

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410
Telephone (203) 250-1111 / Fax (203) 250-1345

2017 CIAC BOYS AND GIRLS GOLF CHAMPIONSHIPS

Tournament Director – Boys

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PLAY AND RULES FOR 2017 GOLF SEASON

To maintain uniformity in interscholastic golf competition, the following stroke play format must be used by every CIAC member school which wishes to qualify for the 2017 CIAC State Golf Tournament.

1. Stroke play is to be used for all matches.
2. A maximum of four (4) players' scores count for any one match. This may include invitational tournaments where the entire team plays. Teams may play five (5) players and count the four (4) lowest scores towards state tournament qualification.
3. The CIAC Golf Committee recommends the use of the state qualifying format for all matches. Low score wins.

Dates to Remember

First Practice Date	Saturday, March 18, 2017
First Match Date	Wednesday, April 1, 2017
Last Match Date for Girls / Boys	Wednesday, May 31, 2017
Tournament Forms Due for Girls / Boys	Wednesday, May 31, 2017
Girls Individual Entry Forms Due	Wednesday, May 31, 2017

State Tournament:

Girls Division	Tuesday, June 6, 2017
Boys Division – II, III, IV	Monday, June 5, 2017
Boys Division – I	Tuesday, June 6, 2017

New England Tournament	Wednesday, June 21, 2017
Maximum Number of Playing Dates	16
Matches Per Week on Original Schedule	3

REMINDER: Proper golf attire, **spikeless** golf shoes, shirts with collars, golf shorts and slacks – is mandatory for all players. **Walking or Bermuda shorts are permitted. The inseam of the shorts must be at least four inches. Players may wear slacks or shorts at the individual's discretion. No tennis, gym, or cut-off shorts will be allowed. Denim is not considered appropriate attire. HATS WITH VISORS MUST FACE FORWARD AT ALL TIMES.**

Advertising of beer, wine, liquor or tobacco products on golfer clothing or equipment WILL NOT BE PERMITTED.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

ALERT PAGE

1. **GIRLS TO QUALIFY TWENTY (20) TEAMS FOR THE 2017 CHAMPIONSHIPS**
2. **USGA HANDICAP FOR HIGH SCHOOL STUDENTS AND FACULTY** – The CIAC Golf Committee, in partnership with the Connecticut State Golf Association, is pleased to provide a USGA handicap system for students, teachers and administrators. Log on to www.csgalinks.org – click on “Become a Member,” fill out the profile information and it’s that easy. There is NO COST for students below the age of 18.
3. **Girls’ who participate on boys’ teams, because the school does not offer a girls program in that sport, may enter either the boys or the girls tournament, but not both. Girls who choose to participate on a boys’ team when the school offers a girls’ team in that sport, may only enter the boys’ tournament.**

4. PLEASE READ !! -- ONLY SCORES ATTAINED DURING THE SIXTEEN (16) REGULAR SEASON MATCHES AGAINST TEAMS ON A SCHOOL’S ORIGINAL SCHEDULE MAY BE USED FOR TOURNAMENT QUALIFICATION. TEAMS MAY NOT USE THEIR LEAGUE TOURNAMENT TO MAKE-UP A MATCH OR FOR TOURNAMENT QUALIFICATION. ALL MAKE-UP MATCHES MUST BE OUTSIDE OF THE LEAGUE TOURNAMENT AND PRIOR TO THE LAST DAY TO COUNT.

