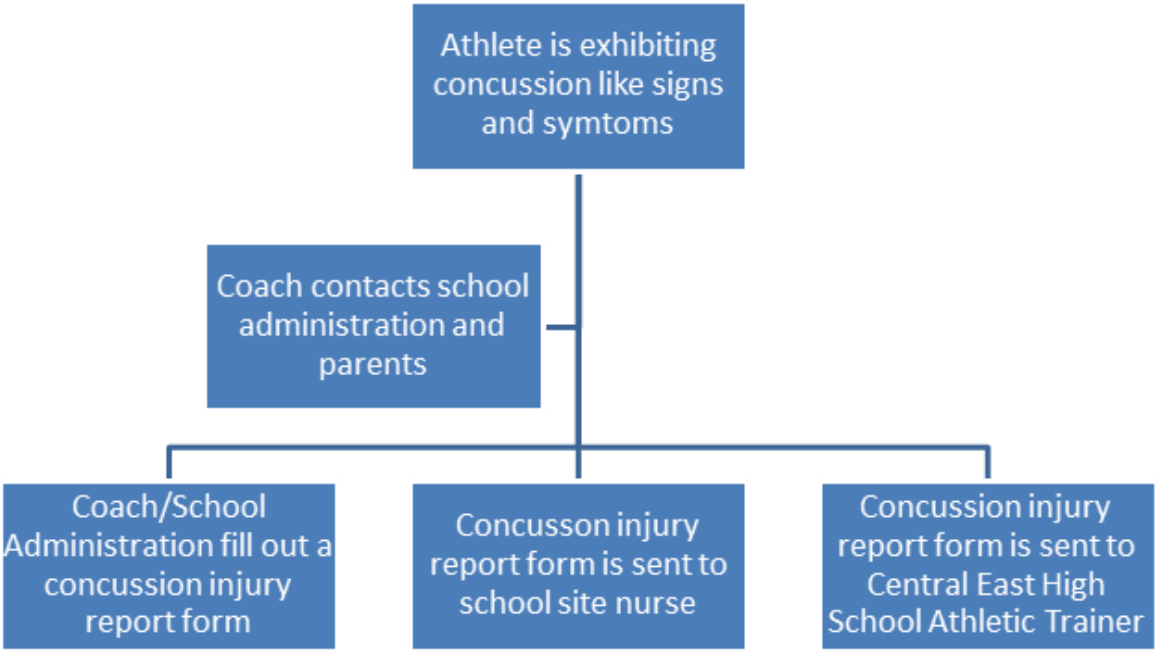
3. Inform the athlete's parents or guardians and school administrator about the possible concussion and given them information on concussion.

4. Keep the athlete out of play the day of injury and until the appropriate health-care professional says he or she is symptom-free and gives the okay to return to activities.

Subject Concussion Management

A. The student shall not return to athletic activity until he/she is symptom free for at least 24 hours, has been evaluated by and provides written authorization from an appropriate health care professional. The school's chief medical officer will make the final decision on return to activity including physical education class and after-school sports. Any student who continues to have signs or symptoms upon return to activity must be removed from play and reevaluated by their health care provider.

B. A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and for the remainder of the day. A student-athlete who has been removed from play may not return to play until the student-athlete is evaluated by a licensed physician (MD or DO) trained in the evaluation and management of a concussion and receives written clearance to return to play from that health care provider (CIF BYLAW 313).



Concussion SAMPLE LETTER – PARENT NOTIFICATION

(PLACE ON YOUR SCHOOL LETTER HEAD)

To: Athletes and Parents/Guardians

From: (Athletic Trainer, Athletic Director, Coach)

Subject: Head Injury/Concussion
Your Son/Daughter received a blow to the head today in practice/game. The following information is for their health and safety. Quite often after a blow to the head, signs and symptoms of a head injury do not appear immediately after trauma, but appear hours after the injury itself. The purpose of this fact sheet is to alert you to the symptoms of significant head injuries, symptoms that may occur several hours after the student has left school.
If your Son/Daughter experiences one or more of the following symptoms after a head injury or the symptoms worsen, seek medical help immediately.

- Difficulty remembering recent events or meaningful facts
- Difficulty concentrating or making decisions
- Severe headache, particularly at a specific location
- Stiffening of the neck
- Bleeding or clear fluid from the ears or nose
- Mental confusion, strangeness or irritability
- Nausea or vomiting
- Dizziness, poor balance, unsteadiness, or clumsiness
- Weakness or inability to move one or more limbs
- Abnormal drowsiness, sleepiness or loss of consciousness
- Convulsions or seizures
- Unequal pupils, dilated, unequal in size or non-reactive to light changes
- Loss of appetite
- Persistent ringing in the ears
- Slurring of speech
- Blurred vision, double vision or trouble focusing
- Unusual or bizarre behavior
- Initial improvement followed by worsening symptoms

The appearance of any of the above symptoms may signify that your son/daughter has a significant head injury that requires immediate medical attention. **If any of these symptoms do appear, report to the nearest Emergency Room or call 911.** Do not give any pain relievers (they may hide the symptoms) or allow your son/daughter to go into a deep sleep for the next 24 hours. Wake up you son/daughter every two (2) hours and ask several simple questions to check on their well-being.

