

ARTICLE 120
APPROVED SPORTS

1200. CIF-APPROVED SPORTS

A. The addition to, or deletion from, the list of CIF-approved sports is subject to Federated Council approval. A Section may not approve or conduct competition in a non-CIF-approved sport without Federated Council approval. Approved interscholastic sports are: badminton, baseball, basketball, competitive cheer (see Bylaw 1700 A. & B.), cross country, field hockey, football, golf, gymnastics, lacrosse, skiing, soccer, softball, swimming and diving, tennis, track and field, volleyball, water polo and wrestling.

NOTE: Snowboarding is an approved event within the sport of skiing.

1. Interscholastic competition in approved sports shall be conducted under CIF rules.
2. All sports or events not listed as CIF-approved sports need not be conducted under CIF rules or

jurisdiction.

(Revised April 2017 Federated Council)

B. Boxing

Boxing is not approved as a CIF interscholastic sport. Schools participating in interscholastic boxing may be barred from all CIF competition for a period of time up to one (1) year in duration.

1201. OFFICIAL RULES BOOKS

A. In all student team sports, where rules are written by the National Federation, the National Federation of High Schools (NFHS) Rules Book shall be official. In student team sports where the National Federation does not write the rules, the NCAA rules scholastic division shall apply. In sports where neither the National Federation nor the NCAA writes the rules, the nationally recognized amateur association rules for that sport shall apply.

B. Where rules are written for girls' sports by the National Federation, those rules shall be official.

C. In gymnastics, Sections are authorized to use the U.S. Gymnastics Federation (USGF) rules for compulsory routines; all optional routines must follow National Federation rules.

D. In sports for girls where the National Federation does not write the rules, the National Association of Girls and Women Sports (NAGWS) rules shall be official whenever the rules for the sport are written by NAGWS. In sports where neither the National Federation nor the NAGWS write the rules, the nationally recognized amateur association rules for that sport shall apply.

E. For special mixed events and coed teams in tennis, volleyball and badminton, the following rules guide shall

be used:

Tennis - United States Tennis Association (USTA); Volleyball - United States Volleyball Association (USVBA); Badminton – Official Rule Book for USA Badminton.

NOTE: Sections may adopt optional game rules whenever permitted by state association adoption in all sports game rules published by the National Federation.

1202. DAILY CONTEST LIMITATIONS

A. Contests

Interscholastic (dual-triangular) athletic contests in CIF-approved sports are to be arranged in such a way that no student shall take part in more than two (2) athletic contests in any one (1) day.

NOTE: The two (2) contest maximum rule does not apply to tournaments.

B. Tournaments

All interscholastic athletic tournaments [involving four (4) or more teams] in CIF-approved sports are to be arranged in such a way that no student shall take part in more than one (1) tournament in the same sport in any one (1) day.

1203. SECTION GUIDELINES FOR OFFICIALS

Each Section shall develop guidelines for the use of officials. It is highly recommended that officials trained and rated in CIF-approved rules for each sport be used.

1204. UNIFORM RULE EXCEPTIONS

In the case of manufacturer's error, the Section Commissioner is authorized to waive National Federation rules, allowing exceptions as necessary within the spirit of the National Federation rules.

1205. UNIFORM ATTACHMENTS

All uniform attachments are prohibited by Federated Council action except where provisions are allowed under National Federation rules.

1206. MAXIMUM CONTACTS

A. Starting Dates for Practice

Sections shall determine the first day of practice in all sports.

B. Scrimmages

A scrimmage is defined as:

- (1) An activity involving teams or individual student-athletes from two or more different schools in a CIF approved sport; AND
- (2) Where no official score is kept; AND
- (3) Where regulation time is not kept; AND

- (4) Where substitute rules are set aside; AND
- (5) Where coaches may stop play for instructional purposes: AND
- (6) Where no score / results are released to the media.

C. **Number of Scrimmages**

A maximum of two (2) scrimmages per sport are permissible prior to the first interscholastic contest (league or non-league) of the season, except in Football which is limited to one (1) scrimmage. Scrimmages shall not count in the team or individual maximum number of contacts, unless it is held after the team's first interscholastic contest.

D. **Allowable Number of Contacts**

Sections shall determine the maximum number of allowable contacts. Sections, however, for sports culminating in a Regional or State Championship may not set a limit higher than:

Basketball	28
Badminton	24
Cross Country	14
Football	10
Golf	24
Soccer	28
Swimming	14
Tennis	24
Track and Field	14
Volleyball	28
Water Polo	28
Wrestling	40 (see Bylaw 3201)

The maximum number of allowable contacts is in effect for teams during the regular season. The maximum number of allowable contacts does not include Section Foundation or Scholarship Games, League culminating tournament, Section, Regional or State Championships.

Tournaments

Basketball	One (1) contact for each game.
Golf	Tournaments count as one (1) contact per day.
Soccer	One (1) contact for each match.
Tennis	One (1) contact for each match.
Volleyball	1 Day Tournament counts as two (2) contacts. 2 Day Tournament counts as three (3) contacts.
Water Polo	One (1) contact for each game.

(Approved January 2018 Federated Council)