

46th ANNUAL CIAC FIELD HOCKEY TOURNAMENT

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CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

FIELD HOCKEY ALERT PAGE

Scheduling: Saturday, November 10 may be used as a date for Class L quarter-finals.

Scrimmages – Teams must have a minimum of three (3) days of practice prior to scheduling a full team scrimmage. All sports teams and individual athletes must have a minimum of ten (10) physical/exertional practice days with their school before the date of the first scheduled competition. No team/athlete shall practice/compete with their school more than six (6) consecutive days to provide a day of rest. Saturdays, Sundays, and holidays may be used unless prohibited by local board policy. Sunday practices may be counted to fulfill the 10 day requirement.

Students with Special Needs– Coaches are reminded to inform contest officials prior to each competition of any students with special needs who could be competing in the contest when her disability could impact the individual's performance or the conduct of the competition.

CIAC Tournament Site Media Policy – The CIAC places tremendous value on the role the media plays in promoting and highlighting high school sports. To that purpose CIAC tournament venues and hosts should make every effort to provide a working environment conducive to all media (print, broadcast and internet based) covering our events. The following are **minimum standards**, developed in consultation with the CIAC Media Advisory Committee, which should be provided for working media at all CIAC tournament sites:

- 1) A minimum of one hour following the conclusion of post-game interviews to write in the press box, press area or a suitable facility in close proximity to the site of the event (i.e. office, classroom, etc.)
- 2) Access to electric power (shared power strip, etc.)
- 3) Access to wireless internet service.

Site directors should communicate these requirements to any staff person who may be responsible for the administration of the event. If for some reason a site will not be able to provide these items for a contest, a site representative should inform the CIAC in advance and work with the media on site before the game and work to provide a reasonable solution to the issue. Members of the media who will be covering events are directed to contact the appropriate sites as far in advance as possible to inform them they will be at the event and discuss what arrangements will be made for working media at the site.

Unmanned Aerial Systems at CIAC-Sanctioned Events – The use of unmanned aerial systems, often referred to as drones, are prohibited for any purpose by any person(s) at all CIAC-sanctioned events. This policy includes not only the restricted playing area of the venue(s), but also the physical confines of the entire stadium / field / arena structure. For the purposes of this policy, an unmanned aerial system is any aircraft without a human pilot on board.

NFHS Rule Clarification – Eyewear Protection – All field hockey field players are required by NFHS rules to use eyewear protection which meets the current ASTM 2713 standard.

PLEASE NOTE – Effective **January 1, 2019**, all eye protection shall be permanently labeled with the ASTM 2713 standard at the time of manufacturing.

IMPORTANT RULE CHANGE – IN ACCORDANCE WITH NFHS RULE 1-6-5, FACE MASKS ARE NO LONGER PERMITTED.

Other protective devices are permitted as follows:

- a. Soft headgear.

2018 NATIONAL FEDERATION FIELD HOCKEY RULE CHANGES

1-6-5, 1-6-5 Note	Clarifies ASTM 2713 standard labeling of goggles.
1-7-1a-f	Gives goalkeeper permission to use all the protective equipment to play the ball within the circle.
1-7-2a, b (New)	Clearly defines goalkeeper playing actions outside the circle.
2-1-5	Establishes requirements for the timer and procedures for officials training.
3-1-6	Redefines that an extra player on the field is an ineligible player.
3-3-9	Clarifies the definition of dribbling to include dribbling the ball in the air.
4-4-8 (New), Penalty	Clearly defines penalty for violation of the substitution rule and extra player on field.
9-1-3	Redefines where free hits are taken below the 25 yard line and that all players must be 5 yards away.

2018 Major Editorial Changes

9-2-2	Provides consistent language in the rules book.
10-3-2g	Clarifies how to handle inadvertent whistle.

2018 Editorial Changes

1-5-3 Situation, 1-9 Note, 8-1-1 Penalty 4 Situation, 10-2-3 Situation D, 11-1-1c, Official's Guide VII Goalkeeping, Official's Signal Chart, Field Hockey Diagram, Suggested Tie-Breaking Procedures

2018 Points of Emphasis

1. Properly Marked Protective Eyewear
2. Good Sporting Behavior
3. Rough and Dangerous Play
4. Free Hits Within 5 Yards of the Circle
5. Aerial Dribbling
6. Official Management of Aerial Balls

2018 CIAC FIELD HOCKEY COACHES CALENDAR – DON'T MISS A DATE

Dear Field Hockey Coach:

Enclosed herewith you will find the 2018 CIAC Field Hockey tournament procedures, site information and officials' selection forms. The following dates are listed for your ready reference and information.

Tues., August 21	State Coaches Meeting and Rules Interpretations – CIAC Office, Cheshire – 4:30 p.m.
Thurs., August 23	Practice may begin
Thurs., September 6	First Contest Date
Fri., September 21	Site Information Form Due – via the password-protected online eligibility center
Thurs., October 25	Officials Form Due – via the password-protected online eligibility center
Thurs., November 1	Last Date to Count – All scores not on entry form must be reported via the password-protected online eligibility center
Thurs., November 1	Tournament Roster – via the password-protected online eligibility center – mail entry fee to CIAC office
Fri., November 2	Tournament pairings will be available on the web site (www.ciacsports.com)
Mon., November 5	Tournament Begins
Sat., November 17	Finals Rain date – Sunday, November 18
Tues., November 20	Coaches Meeting – CIAC Office – 4:30 p.m.
Fri., November 23	Head Injury Report Due – via CIAC password-protected online eligibility center

2018 CIAC FIELD HOCKEY TOURNAMENT

- 1.0 **TOURNAMENT DIVISIONS** -- The 2018 CIAC Field Hockey Tournament will be conducted in three divisions. Placement of schools is based on the 9-12 girl enrollment in 2017-18. Tournament divisions are available on the Field Hockey page at ciacsports.com. If your school is NOT listed and you plan to enter the 2018 CIAC Field Hockey Tournament, please notify the CIAC office.

L – 630 and over

M – 418 - 629

S – Up to 417

2.0 **PRACTICE & PLAYING DATES**

- 2.1 Member schools may start practice on, but not before Thursday, August 23, 2018.
- 2.2 Member schools may play the first game on, but not before Thursday, September 6, 2018.
- 2.3 The last date for games to count for the 2018 CIAC Field Hockey Tournament will be Thursday, November 1, 2018. Games commencing after 7:30 p.m. on this date shall not count for tournament entry, regardless of the reasons for playing such games.

3.0 **QUALIFYING** -- Member schools will be required to submit regular season schedules for all sports controlled by CIAC in which member schools participate. Determination of forfeitures will be based on this schedule.

- 3.1 To be eligible for consideration in the tournament, a team must play a minimum of ten (10) games AGAINST VARSITY OPPONENTS and have won 40% of its approved scheduled games played. Only the first two games played with any single opponent will be included in the ten (10) games.
- 3.2 Only games played with Conference member schools, American School for the Deaf, or Region I out-of-state schools who are members of their state athletic association shall be considered.
- 3.3 Games played with non-member Connecticut secondary schools shall not be considered in the rating of teams.
- 3.4 Only games listed on the original schedule will count for tournament purposes.