Parents/Guardian Notified by: Phone___Relative___Other _____
Athlete's Name: _____

Sent home by: _____ Release to: _____
Relationship to Athlete: Parent/Guardian: Relative _____Other __
Date: _____ Phone (_____)_____

This student-athlete MUST receive a signed and stamped medical release from a doctor before they will be allowed to return to practice and games.

Information needed on Sports Camp Flyers

sample

NAME:_____

ADDRESS:_____

HOME PHONE:_____

EMERGENCY CONTACT PHONE:_____

HEALTH INSURANCE CARRIER

_____

POLICY HOLDER_____

POLICY NUMBER_____

I approve of my child's attendance at the Central Football Camp. I certify that my child is in good health, and able to participate in the camp activities. I hereby authorize the camp director and coaches to act for me according to their best judgment in any emergency requiring medical attention. I hereby waive and release Central Unified School District, Central High School, and the camp coaching staff, and its employees from all claims arising from any injuries while at camp.

Parent Signature_____ Date _____

Elementary Athletic Roster Clearance

School ___________ **Sport** ______________________________________

Last Name	First Name	Permission slip	Code of ethics	Insurance	GPA	INEL/PROB
Doe	Jane	X	X	X	1.8	Prob

Official rosters for each sport must be submitted to District Athletic Directors office no later than Monday, after the second (2nd) scheduled league game.

WEIGHT LIMIT WAIVER OF LIABILITY, RELEASE, ASSUMPTION OF RISK AGREEMENT FOR ELEMENTARY TACKLE FOOTBALL

(Athlete)_____(Print)

The undersigned PARTICIPANT and the parent(s) or legal guardian(s) of PARTICIPANT are signing this agreement for and in consideration of PARTICIPANT'S being permitted to participate in Central Unified elementary football while weighing under the weight limit bylaws.

Parent's or Guardian's Permission and Release

I hereby give my consent for the above-named student to represent his or her school in tackle football while weighing under the weight limit. The Central Unified School District Board of Education has no responsibility to provide first aid at any of the games and the parent or guardian understands that the risk of injury is assumed by the student and parent when they sign this form. However, in the event physicians, physical therapists, physicians assistants, nurses, or other persons trained in the rendering of first aid are available, as volunteers or otherwise, and render aid to any student injured during the course of any such activities or travel, then the parents/guardians do hereby release and forever discharge such persons and the Central Unified School District Board of Education from any liability arising out of any first aid or immediate treatment of injuries.

SPORTS PARTICIPATION/ASSUMPTION OF RISK

The undersigned student/athlete and his/her parent/legal guardian understand and agree: (1) that the student must obey and comply with any and all rules, regulations and directions related to such participation; (2) that they are aware that athletic participation in football requires physical fitness; (3) that said student/athlete possesses the required degree of physical fitness to participate; (4) that a risk of physical injury is involved by participating in football.

Therefore, in consideration of the Central Unified School District allowing said student/athlete to participate in the football program, both the student and his/her parent/legal guardian agree to hold the district, its Board Members, officers, agents and employees harmless from any and all liability related to an injury which the student/athlete may incur as a result of participation in this sports program.

In this respect, both the student/athlete and the parent/legal guardian understand that a risk of injury exists and that by signing this form, they assume said risk and responsibility for any injury to the student/athlete.

I HAVE READ AND UNDERSTAND THE REQUIREMENTS AND CONDITIONS FOR PARTICIPATION IN ELEMENTARY TACKLE FOOTBALL IN CENTRAL UNIFIED AND WITH THIS SIGNATURE, AGREE TO ALL OF THE PRECEDING.

REQUIRED SIGNATURES BELOW

(Athlete)_____ (Parent/Legal Guardian)_____

_____ Elementary School

Football Inventory

	XS	S	M	L	XL	Total
HELMETS						
SH. PADS						
7 PADS						
GIRDLES						
BELT						
PRAC PANTS						
GAME PANTS						
PRAC JERSEYS						
GAME JERSEYS						

FOOTBALL GEAR CHECKOUT

NAME _____ PHONE _____

	1ST ISSUE	2ND ISSUE	Returned
HELMET	_____	_____	_____
SH. PADS	_____	_____	_____
7 PADS	_____	_____	_____
GIRDLE	_____	_____	_____
BELT	_____	_____	_____
PRAC PANTS	_____	_____	_____
GAME PANTS	_____	_____	_____
PRAC JERSEY	_____	_____	_____
GAME JERSEY	_____	_____	_____

_____

_____

_____

_____

_____

_____

_____

_____

I UNDERSTAND THAT IF I LOSE EQUIPMENT OR IT GETS STOLEN I AM RESPONSIBLE TO REPLACE IT.

x _____

Girls Volleyball

Example of cut letter;

Thank you for trying out for Volleyball. I want to thank you for your hard work and effort. I encourage you to come back next year and try out again. If you are in 6th grade, I encourage you to keep trying! Below are areas of strength and areas to work on.

