

**Completion of this form requires:**  
 SIX parent signatures and TWO parent initials  
 TWO student signatures TWO student initials

SAN DIEGO UNIFIED SCHOOL DISTRICT  
 (INSERT SCHOOL LETTERHEAD)

**2011-2012 ATHLETIC PARTICIPATION FORM**

**ALL PHYSICAL EXAMS MUST BE COMPLETED ON THE ATTACHED FORM (page 9); NO OTHER PHYSICAL EXAM FORMS WILL BE ACCEPTED (SDUSD policy)**

**PHYSICAL EXAM FOR THE 2011-2012 SCHOOL YEAR MUST BE DATED MAY 1, 2011 OR LATER**

Complete all fields. Please print clearly

STUDENT-ATHLETE'S LAST NAME												STUDENT-ATHLETE'S FIRST NAME												MI	
HOME ADDRESS (where student-athlete legally resides)																		CITY				ZIP			
PRINTED PARENTS/GUARDIAN/CAREGIVER NAMES (person(s) student-athlete legally resides with)												HOME TELEPHONE (with area code)													
<input type="radio"/> FEMALE <input type="radio"/> MALE			STUDENT BIRTHDATE						AGE ON JUNE 15, 2010			2008-09 GRADE LEVEL (circle)													
SCHOOL OF ATTENDANCE IN THE 2007-08 School Year												SCHOOL YEAR YOU STARTED 9 <sup>TH</sup> GRADE (check) <input type="checkbox"/> 2007-2008 <input type="checkbox"/> 2009-2010 <input type="checkbox"/> 2008-2009 <input type="checkbox"/> 2010-2011 <input type="checkbox"/> Other						NAME OF SCHOOL YOU STARTED 9 <sup>TH</sup> GRADE							
ANTICIPATED FALL SPORT						ANTICIPATED WINTER SPORT						ANTICIPATED SPRING SPORT													
<input type="checkbox"/> Cross Country <input type="checkbox"/> Girl's Tennis <input type="checkbox"/> Field Hockey <input type="checkbox"/> Girl's Volleyball <input type="checkbox"/> Football <input type="checkbox"/> Boy's Waterpolo <input type="checkbox"/> Girl's Golf						<input type="checkbox"/> Boy's Basketball <input type="checkbox"/> Girl's Soccer <input type="checkbox"/> Girl's Basketball <input type="checkbox"/> Girl's Waterpolo <input type="checkbox"/> Roller Hockey <input type="checkbox"/> Wrestling <input type="checkbox"/> Boy's Soccer						<input type="checkbox"/> Badminton <input type="checkbox"/> Softball <input type="checkbox"/> Baseball <input type="checkbox"/> Swimming <input type="checkbox"/> Boy's Golf <input type="checkbox"/> Boy's Tennis <input type="checkbox"/> Boy's Lacrosse <input type="checkbox"/> Track & Field <input type="checkbox"/> Girl's Lacrosse <input type="checkbox"/> Boy's Volleyball													

**CIF PHILOSOPHY ON STUDENT ELIGIBILITY FOR INTERSCHOLASTIC ATHLETIC COMPETITION**

The California Interscholastic Federation (CIF), as the governing body of high school athletics, affirms that athletic competition is an important part of the high school experience and that participation in interscholastic athletics is a privilege. The privilege of participation in interscholastic athletics is available to students in public or private schools who meet the democratically established standards of qualification as set forth by the CIF Federated Council. CIF bylaws governing student eligibility are a necessary prerequisite to participation in interscholastic athletics because they:

- A. Keep the focus on athletic participation as a privilege, not a right;
- B. Reinforce the principle that students attend school to receive an education first; athletic participation is secondary;
- C. Protect the opportunities to participate for students who meet the established standards;
- D. Provide a fundamentally fair and equitable framework in which interscholastic athletic competition can take place;
- E. Provide uniform standards for all schools to follow in maintaining athletic competition;
- F. Serve as a deterrent to students who transfer schools for athletic reasons and to individuals who recruit student-athletes;
- G. Serve as a deterrent to students who transfer schools to avoid disciplinary action;
- H. Maintain an ethical relationship between high school athletic programs and others who demonstrate an interest in high school athletes;
- I. Support the Principles of "Pursuing Victory with Honors."

