

Chico Unified School District  
1163 East Seventh Street  
Chico, CA 95928  
(530)891-3000 ext. 20142

COACH/VOLUNTEER NAME \_\_\_\_\_ DATE \_\_\_\_\_

SCHOOL \_\_\_\_\_ SPORT \_\_\_\_\_ LEVEL \_\_\_\_\_

1. **Meet with site Athletic Director to fill out an information form for the District Office. DO NOT go directly to the CUSD office.**

2. **Volunteer Information Packet-available from Heather Deaver at the CUSD District Office. Worker Agreement/Affidavit No Criminal Record Form-CUSD District Office.**

3. **Coaching Courses and Certification required by CIF, State Law and CUSD.**

These online courses can be completed in one day. Course links are below.

- **NFHS "Fundamentals of Coaching" Course and Certification- about 4 hours(\$50)**

**Must also take and complete the free section on the CIF. ONE time only.**

o <http://www.nfhslearn.com> AND

- **NFHS "Concussion in Sports" Course and Certification-about 45 minutes-FREE**

**THE CONCUSSION COURSE MUST BE RENEWED EVERY TWO (2) YEARS.**

o <http://www.nfhslearn.com> AND

- **NFHS "Sudden Cardiac Arrest-Signs and Symptoms" Course & Certification- about 12 minutes -FREE**

**THE SCA COURSE MUST BE RENEWED EVERY TWO (2) YEARS.**

o <http://www.nfhslearn.com> AND

- **NFHS "Heat Illness (Acclimatization)" Course and Certification- about 30 minutes- FREE**

**THE HEAT ILLNESS COURSE MUST BE RENEWED EVERY TWO (2) YEARS-**

(starting January 1, 2019).

o <http://www.nfhslearn.com> AND

4. **CPR/First Aid Certification-** The CUSD DOES NOT accept online CPR/First aid. The CUSD office will offer **FREE** CPR/First aid 2 times a month (except in July)-**The second Monday of each month at 4:30pm and the fourth Wednesday at 11:30am.** Please call the CUSD office 891-3025 x 0 to register and get the location. If you cannot make one of the free classes you will need to arrange CPR/First aid, on your own at your cost. In Chico, contact Bill Holterhaus at (530)899-9414; Lifeline Training Center (530)893-5254 or Mary Mansfield (530)228-2911. **ONLINE CPR COURSES NOT ACCEPTED!!!**

6. **TUBERCULOSIS CLEARANCE - (Ed Code 49406)**

A new TB survey may be obtained through the new CUSD screening process. Survey results are valid for four years.

**BY APPOINTMENT ONLY**

Contact Heather Deaver for an appointment  
891-3000 ext. 20142

7. **FINGERPRINTING - (CUSD Board Policy 4212.5)**

Fingerprinting can be done at the CUSD District Office.

**Please call 891-3000, x20142 to schedule an appointment.**

8. **CUSD Coaches Orientation- Yearly one hour meeting required before coaching is started.**

About 15 sessions will be run each year. **DON'T wait until the last one for your season.**

Any questions call Randy Gilzean (530)891-3050 ext. 227 OR e-mail: [rgilzean@chicousd.org](mailto:rgilzean@chicousd.org).

You may NOT be at team activities OR begin ANY instruction with athletes until ALL items on this sheet are completed and ALL documentation has been turned into the CUSD District Office or Randy Gilzean and cleared.

503.3 PLAYER AND COACH EJECTIONS (Revised May 12, 2004) :

A. Any athlete or coach, as a participant or spectator of a contest, who is ejected for a flagrant foul, dangerous or unsportsmanlike conduct, or any athlete who leaves the confines of the bench or team area during a fight that may break out or has broken out, shall be disqualified from participating in the remainder of the contest and any subsequent FROSH/SOPH. and Varsity contests. The athlete or coach will also be suspended at all levels of competition for the team's next contest. The suspension of a coach shall include all levels of competition for that day and all levels of competition for the team's next contest. This Bylaw applies to a single season of sport and includes NSCIF Playoffs, NorCal Regional play, and CIF State Playoffs.

1. In tournament play, when multiple contests occur on one day, the athlete and/or coach ejected for any of the above incidents are suspended for the remainder of that contest and the next contest.