5. **INDIVIDUALS MAY QUALIFY FOR THE CIAC GOLF TOURNAMENT** – If a school’s team does not qualify, it may enter any golfer for individual honors, provided the golfer has attained an average score of the course rating, plus five (5) strokes or less per nine (9) holes for boys and ten (10) strokes or less for nine (9) holes for girls. This must be an average of the best ten (10) varsity scores attained on Connecticut State Golf Association approved courses, and must be attested to by the golf coach. This average must be certified by his/her principal. Of these, the top eight (8) will qualify as individuals. **Girls who play for a boys’ team from the boys’ tees, where a girls’ team does not exist, will have their average course rating adjusted using the women’s rating adjustment table from the USGA.**
6. **WEATHER DELAY / SUSPENSION / POSTPONEMENT** – Teams/individuals should come prepared to withstand weather delays. Further, it is to be clearly understood by all that the course managers make the decisions about play or no play; the tournament director does not have control over any aspect of that decision.

Teams/individuals should also be prepared for the tournament to be reduced from an 18 hole event to a nine hole event should conditions warrant. Every effort will be made to complete play on the scheduled date – so come prepared.

7. **ACCOMMODATIONS** – The CIAC Golf Committee will make reasonable accommodations for disabled athletes in our tournament. Please alert the tournament director with such requests well in advance of the tournament.
8. **DISTANCE MEASURING DEVICES** – The CIAC Golf Committee has voted to approve the use of distance measuring devices only in the 2017 state championships. Please see page 4 of the 2017 golf tournament packet for full details.

The use of distance measuring devices during the regular season is at the discretion of each league; however, leagues are encouraged to allow the use in preparation for the championship.

9. **COACHING ON THE COURSE AT THE STATE CHAMPIONSHIPS** – The CIAC Golf Committee has voted to allow one certified coach to be on the course during the championships to provide advice to their players. Please see page 4 of the 2017 golf tournament packet for full details.

Coaching on the course during the regular season is at the discretion of each league; however, leagues are encouraged to allow coaching using CIAC guidelines in preparation for the 2017 championships.

10. **PULL / PUSH CARTS** – Please note the CIAC Golf Committee has approved the use of non-motorized pull / push carts during the 2017 championships at player’s expense. The use of non-motorized pull / push carts during the regular season is at the discretion of each league. Schools participating in an out-of-league match will play by the host team league rules.
11. **SCHEDULES – PLEASE READ!** – A school may schedule a maximum of 16 matches during the season and the team’s ten best aggregate scores will be used for tournament qualification. **Schools that enter invitational events such as the Wildcat Invitational, Avon Invitational or other similar events where a team of at least four players score is one of the school’s 16 allowed events.** In such events the scoring for qualification will be based on holes one through nine.
12. **“X RULE” REVISION** – *Attention Girls’ Golf Coaches* – Players who have not holed out by double the par on any given hole will pick up and apply a one stroke penalty. Example: Par 3 – A player not in the hole by 6 strokes will pick the ball up and apply a one stroke penalty for a 7. Par 4 – A player not in the hole by 8 strokes, will pick up for a score of 9. Par 5 – A player not in the hole by the 10th stroke, will pick up for a score of 11.

Please note that the X rule will be used in all regular season matches and conference tournaments. The X rule WILL NOT BE IN EFFECT FOR THE STATE TOURNAMENT.

13. **FORMAT FOR THE 2017 CHAMPIONSHIPS** – The CIAC Golf Committee voted to use a shotgun start where allowed or to have golfers tee off at one and ten where the course will not allow for a shotgun start.
14. **SUBMITTING SCORES/FORMS** -- 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 on the day of the match as soon as possible following the match’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 the school’s athletic director.

15. **TOURNAMENT ROSTERS/ENTRY** – 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 by June 1, 2017.
16. Any individual or team entering the tournament must have a certified coach with him/her as an advisor. Unaccompanied team or individual will be disqualified.
17. **NEW ENGLAND CHAMPIONSHIPS – NEW!** – The 2017 New England Championship date is Wednesday, June 21, 2017. Please see details on Page 8-9.

Attention – Coaches and Players who Qualify for the New England Championships – NEW! – Golfers who qualify for the New England’s must confirm that they will play within 48 hours of the divisional championship. The coach must assume responsibility for contacting the Connecticut Coordinator Walter Beck by email or phone (information on page 1).

