



11/10/80 initial

ATTN: BOYS' ATH. DIRECTOR
CENTRAL COAST SECTION
CALIFORNIA INTERSCHOLASTIC FEDERATION

September 5, 1980

408/374-5710

To: Athletic Directors and Coaches

From: Joyce Ridgway

You and your staff may profit from the following synopsis of recent CIF action items pertaining to particular sports. The bulletin may be of assistance and information to your staff, so PLEASE POST IN A CONVENIENT AND CONSPICUOUS LOCATION.

STATEWIDE SEASONS OF SPORT

CIF will vote in October on a proposal to establish a "season of sport" based on the highest CIF component in which championship competition is conducted (i.e. State, "Region", Section or League) in that sport. In order to participate in State level competition, a Section must comply with the CIF adopted season of sport.

The basic seasons are:

- Fall - August through November
- Winter - November through February
- Spring - February through June

Based on the acceptance of this proposal, the Committee recommends the adoption of the following season of sport for State Championships:

- Fall - Volleyball
- Winter - Basketball & Wrestling
- Spring - Track & Golf

FIELD HOCKEY

CIF will request a variance in Rule 3-1-1 from the National Federation. CIF would like to add: "By State Association adoption, games of shorter duration may be played, provided they are played in two equal halves and the length of games is announced prior to the beginning of the contest".

GYMNASTICS

CIF approved adoption of National Federation Girls' Gymnastics Rules for the 1983-84 school year.

SOCCER

CIF will request from National Federation the following rule change: "Each team be permitted one time-out per half. The time-out to be of one and one-half minutes duration."

STATE WRESTLING DATES

1981	March 6-7	Chico
1982	March 5-6	Bay Area
1983	March 4-5	Fresno Area
1984	March 2-3	Southern Area
1985	March 1-2	Bay Area
1986	March 7-8	Fresno Area
1987	March 6-7	Southern Area

WRESTLING RULE 1603

An official weigh-in of all wrestlers in the school shall be held in each school on Friday of the second full calendar week in January. If a school has a dual meet scheduled during the second full calendar week in January, a school may conduct its weigh-in of all wrestlers on the day of the dual meet. All wrestlers in the school must weigh-in on the same day (January 14-18, 1980; January 12-16, 1981; January 11-15, 1982).

Exception 1: A student under doctor's care must weigh-in before the student competes or within 7 days, whichever comes first, following the student's release from the doctor.

Exception 2: A student who becomes eligible after the second full week in January must weigh-in before the student competes or within 7 days, whichever comes first.

The official weigh-in establishes the lowest class in which a student may compete during the remainder of the season. Thereafter, the student may wrestle two weight classes above the student's official minimum weight class, but only be permitted to wrestle one weight class below the highest weight class in which the student has competed during the remainder of the season.

TRACK AND FIELD

CIF recommends the following whenever track events are run on non-metric tracks:

- 1) The 440 yard relay, mile relay, mile and two mile events should be run (English distances).
- 2) If desired, times for the 1600 meter and 3200 meter distances can be determined at the appropriate point in advance of the finish line for the mile and two mile.

CROSS COUNTRY

CIF approved the proposed format of the 1980 Northern California Regional Meet EXCEPT for the proposed change to the 3 mile distance for the girls competition. Each CIF Section is to consider changing from two to three miles for the girls competition and be prepared to vote at the October CIF meeting.

TENNIS & GOLF RULES

National Federation will publish rules for Tennis and Golf beginning with the 1981-82 school year.

WATER POLO

CIF Sections will review the NISCA rules and report their recommendations concerning the adoption of these water polo rules at the October CIF meeting. NCAA rules will continue to be the official CIF rules until a determination is made.

GOLF (B)

CIF approved teams composed of six players in CIF Regional Golf Competition (with team scores determined by the five best scores).

SOCCER

CIF approved a change in Bylaw 600 to read as follows:

"A student on a high school team becomes ineligible if the student competes in a contest on an "outside" team, in the same sport, during the student's high school season of sport. In the sport of soccer only it is permissible for a student on a high school soccer team to compete in contests on an "outside" soccer team except during the period of November 15 through March 15. During the period of November 15 through March 15 a student on a high school soccer team becomes ineligible if the student competes in a contest on an "outside" soccer team during the student's high school season for soccer. This rule is to take effect July 1, 1980.

STATE TRACK & FIELD DATES

1980	June 6-7	Berkeley
1981	June 5-6	L.A. - Cerritos College
1982	June 4-5	Sacramento
1983	June 3-4	Bakersfield
1984	June 1-2	Berkeley
1985	May 31-June 1	L.A.
1986	June 6-7	Sacramento
1987	June 5-6	Bakersfield
1988	June 4-5	Berkeley
1989	June 3-4	L.A.
1990	June 1-2	Sacramento
1991	May 31-June 1	Bakersfield

SWIMMING

The National Federation has issued an interpretation which allows State Associations to interpret the NF Swim Rules requirement of "identical" swim suits to mean "similar" swim suits with regard to color and pattern.