**A SUMMARY OF CIF RULES**

- 1. **AGE**—High school students become ineligible if they reach their 19th birthday before June 15 of the current school year. (Bylaw 202)
- 2. **PHYSICAL EXAMINATION**—Schools require that a student receive an annual physical examination conducted by a medical practitioner certifying that the student is physically fit to participate in athletics. This statement must be on a school board-approved form and be for the current school year. (Bylaw 307)
- 3. **SCHOLASTIC ELIGIBILITY**— Students must have a 2.0 GPA, on a 4.0 scale in all enrolled classes. Students must have passed at least the equivalent of 20 semester periods (four classes) of work at the completion of the most recent grading period and currently be enrolled in at least 20 semester periods (four classes) of work. (Bylaw 205)
- 4. **RESIDENTIAL ELIGIBILITY** – A student generally has residential eligibility upon initial enrollment in the 9th grade of any CIF member high school. Any student entering from the 8th grade must have achieved a 2.0 GPA on a 4.0 scale in all the enrolled courses at the conclusion of the previous grading period. (Bylaw 204)

5. **SEMESTERS OF ENROLLMENT**—A student may be eligible for athletic competition during a maximum amount of time that is not to exceed eight consecutive semesters following initial enrollment in the 9th grade of any school. (Bylaw 204)
6. **TRANSFER STUDENTS**— A student in grades 9 through 12 who participates in an interscholastic athletic contest or is enrolled in and/or attends a school for 15 school days or more shall be considered to have been “enrolled” in that school and be classified as a transfer student if the student changes/enrolls in another school. There are several classifications of transfer students. (Bylaw 207)

**Valid change of residence** - When a student and the entire family changes residence, the student may be granted unlimited eligibility allowing him/her to play all sports at any level at the new school. Other rules do apply; consult your administrator.

**One transfer before 10th grade** – A new CIF bylaw allows students to transfer one time without a valid change of residence and retain varsity eligibility. This transfer must occur BEFORE the first day of the student's third consecutive semester (typically the first day of the 10th grade). Other rules do apply; consult with your school administrator. For more detailed information, please contact the Athletic Director. (Bylaw 207)  
**Students and parents anticipating a change of schools should first seek advice from their high school administration.**

**Transfer without a valid change of residence** - A 9<sup>th</sup> grade student who is transferring for the 2nd time or any 10th, 11th or 12th grade student who transfers without a valid change of residence may or may not be granted “Limited Eligibility.” Students granted “Limited Eligibility” are limited for one year (from the date of transfer) to non-varsity competition in CIF sports they participated in during the previous 12 calendar months but may participate in varsity competition in all other CIF sports. (Bylaw 207)

If a student changes schools and the parent(s) or legal guardian(s) do not move to the attendance area of the new school, eligibility could be restricted for one year unless qualifying for a hardship. A hardship is defined as an unforeseeable, unavoidable, or uncorrectable act, condition, or event, which causes the imposition of a severe and non-athletic burden upon the student or his/her family. The three considerations for hardship may be financial considerations, medical considerations, and/or family circumstances. Contact the athletic director before changing schools to determine whether it will affect athletic eligibility. Eligibility information available from CIF San Diego at [www.cifsd.org/eligibility](http://www.cifsd.org/eligibility).

7. **UNDUE INFLUENCE/RECRUITING**—The use of undue influence by any person directly or indirectly associated with a school to secure or encourage the attendance of a student for athletic purposes, shall cause the student to become ineligible for a minimum of one year and subject the school to severe sanctions. Also, students may be prohibited from participation when they participated on a non-school team (i.e., AAU, Club, Travel Ball, Camps) and then transfers to the school that is associated with that non-school team. (Bylaw 510)
8. **PARTICIPATION ON AN OUTSIDE TEAM** – 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. The student's school team may also be forced to forfeit contests. Some CIF Sections may have restrictions that include a prohibition of practice with an “outside” team. Please consult with your school administrator prior to participating with a non-school team. (Bylaw 600)
9. **PROFESSIONAL TRYOUTS** – A student shall become ineligible for CIF competition if he/she participates in a tryout for a professional team in any CIF-approved sport from September 15 to June 15 unless: His/Her principal has given written approval to a request for such participation from a professional team, AND (2) The tryout is limited to five students or less.

**CAUTION:** Compliance with this bylaw does NOT ensure your eligibility with other athletic organizations, i.e., NCAA, NAIA or other governing bodies.

**PARENT PERMISSION:** I give my consent for the above named to compete in sports and to travel with the team to various events using transportation that qualifies under the Board of Education regulations. I have read the above stated CIF Philosophy and CIF Rules and I certify my son or daughter meets all eligibility criteria. In case of injury I hereby give consent for my son/daughter to have first aid administered by school personnel and to be transported to a doctor or hospital for further treatment if deemed necessary. I recognize that my son or daughter will also be subject to district and school site policies and procedures, current training rules and that failure to abide by these policies and rules may result in his/her being declared ineligible to participate in and/or be dropped from the athletic program. In addition, should my son/daughter participate in interscholastic sports, including football, I understand that no helmet or other protective equipment can prevent all head, neck, or other catastrophic injuries a player might receive while participating in interscholastic sports, including football. I give my permission to release/publish my student's name or picture for athletic purposes (e.g., school or team website, school newspaper, Media All-Stars poster, PTSA newsletter, or sport specific programs/media guides) which will be available for public viewing. I will contact the Athletic Director and inform them if I do not want my student's name or picture used in any way.

