



ATHLETIC PACKET

PLEASE READ CAREFULLY

Attached is the packet for athletes participating in a sport for the 2013-14 school year. The following items need to be completed, dated, and signed where indicated by parents and/or athletes.

2. SFC Emergency Card, which includes family medical insurance information;
3. Medical History Form to be completed by parent;
4. Physical Examination Form to be completed by a Medical Doctor or Doctor of Osteopathic Medicine (MD or DO) including a signature of physician and **date** (*Athlete with a physical from other medical professionals such as DC's, RN's, PA's, PhD's, etc, will not be accepted*)
5. Impact test completed. (Required yearly for contact sports)
6. Release of Liability
7. Athletic Department Commitment Letter & Parent Student Guide to Athletic Handbook
8. CIF Ethics in Sports Agreement Form
9. Concussion Information Sheet (signature on page 9)

*******The Athletic Department will require that all athletic packets be submitted according to their deadlines. To guarantee that all athletes are covered through their entire season all athletic paperwork, including the physical must be dated between May 20, 2013 (the date of the all school physical), and August 17, 2013. Regardless of paperwork submitted 2013-2014, the Athletic Department will require that all athletic packets follow this policy. **We encourage all incoming freshman to have an athletic packet completed so they are ready to compete if their athletic interests change during the year.*****

Students will not be able to participate in any athletic activity without a current completed Athletic Packet on file.

**FALL ATHLETES DEADLINE
AUGUST 1, 2013**

**WINTER & SPRING ATHLETES DEADLINE
AUGUST 30, 2013**

Please print, complete and turn into Leslie Easterling in the athletic office on or before the deadline.

God Bless!



SFC EMERGENCY CARD

Athlete's Name: _____

Date of Birth: _____ Age: _____ Incoming Grade: _____

Athletes Cell: (____) _____ - _____ Home# (____) _____ - _____

Mom's Name: _____ Dad's Name: _____

Mom's Cell: (____) _____ - _____ Dad's cell: (____) _____ - _____

Alternate Emergency Contact: _____

Relationship: _____ Contact Number: _____

Medications: _____

Allergies: _____

Any Known Medical Problems/
History: _____

Medical Insurance Provider: _____ Policy # _____

Preferred Hospital: _____

General Doctor's Name: _____ Phone #(____) _____ - _____

Authorization to Consent (Treatment of a Minor)

(We), the undersigned, parent(s) of, _____ hereby authorize the Coach or Sponsor to give permission for any x-ray examination, anesthetic, medical or surgical diagnosis or treatment and hospital care which is deemed advisable by, and is to be rendered under the general special supervision of any physician and surgeon licensed under the provisions of the Medicine Practice Act on medical staff of any qualified hospital (if you have a preference of hospitals, please make notation on the following _____) or other medical facility. It is understood that this authorization is given in advance for a specific diagnosis/treatment or hospital care being required and is given to provide authority and power on the qualified physician to give specific consent to any and all such diagnosis, treatment or hospital care which the attending physician, in the exercise of his best judgment, may deem advisable.

Also, I allow my son/daughter to be seen by the Schools appointed Athletic Trainer whenever necessary.

Parent's Signature _____ Date: _____

Athlete's Signature: _____ Date: _____



MEDICAL HISTORY

(To be completed by Parent)

Athlete's Name: _____ Date of Birth: _____

Mom's Name: _____ Dad's Name: _____

Mom's Cell: (____) _____ - _____ Dad's cell: (____) _____ - _____

Alternate Emergency Contact: _____

Do you have a family history of sudden death? Circle One: YES NO

Do you have or have you ever had any of the following:

MEDICAL CONDITION	YES	NO	MEDICAL CONDITION	YES	NO
Frequent or severe headaches			Nervous trouble of any sort		
Dizziness or fainting spells			Any prophylactic drug use		
Unconsciousness at any time			Bronchitis		
Allergies			Pneumonia		
Heart troubles			Bleeding ulcers		
Stroke			Anemia		
High/low blood pressure			Diabetes		
Chronic stomach trouble			Rheumatic Fever		
Kidney stone			Hearing difficulties		
Blood in urine			Skin disease		
Epilepsy or convulsions			Medications routinely taken		
Asthma			Others		

