

# **CAPISTRANO UNIFIED SCHOOL DISTRICT IPE**

## **SPORTS QUALIFICATIONS**

1. Please be advised that you must qualify for IPE each school year.
2. Students must maintain at least a 2.0 GPA to remain eligible for IPE
3. Students must take the California Physical Fitness Test (FITNESSGRAM) as part of Independent Study Physical Education. The FITNESSGRAM consists of the following areas which include (1) Aerobic Capacity, (2) Abdominal Strength and Endurance, (3) Trunk Extensor Strength and flexibility, (4) Upper Body Strength & Endurance, and (5) Flexibility. The California Physical Fitness Test is administered during the Spring in grades 5, 7, and 9. The Physical Fitness testing is done at the middle or high school where the student is enrolled for the remainder of their classes. (Education Code Section 60800)
4. IPE is intended for pre-Olympic, Elite, or nationally ranked athletes competing in an Individual sport at the highest level. Competing in and ranking at a lower level does not qualify for IPE. If the individual sport is not listed and meets the CUSD criteria for IPE (individual Olympic sport with a national ranking system where the student is generally in the top 10-15% nationally), an appeal can be submitted for consideration.
5. Team sports are not eligible for IPE.
6. The parent/guardian is responsible for providing all ranking documentation to justify the qualification.

### **Current List of Eligible Sports**

**BMX Bicycle Racing** - Currently ranked in the top 20 riders within their age group before the State Championship race (September). Alternately, having achieved a top 20 ranking in the prior year's State Championship. Or

- Currently ranked in the top 20 riders within their age group before the Gold Cup Southwestern Championship race (October). Alternately, having achieved a top 20 ranking in the prior year's Gold Cup Southwestern Championship. Or

Currently ranked in the top 15% of all riders in the same age group participating in the USA BMX National Championship (late November). Alternately, having achieved a top 15% national age group ranking in the prior year USA-BMX National Championship.

Note: Riders compete at their age at that particular event. For example, a rider with a November 8th, 2012 birthday will compete as an 11-year-old in the State and Regional championship and as a 12-year-old in the National Championship in that same year.

USA-BMX is the sanctioning body for all races in the US, including local, state, regional, and national levels (<http://www.usabmx.com/>).

State:

[http://www.usabmx.com/site/bmx\\_points?points\\_type=State&section\\_id=44&state=CA+SOUTH&age\\_group\\_id=51&points\\_subclass=Boys+Expert&commit=View+Points](http://www.usabmx.com/site/bmx_points?points_type=State&section_id=44&state=CA+SOUTH&age_group_id=51&points_subclass=Boys+Expert&commit=View+Points)

Regional:

[http://www.usabmx.com/site/bmx\\_points?points\\_type=Gold+Cup&section\\_id=224&region=South+West&age\\_group\\_id=51&skill=Expert&commit=View+Points](http://www.usabmx.com/site/bmx_points?points_type=Gold+Cup&section_id=224&region=South+West&age_group_id=51&skill=Expert&commit=View+Points)

National:

[http://www.usabmx.com/site/bmx\\_points?points\\_type=N.A.G.&section\\_id=46&age\\_group\\_id=53&commit=View+Points](http://www.usabmx.com/site/bmx_points?points_type=N.A.G.&section_id=46&age_group_id=53&commit=View+Points)

**Classical Ballet**—The student must audition for and be accepted to a nationally recognized elite summer intensive ballet program. Evidence will include an acceptance letter from the program.

- This evidence will be an acceptance letter from a nationally recognized program. Most of them are out-of-state summer programs.

[\(Click here for a list of approved Summer Intensive Programs\)](#)

- Here are some examples:
  - [Ballet Letter 1](#)
  - [Ballet Letter 2](#)
  - [Ballet Letter 3](#)

**Cross Country** – Ranked in the Top 25% in your age group as reported by a website such as:

[www.aathletics.org](http://www.aathletics.org)

[www.athletic.net/CrossCountry](http://www.athletic.net/CrossCountry)

or competed in a Regional or National Championship.

Note: It is the responsibility of the parents to provide all ranking documentation to justify the qualification.

**Diving** - The student must qualify for or participate in the National Preliminary Zone Championships.

- Use this link, [www.divemeets.com](http://www.divemeets.com), to go to a search page by Diver Name. Enter the Diver's name, and it will bring up all of the Diver's past events. Use this list to look for participation in the zone championships.

Here is an example: [Diver List](#)

**Equestrian** - Must be a current member of USEF \*\*Please Note: Walk trot, trot a pole or anything with trot does not qualify.

The student must qualify for the USHJA Zone Championships (Zone 10).

- There are many different disciplines. Use the links below to see if a student qualified for the USHJA Zone Championships. California is in Zone 10. These lists are the students who have competed and already qualified for the Zone Championships.

[Hunters](#)

[Jumper](#)

or

Participate in United States Equestrian Federation (USEF) “C” rated or above shows

- This is a difficult category that could apply to any equestrian event, as some disciplines rank the horses, not the students. [Click here](#) to look up a student's results using the horse's name.

or

Be listed on the “Stirrup Cup” points list for Zone 10.