	X
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Date

Signature of Parent or Guardian

**PARENT'S INSURANCE SECTION:** The California Education Code requires that every student have at least \$1500 medical/hospital expense insurance in order to participate in interscholastic athletics (Education Code Sections 32220-32224). My medical insurance covers the above named student for a least \$1500 and is issued by:

Name of Medical Insurance Company

Policy/Certificate Number (required)

I further assure that the insurance policy or policies I have will cover and remain current and in force during the time the above named student performs any function within the scope of Education Code Section 32220-32224 during the current school year. I also assure that I will notify the school should my insurance coverage change during the current school year.

**Student Accident Insurance**

Student Accident Insurance, made available by the San Diego Unified School District, provides minimum coverage at a low premium, however coverage by policy could result in additional out of pocket expenses. Additional coverage is strongly recommended. A separate information brochure and application is available from the school. Return the completed application and premium, to the school. The completed application is required before any athletic participation can occur.

PLEASE COMPLETE THIS SECTION BY CHECKING THE APPROPRIATE BOX(ES):

Sports Only Coverage (excludes tackle football)

Tackle Football Coverage (football only)

School Use Only

School Verification by: \_\_\_\_\_

I also agree to indemnify and hold the San Diego Unified School District harmless against responsibility for insurance coverage required under the aforementioned legal sections. By signing this statement, I agree to accept responsibility for all medical costs for injuries sustained by the above-named student while participating in the school athletic program. Note: Some insurance policies exclude tackle football. Please check your policy.

I declare under penalty of perjury that the above is true and correct:

Parent/Guardian Signature

Printed Parent/Guardian Name

Date

Under state law, school districts are required to ensure that all members of school athletic teams have accidental injury insurance that covers medical and hospital expenses. The insurance requirement can be met by the school district offering insurance or other health benefits that cover medical and hospital expenses (Education code Section 32221.5).

Some pupils may qualify to enroll in no-cost or low-cost local, state, or federally sponsored health insurance programs. Information about these programs may be obtained by calling:

- (1) The Healthy Families Program: 1-800-880-5305; [www.healthyfamilies.ca.gov](http://www.healthyfamilies.ca.gov)
- (2) MediCal: 1-800-541-5555
- (3) San Diego Kids Health Assurance Network (SD-KHAN): 1-800-675-2229; [www.sdcounty.ca.gov](http://www.sdcounty.ca.gov)  
3851 Rosecrans Street, Suite 522  
San Diego, CA 92110-3115
- (4) Child Health and Disability Prevention Program: 1-800-675-2229 for Homeless or Foster Youth free medical and dental check ups.

**PARENT'S RESIDENCE STATEMENT (RESIDENTIAL/ TRANSFER ELIGIBILITY):**

Residential eligibility is required of all student-athletes. Compliance with residential eligibility rules is mandatory to avoid forfeiture of contests in which your son/daughter participates (SDUSD Procedure 4172 & CIF Rule 211-223). Indicate below the status of your residency.

check all that apply

- 3.1a We presently live within the boundaries of the school site's residential attendance area.
- 3.1b We presently **DO NOT** live within the boundaries of the school site's residential attendance area.

Name of special attendance program (e.g., seminar, choice, VEEP, NCLB)

- 3.2a My student has been continuously enrolled at the school site since initially entering 9<sup>th</sup> grade.
- 3.2b My student has NOT been continuously enrolled at the school site since entering 9<sup>th</sup> grade (also complete 3.2c below).

- List all high schools attended since entering 9<sup>th</sup> grade
- List ALL sports and level (varsity, JV, frosh) of participation at previous school(s)
- Why did you leave your former school? Were you required to leave?
- Can you return to your former school?
- Was your last school a charter, alternative or anything other than a comprehensive high school?

- 3.2c If 3.2b is checked, The use of undue influence by any person or persons to secure or retain a student or to secure or retain one or both parents/guardians of a student as residents may cause the student to be ineligible for high school athletics for a period of one year and shall jeopardize the standing of the high school in the CIF. WE CERTIFY THAT THERE HAS BEEN NO UNDUE INFLUENCE IN OUR DECISION TO ATTEND THIS SCHOOL SITE.
- 3.3a My student has been legally living with the same parent(s)/guardian(s) since entering 9<sup>th</sup> grade.
- 3.3b My student is living with somebody different than when they entered the 9<sup>th</sup> grade. (if yes, please contact the site Athletic Director)

I declare under penalty of perjury that the above information is true, the address listed on page one is our legal residence, and we are legally residing at that address.