ORTHOPEDIC CONDITION	YES	NO	EXPLAIN YES ANSWERS
Neck or spine injury or pain			1.
Paralyzed or unconsciousness			
Dislocated joint			2.
Ligament injury			
Fractured bones			3.
Surgery on bones or joints			
Ever had a cast or crutches			4.
Shoulder/ knee/ankle injuries			
Concussions			5.
Other			

Date of last visual exam: _____

Do you wear corrective lenses? Yes No Glasses Hard lenses Soft lenses (Circle One)

Ever have an eye injury/surgery? Yes No When?

Other: _____

Parent Signature: _____

Athlete Signature: _____

Date: _____

Date: _____

Impact testing completed Date: _____ Organization: _____

Mandatory for all athletes competing in contact sports. This test provides a baseline evaluation for each athlete in the event of a concussion. Please see www.mysfcs.net/athletics for more Impact testing information and requirements.



PHYSICAL EXAMINATION

(To be completed by Medical Staff)

Athlete's Name: _____ Date: _____

DOB: _____ Height: _____ Weight: _____ Male ___ Female ___

Blood Pressure: _____ / _____ Pulse: _____ bpm

History of Sudden Death: Yes No
(Circle One)

Name and Address of Medical Office: _____

General Medical Examination			
#		Satisfactory	Unsatisfactory
1	Head & Face		
2	Nose & Sinus		
3	Mouth & Throat		
4	Ears		
5	Eyes		
6	Lungs & Chest		
7	Heart		
8	Abdomen		
9	Skin		
10	Vascular		
11	Lymphatics		
12	Genitalia		
13	Neurological		
14	Other		

Orthopedic Examination			
#		Satisfactory	Unsatisfactory
15	Neck		
16	Back		
17	Shoulders		
18	Arms		
19	Elbows		
20	Wrists		
21	Hands		
22	Pelvis		
23	Hips		
24	Knees		
25	Lower Legs		
26	Ankles		
27	Feet		
28	Soft Tissue		

Explanation of Unsatisfactory Condition:

#	Comment and/or Explanation

Cleared for Participation: YES NO

x _____ x _____ Date _____
 Physician's Signature Please Print Name Here

Physician's Phone Number: _____



**RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT
FOR INTERSCHOLASTIC ATHLETIC ACTIVITIES PARTICIPATION
2013/14 SCHOOL YEAR**

This is a release of liability and assumption of risk agreement. Read it carefully and sign below. Completion of this release is a prerequisite to participation in any interscholastic athletic activity. This release essentially says the student named below is going to participate in an athletic activity which involves inherent risks to participants. If he/she is hurt, injured, or even dies, you (i.e., the student, parents and heirs) will not make a claim against or sue Santa Fe Christian Schools, its Board of Trustees, officers, employees, and agents, or expect them to be responsible or pay for any damages.

NOW, THEREFORE LET IT BE KNOWN:

We, the undersigned, understand and acknowledge that _____, (Name of Student) has voluntarily chosen to participate in a school-sponsored athletic activity. We know and fully understand that any athletic activity or competitive sport, including, but not limited to, baseball, basketball, cross country, field hockey, football, golf, gymnastics, lacrosse, soccer, softball, swimming, tennis, track & field, volleyball, water polo, or wrestling, involves numerous risks, dangers, and hazards, both known and unknown, where serious accidents can occur, participants can sustain physical injuries, damage to their property, and even die. Regardless of whether the athletic activity involves physical contact or not, all athletic activities and sports have inherent risks of injury which are inseparable from the activity and cannot be entirely eliminated regardless of the care taken by players, coaches, trainers, or other staff. We acknowledge and willingly assume all risks and hazards of potential injury and death in this athletic activity, whether in practice, games, meets, or any other type of competition, including any transportation to or from any such event.