COACHING GUIDELINES AT GOLF STATE CHAMPIONSHIPS

Distance Measuring Devices – The CIAC Golf Committee, in accordance with USGA Rule 14-3 *will allow a player (not a coach) to use a distance measuring device at the 2017 state championships.*

Players may not use measuring devices, including smartphones, to measure other conditions that might affect their play (e.g. gradient, wind speed, temperature, etc.). A player using such a device in that manner is in breach of Rule 14-3 for which the penalty is disqualification. Cell phones, smart watches and/or smart phones are not allowed during the competition except for emergencies and rule interpretation.

If asked, a player using a distance measuring device shall provide yardage information from his/her location to a fellow competitor.

Note: Coaches must ensure that their players adhere to the above provisions for using distance measuring devices correctly.

Local Rule: Accidental Movement of Ball on the Putting Green (New for 2017) – USGA Rules 18-2, 18-3, and 20-1 are modified as follows:

When a player's ball lies on the putting green, there is no penalty if the ball or ball marker is accidentally moved by the player, his partner, his opponent, or any of their equipment. The moved ball or ball marker must be replaced as provided in Rules 18-2, 18-3, or 20-1. This Local Rule applies only when the player's ball or ball marker lies on the putting green and any movement is accidental.

Note: If it is determined that a player's ball on the putting green was moved as a result of wind, water or some other natural cause such as the effects of gravity, the ball must be played as it lies from its new location. A ball marker moved in such circumstances is replaced.

Coaching on the Course – The following provisions for the CIAC Golf Championships are intended for coaches to provide as much support as possible while remembering that players compete themselves during competitions and to help improve the pace of play. The intent of coaching on the course is to allow coaches to support the players in competition. As a general rule, over-coaching has never been a good practice. During the CIAC Championships one school designated certified coach with proper lanyard ID will be allowed to coach/advise players from his/her school team during play.

The USGA definition of "advice" will be adhered to in the state championship competition. "Advice is any counsel or suggestion that could influence a player in determining his/her play, the choice of club or method of making a stroke." Information on the rules or on matters of public knowledge, such as position of hazards or the position of the flag stick on the putting surface is allowed.

Coaching may begin once all players have completed teeing off. Coaches may continue to provide advice and support until play has reached the putting surface at which time coaching shall cease. **Coaching from green to tee is allowed but once the players are on the tee, coaching is suspended until all players have teed off.**

Players must proceed immediately to the next hole without delay – the pace of play in the state championship is of paramount importance to all the competitors. Any violation of USGA Rule 6-7 "Undue Delay" may be subject to a two-stroke penalty for the first offense and disqualification for the second offense. Coaches should assist in monitoring not only their own player(s), but all players in the competition.

Guidelines For Coaching During the Championship

Coaches MAY:

- Talk to their player after all players have teed off and until the player has arrived on the putting surface.
- Give advice to their player on matters such as club selection, wind direction, stance, grip, hole strategy, swing adjustments and mental adjustments.
- Talk to all players about rule options when asked by a player for advice.

- Answer public knowledge information to all players in the group when asked to do so.
- Help players look for a lost ball, provided that the USGA rules governing lost balls are adhered to. (USGA Rule 12)
- Although it is preferred that coaches walk the course when coaching their players, motorized carts may be rented by the coaches at their expense with the site directors and club pro's approval. A coach may share a cart with another designated coach from another school.
- Coaches may monitor sportsmanship and report unsportsmanlike behavior to the tournament management.
- Contact the rules official via cell phone (a cell phone may only be used by the coach when seeking an official rules interpretation or in an emergency) for a rules interpretation when requested to do so by a player.

Additional Examples to Help Improve Pace of Play:

- Coaches may fix ball marks as needed on the putting surface when players are exiting the green.
- Coaches may rake the bunkers which would help the pace of play.
- Coaches may advise players where to leave their bag in proximity to the next tee.