	X
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Date Signature of Parent or Guardian

**STUDENT-ATHLETE'S AGREEMENT** (Signature below) I understand that my participation in athletic programs is a privilege. Student-athletes are expected to conduct themselves in an exemplary manner at all times. I understand that I have to establish and maintain athletic eligibility including passing at least 4 subjects in the grading period prior to my participation with a grade point average, in scholarship and citizenship, of 2.0 or above (for complete Athletic Program Eligibility Requirements see SDUSD Administrative Procedure 4172 and [www.cifsds.org/eligibility](http://www.cifsds.org/eligibility)).

I agree to abide by CIF and City Conference policies and rules including the CIF Ethics in Sports and Pursuing Victory with Honor policy.

I agree to abide by the San Diego Unified School District and City Conference Policy Against Hazing (SDUSD Administrative Procedure 6240).

I agree to abide by the S.D. Unified School District's Zero Tolerance Policy, Policy on Alcohol, Tobacco and Other Drugs (SDUSD Administrative Procedure 6298) including the Graduated Sanctions and Interventions for Student Substance Abuse.

I understand that the Athletic Department does not condone the use of alcohol, tobacco or drugs, including performance-enhancing substances. I also understand possession or use of these controlled substances will jeopardize my continued participation in the athletic program.

I agree to abide by and to comply with the rules and code of conduct established by the coach.

Because of the dangers of participating in sports, I recognize the importance of listening to, and following all of the coach's instructions and warnings regarding playing techniques, training methods, rules of the sport and other team rules. I also recognize the importance of reading and adhering to written instructions and written warnings regarding playing techniques, training methods, rules of the sport, and other team rules.. In addition, should I participate in interscholastic sports, including football, I understand that no helmet or other protective equipment can prevent all head, neck, or other catastrophic injuries I might receive while participating in interscholastic sports, including football.

**ATHLETIC TRANSPORTATION** (Signature below) SDUSD will take every precaution to assure the welfare and safety of each student participating in athletics. However, it is important that you understand that the school district cannot assume financial or legal liability in the case of injury or accident. Parents are offered the opportunity to buy student insurance, but this insurance does not cover transportation to and from school events or field trips. Such transportation will be by chartered bus and sometimes by private cars driven by parents, students, or school employees. The following are instructions for parents and students who use their car or other vehicles to transport other students on field trips, or to and from school athletic events (SDUSD Procedure 4586):

- a) Check to see that you have a current driver's license (students with "Restricted" driver's licenses are NOT allowed to transport others).
- b) Check safety of vehicle: tires, brakes, lights, horn, suspension, etc. A safety check of the type conducted by the California Highway Patrol is recommended. Also, School Safety Division of the San Diego Police Dept. can be of assistance.
- c) Check adequacy of your liability insurance. You are liable in event of illness, accident, injury or death resulting from such use of your vehicle. State law states that "all persons making any field trip or excursion shall be deemed to have waived all claims against the district (its employees) or the State of California for injury, accident, illness or death occurring during or by reason of the field trip or excursion." (Ed. Code 35330)
- d) Carry only the number of passengers for which your vehicle was designed. Number of occupants in a sedan, passenger vehicle, station wagon, or van, including the driver, may not exceed eight. (Ed. Code 39830) Each passenger should be required to use a safety belt.
- e) The number of occupants in a pickup or motor truck may not exceed more persons than can safely sit in the passenger compartment. Motor homes may not be used to transport students. Students are expressly forbidden to ride in the cargo area of pickups or motor trucks whether or not camper shells or other protective coverings enclose these areas. (Ed. Code 39830)
- f) If appropriate, travel caravan style if more than one vehicle is used for a trip.

**SAN DIEGO UNIFIED SCHOOL DISTRICT - ATHLETIC POLICY AGAINST HAZING** (Signature below) San Diego Unified School District strives to maintain a healthy athletic program in which all students feel safe and welcome and can be proud of the school and athletic programs they represent. SDUSD Administrative Procedure 6240C3F states in part "*hazing, in any form, is strictly prohibited. Violation of the law prohibiting hazing is a misdemeanor.*" (Education Code 32050-52)

Education Code 32050. Hazing As used in this article, "hazing" includes any method of initiation or pre-initiation into a student organization or any pastime or amusement engaged in with respect to such an organization which causes, or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm, to any student or other person attending any school, community college, college, university or other educational institution in this state; but the term "hazing" does not include customary athletic events or other similar contests or competitions.