_____’s (Name of Student) participation in this activity is purely voluntary and it is being done at his/her own risk

In consideration for Santa Fe Christian Schools allowing the above-named student to participate in this athletic activity, we voluntarily agree to release, waive, discharge, and hold harmless Santa Fe Christian Schools, its Board of Trustees, officers, employees, volunteers, and agents from any and all claims of liability arising out of their negligence, or any other act or omission which causes the student illness, injury, death and damages of any nature in any way connected with the student’s participation in this activity. We also expressly agree to release and discharge Santa Fe Christian Schools, its Board of Trustees, officers, employees, volunteers, and agents from any act or omission of negligence in rendering or failing to render any type of emergency or medical services.

As parent or legal guardian of the student/participant under 18 years of age, I have read and voluntarily agree that my son/daughter may participate in this athletic activity, and I sign this release on his/her behalf. In signing this document, I fully recognize and understand that if my son/daughter is hurt, dies, or his/her property is damaged, I am giving up the student’s right and the rights of the parents and heirs to make a claim or file a lawsuit against Santa Fe Christian Schools, its Board of Trustees, officers, employees, volunteers, and agents.

California Law provides as follows: “All persons making the field trip or excursion shall be deemed to have waived all claims against the district or the State of California for injury, accident, illness, or death, occurring during or by reason of the field trip or excursion. All adults taking out-of-state field trips or excursions and all parents or guardians of pupils taking out-of-state field trips or excursions, shall sign a statement waiving such claims.” (Education Code Section 35330)

WE, THE UNDERSIGNED, HAVE READ THIS DOCUMENT. WE UNDERSTAND THAT WE ARE ASSUMING ALL RISKS INHERENT IN THIS ATHLETIC ACTIVITY, WE VOLUNTARILY SIGN OUR NAME AS EVIDENCE OF OUR ACCEPTANCE OF THE ABOVE PROVISIONS, PARTICIPATION IN THE ACTIVITY AN ANY FIELD TRIP OR EXCURSION ASSOCIATED WITH IT.

Student/Participant Signature Date

Parent/Guardian Signature(If Student/Participant is under 18) Date



COMMITMENT LETTER

Dear Athletes and Parents:

The coaches at SFC would like you to take the time to become acquainted with their expectations for athletes for the upcoming season.

1. **Read the Student Athletic Handbook.** You will become acquainted with the school’s athletic philosophy, policies, coaches’ expectations, insurance questions, etc.
2. **Varsity and JV level attendance:** It is vital that athletes and parents recognize the significance of the level of commitment at the Varsity and JV levels.
3. **Attendance at practices and games.** During the season each athlete is expected to attend all practices and games. If a student comes to school, he/she is expected to attend practice. If the student is injured he/she is still a part of the team and is required to dress in proper attire and attend the practices and games for the duration of the rehabilitation or for the remainder of the season.
4. **Athletic Department policy on excused and unexcused absences from games:** Should a player miss an athletic contest due to an excused absence, he/she will miss the following contest. Should a player miss a game due to an uncontrollable or unforeseen circumstance, the coach will determine the athlete’s status of participation in the following contest. Should a player miss a game because of an unexcused absence, he/she may be suspended for a period of time or from the whole season. These are general guidelines, the Head Coach will address team rules at a pre-season parent meeting.
5. **Please schedule family vacations before or after the season.** Some of our school breaks occur during an athletic season, however, CIF playoffs are often scheduled during these dates. In addition, the league schedule is set 9 months before the season and it is difficult to schedule around vacations, finals, etc. Your cooperation on this is greatly appreciated.
6. **If an athlete cannot attend a practice or a game due to a doctor’s appointment, dentist appointment, school related activity, (leadership activity), please notify or communicate with the coach or athletic director prior to the date of the scheduled activity.** The athlete may not be allowed to start in the next contest.
7. **Quitting:** If after one week into the season an athlete should quit a team at SFC, he/she will not be allowed to participate in the next sport season until the previous season is completed.

