



**What does a student-athlete need to turn in before being allowed to try-out?** Parents, we are in the process of creating an online registration, so the registration process is easy and fast so that your athletes can focus on playing, not doing paperwork.

- An updated medical history/sports physical are REQUIRED in order to be eligible to try-out. We would like everything done by December 1, but under no circumstances will an athlete be allowed to try-out or participate without a completed Athletic Clearance packet. You can download and print out the Physical Exam here: <http://www.spartansnet.net/Athletics/Athletic-Clearance-Packet-Info/index.html> For questions, please contact Joshua Wise at [jwise@mycuhsd.org](mailto:jwise@mycuhsd.org)

**May an athlete participate in TWO different sports during the same season of competition?** Yes. Student-athletes may participate in more than one sport at the same time. Conflicts will be up to the individual sport coaches and athletes to work out.

**What is the 18 hour rule?** Monday-Saturday (Sundays are mandatory days off) student-athletes are allowed to participate in a maximum number of 18 hours regardless of how many sports that encompasses. Competitions count as THREE hours towards the 18 hour total. Any other “required” activity counts towards the maximum. CLUB (outside) team’s participation time does not count towards the CIF limit of 18 hours.

**May student-athletes compete on an “outside” CLUB team at the same time as their high school team in the same season of sport?** Yes. This year (ONE TIME ONLY) student-athletes are being allowed to participate on an “outside” CLUB team during a simultaneous high school sports season. It will be up to each individual sport coach on how to manage conflicts between “outside” and high school teams.

**May a High School coach work with their student-athletes in an “outside” coaching capacity during the high school season?** Yes, with the exception of Sundays. High School coaches are not allowed contact with their student-athletes on Sundays even if it is part of an “outside” team. “Outside” activities will not count against the CIF 18 hour rule even if the High School coach is involved.

**Will teams be allowed to work out in the Fall, prior to the start of the first “official” high school season in December?** No. As of right now, all of our programs are on halt and coaches are to not make any physical contact with student-athletes, until further notice.

- Once the Imperial Valley superintendents give our high schools the green light to work out, then all of our programs are operating under “summer” rules (CIF) and may work out through their Foundation account. ALL groups will be governed by current County Health guidelines pertaining to youth sports/activities.

**Will transfer students still be required to SIT OUT?** Yes. Student-athletes that transferred into to CUHS this year and did not change residences will still be required to fulfill the CIF Sit-Out-Period protocol.