Education Code 32051. Hazing: prohibition; violation; misdemeanor. No student, or other person in attendance at any public, private, parochial, or military school, community college, college, or other educational institution, shall conspire to engage in hazing, participate in hazing, or commit any act that causes or is likely to cause bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm to any fellow student or person attending the institution. The violation of this section is a misdemeanor, punishable by a fine of not less than one hundred dollars (\$100), nor more than five thousand dollars (\$5000), or imprisonment in the county jail for not more than one year, or both.

Persons violating this policy shall be subject to site/District discipline including forfeiture of athletic eligibility.

I understand that hazing of any kind is not allowed on this campus and in the athletic program. This includes mental, verbal, and physical acts. I further understand that it is my duty to report any acts of hazing that I see to a coach or administrator on campus. (Hazing Policy 5/29/99)

**SAN DIEGO UNIFIED SCHOOL DISTRICT - POLICY on ALCOHOL, TOBACCO AND OTHER DRUGS, INCLUDING PERFORMANCE ENHANCING SUBSTANCES** (Signature below) SDUSD Administrative Procedure 6298 outlines general legal requirements and administrative procedures governing substance abuse policies and programs for students. It also includes consequences for alcohol, tobacco, and/or drug possession, use, sale, or provision on district school campuses. Procedure 6298 also outlines the Graduated Sanctions and Interventions for Student Substance Abuse. Specific items of Procedure 6298 that directly relate to athletic participation include:

C. General, paragraph r (pg 4): **Performance enhancing substances:** The possession, use, and abuse of androgenic/anabolic steroids and other performance enhancing substances by students is strictly prohibited in compliance with Education Code provisions, Health and Safety Code requirements, and CIF Rule 524. Medical exceptions are defined in Administrative Procedure 6372.

Graduated Sanctions (AP 6298, pg 7) First Offense: **Loss of Eligibility** to participate in interscholastic activity for thirty (30) school days. Summer vacations or holiday breaks do not count towards the 30-school day loss of eligibility requirement. The second offense results in a ninety (90) school day loss of eligibility. These graduated sanctions are based on the grade-level span of the school (e.g., 9-12 for high school) and are cumulative for the student-athlete's high school career. Students are not permitted to start at step one each year. Example: student serves step one (30 days ineligibility) as a freshman and has a repeat offense as a senior. The senior-year offense results in a 90 school day loss of eligibility.

These Graduated Sanctions can be found in the Student Handbook and the entire Administrative Procedure 6298 can be viewed on the SDCS website, <http://prod021.sandi.net/proceures/pdf/pp6298.pdf> and <http://prod021.sandi.net/proceures/pdf/pp6298att2.pdf>

**PROCEDURE FOR CONCERNS WITHIN THE ATHLETIC PROGRAM AT THE SCHOOL SITE** Discussions about your child's attitude, work ethic, behavior, eligibility, efforts to improve, how a coach treats the child, both physically and verbally, and your child's safety are all appropriate topics for discussion with coaches. Playing time, techniques, strategies, practice organization, and play selection are not appropriate topics for parents to discuss with coaches. Conversations should be confined to your child and should exclude other students, players, and parents. Your child should be included and be present when meeting with the coach. It is not appropriate to speak with at coach immediately before or after a practice or game. The following procedure should be used for contacting coaches:

1. Player speaks directly to position coach
2. Player speaks directly to head coach,
3. Parent may talk to the head coach (by appointment)
4. Parent may contact the athletic director (by appointment)
5. Parent may contact the Vice Principal for Athletics (by appointment)
6. Parent may contact the Principal (by appointment)

A parent contacting a school administrator without following this procedure will be referred back to the coach.

I fully understand the regulations and instructions stated above (Student-Athlete's Agreement, Athletic Transportation, Athletic Policy against Hazing and Policy on Alcohol, Tobacco and Other Drugs, Procedure for Concerns Within the Athletic Program). By signing below, I agree to support these District and school policies and understand that failure to comply could result in dismissal from participating in the athletic program at the school site. Further disciplinary action, as outlined in District policy and procedures, could occur as well. We certify that on every field trip throughout the season our son/daughter will comply as directed. I understand transportation to several away contests is by student vehicles. I realize that failure to comply could result in dismissal from participation in the athletic program at the school site. I have read this information and will allow my son/daughter to try-out for and participate on the school's athletic team.

Printed Student-Athlete's Name

Student-Athlete's Signature

Date

Printed Parent/Guardian Name

Parent/Guardian 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.cifsds.org

ETHICS IN SPORTS (ATHLETE-PARENT/GUARDIAN/CAREGIVER) – REVISED 3/19/07

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 in and around athletic contests played under its sanction and, in life, in general. Citizenship, Integrity, and Fairness are embodied in that mission. CIF and CIFSDS contests must be safe, courteous, fair, controlled, and orderly for the benefit of all athletes, coaches, officials, and spectators, and behavior by all involved at all times should manifest the highest standards of conduct.
It is the intent of the section membership that poor sportsmanship, unethical behavior, and violence, in any form, will not be tolerated in athletic contests or practices. In order to enforce this policy, the membership, through its Board of Managers, has established rules and regulations.
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, and spectators.
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 as a guide to govern their behavior. 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.