1- Skill not mastered 2- Average 3- Good 4- Mastered

Skill	Rating Scale	Comments
Passing/SR	1 2 3 4	
Setting/Overhead Pass	1 2 3 4	
Serving	1 2 3 4	
Attacking	1 2 3 4	
Blocking	1 2 3 4	
Defense	1 2 3 4	
Communication	1 2 3 4	
Attitude/Effort	1 2 3 4	
Character/Core Values	1 2 3 4	

Thanks,

Coach

How to Care for your Wrestling Mat

Maintenance

We recommend Ken Clean Plus to disinfect and lightly clean your mat. Your mat may discolor while cleaning, but the colors will return to its natural state after the mat is dry. We recommend cleaning your mat with Ken Clean after each wrestling session. Mildew is easily removed with Sherwin Williams Mil-Keen. For the first six months do not allow the mat to come in contact with moisture for an extended period of time. If the mat is sitting on a damp floor, plastic should be used as a barrier between the mat and the floor. Washing the mat will not hurt the surface unless puddles of water are allowed to sit on the mat for an extended period of time.

Storage

If your mat cannot be stored flat, keep it rolled on the storage tubes and use the approved wrestling mat straps. Never use chains, ropes, or wires to hold the mats. To reduce wrinkles, roll your mat from opposite ends and alternate rolling the mat from the top and bottom sides. Always roll the mat on tubes. **Never leave your mats stored on tubular mat transporters because it may create deep depressions.** Do not allow the mat to freeze.

Reconditioning

When a mat begins to show wear and tear it is important that it is fixed immediately. Always inspect your mat for any material defects such as: compressed foam, missing material, open seams, exposed foam core or missing vinyl paint. Small cuts and tears may be repaired with a Pinnacle Repair Kit. Should the wear or damage to your mat be extensive, please contact Pinnacle Athletic Mats for factory reconditioning.

Mat Repairs

Should your mat become damaged, you can repair it with a Pinnacle repair kit. Never use latex or oil base house paints. They will crack and ruin the mat surface. Order pinnacle mat glue and paint directly from us. The repair kit will include all you need to fix your mat and the instructions on how to do it.

Central Unified Athletics

RELEASE FOR TRAVEL HOME AFTER SCHOOL ACTIVITY

I request that my son/daughter be released to my custody, rather than returning to school on the transportation provided by the school district. I agree that once my son/daughter is released to my custody, I assume full responsibility for his/her health, safety, and welfare and that Central Unified School District, its agents and employees are released from any liability which might be incurred thereby. I understand that pursuant to Education Code Section 44808, the District is not responsible for the conduct or safety of my child when he/she is not under the immediate and direct supervision of an employee of the District.

DATE: _____ ACTIVITY: _____ ADVISOR:_____

STUDENT'S NAME: *PARENT SIGNATURE:*

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

SPIRIT PACK ORDER FORM – Template

All Spirit Pack items are optional. Our athletic program encourages participants to look uniformed and professional at all times. Therefore we offer many optional Spirit Pack items for players/parents to choose from. We encourage our athletes to participate in fundraising and other team activities to help off set any voluntary costs involved. Our program offers athletes financial assistance when requested in writing for those who have difficulty fundraising. All proceeds from the sale of the Spirit Pack items will go toward the team and its participants.

Name:_____

ITEM(S):	Discount Price:	Size:	Quantity:
Item #1 #407627 - 001	$81.25	_____	_____
Item #2	$	_____	_____
Item #3	$	_____	_____
Item #4	$	_____	_____
Item #5	$	_____	_____
Item #6	$	_____	_____
Item #7	$	_____	_____

Total Amount Enclosed: $_____

Under the California Constitution, the free school guarantee prohibits charging students any fee, charge, or deposit for curricular or extracurricular activities that are an integral component of the District or a school site's educational program. There are, however, specific statutes in the Education Code and other laws which identify definite circumstances when fees and charges are permissible. Nothing in the law prohibits voluntary donations, contributions, and fundraising by students and their families to support District and school site programs, so long as monetary donations, contributions, and fundraising activities are not made mandatory for students and their families.