4.0 **FORFEITS**

- 4.1 A forfeit game shall count as a victory for the team declared the winner and as a loss for the team declared a loser in determining tournament qualifications and ratings. For tournament qualifications only the following reasons for a forfeit shall be accepted.
- 4.2 A team shall forfeit a game or games if through a violation it is required to do so under the CIAC Rules of Eligibility.
- 4.3 A team shall forfeit a game if the game official declares the game a forfeit as a result of a National Federation rule violation, or a team refuses to play after being instructed to do so by the game official.
- 4.4 Forfeitures will be honored by each CIAC sports committee when there is mutual agreement between the principals of the two schools involved in the game not played. Each principal must submit on the official CIAC Canceled Game/Forfeiture Form his/her decision and it must be received in the CIAC office within 72 hours following the time of the scheduled contest. On the eve of a tournament when there is not sufficient time for normal administrative procedures (72 hours) if a question of team forfeiture arises the Executive Director or designee, in consultation with the Chairman of the sports committee affected and

the principals of the two schools will make an appropriate ad hoc decision in consideration of the best interests of the tournament as a whole.

- 4.5 All games listed on the original schedule and submitted to the CIAC which are not played and have not been forfeited in accordance with this policy will be considered by each sport committee as No Contest and shall not count for tournament qualification and ratings unless it affects the minimum number of games required to qualify for tournament participation. In this instance the sport committee shall review the evidence submitted by the teams involved and may grant an exception from the minimum game number requirement. The minimum winning percentage as determined by the individual sports committee must be met under all circumstances.

5.0 **ENTRY PROCEDURE**

- 5.1 **Schedule** – Member schools must make every effort to complete their season as scheduled, including make-up games. Any effort to gain an advantage in tournament play by not playing a game is unacceptable and is subject to action by the CIAC Board of Control. Cancellation of any regular season contest/make-up to play in a league tournament will not be allowed.

All CIAC member schools are to report their 2018 schedule for field hockey via the password-protected online eligibility center. Regular season schedule additions made after September 6, 2018 will not be counted for tournament qualification.

1. Scores of all games scheduled must appear on tournament entry form.
2. All games cancelled should be reported on tournament entry form in place of score.
3. Games not reported here will not be considered for tournament qualification.
4. Failure to submit schedule of games may result in disqualification from tournament.

- 5.2 **Game Results** – In order to ensure that standings and rankings on both the CIAC’s web sites and other sites which draw their data from us are timely and accurate, all regular season scores must be entered online as soon as possible following the game’s completion.

Scores may be entered via the Online Eligibility Center, the “Submit Scores/Forms” option of the “CIAC for Coaches” menu at ciacsports.com, or the “Submit Scores” button in our ciacmobile.com mobile site. Entering scores at ciacsports.com or ciacmobile.com requires either a coaches or scorekeeper’s access code, those codes are managed via the Online Eligibility Center and can be retrieved from a school’s athletic director.

- 5.3 **Site Availability Form** – Must be completed by September 21, 2018 via the password-protected online eligibility center.

Field Hockey Site Information

Used to determine suitability of field for all tournament games including sites of higher ranked teams.

In order to insure that fields are of tournament quality, officials will monitor them throughout the season. Schools with questionable fields will be contacted by the committee. Schools that cannot provide a tournament quality site may be denied a home site in games through the quarter-finals. Schools that can’t charge admission for quarter-final games or cannot provide a quality tournament playing field will not be permitted to be a home site.

If your field meets the above specifications and you qualify for the tournament, your site may be considered for further tournament use. Regulation size field – 100 yards by 60 yards. Five yard area free of obstructions for team bench and spectator area. Surface smooth, unevenness or irregular heights would cause the ball to rise in an unsafe manner or prohibit skillful play. Grass length shall be no more than 1-1/2 inches. Note: All fields with overlapping infields will be prohibited for tournament play.

PLEASE NOTE: Once you commit your field, it must remain available.

ALL COACHES – FORM MUST BE SUBMITTED REGARDING SITE INFORMATION VIA THE PASSWORD-PROTECTED ONLINE ELIGIBILITY CENTER BY SEPTEMBER 21, 2018.

Note: The CIAC Field Hockey Committee reserves the right to select all sites. Non-submission of this form may result in loss of home site advantage.

- 5.4 **Tournament Roster** – Can be submitted on the eligibility center or the “submit scores/forms” option under the CIAC for coaches menu at ciacsports.com. Rosters must be submitted no later than Thursday, November 1, 2018.

Field Hockey Tournament Entry Form / Tournament Roster

Game results may be entered via the online eligibility center, the “submit scores/forms” option of the CIAC for Coaches menu at ciacsports.com, or the “submit Scores” button in our ciacmobile.com mobile site. Entering scores at ciacsports.com or ciacmobile.com requires either a coaches or scorekeeper’s access code, those codes are managed via the online eligibility center and can be retrieved from a school’s athletic director.

Tournament rosters must be submitted via the password-protected online eligibility center or the submit scores/forms option under the CIAC for Coaches menu at ciacsports.com by Thursday, November 1, 2018.

Each school will be allowed not over THIRTY (30) girls in uniform.

The principal certifies that the individuals listed on the Official Tournament Form have satisfied the State health statutes and local regulations regarding physical examinations and are physically fit to participate in the tournament.

- 5.5 **Entry Fee** -- \$85 Entry Fee should be mailed to CIAC office, 30 Realty Drive, Cheshire, CT 06410. If a school needs an invoice in order to pay its tournament fee, one can be downloaded by using the “Generate Tournament Invoice” link under the field hockey options in the password-protected online eligibility center.

CIAC Late Entry

- **No tournament entries will be accepted after the established deadline except those approved by the CIAC Board of Control.**
- Corrections requested by a school to an entry form that was submitted by the established deadline, but prior to seeding/pairing data being published on the web site, will be assessed a fee of \$50 per correction to a maximum of \$250.
- All requests for corrections must be submitted on a support ticket via the online eligibility center. **No phone requests will be considered.**

- 5.6 FAILURE TO SUBMIT TOURNAMENT INFORMATION BY PRESCRIBED TIME LINES, OR FAILURE TO REPORT A SCORE OR CANCELLATION OF GAME, WILL RESULT IN FINES IN ACCORDANCE WITH CIAC POLICY.

Tournament Regulations Violations

If a school fails to comply with tournament regulations and such requires the CIAC tournament sports committee, central office staff, or the CIAC Board of Control to redo any portion of the tournament pairings or such non-compliance adversely impacts the management of the tournament, an administrative violation fee of \$500 will be imposed upon the school before entry into the tournament will be allowed.

5.7 **Final Scores** – Regardless of regular season postponed games, the date of November 1, 2018 MUST BE THE FINAL DATE TO COUNT for the tournament. All games played after the entry form has been submitted, must be completed and **scores reported via the password-protected online eligibility center prior to 10:00 p.m. Thursday, November 1, 2018.**

6.0 **OFFICIALS**

6.1 Coaches may submit via the password-protected online eligibility center or the submit scores/forms option under the CIAC for coaches menu at ciacsports.com the “officials form” by Thursday, October 25, 2018, up to three (3) “non-preferred” officials may be designated. (See 10.0 for additional information regarding officials.)

7.0 **RANKING / SEEDING**

7.1 Ranking of teams for inclusion and for the purpose of pairings shall be based upon the winning percentage:

Each WIN equals – 2 points / Each LOSS equals – 0 points / Each TIE equals – 1 point / OVERTIME LOSS – 1 point

Divide the total points by twice (2 x) the number of games played. There must be at least ten (10) games against eligible opponents.