2. Officials are to report any and all ejections to the Northern Section as soon as possible.

3. Appeals are not granted because an ejection was not reported to the Section office.

NOTE: Coaches are not allowed in or around the facility before or during the contest for which he/she is suspended. See NSCIF Bylaw 503.6.

Note: A player, who is suspended from a game, due to an ejection in the previous game, may not dress down nor participate in warm ups nor introductions.

B. **Second Offense:** Any athlete or coach, as a participant or spectator of a contest, who is ejected a second time for a flagrant foul, dangerous or unsportsmanlike conduct, or any athlete who leaves the confines of the bench or team area during a fight that may break out or has broken out, shall be disqualified from participating in the remainder of the contest and will be suspended for the team's next two contests and any subsequent FROSH/SOPH. and Varsity contests. The athlete or coach will also be suspended at all levels of competition for the team's next two contests. The suspension of a coach shall include all levels of competition for that day and all levels of competition for the team's next two contests. This Bylaw applies to a single season of sport and includes NSCIF Playoffs, NorCal Regional play, and CIF State Playoffs.

1. In tournament play, when multiple contests occur on one day, the athlete and/or coach ejected for any of the above incidents are suspended for the remainder of that contest and the next two contests.

2. Officials are to report any and all ejections to the Northern Section as soon as possible.

3. Appeals are not granted because an ejection was not reported to the Section office.

NOTE: Coaches are not allowed in or around the facility before or during the contest(s) for which he/she is suspended. See NSCIF Bylaw 503.6.

C. **Third Offense:** Any athlete or coach, as a participant or spectator of a contest, who is ejected a third time for a flagrant foul, dangerous or unsportsmanlike conduct, or any athlete who leaves the confines of the bench or team area during a fight that may break out or has broken out, shall be disqualified from participating in the remainder of the contest and will be suspended for the remainder of the season. The suspension of a coach shall include all levels of competition for that day and all levels of competition for the of the team's contests for the remainder of the season. This Bylaw applies to a single season of sport and includes NSCIF Playoffs, NorCal Regional play, and CIF State Playoffs.

(OVER)

D. The official shall notify the coach if a player has been ejected for any unsportsmanlike conduct as stated in "A" above. (See Ejection form).

E. The official shall notify the Principal, Athletic Director, or designee that a coach has been ejected for unsportsmanlike conduct.

F. Appellate Procedures: The individual or school may submit a written appeal within two school days to the Section Commissioner with a copy to the Site Principal preceded by a phone call within one school day.

Only appeals related to the factual situation of the player's ejection will be heard.

Such appeals will only be made to penalties related to subsequent penalties after the ejection, they will not have jurisdiction to change the status of the player's or coach's ejection from the game in question.

In the event of an appeal, the game official involved is to submit a report by the next school day to the Site Principal and/or Section Commissioner for each ejection.

No appeal will be heard related to the official's judgment (other than an incorrect identification).

Athlete/coach's ejection appeals are heard by the Section Commissioner. His/her decision is final.

2019-20 Contest Limits-All Sports

Prior to Play-offs

Sport	*Section limit	*Scrimmages	State Limit	Tournament Contest counting	First Contest Date	SOP Transfers Gain Eligibility
Baseball D2-3	24	2	no state #	2 contacts per tour.	2/24/2020	March 31st
Baseball D4-6	24	2	no state #	2 contacts per tour.	2/24/2020	April 2nd
Basketball	28	2	28	every game counts	11/25/2019	January 4th
Cross Country	14	2	14	NA	8/22/2019	October 1st
Field Hockey	25	2	no state #	2 contacts per tour.	8/24/2019	September 26th
Football- 11 man	10	1 only	10	NA	8/28/2019	October 2nd
Football- 8 man	10	2	10	NA	8/28/2019	September 28th
Golf (girls)	15	2	24	1 contact per day	8/19/2019	September 28th
Golf (boys)	15	2	24	1 contact per day	2/24/2020	April 1st
Ski/Snowboard	6	2	6	NA	1/4/2020	February 4th
Soccer	28	2	28	every match counts	11/25/2019	September 19th
Softball	24	2	no state #	2 contacts per tour.	2/24/2020	April 4th
Swimming	14	2	14	NA	8/31/2019	September 23rd
Tennis (girls)	20	2	24	1 contact per match	8/24/2019	September 19th
Tennis (boys)	20	2	24	1 contact per match	2/22/2020	March 27th
Track & Field	14	2	14	NA	2/22/2020	March 30th
Volleyball	28	2	28	1 day=2/2 days=3	8/10/2019	September 11th
Wrestling	40	2	40	every match counts	11/30/2019	January 6th

\*Contest limits apply to the team AND ALSO EACH INDIVIDUAL.