SFC PARENT & STUDENT GUIDE TO ATHLETIC HANDBOOK

To access the Handbook please visit:

www.mysfcs.net/athletics

I have read and understand the guidelines and policies as defined by the 2013-2014 SFC Parent & Student Guide to Athletics Handbook and those stated above in the Commitment Letter.

Athlete’s Signature _____ Date: _____

Parent’s Signature _____ Date: _____



CIF-San Diego Section
6401 Linda Vista Road, Room 504
San Diego, CA 92111
Phone 858-292-8165
Fax 858-292-1375
www.cifsd.org

ETHICS IN SPORTS (ATHLETE-PARENT/GUARDIAN/CAREGIVER) – 2013-14
(Revised 3/09)

I. POLICY STATEMENT

- It is the mission of the California Interscholastic Federation, San Diego Section (CIFSDS) to promote high standards of sportsmanlike and ethical behavior...
It is the intent of the section membership that poor sportsmanship, unethical behavior, and violence, in any form, will not be tolerated...
Coaches assume the responsibility to teach and demand high standards of conduct of their athletes both on the field of play and in everyday life...
It is the school principal's responsibility to enforce all CIFSDS rules and regulations and to demand high standards of conduct from coaches, athletes, parents/guardians, and spectators...
Participation in interscholastic athletics and section playoffs is a privilege.
The CIFSDS Board of Managers requires that the following Code of Ethics be issued to and signed by each student-athlete, parent, coach, and officials' association. Penalties for failure to submit a signed Code of Ethics are:
1. Athlete: Ineligibility for participation in CIF-San Diego Section athletics
2. Coach: Restricted from coaching in CIF-San Diego Section contests
3. Officials Association: Not approved to officiate in the CIF-San Diego Section
4. Parent: Prohibition/Removal from attendance at CIF or CIFSDS event
Failure to abide by the standards of behavior as agreed will result in a penalty up to and including disqualification to participate.

II. CODE OF ETHICS FOR STUDENT-ATHLETE, PARENT/GUARDIAN/CAREGIVER, COACH, CONTEST OFFICIAL

- Comply with the six pillars and 16 Principles of the Pursuing Victory with Honor program (on reverse side).
Be courteous at all times with school officials, opponents, game officials, and spectators.
Exercise self-control.
Know all rules of the contest, of CIF State, and the CIFSDS and agree to follow the rules.
Show respect for self, players, officials, coaches, and spectators.
Refrain from the use of foul and/or abusive language at all times.
Respect the integrity and judgment of game officials.
An athletic director, sports coach, school official or employee or booster club/sport group member may not provide any muscle-building nutritional supplements to student-athletes at any time. A school may only accept an advertisement, sponsor, or donation from a supplement manufacturer that offers only non-muscle building nutritional supplements. A school may not accept an advertisement sponsorship or donation from a distributor of a dietary supplement whose name appears on the label. Permissible non-muscle building nutritional supplements are identified according to the following classes: Carbohydrate/electrolyte drinks; energy bars, carbohydrate boosters, and vitamins and minerals. (Revised - Federated Council May 2007.)
Win with character; lose with dignity.

Accept consequences of conduct deemed inappropriate or in violation of rules.

I have read, understand, and accept the Policy Statement, Code of Ethics, The Pillars and Principles of Pursuing Victory with Honor, and the Violations, Minimum Penalties, and Appeal Process (on attached page) of the CIF-San Diego Section ETHICS IN SPORTS Policy. I agree to abide by this policy while participating and/or being a spectator at CIFSDS athletic events regardless of contest site or jurisdiction.