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

- A. Comply with the six pillars and 16 Principles of the Pursuing Victory with Honor program (next page).
B. Be courteous at all times with school officials, opponents, game officials, and spectators.
C. Exercise self-control.
D. Know all rules of the contest of CIF State and the CIFSDS and agree to follow the rules.
E. Show respect for self, players, officials, coaches, and spectators.
F. Refrain from the use of foul and/or abusive language at all times.
G. Respect the integrity and judgment of game officials.
H. Abstain from the use of illegal and nonprescription drugs, alcohol, or any substance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States, or the American Medical Association.
I. Not use at any time any androgenic/anabolic steroid except with the written prescription of a fully licensed medical doctor by the American Medical Association to treat a diagnosed medical condition.
J. Only permit use, at any time, non-muscle building, nutritional supplement(s) and only for the purpose of providing additional calories and electrolytes. For the purpose of this policy, permissible non-muscle building nutritional supplements are identified according to the following classes: carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters, and vitamins and minerals.
K. Only permit use non-muscle building nutritional supplements for the purpose of providing additional calories and electrolytes.
NOTE: The Food and Drug Administration (FDA) using regulations from the Federal Food Drug and Cosmetic Act requires labeling for food products, prepared foods such as bread, cereals, canned and frozen foods, snacks, desserts, drinks, etc., food product labels will be titled: "Nutritional Facts." The Dietary Supplement Health and Education Act (DSHEA) of 1994 requires that manufacturers and distributors of dietary supplements list their ingredients. The labels will be titled "Supplement Facts" and must also include a disclaimer from the FDA stating, "These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent a disease.)
L. Win with character; lose with dignity.

Empty rectangular box for Parent/Guardian Initials

Parent/Guardian Initials

Empty rectangular box for Student-Athlete's Initials

Student-Athlete's Initials

# PURSUING VICTORY WITH HONOR

## SIX PILLARS OF CHARACTER

TRUSTWORTHINESS    RESPECT    RESPONSIBILITY    FAIRNESS    CARING    GOOD CITIZENSHIP

### 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.

Parent/Guardian Initials

Student-Athlete's Initials



**VIOLATIONS, MINIMUM PENALTIES, AND APPEAL PROCESS**  
(Applicable to players and coaches from time of departure for contest until time of return.)

ACT	MINIMUM PENALTIES*
1. Behavior resulting in ejection of athlete or coach from contest	"Any coach, player, 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 (sight and sound) any sports contest, until a meeting is scheduled between the <u>school administration, coach, player, and custodial parent(s)/guardian(s)</u> with CIFSDS staff member(s). 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 (sight and sound) at contests or practices until such time as the ejected person attends a Sportsmanship Meeting. (Effective July 1, 2005; approved Board of Managers on June 7, 2005.)
2. Illegal participation in next contest by athlete ejected in previous contest.	Ineligibility for remainder of season for athlete. A written appeal may be made by the individual or school to the commissioner.
3. Illegal placement of ejected athlete in next contest or illegal participation by coach ejected in previous contest.	Green Book procedure for coach who knowingly violates a CIF or San Diego Section rule. Penalty may include a sanction to the school, coach, or suspension of membership.
4. Second ejection of athlete or coach from 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. Official to make report by the next school day to the commissioner. The decision by the commissioner may include suspension of any length up to and including the remainder of the season or the next season.
5. 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, and player(s) to be placed on probation for balance 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 cessation of the season for the athlete(s) concerned. A written appeal may be made by the school principal to the Commissioner.
6. 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 probationary status 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.
7. 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.

NOTE: In cases of violations during a regular season tournament, tournament management will necessarily act upon any appeal regarding subsequent game suspensions. Report will still be required of official to the commissioner.

\*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.

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

**ANY PARENTS/GUARDIANS/CAREGIVERS RESIDING WITH THIS STUDENT MUST SIGN THIS PAGE**

<input type="text"/>	<b>X</b>	<input type="text"/>
Printed Student-Athlete's Name	Student-Athlete's Signature	Date
<input type="text"/>	<b>X</b>	<input type="text"/>
Printed Parent/Guardian/Caregiver Name (e.g., mother)	Parent/Guardian/Caregiver Signature	Date
<input type="text"/>	<b>X</b>	<input type="text"/>
Printed Parent/Guardian/Caregiver Name (e.g., father)	Parent/Guardian/Caregiver Signature	Date
<input type="text"/>	<b>X</b>	<input type="text"/>
Printed Parent/Guardian/Caregiver Name	Parent/Guardian/Caregiver Signature	Date

# PREPARTICIPATION PHYSICAL EVALUATION HISTORY FORM

(Note: This form is to be filled out by the patient and parent prior to seeing the physician. The physician should keep this form in the chart.)