Coaches MAY NOT:

- Provide advice to their player once the player is on the putting surface.
- Read putts for a player at any time.
- Offer advice to players from another school.
- Caddy for their player.
- Keep the official scorecard for their player.
- Raise their voice in such a manner to interrupt play anywhere on the course.
- Coaches may not assess penalties to a player.
- Coaches may not give rule interpretations, only remind players of options and the need to follow the rules.

The CIAC Golf Committee encourages leagues to adopt similar guidelines for measuring devices and “on the course advice”.

2017 CIAC BOYS' AND GIRLS' GOLF TOURNAMENT

To help minimize the loss of school time for golfers and coaches, we recommend the following:

- All practice sessions (including before matches) should be after school hours.
- Establish starting times for home matches with the principal and athletic director. (These should be after school whenever possible.)
- Student-athletes are responsible for any and all work missed due to athletic events. Teachers should know if any early dates are required for athletic events.
- TEAMS SHOULD SCHEDULE TO MINIMIZE LOSS OF SCHOOL TIME FOR AWAY MATCHES *Example*
– Schedule three (3) matches the week of school vacation, league matches should be scheduled during daylight savings hour.
- Limit the number of tournaments the team may enter. This should be established between principal, coach and athletic director.
- Point out to all parties involved the problem of finding courses to play. Golf is one of the few, if not the only sport that is not played on school property. Schools are often subject to the rules and regulations of municipal or private clubs. Try to emphasize to coaches and golf course managers the problems we are faced with and urge them to make necessary adjustments to insure that later starting times when necessary for some schools be made available.
- Individual leagues determine the starting time for home matches.
- Playing in the state tournament is an all day affair, but it is also representing your school on a state level and the competition is the thrill of a lifetime and limited to the top twenty (20) teams in each division (boys and girls).

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82nd ANNUAL CIAC BOYS GOLF TOURNAMENT
12th ANNUAL CIAC GIRLS GOLF TOURNAMENT

** Limited to Members of the Conference **

Division I – Tuesday, June 6 2017 – Fairview Farms Golf Club, Harwinton – 7:30 a.m. (Shotgun)
Division II – Monday, June 5, 2017 – Tallwood Country Club – 8:00 a.m. (1 / 10)
Division III – Monday, June 5, 2017 – Timberlin Golf Club, Kensington – 8:00 a.m. (1 / 10)
Division IV – Monday, June 5, 2017 – Crestbrook Park, Watertown – 9:30 a.m. (1 / 10)
Girls Division – Tuesday, June 6, 2017 – Tashua Knolls Golf Club, Trumbull – 8:30 a.m.

The Connecticut Interscholastic Athletic Conference Golf Championships will consist of four tournaments of eighteen (18) holes for boys and one 18-hole tournament for girls. The team with the lowest total score will be awarded the championship in each division. The second lowest score in each division will be considered the runner-up. In the event of a tie for first place, a three-hole playoff will be held to determine the championship team.

Division I	Schools with 634 and over
Division II	Schools with 432 - 633
Division III	Schools with 289 - 431
Division IV	Schools with up to 288

(Based on the grade 9-12 boy enrollment for preceding year)

Girls Division One division -- Schools listed

A listing of tournament divisions is available on the Boys or Girls Golf page at ciacsports.com.