Signature – Athlete Printed Name Date

Signature – Parent/Guardian/Caregiver Printed Name Date



(Santa Fe Christian Schools)
Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

<ul style="list-style-type: none"> • Headaches • “Pressure in head” • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns 	<ul style="list-style-type: none"> • Amnesia • “Don’t feel right” • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment
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Signs observed by teammates, parents and coaches include:

<ul style="list-style-type: none"> • Appears dazed • Vacant facial expression • Confused about assignment • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily or displays in coordination • Answers questions slowly • Slurred speech • Shows behavior or personality changes • Can’t recall events prior to hit • Can’t recall events after hit • Seizures or convulsions • Any change in typical behavior or personality • Loses consciousness



(Santa Fe Christian Schools) Concussion Information Sheet

What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“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.”

and

“A student-athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child's coach if you think that your child may have a concussion Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date



Santa Fe Christian Schools

PARENT/DRIVER INSURANCE VERIFICATION

You will be required to submit proof of insurance upon request

Name of Parent/Driver _____
Address _____
City _____ Zip _____
Home Phone _____ Driver's License # _____
Make of Vehicle _____ Model _____ # of Seat Belts _____
Insurance Company _____
Policy Number _____ Expiration Date _____

SFC Field Trip drivers are required to carry minimum liability insurance of a combined single limit of \$300,000 bodily injury and property damage (referred to as 100/300) plus uninsured motorist coverage.

Liability \$ _____ Property Damage \$ _____
Medical \$ _____ Uninsured Motorist \$ _____

I understand that as the registered owner of the vehicle, the primary responsibility for all legal and insurance issues arising from the use of my vehicle on the behalf of the school rests entirely with me. I understand that the school's liability insurance covers only registered SFC students on a school sponsored activity, and is secondary to my personal auto and liability insurance.

By signing below, I hereby release and fully discharge Santa Fe Christian Schools to the fullest extent allowed by law for any injuries or damages that I may incur or cause due to my operation of a vehicle for a school event. I waive the protection afforded by California Code Section 1542 whose purpose or effect is to provide that a general release shall not extend to claims that a person giving the release does not know of or suspect at the time of executing the release.

Parent/Driver Signature _____ Date _____

By law, the number of people in the vehicle cannot exceed the number of seats and seat belts. SEAT BELTS MUST BE USED BY EVERYONE IN THE VEHICLE – NO EXCEPTIONS. Please submit this completed form to SFC Athletic Dept. or Julie Timm, SFC Volunteer Coordinator. Thank you!



PURSuing VICTORY WITH HONOR

SIX PILLARS OF CHARACTER

TRUSTWORTHINESS RESPECT RESPONSIBILITY FAIRNESS CARING GOODCITIZENSHIP

SIXTEEN PRINCIPLES OF PURSUING VICTORY WITH HONOR

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."
2. It's the duty of School Boards, superintendents, school administrators, parents, and school sports leadership - including coaches, athletic administrators, program directors, and game officials - to promote sportsmanship and foster good character by teaching, enforcing, advocating, and modeling these "six pillars of character."
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical, and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules, and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
5. School Boards, superintendents, school administrators, parents, and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents, and spectators.
6. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
7. The importance of character, ethics, and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
8. School Boards, superintendents, school administrators, parents, and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.
9. School Boards, superintendents, principals, school administrators, and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical, and ethical well-being of student-athletes is always placed above desires and pressure to win.
10. All employees of member schools must be directly involved and committed to the academic success of student-athletes and the character-building goals of the school.
11. Everyone involved in competition including parents, spectators, associated student body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting, and inappropriate celebrations.
12. School Boards, superintendents, and school administrators of CIF member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of: 1) The character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character. 2) The physical capabilities and limitations of the age group coached as well as first aid and CPR. 3) Coaching principles and the rules and strategies of the sport.
13. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.
14. To safeguard the health of athletes and the integrity of the sport, school sports programs must actively prohibit the use of alcohol, tobacco, drugs, and performance-enhancing substances, as well as demand compliance with all laws and regulations, including those related to gambling and the use of drugs.
15. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school's name or reputation. There should be no undue interference or influence of commercial interests. In addition, sports programs must be prudent, avoiding undue financial dependency on particular companies or sponsors.
16. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimension of their sport, coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring, and good citizens.