Date of Exam \_\_\_\_\_

Name \_\_\_\_\_ Date of birth \_\_\_\_\_

Sex \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_ Sport(s) \_\_\_\_\_

**Medicines and Allergies:** Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Do you have any allergies?  Yes  No If yes, please identify specific allergy below.

Medicines  Pollens  Food  Stinging Insects

Explain "Yes" answers below. Circle questions you don't know the answers to.

GENERAL QUESTIONS	Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?		
2. Do you have any ongoing medical conditions? If so, please identify below: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections Other: _____		
3. Have you ever spent the night in the hospital?		
4. Have you ever had surgery?		
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?		
6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
7. Does your heart ever race or skip beats (irregular beats) during exercise?		
8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection <input type="checkbox"/> Kawasaki disease Other: _____		
9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram)		
10. Do you get lightheaded or feel more short of breath than expected during exercise?		
11. Have you ever had an unexplained seizure?		
12. Do you get more tired or short of breath more quickly than your friends during exercise?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No
13. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?		
14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?		
15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?		
16. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?		
BONE AND JOINT QUESTIONS	Yes	No
17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?		
18. Have you ever had any broken or fractured bones or dislocated joints?		
19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?		
20. Have you ever had a stress fracture?		
21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism)		
22. Do you regularly use a brace, orthotics, or other assistive device?		
23. Do you have a bone, muscle, or joint injury that bothers you?		
24. Do any of your joints become painful, swollen, feel warm, or look red?		
25. Do you have any history of juvenile arthritis or connective tissue disease?		

MEDICAL QUESTIONS	Yes	No
26. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
27. Have you ever used an inhaler or taken asthma medicine?		
28. Is there anyone in your family who has asthma?		
29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
30. Do you have groin pain or a painful bulge or hernia in the groin area?		
31. Have you had infectious mononucleosis (mono) within the last month?		
32. Do you have any rashes, pressure sores, or other skin problems?		
33. Have you had a herpes or MRSA skin infection?		
34. Have you ever had a head injury or concussion?		
35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?		
36. Do you have a history of seizure disorder?		
37. Do you have headaches with exercise?		
38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		
39. Have you ever been unable to move your arms or legs after being hit or falling?		
40. Have you ever become ill while exercising in the heat?		
41. Do you get frequent muscle cramps when exercising?		
42. Do you or someone in your family have sickle cell trait or disease?		
43. Have you had any problems with your eyes or vision?		
44. Have you had any eye injuries?		
45. Do you wear glasses or contact lenses?		
46. Do you wear protective eyewear, such as goggles or a face shield?		
47. Do you worry about your weight?		
48. Are you trying to or has anyone recommended that you gain or lose weight?		
49. Are you on a special diet or do you avoid certain types of foods?		
50. Have you ever had an eating disorder?		
51. Do you have any concerns that you would like to discuss with a doctor?		
FEMALES ONLY		
52. Have you ever had a menstrual period?		
53. How old were you when you had your first menstrual period?		
54. How many periods have you had in the last 12 months?		

Explain "yes" answers here

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I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete \_\_\_\_\_ Signature of parent/guardian \_\_\_\_\_ Date \_\_\_\_\_

# ■ PREPARTICIPATION PHYSICAL EVALUATION

## THE ATHLETE WITH SPECIAL NEEDS: SUPPLEMENTAL HISTORY FORM

Date of Exam \_\_\_\_\_

Name \_\_\_\_\_ Date of birth \_\_\_\_\_

Sex \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_ Sport(s) \_\_\_\_\_

1. Type of disability		
2. Date of disability		
3. Classification (if available)		
4. Cause of disability (birth, disease, accident/trauma, other)		
5. List the sports you are interested in playing		
	<b>Yes</b>	<b>No</b>
6. Do you regularly use a brace, assistive device, or prosthetic?		
7. Do you use any special brace or assistive device for sports?		
8. Do you have any rashes, pressure sores, or any other skin problems?		
9. Do you have a hearing loss? Do you use a hearing aid?		
10. Do you have a visual impairment?		
11. Do you use any special devices for bowel or bladder function?		
12. Do you have burning or discomfort when urinating?		
13. Have you had autonomic dysreflexia?		
14. Have you ever been diagnosed with a heat-related (hyperthermia) or cold-related (hypothermia) illness?		
15. Do you have muscle spasticity?		
16. Do you have frequent seizures that cannot be controlled by medication?		

