



CALIFORNIA INTERSCHOLASTIC FEDERATION  
NORTHERN SECTION

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**Statement of Understanding**

I, \_\_\_\_\_ on behalf of \_\_\_\_\_  
(Principal/Head Master) (School)

understand that State CIF Bylaw 308 provides for at least one day respite from interscholastic athletics each week and prohibits member schools from holding interscholastic games or practices of any kind on Sundays, except for those schools founded upon religious tenets that observe the Sabbath from Friday sundown until Saturday sundown.

In addition, I understand that any qualifying school, as provided in the paragraph above, seeking to hold interscholastic games or practices on Sunday must register this form with the responsible CIF Section before August 1<sup>st</sup> of each school year and declare a fixed day of respite for the entire school year.

I further understand that league or conference game schedules may not be able to accommodate this alternate day of respite; and that playoff or championship games may not be scheduled to accommodate this alternate day of rest because of venue availability or any other anticipated, or unforeseeable, constraints.

**Declaration of Alternate Day of Respite**

I hereby declare that \_\_\_\_\_ is a school founded up religious  
(Name of School)

tenets that observes the Sabbath from Friday sundown until Saturday sundown. I further declare that in order to provide one day of respite from involvement in interscholastic athletics each week, the school declares **the twenty-four (24) hour period of** (Friday or Saturday) as the fixed alternate day of rest for the entire school year. (Select one)

Date: \_\_\_\_\_ By: \_\_\_\_\_  
(Name of Principal/Head Master)