7.2 In ranking teams by percentage, ties will be broken by the following steps: 1) Total wins; 2) Most wins and ties; 3) Head-to-head; 4) By lot.

7.3 Qualifying and first round games will be held to determine the teams who will play in the quarter-finals.

7.4 The pairings will be made as follows:

1 vs 16			
8 vs 9	1 vs 8		
4 vs 13		1 vs 4	
5 vs 12	4 vs 5		
2 vs 15			1 vs 2
7 vs 10	2 vs 7		
3 vs 14		2 vs 3	
6 vs 11	3 vs 6		

7.5 If fewer than 16 teams qualify under the highest ranked teams will draw byes for first round.

7.6 If more than 16 teams qualify, the qualifying pairings will be as follows:

If 17 teams	If 18 teams	If 19 teams
16 vs 17	15 vs 18	14 vs 19
	16 vs 17	15 vs 18
		16 vs 17

(Additional pairings will follow this pattern.)

7.7 **Teams will maintain original ranking throughout the tournament.**

7.8 Ranking and pairing information will be distributed via the CIAC web site on Friday, November 2, 2018 – www.ciacsports.com

**INFORMATION FOR TEAMS THAT QUALIFY FOR
THE 2018 CIAC FIELD HOCKEY TOURNAMENT**

8.0 TENTATIVE SCHEDULED PLAYING DATES FOR THE 2018 CIAC FIELD HOCKEY TOURNAMENT

Qualifying Round --	S, M, L --	Monday, November 5, 2018
First Round --	S, M --	Tuesday, November 6
First Round --	L --	Wednesday, November 7
Quarter-finals --	S, M --	Thursday, November 8
Quarter-finals --	L --	Friday-Saturday, November 9, 10
Semi-finals --	S, M, L --	Tuesday / Wednesday, November 13, 14
Finals – Tentative --	Saturday, November 17 – Wethersfield High School Field Turf Complex Class S, M, L – Games Times TBA	

Final game(s) to be played on Sunday, November 18, if inclement weather causes postponement on Saturday.

9.0 TIME OF GAMES

9.1 All tournament games at fields without lights shall start promptly by 2:00 p.m. Playdowns, first round and quarter-final games at fields with lights may start between the times of 2:00 – 7:00 p.m., and will be determined by the host school in conjunction with the tournament director. The time of games scheduled on Saturday or a holiday will be at the discretion of the tournament director. Semi-final and final game times will be determined by the tournament director.

9.2 **Warm-up Policy for Semi-final Doubleheaders Only** – The policy for CIAC field hockey semi-finals played as doubleheaders at the same site is as follows: The teams playing the second game will have a twenty (20) minute on-field warm-up which may alter the scheduled start time. This can be shortened by mutual agreement of both head coaches. Your officials know this policy so perhaps you can all meet when you get on the field to set your warm-up.

10.0 OFFICIALS ASSIGNMENTS AND DUTIES

10.1 The field hockey officials coordinator will assign officials for all games, including qualifying, first round, quarter-finals, semi-finals and finals.

10.2 Official fees will be paid by the host school in qualifying and first round games.

10.3 Official fees will be paid by CIAC for quarter-final, semi-final and final games.

10.4 Prior to each game, officials will inspect the field for safe conditions and height of grass. Officials will meet with the head coach and captain(s) from each team to verify equipment and uniform requirements.

10.5 The names of officials assigned will be provided to home athletic directors on game day.

10.6 Officials are to use common sense when ruling on cold weather clothing. (The color of any long sleeve shirt worn under the game shirt must be consistent with the team color – dark with dark / light with light.)

11.0 SITES

11.1 Qualifying, first round and quarter-final games will be played on the home field of the higher ranked team in the pairings. Semi-final and final games will be played at a pre-determined site.

- 11.2 If in the event the host team for a qualifying, first round or quarter-final game cannot provide a field hockey field that meets the specifications, 100 by 60 yards, grass cut, or artificial turf and of tournament quality, the game shall be played on the opponent's field, providing it does meet these standards. **The host school has the option to secure an alternate home site that meets this standard.** If neither school can provide a field that meets the standards, the tournament director will determine the game site. Fields with overlapping infield areas will not be scheduled for tournament play.
- 11.3 If weather or playing conditions cause a postponement, these games will be played on the next day. **The site director, after consulting with the tournament director, will have the authority to postpone games in the event of inclement weather or poor playing conditions and will notify the officials coordinator, game officials and the visiting team(s) by 11:00 a.m. for a 2:00 p.m. game or three (3) hours prior to scheduled game time.** Once the game has begun the officials have the sole authority in regard to suspension of play or a postponement.
- 11.4 In order to avoid delaying the tournament schedule, if the higher ranked team's field is unplayable, the tournament director will determine the game location and time.
- 11.5 **Interrupted Games – CIAC Field Hockey Tournament Rules** – Interrupted games will be postponed and play resumed at the point of interruption. Games interrupted during the second half may be decided “complete” by mutual agreement of both coaches.

Note: This does not apply to overtime games because the game was tied at the end of regulation play. If an overtime period is interrupted, the game shall be restarted at the beginning of that overtime period. Officials must not start an overtime period if not certain that overtime period will be concluded.

Interrupted Games – Regular Season Games -- By state adoption, interrupted games shall be resumed at the point of interruption if play is stopped prior to the completion of the first half. If play is stopped after completion of the first half, the game is considered a completed game.

Regular Season Overtime Procedure – If the score is tied at the end of regulation, a single ten-minute 7 v 7 “Sudden Victory” overtime period will be played in accordance with NFHS rules. A goal ends the game. If the score remains tied at the conclusion of the overtime period, the game will be declared a tie.

CIAC Tournament Overtime Procedure – See page 13-14

- 11.6 Schools that do not charge admission for quarter-final games will not be permitted to be a home site.

12.0 **TOURNAMENT RULES / PROCEDURES**

- 12.1 a) For all games except the finals, **even at pre-determined sites**, the higher ranked school shall provide seven (7) of the same Federation approved field hockey balls. (Games under lights must have **white and/or bright yellow balls available** – including pre-determined sites.) Officials will determine color of ball for game use.
- b) For all games (except finals) played on artificial turf – each team will provide three (3) ball retrievers. Six (6) pinnies of the same color will be provided by the home/higher ranked team.
- 12.2 Only players and coaches on the official team roster can be on the field prior to or during the game. **All players must wear protective equipment during warm-ups for regular season and tournament games.**
- 12.3 a) For all games prior to the semi-finals the home (higher ranked) team will provide the **official timer** and provide adult supervision if the timer is a student. CIAC will provide the official timer at the semi-finals and finals.

- b) The home or higher ranked team will provide the **official scorer**. If the scorer is a student then adult supervision must also be provided. Both team's scorekeepers can sit at the scoring table to assist each other. The scorer(s) must be at the table ten minutes prior to the start of the game.
- 12.4 **ALL GAMES INCLUDING THE FINALS** the lower ranked team will wear solid dark shirts and dark socks/sock guards and the higher ranked team will wear solid white shirts and white socks/sock guards. If there is a conflict in colors, the lower ranked team must change shirts or wear pinnies.
- 12.5 For all games, coaches must list in the score book their starting players, their first and last names, and uniform number. Substitutes must also be listed, first and last name and uniform number.
- 12.6 The higher ranked team will have the choice of sideline bench.
- 12.7 All contests shall be governed by National Federation Rules.
- 12.8 **CIAC Tournament Tie Breaking Procedures** – See page 13-14 for the details.
- 12.9 **Final Game** – If a tie exists after two consecutive “sudden victory” 10 minute overtime periods with seven versus seven, co-champions will be declared.
- 12.10 Scouting is permitted at regular season and CIAC tournament games only. Scouting of scrimmages, practices and jamborees is prohibited.
- 12.11 CIAC rules state that videotaping or filming by spectators be for personal use and not for broadcast purposes.
- 12.12 The decision of the CIAC Field Hockey Committee relative to the operation of the tournament shall be final.
- 12.13 **THE COACH OF THE WINNING TEAM MUST TELEPHONE RESULT TO THE TOURNAMENT DIRECTOR, DAWN O’NEIL (860) 429-5521, BY 8:00 P.M. ON THE DAY OF THE GAME.**
- 12.14 The “international presentation of teams” will be used for team introductions at the semi-finals and finals.