**Explain "yes" answers here**

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**Please indicate if you have ever had any of the following.**

	<b>Yes</b>	<b>No</b>
Atlantoaxial instability		
X-ray evaluation for atlantoaxial instability		
Dislocated joints (more than one)		
Easy bleeding		
Enlarged spleen		
Hepatitis		
Osteopenia or osteoporosis		
Difficulty controlling bowel		
Difficulty controlling bladder		
Numbness or tingling in arms or hands		
Numbness or tingling in legs or feet		
Weakness in arms or hands		
Weakness in legs or feet		
Recent change in coordination		
Recent change in ability to walk		
Spina bifida		
Latex allergy		

**Explain "yes" answers here**

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**I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.**

Signature of athlete \_\_\_\_\_ Signature of parent/guardian \_\_\_\_\_ Date \_\_\_\_\_

# PREPARTICIPATION PHYSICAL EVALUATION PHYSICAL EXAMINATION FORM

Name \_\_\_\_\_ Date of birth \_\_\_\_\_

## PHYSICIAN REMINDERS

- Consider additional questions on more sensitive issues
  - Do you feel stressed out or under a lot of pressure?
  - Do you ever feel sad, hopeless, depressed, or anxious?
  - Do you feel safe at your home or residence?
  - Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
  - During the past 30 days, did you use chewing tobacco, snuff, or dip?
  - Do you drink alcohol or use any other drugs?
  - Have you ever taken anabolic steroids or used any other performance supplement?
  - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
  - Do you wear a seat belt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms (questions 5–14).

EXAMINATION			
Height	Weight	<input type="checkbox"/> Male <input type="checkbox"/> Female	
BP	/ ( / )	Pulse	Vision R 20/ L 20/ Corrected <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL	NORMAL	ABNORMAL FINDINGS	
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)			
Eyes/ears/nose/throat • Pupils equal • Hearing			
Lymph nodes			
Heart <sup>a</sup> • Murmurs (auscultation standing, supine, +/- Valsalva) • Location of point of maximal impulse (PMI)			
Pulses • Simultaneous femoral and radial pulses			
Lungs			
Abdomen			
Genitourinary (males only) <sup>b</sup>			
Skin • HSV, lesions suggestive of MRSA, tinea corporis			
Neurologic <sup>c</sup>			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand/fingers			
Hip/thigh			
Knee			
Leg/ankle			
Foot/toes			
Functional • Duck-walk, single leg hop			

<sup>a</sup>Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam.

<sup>b</sup>Consider GU exam if in private setting. Having third party present is recommended.

<sup>c</sup>Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

Cleared for all sports without restriction

Not cleared

Pending further evaluation

For any sports

For certain sports \_\_\_\_\_

Reason \_\_\_\_\_

Recommendations \_\_\_\_\_

**I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).**

Name of physician (print/type) \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Signature of physician \_\_\_\_\_, MD or DO

# ■ PREPARTICIPATION PHYSICAL EVALUATION CLEARANCE FORM

Name \_\_\_\_\_ Sex  M  F Age \_\_\_\_\_ Date of birth \_\_\_\_\_

Cleared for all sports without restriction

Not cleared

Pending further evaluation

For any sports

For certain sports \_\_\_\_\_

Reason \_\_\_\_\_

Recommendations \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).**

Name of physician (print/type) \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Signature of physician \_\_\_\_\_, MD or DO

## EMERGENCY INFORMATION

Allergies \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Other information \_\_\_\_\_

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## ■ PREPARTICIPATION PHYSICAL EVALUATION

### ADDITIONAL INFORMATION

Student Name \_\_\_\_\_ Date of birth \_\_\_\_\_

#### IMMUNIZATION INFORMATION

Please record the date of required Tdap booster immunization: \_\_\_\_\_

#### AUTHORIZATION FOR STUDENT PARTICIPATION IN ATHLETICS

I, the undersigned, am the parent/guardian of the above named student enrolled at \_\_\_\_\_, a public school operated by the San Diego Unified School District. I authorize my son/daughter, named above, to participate in athletics during the period of May 1, 2011 through June 30, 2012.

In the event of injury or illness to the above named student, I hereby grant to a duly authorized representative of the San Diego Unified School District to act as guardian/spokesman in granting permission for emergency medical treatment/hospitalization (including anesthesia) if necessary for my student while in route to or from or at the site of school activities. I understand that should a health emergency arise, I will be notified, but if I cannot be reached by telephone, such medical treatment as deemed necessary by competent medical personnel is authorized. I personally assume responsibility for any costs of such care not covered by insurance.

Executed in the City of San Diego, County of San Diego, State of California, on (date) \_\_\_\_\_

X