- 1. A TEAM MUST PLAY A MINIMUM SCHEDULE OF TEN (10) VARSITY PLAYING DATES AGAINST CIAC MEMBER SCHOOLS.**
- 2. A team consists of five (5) players, each of which is considered an individual honors entrant. If a team wishes, they may bring only four (4). Champions in each division shall be determined by the best four of five scores.**
- 3. a. A boys team must be one of a maximum of 20 ranked teams** whose rankings will be determined as follows: Teams meeting qualification 1 and 2 above will be ranked on the basis of their average difference of strokes from the average rating of courses played from APRIL 1, 2017 THROUGH MAY 31, 2017. **Only scores attained during the sixteen (16) regular season matches against teams on a school's original schedule may be used for tournament qualification. Teams may not use their league tournament to make-up a match or for tournament qualification. All make-up matches must be outside of the league tournament and prior to the last day to count.** The team with the lowest average difference from its average rating will be ranked #1; the team with the next lowest average difference #2, etc. Teams tying for the 20th place will qualify.
b. A girls team must be one of a maximum of twenty (20) ranked teams whose rankings will be determined as follows: Teams meeting qualification 1 and 2 above will be ranked on the basis of their average difference of strokes from the average rating of courses played from APRIL 1, 2017 THROUGH MAY 31, 2017. **Only scores attained during the sixteen (16) regular season matches against teams on a school's original schedule may be used for tournament qualification. Teams may not use their league tournament to make-up a match or for tournament qualification. All make-up matches must be outside of the league tournament and prior to the last day to count.** The team with the lowest average difference from its average rating will be ranked #1; the team with the next lowest average difference #2, etc. Teams tying for 20th place will qualify.

Note: **An individual girl** may play as a non-scoring member of her home school's boys' team if granted permission to do so by the coach of that team. In such cases, the girl would play with the team's #5 boy player and have her score attested accordingly. The purpose is to provide an additional opportunity for individual girl players to participate in matches for tournament qualifying.

“X Rule” – Attention Girls’ Golf Coaches – Players who have not holed out by double the par on any given hole will pick up and apply a one stroke penalty. Example: Par – A player not in the hole by 6 strokes will pick the ball up and apply a one stroke penalty for a 7. Par 4 – A player not in the hole by 8 strokes, will pick up for a score of 9. Par 5 – A player not in the hole by the 10th stroke, will pick up for a score of 11. **This applies to regular season matches and league tournaments only and not the CIAC State Championships.**

4. Matches played after May 31 for girls and boys will not count toward qualification for the tournament. No exception will be made for postponed matches.
5. The last date to count for tournament ranking purposes will be the day prior to the pairings. Pairings will be held on Thursday, June 1, 2017.
6. The scores made in any match **during the regular season will count only once** for the tournament. FOR QUALIFICATION, ALL MATCHES PLAYED WITHIN THE SEASONS LIMITATIONS DATES MUST BE REPORTED. ONE SCORE PER DATE – MAXIMUM 16 DATES / MINIMUM 10 DATES FOR QUALIFICATION. League tournament scores CANNOT be used for tournament qualification.
7. **Qualification will be based on the BEST TEN (10) varsity scores during the regular season. Teams that play 18 hole matches must submit scores for the first 9 holes played only. ALL TEAM SCORES MUST BE SUBMITTED.**
8. **Outside Play During the Season** – Golfers have the opportunity to participate in a maximum of four (4) matches as “unattached players” during the season. These matches must conform to weekly limitations and all other “CIAC unattached” regulations as stated in the CIAC Handbook.
9. **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.
10. **Unmanned Aerial Systems at CIAC-Sanctioned Events** – The use of unmanned aerial systems, often referred to as drones, is prohibited for any purpose by any persons 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 purpose of this policy, an unmanned aerial system is any aircraft without a human pilot on board.

INDIVIDUALS MAY QUALIFY

If a school's team does not qualify, it may enter any golfer for individual honors, provided the golfer has attained an average score of the course rating, plus five (5) strokes or less per 9 holes. For girls, 10 strokes or less for 9 holes. This must be an average of the best ten (10) varsity scores attained on Connecticut State Golf Association approved courses, and must be attested to by the golf coach. This average must be certified by his/her principal. Of these, the top eight (8) will qualify as individuals. **Girls who play for a boys' team from the boys tees will have their average course rating adjusted using the women's rating adjustment table from the USGA.**

A school should enter either a team or as many individuals that qualify. Each of the team entries is eligible for individual honors.