NA = Not Applicable

State Scrimmage Rules	Any activity involving 2 or more schools. Substitute rules are set aside.
No official score is kept	
No regulation time is kept	No limit on timeouts- coaches may stop play
No score/results reported to the Media	at any time for instruction.

Chico Unified School District  
 1163 East Seventh Street  
 Chico, California 95928  
 (530) 891-3000  
 Interscholastic Sports Guidelines

Fall Sports	Grade	Recommended # of Participants		Number of Paid Coaches	NSCIF Maximum Number of Games
		Minimum	Maximum		
<b><u>Cross Country (Coed)</u></b>					
Varsity (9G+9B)	9-12	9 per gender	25	(1) Head + (1) Assistant	14
FR/SO (9G+9B)	9-10	9 per gender	40	(1) Head + (1) Assistant	14
<b><u>Field Hockey (G)</u></b>					
Varsity	9-12	15	25	(1) Head	24
FR/SO	9-10	15	25	(1) Head	24
<b><u>Football</u></b>					
Varsity	9-12	27	70	(1) Head + (2) Assistants	10
FR/SO	9-10	22	70	(1) Head + (1) Assistant	10
Freshman	9	22	70	(1) Head + (1) Assistant + (1) Rover coach Frosh or FR/SO	10
<b><u>Golf (G)</u></b>					
	9-12	10	16	(1) Head	15
<b><u>Swimming (Coed)</u></b>					
	9-12	18	70	(1) Head (1) Assistants	14
<b><u>Tennis (G)</u></b>					
	9-12	10	16	(1) Head	20
<b><u>Volleyball (G)</u></b>					
Varsity	9-12	9	15	(1) Head	28
FR/SO	9-10	9	15	(1) Head	28
Freshman	9	9	15	(1) Head	28

Winter Sports

Basketball (B&G)

Varsity	9-12	9	15	(1) Head	28
FR/SO	9-10	9	15	(1) Head	28
Freshman	9	9	15	(1) Head	28

Skiing/Snowboarding (Coed)

Varsity	9-12	12 Ski 12 Snow	40	(1) Head	6
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Soccer

Varsity (B)	9-12	15	25	(1) Head	28
FR/SO	9-10	15	25	(1) Head	28
Varsity (G)	9-12	15	25	(1) Head	28
FR/SO	9-10	15	25	(1) Head	28

Wrestling (B)

Varsity	9-12	15	30	(1) Head + (1) Assistant	40
FR/SO	9-10	15	40	(1) Head	40

Wrestling (G)

	9-12	5	30	(1) Head	40
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Spring Sports

Baseball (B)

Varsity	9-12	12	22	(1) Head	24
FR/SO	9-10	12	22	(1) Head	24

Golf (B+G)

	9-12	8	12	(1) Head	15
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Softball (G)

Varsity	9-12	12	22	(1) Head	24
FR/SO	9-10	12	22	(1) Head	24

Tennis (B)