International presentation of teams – Teams will line up on their respective sideline starting with captains, followed by teammates in numerical order. The teams will then be lead out in single file to mid-field by the officials for instructions. During introductions players may step forward then back in line.

13.0 **PROTESTS**

- 13.1 **Decision by Game Officials** – Protests arising from the decisions, interpretations and misapplication of the National Federation or CIAC game rules by officials during the contest will not be considered. The decisions and interpretations of the rules by the officials are final.

The record of the official scorekeeper at the conclusion of the contest is final unless an error is discovered. Such error shall be corrected as covered by specific contest rules.

Any team leaving the contest area before the conclusion of the contest because of dissatisfaction with the officiating will render the school liable to disciplinary action by the conference.

- 13.2 On the eve of a tournament when there is not sufficient time for normal administrative procedures and Board of Control hearings, if a question of interpretation of tournament regulations or the operation of the tournament arises, the Chairman of the CIAC Board of Control, the Executive Director of CIAC, and the Chairman of the Tournament Committee in question will make an appropriate ad hoc decision in consideration of the best interest of the tournament as a whole.

2018 TIE BREAKING PROCEDURE PRIOR TO THE FINALS FOR ALL TOURNAMENT GAMES

All game rules, including substitutions, shall apply except as specified below.

A team may use unused time-outs during the overtime period.

At the end of regulation play, there shall be a five (5) minute intermission. The officials shall meet with the team captains for a coin toss. The VISITING (lower ranked) team shall call the coin in the air. **In subsequent tie-breaking procedures requiring a coin toss, the call of the toss shall always be with the visiting (lower ranked) team.** The winner of the coin toss shall choose whether or not to take possession of the ball. **Direction of play remains the same as the second half for the first overtime period. Possession and direction will alternate on subsequent overtime periods.**

- a) A 10-minute “sudden victory” overtime period shall be played with 7 v 7. Each coach shall select six (6) field players and a goalkeeper. On penalty corners four defenders including the goalkeeper may be behind the end-line. Substitutions will be allowed.
- b) If a tie still exists, there will be a two-minute rest and a second ten-minute “sudden victory” overtime period.
- c) If a tie still exists, there will be a two-minute rest and a third ten-minute “sudden victory” overtime period.
- d) If a tie still exists, there will be a 5-minute rest and a penalty stroke series of five shall take place. There will be a coin toss called by the lower-ranked team. The winner will choose to stroke or to defend first. (Should there be additional series of strokes the teams will alternate who shall stroke first.) Prior to each set of series of strokes each team’s coach will present a list of five stokers to the official. The players must stroke in the order listed. If a player strokes out of order, that attempt is over and no goal is allowed. The next correct number stroker takes the team’s next stroke. Coaches have the option to substitute stokers and goalkeepers and/or change the order of the stokers prior to each new set of strokes.
- e) If a tie still exists after the first set of penalty strokes, there shall be a two-minute rest and a series of sudden victory penalty strokes shall take place. The first team scoring after an equal number of strokes, shall be declared the winner.

REGULATION

Two 30-minute halves – 11 v 11

Halftime intermission no more than 10 minutes

OVERTIME SEQUENCE

5-Minute Intermission:	Overtime: 10 minute 7 v 7 “Sudden Victory”
2-Minute Intermission:	Overtime: 10 minute 7 v 7 “Sudden Victory”
2-Minute Intermission:	Overtime: 10 minute 7 v 7 “Sudden Victory”
5-Minute Intermission:	Series of Five Penalty Strokes
2-Minute Intermission:	Sudden Victory Penalty Strokes

For a game ending with an overtime period, the score is the total of all goals scored in regulation and overtime.

For a game ending with penalty strokes, the winning team’s score is the total of goals scored prior to the strokes plus one (1). The losing team’s score is the total of goals scored prior to penalty strokes.

Full games are required in tournament play. Interrupted games will be postponed and play resumed at the point of interruption. Games interrupted during the second half may be decided “complete” by mutual agreement of both coaches. If an OT period is interrupted, the game shall be restarted at the beginning of that OT period.

For Tied Games During Tournament Finals – There will be a 10-minute “sudden victory” period played with 7 v 7 followed, if needed, by a second 10-minute “sudden victory” 7 v 7 period. If a tie still exists, co-champions will be declared.

- If co-champions occur, at the conclusion of the contest, the winner of a coin-toss (called by higher ranked team) will receive the team gold plaque and the other co-champion will receive the individual gold medals. CIAC will be notified of the co-champions and each team will be sent the additional gold team plaque and the individual engraved gold medals.

14.0 SUPERVISION / SPORTSMANSHIP

- 14.1 In the interest of crowd control and proper supervision the CIAC Board of Control has approved the tournament regulation requiring the principal of the participating schools or his/her designee to attend all tournament games. The school administrator should identify him/herself to the site director and to the game officials.
- 14.2 When a member school's coach is ejected from a game for an infraction as prescribed by the rules, the game may not continue until the member school replaces the ejected coach with a certified coach. If this cannot be accomplished within 15 minutes after the ejection, the official in charge will declare a forfeit win for the opposing team.
- 14.3 Use of tobacco products or possession of alcoholic beverages of any kind, including champagne, are not permitted on the field of play, including dugouts, or within the field or park at which a tournament game is scheduled. Many towns or fields which we use have local ordinances prohibiting use of tobacco products or possession of alcoholic beverages. The principal or his/her designee at the game shall see that this rule is enforced and adhered to by the teams.
- 14.4 **SPORTSMANSHIP** -- Member schools are expected to conduct their relations with each other at all levels of competition in a spirit of good sportsmanship. Everyone involved has the obligation to see clearly his/her influence and act accordingly. **The CIAC acknowledges that the school administration is responsible for the athletic program, including the making of broad and specific policies and procedures relating to sportsmanship and the conduct of activities in the school.** To that end, the CIAC urges each school principal to adopt the following sportsmanship procedures and standards for their school and to champion the "Class Act" sportsmanship program as these standards will be used in all C CIAC post-season contests.

