



CIF Report to the Legislature
February 22, 2023



Overview of the CA Interscholastic Federation

- Dr. Ron Nocetti, Executive Director
- Mr. Brian Seymour, Associate Executive Director

CIF is comprised of public and private school employees including school board members, principals, teachers, parents and athletic directors from each high school that come together to carry out CIF's mission.

1200+ public high schools

400+ private high schools

1.88 million California students

760,000+ students participate in sports (40%)

70,000+ coaches (70% Off-Campus)



California Interscholastic Federation



CIF Authority in Education Code

- Education Code Section 33353 describes CIF as a “voluntary organization that consists of school and school-related personnel with responsibility for administering interscholastic athletic activities in secondary schools”
- This same code requires a periodic report to the Governor and Legislature regarding the goals and objectives of CIF in the eight specified areas



CIF Governance Structure

- Grass Roots Approach
 - School Communities and School Districts
 - 200+ Leagues
 - 10 Section Offices and Boards
 - State Office and Board



Communication

- Website, Email, Social Media
- Presentations for the following partners: Association of CA School Administrators (ACSA); CA School Board Association (CSBA); CA State Athletic Directors Association (CSADA); and CA Association for Health, Physical Education, Recreation and Dance (CAHPERD)
- CIF News
- CIF Newsletters to parents, coaches, principals and athletic directors



Economic Viability

- Strive to keep membership dues as low as possible
 - Currently \$.88 per student (\$.63 in 2000-2001)
 - \$.22 for membership
 - \$.66 for legal costs and liability insurance
- Primary sources of income:
 - Championship Events
 - Corporate Partnerships
 - Membership Dues



Coaching and Education

- Education
 - Pedagogy
 - Health and Safety
 - Sportsmanship
 - Preventing and Interrupting Discriminatory Behaviors





Gender Equity and Inclusivity

- Ms. Diane Marshall-Freeman, CIF General Council
- Mr. Brian Seymour, Associate Executive Director

Gender Equity

- Title IX Education and Celebration
 - 50 years of Title IX
 - Participation Survey
 - Increase in opportunities for females



Gender Equity

- Transgender Student-Athletes
 - Education Code section 221.5
 - Gender Equity Toolkit



Inclusive Sports and Student Programs

- Unified Sports
 - Partnership with Special Olympics
- Paralympic Sports
 - Partnership with Challenged Athletes Foundation
- Scholar-Athlete, Spirit of Sport and Community Service





Health and Safety

- Dr. Cindy Chang, M.D.

Cindy J. Chang, M.D.

Chair

CIF Sports Medicine Advisory Committee

UCSF Professor Emeritus
Primary Care Sports Medicine

Chief Medical Officer
National Women's Soccer League

Chief Medical Officer, Team USA
2012 London Olympic Games
2008 Beijing Paralympic Games

Head Team Physician
UC-Berkeley (Cal) (1995-2008)

Past President
American Medical Society for Sports Medicine



NATIONAL WOMEN'S SOCCER LEAGUE



AMERICAN COLLEGE
of SPORTS MEDICINE



Health and Safety

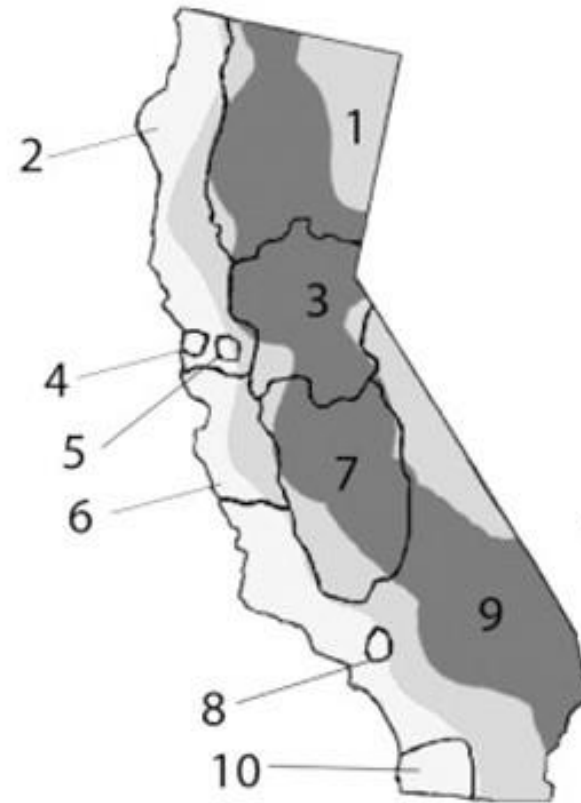
- Sports Medicine Advisory Committee
- Emergency Action Plan/Automated External Defibrillator
- Heat Illness
 - Wet Bulb Globe Thermometers
 - National Heat Categories Map (US Soccer)
 - California Heat Categories Map



Determine which region category you are in based on the map.



-  **CATEGORY 1**
-  **CATEGORY 2**
-  **CATEGORY 3**



- 1. Northern
- 2. North Coast
- 3. Sac-Joaquin
- 4. San Francisco
- 5. Oakland
- 6. Central Coast
- 7. Central
- 8. Los Angeles
- 9. Southern
- 10. San Diego

Cat 3	Cat 2	Cat 1	Activity Guidelines
< 82.0°F <27.8°C	< 79.7°F <26.5°C	< 76.1°F <24.5°C	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.2 - 86.9°F 27.9-30.5°C	79.9 - 84.6°F 26.6-29.2°C	76.3 - 81.0°F 24.6-27.2°C	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
87.1 - 90.0°F 30.6-32.2°C	84.7 - 87.6°F 29.3-30.9°C	81.1 - 84.0°F 27.3-28.9°C	Maximum practice time is 2 h. <u>For Football</u> : players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. <u>For All Sports</u> : Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
90.1 - 91.9°F 32.2-33.3°C	87.8 - 89.6°F 31.0-32.0°C	84.2 - 86.0°F 29.0-30.0°C	Maximum practice time is 1 h. <u>For Football</u> : No protective equipment may be worn during practice, and there may be no conditioning activities. <u>For All Sports</u> : There must be 20 min of rest breaks distributed throughout the hour of practice.
≥ 92.1°F ≥ 33.4°C	≥ 89.8°F ≥32.1°C	≥ 86.2°F ≥30.1°C	No outdoor workouts. Delay practice until a cooler WBGT is reached.

Health and Safety

- Sudden Cardiac Arrest
- Concussions
- Air Quality
- Covid
- Preparticipation Physical Evaluation





Emerging Issues

- Dr. Ron Nocetti, Executive Director

Emerging Issues

- Bylaw Revisions
 - Sportsmanship and Fan Behavior
 - Treatment of Contest Officials
- Future Leadership
 - CIF Leadership Initiative
 - Potential Expansion of CIF Executive Committee
- Cooperation with School Districts
 - District Office Advisory Committee



Thank you