TIES -- Plaques will be given to the winning school and the runner-up school in each division. Medals will be awarded to the winning team members and the winning individual player and the runner-up in each division. **In the event of a tie for a team championship, a three-hole aggregate score playoff will be used to determine the champion.** If this does not resolve the championship, **co-champions will be declared.** In the event of a tie for individual honors, duplicate medals will be awarded to each individual involved in the tie.

OTHER TOURNAMENT REGULATIONS

Teams must have a certified coach or bona fide faculty member as an advisor with them. **COACHES OR OTHER FACULTY MEMBERS WILL NOT BE ALLOWED TO PLAY THE COURSE. COACHES OR OTHER FACULTY MEMBERS ACCOMPANYING TEAMS SHALL ACCEPT MARSHALING ASSIGNMENTS AS ASSIGNED BY THE CHAIRMAN OF THE COMMITTEE / SITE DIRECTOR IF THEY ARE NOT COACHING ON THE COURSE.** Only one certified coach will be allowed to coach on the course during the championships.

Any individual or team entering the tournament must have a certified coach with him/her as an advisor. Unaccompanied teams or individuals will be disqualified.

Contestants must conform in every respect to the eligibility rules of the Conference and be vouched for by the signature of the principal of the school. **FINAL RESPONSIBILITY FOR THE TRANSMITTING OF THE COMPLETED ENTRY FORM RESTS SOLELY WITH THE COACH.**

Schools will bear their own expenses going to and from the tournament.

CONTESTANTS MUST REPORT AT THE PRESCRIBED TIME FOR EACH SITE – TIMES WILL BE POSTED ON THE CIAC WEB SITE.

U.S.G.A. and local rules will govern the tournament.

No practice or play will be allowed on the tournament course, except on the putting green or practice fairway (if available) on the day of the tournament. No caddies are allowed unless granted a waiver by the CIAC Golf Committee.

BOYS NEW ENGLAND INDIVIDUAL GOLF TOURNAMENT

To Qualify – The top three (3) boys from CIAC Division I, II, III and IV will represent Connecticut in the New England Individual Golf Tournament. If one or more cannot participate, we will select the next boy from that division.

The New England Individual Golf Tournament will be held at Bretwood Golf Club North Course, Keene, New Hampshire on Wednesday, June 21, 2017 at 8:00 a.m. All information pertaining to the New England's will be handed to the individual golfers representing Connecticut at their division tournament.

GIRLS NEW ENGLAND INDIVIDUAL GOLF TOURNAMENT

Eligibility – Girls listed on the school's golf team eligibility form will be eligible to compete in the Girls New England Tournament which will be conducted in conjunction with the Division I, II, III and IV CIAC Golf Tournaments. **The top seven (7) from the CIAC girls' championship will qualify.**

To Qualify – Any girl competing in the CIAC Division I, II, III or IV golf tournament on a boys' team will have her score considered for possible advancement to the New England Tournament. Individuals may qualify provided she has attained an average score of the course rating, plus ten (10) strokes or less per 9 holes for all dates played. ***This must be an average of at least ten (10) scores attained on Connecticut State Golf Association approved courses, and must be attested to by the golf coach.*** Of these the top seven (7) will qualify as individuals and play in this New England qualifier. **NOTE: The plus ten strokes per nine holes calculated using the women's tees. Girls using men's tees will be granted additional strokes in accordance with the course ratings for men versus women (3.0).**

All girls wishing to participate in the New England Tournament MUST enter their scores by May 31, 2017 on the girls' golf individual entry form. Last date to count –Wednesday prior to pairings. The girls' state golf tournament qualifies the first seven (7) positions only for the New England Golf Tournament. If there are any of the first seven (7) girls who are unable or unwilling to participate in the New England Tournament, then the rest of the remaining positions will be filled from the individual entry forms (using the average course ratings) to obtain the maximum of 12 players.