CIAC Sportsmanship Guidelines

- The CIAC request that all school personnel – administrators, faculty, and coaches – give special and specific emphasis about CIAC's expectations for good sportsmanship during the regular season as well as CIAC tournaments requiring that athletes and members of the student body conduct themselves in a manner that reflects nothing but credit upon your school. Any unsportsmanlike conduct on the part of students and adults is unacceptable and will be addressed with strong and appropriate measures.
- The CIAC sportsmanship standards should be as widely disseminated as possible using the student-parent handbook, student-athlete handbook, school newspaper, parent newsletter, school web site and the local media.
- The CIAC sportsmanship standards for spectators should be read by PA announcers prior to each contest.
- The CIAC sportsmanship standards of conduct be prominently posted at all sports venues.
- When event programs are provided, the CIAC sportsmanship standards be included.
- Member schools require having athletes, parents/guardians, sign an acknowledgement which would show that they have read the student-athlete handbook and understand the CIAC sportsmanship standards.
- Member schools work with community officials to insure that levels of the CIAC sportsmanship standards are enforced when contests are held at their school and at non-school facilities.
- The CIAC and the CIAC sports committees insist the CIAC sportsmanship standards be rigorously enforced at all regular season contests and at all CIAC tournament contests. This is particularly important when contests are held at non-school sites.
- Member schools will conduct a pre-season meeting with student-athletes, coaches and parents to review the CIAC sportsmanship standards.
- Member schools should communicate with opposing schools and inform them they are a "Class Act School" and provide them with the CIAC sportsmanship standards which will be strictly adhered to.
- Member schools hosting a game should make available to visiting schools necessary game information – includes directions for parking, location of ticket booths, seating arrangement, ticket prices, game time, directions for each game site.

- Member schools hosting a game should designate specific seating areas for students, bands, adults and visitors. If possible, opposing student bodies should be separated.
- Member schools hosting a game should arrange for adequate police supervision.
- When possible the member schools hosting a game should assign officials to dressing facilities separated from both teams. Provides escorts for the officials when it appears that disturbances may develop.
- Member schools should take measures to prevent fans from getting near or on the playing area and around the players benches. After the contest, prevents fans from going onto the playing area.
- Member schools should provide for adequate supervision of students and facilities. Supervisors should sit in the stands with the students.
- **Member schools should support and adhere to ALL the following CIAC standards.**

The CIAC “Class Act” Sportsmanship Standards

ALL Spectators (including parents):

- Will adhere to the host school’s acceptable dress code at all home and away contests commensurate with classroom behavior. For CIAC tournament contests all spectators will be appropriately attired with their torso completely covered and with no visible degrading or demeaning writings/logos.
- If signs are permitted, any signs displayed must be positive in nature, reference only the school supported by the sign maker, and must be pre-approved by the Athletic Director of the school reference in the sign.
- During outdoor sports, no air horns or horns of any kind or whistles will be used, and any other noisemakers will be allowed with the host athletic director’s approval and only be used during “dead ball” situations to celebrate good play. During indoor sports, no noisemakers will be used. Pep bands are allowable at a home contest if the school provides adult supervision and the band only plays during “dead ball” situations.
- Spectators will cheer positively to support their team, will not cheer negatively against the opponent.
- Spectators will show respect for the game officials and their decisions.
- Spectators will show respect for the playing of the National Anthem.

Game Personnel / Announcers:

- Will explain and consistently enforce host school expectations for spectators.
- Will be enthusiastic but not show favoritism while making announcements, and never publicly question or criticize the players, coaches, or officials.
- Will encourage respect for the National Anthem and remind spectators to remove caps and stand.

Coaches

- Will exemplify high moral character, behavior and leadership, lead by example, and set a standard for players and spectators to follow both on and off the athletic arena.
- Will teach players the rules of the game and to respect the game, and will take action when athletes exhibit poor sportsmanship.
- Will respect the integrity and judgement of officials and will not publicly criticize or question the decisions of officials.
- Will be aware of the competitive balance of contests and will manage the score in a manner that is sportsmanlike and respectful of opponents.

Players:

- Will accept the responsibility and privilege the student-athlete has in representing their school and community by learning and showing teamwork, sportsmanship and discipline in all aspects of the game.
- Will demonstrate respect for self, coach, teammates, opponents, officials and spectators by exhibiting good character and conducting themselves as a positive role model.
- Will win and lose graciously.
- Will cheer for your team, not against your opponent.
- Will congratulate opponents in a sincere manner following either victory or defeat.

14.5 **Bench and Field Conduct**

Personnel – Only coaches, team members, statisticians, managers and trainers will be allowed in the bench area. Only players and coaches on the official team roster can be on the field prior to or during the game. **All players must wear protective equipment during warm-ups for regular season and tournament games.**

Conduct – The above identified personnel shall not be outside the vicinity of the designated bench area.

14.6 Team members in uniform, coaches, managers, accompanying the team will be admitted free of charge to each game. Bands and other musical groups, noisemakers that might interfere with the performance of the game, and, balloons or streamers are prohibited and each school principal is responsible for compliance with this regulation.

15.0 **EXPENSES / TICKETS**

15.1 **Expenses for qualifying and first round games will be borne by the participating teams. The CIAC Tournament Committee will assign the officials and the host school will pay the officials.**

15.2 **Quarter-final games will be played at the site of the higher ranked team. Admission must be charged and the gate receipt sent to CIAC. The site director fee and the game officials will be paid by CIAC. In addition, CIAC will reimburse each host school expenses for essential personnel (i.e. ticket taker, ticket seller, etc.) submitted on the game reporting form up to a maximum of \$160.**

15.3 The semi-final and final games will be played at a pre-determined site. CIAC will pay the game officials fee. CIAC admission tickets will be delivered to the host school. All ticket proceeds and accompanying documentation are to be sent to CIAC.

15.4 Charges for admission to tournament games: (Subject to change)

Children five (5) and under	Free
Senior citizens (age 65 and older)	\$5.00
Students (grades 1-12)	\$5.00
Adults (all others not in the above categories)	\$10.00
Military in uniform or with ID	Free

Pre-sale tickets will be available for events which require advanced sales for proper management of the event. All pre-sale tickets will be sold at the above prices. There will be no discounting of pre-sale tickets.

15.5 During the 2018 tournament, the following passes will be honored at all games where an admission is charged.

- a) Principal (or designee) of participating schools
- b) Press card
- c) CIAC head varsity girls field hockey coaches tournament pass (must be requested in writing)
- d) CAAD Membership Card
- e) CIAC Officials Association – **Field Hockey membership card ONLY**
- f) No other complimentary admissions will be permitted

Each school in all divisions is allowed fifteen (15) complimentary admissions to each game in which the school participates. A gate list will be used prior to the semi-finals. For the semi-finals and finals, athletic directors can download complimentary tickets in the Eligibility Center.

15.6 Schools will bear all traveling expenses.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
2018 CIAC Field Hockey Tournament

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PLEASE PASS THIS ON TO THE PERSON WHO WILL SERVE AS SITE DIRECTOR AT YOUR SCHOOL.

MEMORANDUM TO ALL SITE DIRECTORS

The Connecticut Interscholastic Athletic Conference appreciates the use of your facilities and the following is offered with the idea of assisting those who have been designated as Site Director. SITE DIRECTOR MUST BE IN ATTENDANCE FOR THE DURATION OF THE CONTEST and identify him/herself to team coaches and officials.

In case of inclement weather, the Athletic Director / Site Director must call the Tournament Director, the Officials Coordinator (game officials) and the visiting team(s) BY 11:00 a.m. for a 2:00 p.m. game and at least three (3) hours prior to scheduled game start.

Preparation of Playing Field

1. Line and groom the field according to Rule 1-1 (grass cut)
2. Obtain and place corner flags
3. Secure goal cages
4. Provide team benches, scoring tables, four chairs, horn and clock
5. Rope off spectator area
6. Dark Solid Color 18" boards are required for tournament play
7. Quick Dry Compound must be available at all sites
8. Provide cones to mark the team substitution area

Officials and Game Staff

The CIAC Field Hockey Committee will assign officials for ALL games. Do not include officials fees on expense sheet. For qualifying and first round games the home school will pay each official.