- There are many different disciplines in this category. [Click here](#) to look up the discipline and see if the student is on the points list.

or

In the Eventing discipline:

- Middle School students (6th) grade must be at the “Novice” level and above.
- Middle School students (7th-8th) grade students must be “Training” level and above.
- High School students (9th - 12th) Must be at the “Preliminary?” level and above.
- Or made it to a zone or regional championships at their competitive level, regardless of grade level.

or

In the Dressage discipline:

- Middle School students (6th) grade must be at the “Training” and above.
- Middle School students (7th-8th) grade students must be “Level 1” and above.
- High School students (9th - 12th) Must be at the “Level 2” and above.

Parents must provide the name of the horse, along with a printout of events, ranking, and/or points.

**Fencing** - Must be a current member of USA Fencing.

The student must be rated (A,B,C,D, or E) as found on

[www.usfencing.org](http://www.usfencing.org). or

Be on the National points list as determined by the National rolling points list found on [www.usfencing.org](http://www.usfencing.org).

or

Be in the top 20 in the Y-10, Y-12, and Y-14 divisions or top 32 in the Cadet, Junior, or Senior divisions in Region 4, as determined by the rankings found on

[www.usfencing.org](http://www.usfencing.org)

- Use the links above to search by name or by age and discipline (epee, foil, saber). This site clearly ranks each fencer.

**Golf**—The student must participate in the PGA of Southern California Junior tour or a comparable tour and be ranked in the top 15% of singles players in Southern California in his/her age group for that tour.

- Use this link, [www.scpgjrtour.com](http://www.scpgjrtour.com), to search by age for the golfer’s rank. A drop-down menu on the upper right side of the page allows you to choose the age range.

[\(Click here for an example\)](#)

- Parents must provide a website and print out the rankings for any other Junior Tour.

**Gymnastics** - The student competes at USA Gymnastics Level 8-10 or Elite for gymnastics,

or Level 10 or Elite for tumbling and trampoline, at Western Regional or National meet competitions. Students in grades 6 or 7 may compete at level 7.

- Use this link [www.meetscoresonline.com](http://www.meetscoresonline.com) to search by gymnast name for a bio and level.

Here are some examples:

[MeetScores Bio/Level](#)

[Results of Meet](#)

**Ice Skating** - The student must pass the intermediate-level U.S. Figure Skating Tests (moves and freestyle).

- Use the links below to search by name. Once there, you will see a list of tests that have been passed. You are looking for both the moves and freestyle tests as the student must pass both at the intermediate level. They may pass them at different times. Two sites are listed below as the Orange County site is easier to use but not always kept up to date. The US site is more complete and up to date but not as easy.

[Orange County Figure Skating Test Results](#)

[US Figure Skating Test Results](#) - You will need to call 719.635.5200 to verify

**Solo Dance Competition** - The student must place in the top 10 at Regional or National solo competitions in the advanced or elite competitive category(s) only. The student must appear on the results page on one of the following competition websites:

<https://www.spotlightevents.com/> (Elite Only)

<https://www.countdowncomp.com/> (Competitive Only)

<https://dancekar.com/> (Elite only)

<https://rainbowdance.com/> (Elite Only)

<https://gonuvo.com/>

<https://www.radixdance.com/>

<https://www.goshowstopper.com/> (Competitive Only)

or comparable regional/national competition while competing at the highest allowable level at that competition. Participation in dance classes, dance productions, dance/cheer teams, or as a group does not qualify for IPE.

- Use the links above in order to look up a student. Parents should turn in a printout from one of the websites showing a Top 10 finish at a Regional or Final/National competition.
- Make sure it is under the SOLO Competitive/Elite category, as the others are for recreational dancers and do not count.
- Must compete at the highest level for that competition. Competing at and ranking at a lower level does not qualify for IPE.

Here is an example: [Dance Competition Result Teen \(12 - 14 yrs.\) Solo](#)

Parents must also turn in the level of competition and an explanation of the different levels offered at the competition if not competing at one of the above competitions.

**Surfing** - Student competes in WSA and/or NSSA events and is ranked in the top 25% of their age group by either WSA or NSSA ranking. Students will also qualify if they are invited to the USA Surfing Championships.

- Use the links below to check for ranking. Look up by age group. Only the top 25% qualify, so look for the total number ranked and figure out the top 25% as your cut-off.

[WSA Ranking](#)

[NSSA Ranking for USA Surfing Championships](#)

**Swimming** -The student must meet the “AAA” standard in any event within the school year as an individual, not a relay member (or) compete at the Summer Junior Olympic meet.

Or

If a child ages up after June 1st - prior to the Summer JO's, but swam at least (3) JO qualifying times in their previous age group.

- Use the link below to search by name and look up student time standards and meets [www.usaswimming.org](http://www.usaswimming.org)
- Parents must print out and highlight a “AAA” time standard from an event during the qualification year.

**Tennis** - The athlete must achieve a 3-Star or above rating determined by the Tennis Recruiting Network.

- Use this link, [www.tennisrecruiting.net](http://www.tennisrecruiting.net), to search by name and look up a student's Star Rating. Once on the page, you will see it is arranged by grade level. Click "Full List," and then you can sort by name.

**Wrestling** - Ranked in the Top 25% in your age group as reported by a website such as:

<https://www.flowrestling.org/rankings>

<https://www.trackwrestling.com/membership/MemberRankings.jsp>

[https://usawrestlingevents.com/for\\_events](https://usawrestlingevents.com/for_events)

or competed in a Regional or National Championship

Note: It is the responsibility of the parents to provide all ranking documentation to justify the qualification.

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