Tournament rosters must be submitted to the CIAC by June 1, 2017.

The New England Individual Golf Tournament will be held at Bretwood Golf Club North Course, Keene, New Hampshire on Wednesday, June 21, 2017 at 8:00 a.m. All information pertaining to the New England's will be handed to the individual golfers representing Connecticut at their division tournament.

Attention – Coaches and Players who qualify for the NE Championships – Golfers who qualify for the New England's must confirm that they will play within 48 hours of the divisional championship. The coach must assume responsibility for contacting the Connecticut Coordinator Walter Beck by email or telephone.

Individuals who qualify for the New England Championship but opt NOT TO PLAY must call Walter Beck at (860) 752-9020 so that alternates can be invited to play.

CIAC GOLF COMMITTEE

Neil Sullivan, Simsbury Public Schools – Chair
Jack Dellapiano, Stratford High School

Coaches:

Chuck Claffey, Wm. Hall High School, W. Hartford
Rich Condon, Newington High School
Bob Zadrozny, New Britain High School
Julie Jenkins, Trumbull High School
John Williams, Cheshire High School
Tom O'Donnell, Darien High School
Ed Malczyk, Plantsville – Ex off.

Consultants:

Jim Casagrande, Oxford
Jim Bryers, Berlin
Carrie Gettings, Bunnell High School – Tournament Director – Girls
Tom Malin, East Catholic High School, Manchester – Tournament Director - Boys
Brian Maltese, Coventry High School - CAAD
Jon Winer, CREC – CAAD
Jiggs Cecchini, East Granby - CHSCA
Walter Beck, West Suffield – New England Championship Coordinator
Mike Moraghan, CSGA
Bill Flood, CT Section PGA

2017 Golf Schedule – Must be submitted via the password-protected online eligibility center. All regular season game results must be entered online on the day of the match as soon as possible following the match’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. Regardless of regular season postponed matches, the date of Wednesday, May 31, 2017 must be the final day to count for the tournament for both boys and girls golf teams.

Minimum number of varsity playing dates is ten (10) in order to qualify for CIAC tournament -- both team and individuals. **ONLY SCORES ATTAINED DURING THE SIXTEEN (16) REGULAR SEASON MATCHES AGAINST TEAMS ON A SCHOOL’S ORIGINAL SCHEDULE MAY BE USED FOR TOURNAMENT QUALIFICATION. TEAMS MAY NOT USE THEIR LEAGUE TOURNAMENT TO MAKE-UP A MATCH OR FOR TOURNAMENT QUALIFICATION. ALL MAKE-UP MATCHES MUST BE OUTSIDE OF THE LEAGUE TOURNAMENT AND PRIOR TO THE LAST DAY TO COUNT.**

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.

CIAC Late Fee Policy

- 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 request will be considered.**

Tournament Regulation 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.

Tournament Rosters – 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 by June 1, 2017 for both boys and girls teams and/or individuals.

The golf committee will meet on Thursday, June 1 at 3:00 p.m. to draw up pairings for the girls and boys tournaments. All pairings will be put on the CIAC web site for all teams on Thursday, June 1, 2017. All qualifiers will be given a starting time, individual and team.

If the school team does not qualify and any team member does qualify, please indicate under entry – individual the golfer(s) to participate as individuals. The appropriate entry fee will be taken from the team entry fee and the balance returned to the school.

Girls who participate on boys’ teams, because the school does not offer a girls’ program in that sport, may enter either the boys’ or girls’ tournament, but not both. Girls who choose to participate on a boys team when the school offers a girls team in that sport, may only enter the boy’s tournament. Boys may not participate on girls teams. Individual entry forms must be submitted by Wednesday, May 31, 2017 for girls participating on boys teams, where a girls team does not exist, indicating which tournament (boys or girls) they intend to participate in.