Athlete:_____

Academic Probationary Slip/ Academic-Sport Ineligibility Slip

All athletes must maintain a 2.0 grade point average in order to participate in sports. Weekly progress reports have been collected from your child's teacher. Unfortunately, your child's GPA is lower than a 2.0 at this time (Probation). The probationary slip states that your child must work to bring up their GPA. However, if your child's GPA has not increased to a 2.0 by this Friday's report, the athlete will need to focus on academics and is not allowed to play in a game or travel beginning on that following Monday until his/her GPA is a 2.0 or higher (Ineligible).

Circle the appropriate slip below:

Academic Probationary Slip **or** Academic-Sport Ineligibility Slip

Teacher signature_____Date:_____

AD signature_____Date_____

*Send home a copy of the Academic Probationary Slip when you send home an Academic-Sport Ineligibility Slip.

Athlete:_____

Academic Probationary Slip/ Academic-Sport Ineligibility Slip

All athletes must maintain a 2.0 grade point average in order to participate in sports. Weekly progress reports have been collected from your child's teacher. Unfortunately, your child's GPA is lower than a 2.0 at this time (Probation). The probationary slip states that your child must work to bring up their GPA. However, if your child's GPA has not increased to a 2.0 by this Friday's report, the athlete will need to focus on academics and is not allowed to play in a game or travel beginning on that following Monday until his/her GPA is a 2.0 or higher (Ineligible).

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CENTRAL UNIFIED ATHLETICS(Sample see copy from HR)

COACHES CODE OF ETHICAL CONDUCT AND EXPECTATIONS

It is important that every coach be an exemplary role model for the school, community and his/her student athletes. The coach must recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well being of each student-athlete.

Expectations:

As a CUSD Coach I will:

- establish student safety and welfare as a number one priority
- emphasize academics as the number one priority of the student-athlete
- encourage student-athletes to participate in more than one sport
- share student-athletes with other coaches and advisers
- not hold camps or have early contact with athletes without AD approval
- establish and model fair play, sportsmanship, and appropriate conduct
- clear all fund-raising events through Activities Director
- supervise and control student-athletes at all times until released to parent/guardian
- not verbally or physically abuse fellow coaches, athletes, or officials
- not tolerate abuse of officials, faculty or other athletes by any school athlete
- not tolerate any damage to facilities or equipment
- be consistent in requiring athletes to follow rules and standards of the school and team
- use discretion and good judgment when reprimanding student-athletes
- not recruit athletes from other schools
- not allow use of any illegal drugs, alcohol, or tobacco
- not use profanity, nor allow the use of profanity
- present, encourage and enforce the CUSD Code of Ethics
- make every attempt not to be ejected from a game
- not tolerate racial slurs or epithet

Communications:

As a CUSD Coach I will:

- have open and ongoing communication with coaches, student-athletes, and parents
- hold a parent meeting prior to the first contest with emphasis on:

-basic policies, procedures and expectations
-student-athlete Code of Ethics
-academic requirements and expectations
-anticipated schedules
-procedures to resolve conflict with other school related activities
-review consent forms

- establish a fair and equitable process for cutting student-athletes from team tryouts
- educate student-athletes to the dangers of using illegal drugs, alcohol or tobacco

Participation:

As a CUSD Coach I will:

- recruit as many student- athletes as possible to tryout for a team or group
- keep as many student-athletes as possible on the team or group
- allow as many student-athletes as possible to compete or perform without compromising the quality of effort or performance

I have read and agree to the policies stated in the CUSD COACHES CODE OF ETHICAL CONDUCT AND EXPECTATIONS. I agree that these rules and expectations are important in developing quality programs. These programs are designed to help athletes become good citizens with a high sense of moral integrity, a competitive spirit and the ability to be honest and forthright in all endeavors. I agree to abide by these standards. I accept that failure to abide by this code may result in administrative action.

Print Name _____

Signature _____ School _____

Date _____

Elementary Assistant Coach Requisition Form
Roster Verification

School _____ **Sport** _____

	First	Last		First	Last
1			26		
2			27		
3			28		
4			29		
5			30		
6			31		
7			32		
8			33		
9			34		
10			35		
11			36		
12			37		
13			38		
14			39		
15			40		
16			41		
17			42		
18			43		
19			44		
20			45		
21			46		
22			47		
23			48		
24			49		
25			50		

In order to request a stipend for an assistant coach the following requirements must be met.

- Tackle Football,Wrestling and Cheer must have more than 25 athletes participating.
- Cross Country and Track must have more than 25 athletes participating.

Please fill out the roster above. The site AD and Principal must verify the athletes and sign form.
Submit to K-8 Athletic Director for approval.

Athletic Director _____ Principal _____

WE ARE!

Contact Information :

559-276-3170

www.centralunified.org

5652 W. Gettysburg Avenue, Room 11
Fresno, CA 93722