For all games except the finals, the higher ranked team must provide one scorer, one timekeeper, clock, stop watch and horn and seven of the same game balls. (The timers and scorers are not to be provided by the site director, and therefore will not be paid.) **If students serve as scorers or timers adult supervision must be provided.**

NOTE: Service rendered must be stated in order for payment to be made.

The tournament director will assign all personnel for the final games.

Admission Charges

Responsibility to charge admission and submit receipts and expense total to CIAC office, 30 Realty Drive, Cheshire, CT 06410, by one week after contest.

Admission WILL NOT be charged for qualifying or first round games.
Admission **MUST BE CHARGED** for the quarter-finals, semi-finals and finals.

Tickets --	Children five (5) and under	Free
	Senior citizens (age 65 and older)	\$5.00
	Students (grades 1-12)	\$5.00
	Adults (all others not in the above categories)	\$10.00
	Military in uniform or with ID	Free

Tickets must be sold at the host site in order to insure reimbursement for expenses.

Admission fees must be collected at all quarter, semi and final sites. If a school cannot collect admission fees, it will not be considered as a site.

Each school in all divisions is allowed fifteen (15) complimentary admissions to each game in which the school participates. A gate list will be used prior to the semi-finals. For the semi-finals and finals, athletic directors can download complimentary tickets in the Eligibility Center.

Accommodations and Crowd Control

All spectators and players must remain at least five (5) yards from the sideline and team areas. *Where the facility permits spectators should be on the opposite side of the field from the teams.* Spectators may not stand on the end lines.

Lavatory facilities MUST be available. School buildings should be open if games are played on non-school days.

School bands are NOT PERMITTED on or near team benches. Other noise apparatus MAY NOT be used. See to it that an education program on proper crowd control behavior at games is conducted for the students over the intercom on a day when the team is scheduled for a tournament game.

It is recommended that seating be available.

Responsibilities of Competing Schools

For all games except the finals, the higher ranked school, even at pre-determined sites, shall provide seven of the same Federation approved field hockey balls. The Tournament Director will provide game balls for the final games. (Games under lights must have white **and/or bright yellow** balls available. Officials will determine color of ball for game use.)

Athletic trainer will be provided by CIAC at final site only. Teams that cannot provide an athletic trainer at other tournament games will contact the tournament director.

Supply three (3) voluntary ball retrievers from each team for games played on artificial turf (except for finals).

The higher ranked team will provide six (6) pinnies of the same color for ball retrievers.

Expenses

Game officials fees will be paid directly by CIAC except for the qualifying and first round games. (See tournament procedures)

Site directors for the quarter-finals, semi-finals and finals will be paid directly by CIAC.

SITE DIRECTORS SHOULD SEND ITEMIZED EXPENSE BILLS AND INCOME STATEMENT DIRECTLY TO THE CIAC SO THAT THEY MAY BE PROCESSED FOR PAYMENT.

2. **Face / Jaw / Nose** (Indicate #) _____ JV _____ V

- _____ Examined by medical professional
- _____ Surgery required
- _____ Hospitalization required
- _____ Broken bone(s)

Resulted from collision with:

- _____ Player(s)
- _____ Stick
- _____ Ball
- _____ Other _____

_____ Total number of games missed

3. **Teeth / Mouth** (Indicate #) _____ JV _____ V

- _____ Examined by medical professional
- _____ Surgery required
- _____ Hospitalization required
- _____ Broken bone(s)

Resulted from collision with:

- _____ Player(s)
- _____ Stick
- _____ Ball
- _____ Other _____

_____ Total number of games missed

4. **Eye** (Indicate #) _____ JV _____ V

- _____ Examined by medical professional
- _____ Surgery required
- _____ Hospitalization required
- _____ Broken bone(s)

Resulted from collision with:

- _____ Player(s)
- _____ Stick
- _____ Ball
- _____ Other _____

_____ Total number of games missed

Comments:

**Connecticut State Department of Education and the
Connecticut Interscholastic Athletic Conference
Concussion and Head Injury Annual Review 2018-19
Required for ALL School Coaches in Connecticut**

This document was developed to provide coaches with an annual review of current and relevant information regarding concussions and head injuries. It includes guidance from the 2017 Concussion in Sport Group consensus statement that was developed to provide further understanding and management of sports-related concussion.

In addition to reviewing this document, the annual review must include one of the following prescribed resources: Connecticut Concussion Task Force video, Centers for Disease Control and Prevention (CDC) Heads Up: Concussion in Youth Sports training course, or the National Federation of State High School Associations (NFHS) concussion training course. Links to these resources can be found at: <http://concussioncentral.ciacsports.com/>. A new form is required to be read, signed, dated and kept on file by coaches' associated school district annually to comply with Section 10-149b of the Connecticut General Statutes, *Concussions: Training courses for coaches. Education plan. Informed consent form. Development or approval by the State Board of Education. Revocation of coaching permit.*

What is a Concussion?

“A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, stretching and damaging the brain cells and creating chemical changes in the brain.” (CDC, 2017)

Section 1. Concussion Education Plan Summary

The [Concussion Education Plan and Guidelines for Connecticut Schools](#) was approved by the Connecticut State Board of Education in January 2015. Below is an outline of the requirements of the Concussion Education Plan. The complete document is accessible on the CSDE web site at <http://portal.ct.gov/SDE/Publications/Concussion-Education-Plan-and-Guidelines-for-Connecticut-Schools>

State law requires that each local and regional board of education must approve and then implement a concussion education plan by using written materials, online training or videos, or in-person training that addresses, at a minimum the following:

1. the recognition of signs or symptoms of concussion;
2. the means of obtaining proper medical treatment for a person suspected of sustaining a concussion;
3. the nature and risks of concussions, including the danger of continuing to engage in athletic activity after sustaining a concussion;
4. the proper procedures for allowing a student-athlete who has sustained a concussion to return to athletic activity; and
5. current best practices in the prevention and treatment of a concussion.

Section 2. Signs and Symptoms of a Concussion: Overview

A concussion should be suspected if any one or more of the following signs or symptoms are present following an impact or suspected impact as described in the CDC definition above.

Signs of a concussion may include (i.e. what the athlete displays/looks like to an observer):

- Confusion/disorientation/irritability
- Trouble resting/getting comfortable
- Lack of concentration
- Slow response/drowsiness
- Incoherent/ slurred speech
- Slow/clumsy movements
- Loses consciousness
- Amnesia/memory problems
- Acts silly/combative/aggressive
- Repeatedly ask same questions
- Dazed appearance
- Restless/irritable
- Constant attempts to return to play
- Constant motion
- Disproportionate/inappropriate reactions
- Balance problems

Symptoms of a concussion may include (i.e. what the athlete reports):

- Headache or dizziness
- Nausea or vomiting
- Blurred or double vision
- Oversensitivity to sound/light/touch
- Ringing in ears
- Feeling foggy or groggy

State law requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who: a) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or b) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred. **Upon removal of the athlete, a qualified school employee (principal, teacher, licensed athletic trainer, licensed physical or occupational therapist employed by a school district, coach or school paraprofessional) must notify the parent or legal guardian within 24 hours that the student-athlete has experienced a head injury and has exhibited signs and symptoms of a concussion.**

Section 3. Return to Play (RTP) Protocol Overview

It is impossible to accurately predict how long an individual’s concussion will last. There must be full recovery before a student-athlete is allowed to resume participating in athletic activity. Connecticut law now requires that no athlete may resume participation until she/he has received written medical clearance from a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.