An individual girl may play as a non-scoring member of her home school's boys team if granted permission to do so by the coach of that team. In such cases, the girl would play with the team's #5 boy player and have her score attested accordingly. The purpose is to provide an additional opportunity for individual girl players to participate in matches for tournament qualifying.

List varsity matches played in order of play – Use course rating for specific 9 holes played – Minimum of 10 playing dates required to qualify for CIAC tournament. List scores for ALL playing dates. **League tournament scores cannot be used for tournament qualification.**

It is recommended that for any individual that has a course rating average differential of 5.0 or less an individual entry form should be included with the team entry form.

Entry Fee -- \$150 per team or \$30 per individual qualifier. Entry fee should be mailed to the CIAC, 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 golf options in the password-protected online eligibility center.

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 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 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.
- 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.

**Connecticut State Department of Education and the
Connecticut Interscholastic Athletic Conference
Concussion and Head Injury
Annual Review 2015-16
Required for ALL School Coaches in Connecticut**

NOTE: This document was developed to provide coaches with an annual review of current and relevant information regarding concussions and head injuries. In addition to reviewing this form, 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 their associated school district annually to comply with Connecticut General Statutes (C.G.S.) Chapter 163, Section 149b: *Concussions: Training courses for coaches. Education plan. Informed consent form. Development or approval by the State Board of Education.*

What is a Concussion?

Centers for Disease Control and Prevention (CDC) - *"A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth."* -CDC, Heads Up: Concussion http://www.cdc.gov/headsup/basics/concussion_what.html

Even a "ding," "getting your bell rung," or what seems to be mild bump or blow to the head can be serious" -CDC, Heads Up: Concussion Fact Sheet for Coaches http://www.cdc.gov/concussion/HeadsUp/pdf/Fact_Sheet_Coaches-a.pdf

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 Plan. The complete document is accessible on the CSDE Web site: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2663&q=335572>

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.
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, or if the coach/evaluator is unsure, 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 must notify the parent or legal guardian within 24 hours that the student athlete has exhibited signs and symptoms of a concussion.**

Section 3. Return to Play (RTP) Protocol Overview

Currently, 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 they have 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 concussion.
2. If there is any loss of consciousness, vomiting or seizures, the athlete MUST be immediately transported to the hospital.
3. Close observation of an athlete MUST continue following a concussion. The athlete should be monitored for an appropriate amount of time following the 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 (Recommended one full day between steps)

Rehabilitation stage	Functional exercise at each stage of rehabilitation	Objective of each stage
1. No activity	Complete physical and cognitive rest until asymptomatic. School may need to be modified.	Recovery
2. Light aerobic exercise	Walking, swimming or stationary cycling maintaining intensity <70% of maximal exertion; no resistance training	Increase Heart Rate
3. Sport specific exercise No contact	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add Movement
4. Non-contact sport drills	Progression to more complex training drills, ie. passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination and cognitive load
5. Full contact sport drills	Following final medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6. Full activity	No restrictions	Return to full athletic participation

* 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 return and don’t resolve, the athlete should be referred back to her/his medical provider.

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.

References:

1. NFHS. Concussions. 2008 NFHS Sports Medicine Handbook (Third Edition). 2008: 77-82. <http://www.nfhs.org>. http://journals.lww.com/cjsportsmed/Fulltext/2009/05000/Consensus_Statement_on_Concussion_in_Sport_3rd.1.aspx.
2. Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports*. http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm.
3. CIAC Concussion Central - <http://concussioncentral.ciacsports.com/>

Resources:

Centers for Disease Control and Prevention. *Injury Prevention & Control: Traumatic Brain Injury*. <http://www.cdc.gov/TraumaticBrainInjury/index.html>

Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports Guide for Coaches*. Retrieved on June 16, 2014.

HEAT STRESS AND ATHLETIC PARTICIPATION

Early fall and spring 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	73-82	High risk
65-73	Moderate 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>