	9-12	10	16	(1) Head	20
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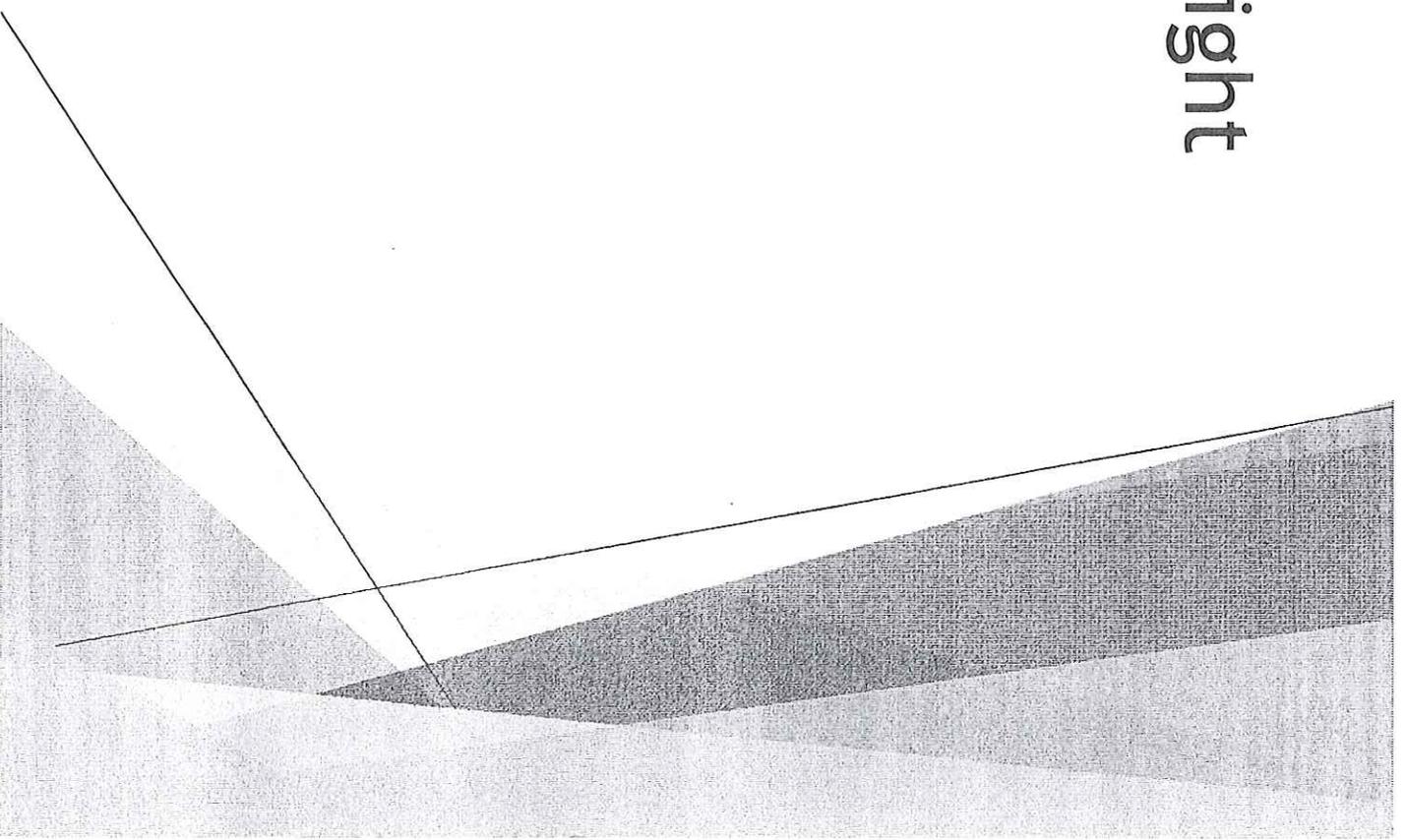
Track & Field (B&G)

Varsity	9-12	15/gender	50/gender	Girls (1) Head + (1) Assistant Boys (1) Head + (1) Assistant	14
FR/SO	9-10	15/gender	70/gender	Girls (1) Head + (1) Assistant Boys (1) Head + (1) Assistant	14
<u>Volleyball (Boys)</u>					
Varsity	9-12	9	15	(1) Head	28
FR/SO	9-10	9	15	(1) Head	28

1. In all sports every effort will be made to coordinate travel at a school site and also between schools to minimize costs. Traveling squads will be identified when needed in commuting to long distances Invitationals conducted on Saturday and on occasions when a second bus is not feasible.
2. The number of contests does not include post-season tournament and playoffs. Teams do not need to schedule to the maximum however, they do need to play the same number as the other gender in the same sport.
3. If, after ten days of practice, a minimum number of athletes are not practicing for the team, the sport will either be combined with other levels of the sport or cancelled.
4. All coaching personnel will be offered contingency contracts based on the number of participants in a given sport. After ten days of practice a final decision will be made on the status of the sport and the number of coaches involved. Coaches will be reimbursed on a pro rata basis for their services if inadequate numbers of students participate to justify coaching positions.

# What to do when a fight breaks out

- ▶ Administration
- ▶ Head Coach
- ▶ Assistant Coach
- ▶ Players in contest
- ▶ Players on bench
- ▶ Spectators



# Who wants to be sued?

- ▶ What things should your team practice beyond skills and drills to keep you safer?
- ▶ What items must you have documented on your practice schedule to keep you safer?

# What are your responsibilities when using the school vans?

- Reserving van?
- During use of van?
- After returning van?