Concussion Management Requirements:

1. No athlete SHALL return to participation in the athletic activity on the same day of head injury or concussion.
2. If there is any loss of consciousness, vomiting or seizures, the athlete MUST be transported immediately to the hospital.
3. The athlete should not be left alone after the injury. Close observation and monitoring of an athlete MUST continue following a concussion or head injury to ensure that there is no worsening/escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated by a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.
5. The athlete MUST obtain an initial written clearance from one of the licensed health care professionals identified above directing her/him into a well-defined RTP stepped protocol similar to the one outlined below. If at any time signs or symptoms return during the RTP progression, the athlete should cease activity.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals identified above for the athlete to fully return to unrestricted participation in practices and competitions.

Medical Clearance RTP protocol (There should be at least 24 hours for each step of the progression)

Stage	Rehabilitation Steps/Aim	Functional exercise at each step of rehabilitation/activity	Goal to each step
0	It is recommended that an initial period of 24-48 hours of both relative physical rest and cognitive rest is achieved before beginning the RTP progression identified in Stages one through six below (McCrory, P.et al., 2017). If at any time signs or symptoms should worsen during the RTP progression, the athlete should stop activity that day. If the athlete’s symptoms are gone the next day, she/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms persist (example, more than four days in children or more than 10-14 days in adults) the athlete should be referred to a healthcare professional who is an expert in the management of concussion.		
1	Symptom-limited activity	Daily activities that do not provoke symptoms	Gradual reintroduction of work/ school activities
2	Light aerobic exercise	Walking or stationary cycling at slow to medium pace. No resistance training.	Increase heart rate
3	Sport-specific exercise No contact	Running or skating drills. No head impact activities	Add movement
4	Non-contact training drills	Harder training drills (example, passing drills). May start progressive resistance training.	Exercise, coordination and increased thinking
5	Full contact practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Normal game play	Return to full athletic participation

Section 4. Local/Regional Board of Education Policies Regarding Concussions

***** Attach local or regional board of education concussion policies *****

I have read and understand this document and have viewed the prescribed resource material. I understand that state law requires me to immediately remove any player suspected of having a concussion and to not allow her/him to return to participation until she/he has received written medical clearance by a licensed health care professional trained in the evaluation and management of concussions.

Coach: _____ **School** _____
 (Print Name)

Coach Signature: _____ **Date** _____

References: McCrory, P., Meeuwisse, W., Dvorak, J., Aubry, M., Bailes, J., Broglio, S., et al., Vos, P. (2017). Consensus statement on concussion in sport – The 5th international conference on concussion in sport held in Berlin, October 2016. *British Journal of Sports Medicine*, 0, 1-10. Doi: 10.1136/bjsports-2017-097699. Retrieved from <http://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097699.full.pdf>

Resources: CDC. (2017). *Heads up: Concussion in high school sports*. Retrieved from http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm
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 CIAC Concussion Central. Retrieved from <http://concussioncentral.ciacsports.com/>

APPENDIX C
HEAT STRESS AND ATHLETIC PARTICIPATION

Early fall football, cross country, soccer and field hockey practices are conducted in very hot and humid weather in many parts of the United States. This can lead to heat-related illnesses. Heatstroke deaths are fully preventable in high school sports if the proper precautions are taken.

During hot weather conditions the athlete is subject to the following:

HEAT CRAMPS – HEAT CRAMPS ARE A MILD HEAT ILLNESS THAT CAN BE EASILY TREATED. These intense muscle spasms usually develop after an athlete has been exercising for a while and has lost large amounts of fluid and salt from sweating.

HEAT SYNCOPE – Weakness, fatigue and fainting due to loss of salt and water in sweat and exercise in the heat.

HEAT EXHAUSTION – Heat exhaustion is a moderate heat illness that occurs when a child continues to be physically active even after he or she starts suffering from ill effects of the heat, like dehydration. The child's body struggles to keep up with the demands, leading to heat exhaustion.

HEAT STROKE – Heat stroke is a severe heat illness that occurs when an athlete's body creates more heat than it can release, due to the strain of exercising in the heat. This results in a rapid increase in core body temperature, which can lead to permanent disability or even death if left untreated. An acute medical emergency related to thermo-regulatory failure, associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and a hot dry skin (heatstroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above-mentioned heat stress problems can be controlled provided certain precautions are taken. The following practices and precautions are recommended:

1. Each athlete should have a physical exam with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State high school association's recommendations should be followed.
2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the **PHYSICAL CONDITION** of their athletes and set practice schedules accordingly.
3. Along with physical conditioning, the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for **GRADUAL ACCLIMATIZATION TO HOT WEATHER**. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80% acclimatization can be expected to occur after the first 7 to 10 days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.
4. The old idea that water should be withheld from athletes during workouts has **NO SCIENTIFIC FOUNDATION**. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum ten minute water break be scheduled for every twenty minutes of heavy exercise in the heat. Athletes should rest in a shaded area during the break. **WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES**. Check and be sure athletes are drinking the water.
5. Replacement by thirst alone is inadequate. Test the air prior to practice or game using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. The following precautions are recommended when using the WBGT Index: (ACSM's Guidelines for the Team Physician, 1991)

Below 65 Unlimited activity
 65-73 Moderate risk

73-82 High risk
 82-plus Very high risk

There is also a weather guide for activities that last 30 minutes or more (Fox and Mathews, 1981) which involves knowing the relative humidity and air temperature.

Air Temp	Danger Zone	Critical Zone	
70F	80% RH	100% RH	RH = Relative Humidity
75F	70% RH	100% RH	
80F	50% RH	80% RH	
85F	40% RH	68% RH	
90F	30% RH	55% RH	
95F	20% RH	40% RH	
100F	10% RH	30% RH	

One other method of measuring the relative humidity is the use of a sling psychrometer, which measures wet bulb temperature. The wet bulb temperature should be measured prior to practice and the intensity and duration of practice adjusted accordingly. Recommendations are as follows:

Under 60F	Safe but always observe athletes
61 - 65F	Observe players carefully
66 - 70F	Caution
71 - 75F	Shorter practice sessions and more frequent water and rest breaks
75 plus F	Danger level and extreme caution

6. Cooling by evaporation is proportional to the area of the skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. **NEVER USE RUBBERIZED CLOTHING.**
7. Athletes should weight each day before and after practice and **WEIGHT CHARTS CHECKED.** Generally a three percent weight loss through sweating is safe and over a three percent weight loss is in the danger zone. Over a three percent weight loss the athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions. **Do not allow athletes to return to practice until they have adequately replaced their weight from fluid loss.**
8. Observe athletes carefully for signs of trouble, particularly athletes who lose significant weight and the eager athlete who constantly competes at his/her capacity. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness.
9. Teams that encounter hot weather during the season through travel or following an unseasonably cool period, should be physically fit, but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.
10. Know what to do in case of an emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practice and prearranged procedures for obtaining medical care, including ambulance service.
11. Parents' and Coaches' Guide to Dehydration and Other Heat Illnesses in Children
<http://www.nata.org/consumer/docs/parentandcoachesguide.pdf>

HEAT STROKE – THIS IS A MEDICAL EMERGENCY – DELAY COULD BE FATAL. ACTIVATE YOUR EMERGENCY ACTION PLAN BY CALLING – 911.