VIOLATIONS, MINIMUM PENALTIES, AND APPEAL PROCESS

(Applicable to players and coaches from time of departure for contest until time of return.)

ACT

1. Behavior resulting in ejection of athlete or coach from contest

MINIMUM PENALTIES*

EJECTION POLICY: Any coach, team attendant, or spectator ejected by a contest official from any contest for any reason, at any level, is suspended indefinitely from participation, practice, or attending (site and sound) any sports contest, until the first of the following occurs: the ejected person serves the tentative penalty recommended by the commissioner; or a meeting is held among the school administration, coach, player, and custodial parent(s)/guardian(s) with CIFSDS staff member(s) to discuss and impose an appropriate penalty which is served before participation resumes. Any player ejected by a contest official from any contest for any reason is suspended from participation in the next contest(s) until the tentative penalty recommended by the commissioner is served; or a meeting is held among the school administration, coach, player, and custodial parent(s)/guardian(s) with CIFSDS staff member(s) to discuss and impose an appropriate penalty which is served before participation resumes. Players are permitted to practice with the team and attend contests, but not in game uniform, during the period of suspension. (*Approved June 3, 2008, Board of Managers*). Meetings will be scheduled at a time to be announced. There is no appeal of the Commissioner's decision. Telephonic and electronic meetings are not permitted. Additionally, any person ejected (coach, player, spectator) is required to attend a CIFSDS Ethics In Sports Sportsmanship Meeting, which will be held at a time to be announced. Failure to attend the sportsmanship meeting will result in immediate suspension of athletic eligibility or attendance (site and sound) at contests or practices until such time as the ejected person attends a Sportsmanship Meeting. (*Approved June 7, 2005, Board of Managers*). Note: See CIFSDS Green Book for Lacrosse sport specific penalty.

2. Illegal participation in next contest by athlete ejected from previous contest.

Ineligibility for remainder of season for athlete. A written appeal may be made by the individual or school to the commissioner.

A coach, who permits participation by a player ejected from a previous contest, knowingly violates a CIF or San Diego Section rule, and penalty may include a sanction to the school, coach, or suspension of membership.

3. Second ejection of athlete or coach from any contest during one season.

Ineligibility of athlete for remainder of season or suspension of coach for remainder of season. A written appeal may be made by the school principal within two school days to the commissioner for reduction of penalty. Official to make report by the next school day to the commissioner.

4. When an athlete leaves the bench area or fielding position to begin a confrontation or leaves the bench area or fielding position to join an altercation.

Ejection from the contest for those designated by the official, ineligibility for the next contest, probation for remainder of season. Those players involved are later identified, ineligible for next contest and probation for remainder of season. A written appeal may be made by the individual(s) or school to the commissioner. Official to make report by the next school day to the commissioner.

A similar infraction of this act by the same athlete(s) during the same season will result in termination of the season for the athlete(s) concerned. A written appeal may be made by the school principal to the Commissioner.

5. When more than two athletes leave the bench area or fielding position to begin a confrontation or leave the bench area or fielding position to join an altercation.

Contest will be stopped by officials and coaches. Ejection from the contest for those athlete(s) designated by the officials. The team(s) that left the bench area must forfeit the contest, record a loss, and the team(s) and player(s) placed on probation for the remainder of the season. A written appeal may be made by the school(s) principal to the commissioner. A second infraction will result in cessation of the season for the team(s) and/or athlete(s). A written appeal may be made by the school(s) principal to the commissioner. Official to make report by the next school day to the commissioner.

If the act occurs in the CIF-San Diego Finals, and both teams are charged with a forfeit, there will be no champion. A written appeal may be made by school(s) principal to the commissioner. Official to make report by the next school day to commissioner.

6. Other acts committed by individuals or teams or acts committed at end of season.

Commissioner, as authorized by Green Book, to determine and implement penalties up to and including career suspension for individuals and following year penalties for teams.

*Commissioner, as authorized by Green Book, may determine and implement additional penalties up to and including career suspension for individuals and following year penalties for teams.