A rectal temperature not oral, aural, or temporal is diagnostic of heatstroke. Other methods of temperature have given false core body temperatures and caused delay in care. If you are unable to obtain a rectal temperature it is safer to cool the athlete then delay. **Immediately cool the athlete while waiting for transfer to a hospital.** Remove equipment and immerse body in ice cold water and keep cooling athlete.

Despite the many ways athletes can be cooled, immersion therapy has the best cooling rates. Ice water immersion should be your choice of cooling. A plastic kiddie pool or large plastic tub filled with water and with ice on stand-by should be available at all practices and games. Continue cooling efforts until EMS arrives. Recommendation is to continue cooling the athlete until core temperature is <100 degrees Fahrenheit.

HEAT EXHAUSTION – CONTACT LICENSED HEALTH CARE PROVIDER. Cool body as you would for heat stroke while waiting for medical personnel. Activate your emergency action plan.

SUMMARY – The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete unrestricted access to water. Water breaks two or three times every hour are better than one break an hour. Probably the best method is to have water available at all times and to allow the athlete to drink water whenever he/she needs it. Never restrict the amount of water an athlete drinks, and be sure the athletes are drinking the water. The small amount of salt lost in sweat is adequately replaced by salting food at meals. Talk to your medical personnel concerning emergency treatment plans. Athletes that appear to have heat stroke or heat exhaustion should be cooled by ice water immersion.

RECOMMENDATIONS FOR HYDRATION TO PREVENT HEAT-RELATED ILLNESS

Types of Sports Drinks

Fluid Replacers

- Examples: Water, Gatorade, Powerade, 10K, Quickkick, Max
- These non-water carbohydrate containing drinks are absorbed quickly and typically are used for activities lasting more than an hour.

Carbohydrate loaders

- Examples: Gatorlode, Exceed High, Carboplex, etc.
- These drinks replace more muscle glycogen to enhance greater endurance.
- They should be used after ultra-endurance events to increase muscle glycogen resynthesis after exercise.

Nutrition Supplements

- Examples: Chocolate milk, Gatorpro, Exceed Sports, Ultra Energy, etc.
- These supplements are fortified with vitamins and minerals and they help athletes maintain a balanced diet.
- They help restore muscle glycogen stores after exercise.
- They provide extra calories for athletes beyond a proper balanced diet.

What Not to Drink

- Drinks with carbohydrate (CHO) concentrations of greater than eight percent can cause upset stomach due to high carbohydrate load and delay water absorption.
- Fruit juices, CHO gels, sodas, and sports drinks that have a CHO greater than six to eight percent are not recommended during exercise as sole beverages.
- Beverages containing caffeine will effect hydration since urine production will increase compared to non-caffeinated beverages.
- Carbonated beverages are found to cause decreased voluntary fluid intake.
- Alcoholic beverages are inappropriate for high school athletes.

Hydration Tips and Fluid Guidelines

- Drink according to a schedule based on individual fluid needs.
- Drink before, during and after practices and games.
- Drink 17-20 ounces of water or sports drinks with six to eight percent CHO, two to three hours before exercise.
- Drink 7-10 ounces of water or sport drink 10 to 20 minutes before exercise.
- Drink early – By the time you're thirsty, you're already dehydrated.
- In general, every 10-20 minutes drink at least 7-10 ounces of water or sports drink to maintain hydration, and remember to drink beyond your thirst.
- Drink fluids based on the amount of sweat and urine loss.
- Within two hours, drink enough to replace any weight loss from exercise.
- Drink approximately 20-24 ounces of sports drink per pound of weight loss.
- Dehydration usually occurs with a weight loss of two percent of body weight or more.

What to Drink During Exercise

- If exercise lasts more than 50 minutes, a sports drink should be provided during the session.
- The carbohydrate concentration in the ideal fluid replacement solution should be in the range of six to eight percent CHO
- During events when a high rate of fluid intake is necessary to sustain hydration, sports drinks with less than seven percent CHO should be used to optimize fluid delivery. These sports drinks have a faster gastric emptying rate and fluid absorption rate, thus aid in hydration.
- Sports drinks with a CHO content of 10 percent have a slow gastric emptying rate and should be avoided during exercise.
- Fluids with salts (sodium chloride, potassium chloride) are beneficial to increasing thirst and voluntary fluid intake as well as offsetting the small amount of salts lost with water.
- Salts should never be added to drinks, and salt tablets should be avoided, because they lead to slower gastric absorption.
- Cool beverages at temperatures between 50 to 59 degrees Fahrenheit are recommended for best results with fluid replacement.

Dehydration, Its Effects on Performance, and Its Relationship to Heat Illness

- Dehydration can affect an athlete's performance in less than an hour of exercise. Sooner if the athlete begins the session dehydrated.
- Dehydration of just one to two percent of body weight (only 1.5-3 lbs., for a 150-pound athlete) can negatively influence performance.
- Dehydration of greater than three percent of body weight increases an athlete's risk of heat illness (heat cramps, heat exhaustion, heat stroke).
- High body fat athletes can have a harder time with exercise and can become dehydrated faster than lower body fat athletes working out under the same environmental conditions.
- Poor acclimatization to heat or lower fitness levels can greatly contribute to an athlete's dehydration problems. This is important with the first practices of year, especially in the summer.
- Certain medications or fevers can greatly affect an athlete's hydration status.
- Environmental temperature and humidity both contribute to dehydration and heat illnesses.
- Clothing, such as dark, bulky, or rubber protective equipment can drastically increase the chance of heat illness and dehydration.
- Wet bulb globe temperature measurements should be taken 10-15 minutes before practice, and the results should be used with a heat index to determine if practices or contests should be started, modified or stopped.
- A Heat Index chart should come from a reputable source like the National Oceanic and Atmospheric Association, or National Athletic Trainers Association.
- A relative humidity of greater than 40 percent and a temperature of 90 degrees Fahrenheit are likely to cause heat illness, extreme caution should be used.

- A relative humidity of 80 percent and a temperature of 84 degrees Fahrenheit are likely to cause heat illness, extreme caution should be used.
- A relative humidity of 80 percent and 90 degrees Fahrenheit are likely to cause heat stroke and these conditions are considered dangerous.

<http://www.weather.gov/om/heat/heatindex.shtml>

Despite the many ways athletes can be cooled, immersion therapy has the best cooling rates. Ice water immersion should be your choice of cooling. A plastic kiddie pool or large plastic tub filled with water and with ice on standby should be available at all practices and games. Continue cooling efforts until EMS arrives. Recommendation is to continue cooling the athlete until core temperature is < 100 degrees Fahrenheit.

HEAT EXHAUSTION – CONTACT LICENSED HEALTH CARE PROVIDER – Cool body as you would for heat stroke while waiting for medical personnel. Activate your emergency action plan.

SUMMARY – The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete unrestricted access to water. Water breaks two or three times every hour are better than one break an hour. Probably the best method is to have water available at all times and to allow the athlete to drink water whenever he/she needs it. Never restrict the amount of water an athlete drinks, and be sure the athletes are drinking the water. The small amount of salt lost in sweat is adequately replaced by salting food at meals. Talk to your medical personnel concerning emergency treatment plans. Athletes that appear to have heat stroke or heat exhaustion should be cooled by ice water immersion.