

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
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2020 CIAC BOYS AND GIRLS GOLF SPORTS PACKET

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CIAC RULES AND BY-LAWS

All coaches are expected to follow the CIAC rules and by-laws which can be found at www.casciac.org

All coaches must adhere to the medical guidelines defined by the CIAC, the State of Connecticut, First Aid and CPR practice, and the school district in which they are employed.

Coaches are expected to exemplify the highest order of sportsmanship and to teach sportsmanship to their student-athletes. Guidelines for sportsmanship are listed in the CIAC Handbook which can be found at www.casciac.org

IMPORTANT DATES

First Practice Date	Saturday, March 21, 2020
First Match Date	Saturday, April 4, 2020
Last Match Date for Girls/Boys	Wednesday, June 3, 2020
Tournament Forms Due for Girls/Boys	Wednesday, June 3, 2020
Girls Individual Entry Forms Due	Wednesday, June 3, 2020
Pairings Meeting	Thursday, June 4, 2020

Boys State Tournament

Division I	Monday, June 8, 2020 – 8:00 a.m.	Tallwood Country Club, Hebron	1 st / 10 th
Division II	Monday, June 8, 2020 – 8:00 a.m.	Timberlin Golf Course, Kensington	1 st / 10 th
Division III	Monday, June 8, 2020 – 8:00 a.m.	Stanley Golf Course, New Britain	1 st / 10 th
Division IV	Tuesday, June 9, 2020 – 8:00 a.m.	Fairview Farms, Harwinton	1 st / 10 th

Girls State Tournament

Division I	TBA	
Division II	Tuesday, June 9, 2020 – 8:30 a.m.	Tunxis, Farmington

State Open

Saturday, June 13, 2020 – 1:00 p.m. Black Hall Club, Old Lyme

New England Tournament

Tentative	Wednesday, June 24, 2020 – 8:00 a.m.	Bretwood Golf Club, North Course Keene, New Hampshire
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ALERTS

1. **Girls Playing on Boys' Teams** – If your school has a girls team, a girl can play on the girls team or the boys team. They cannot play on both. Therefore, a girls who plays on the girls team cannot play in a boys match for the purpose of using that score to qualify for the state tournament.
2. **Two Putt Rule** – There is no such thing as a “two putt” rule. Some schools have attempted to use this (non) rule particularly when there are poor course conditions on the greens. All holes must be puttied out, even on temporary greens.
3. **“X” Rule** – Any player on a boy’s team qualifying for state tournament play may not submit scores using the “X” rule.
4. **Spectators at State Championship Matches** – The CIAC will allow spectators on the course during state championships and during the open. The rules for spectators should be disseminated by the school’s coach and/or athletic director prior to the tournaments. The spectator rules for golf are available on the golf page on the CIAC web site.
5. **Spectators at State Championship Matches** – Parents and spectators may not give scores of other competitors to golfers during the state tournament nor in the state open. This is considered coaching and violates the spectator code of conduct.
6. **New – Qualifying for the State Open** – To qualify for the open, boys need to achieve a 3.00 average or better during the regular season or be in the top three (3) of their divisional tournament, girls need to achieve an 8.00 average or better during the regular season or be in the top three (3) during their divisional tournament. Head coaches should inform players who are eligible for the open of the date and time of the tournament. Coaches should anticipate if their players may be in contention for qualifying throughout the season and communicate the date, time and site of the open to the student.
7. **Coaches at the State Open** – Each golfer must have a coach attend the state tournament and the open.
8. **In-Season Tournaments** – Schools are limited to 16 regular season matches. Some schools play in tournaments during the season. Schools can count in-season tournaments as one of the 16 regular season matches that count toward qualifying for the CIAC State Championship Tournament provided they list them on their schedules and follow the guidelines specified in this tournament packet. Do not exceed the season limitations by scheduling 16 regular season matches and also counting an in-season tournament as a regular season match.
9. **Course Rating** – Schools must use accurate course ratings. Submission of scores should include the most up-to-date rating and should accurately reflect the correct tee used during the match. Schools should use GHIN.com for course ratings. It is important that both teams use the same ratings and tees.
10. **Two Divisions for Girls** – Beginning with the 2020 season girls will have two divisions. Division I will consist of the top 25 schools by enrollment with the top 15 schools to participate in the tournament. The girls Division II to consist of the remaining schools by enrollment with the top 15 schools to participate in the tournament.

SCHEDULES

1. The schedule must be submitted via the password-protected online eligibility center.
2. Member schools must make every effort to complete their season as scheduled, including make-up matches. Any effort to gain an advantage in tournament play by not playing a match 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.

PLAY AND RULES FOR CIAC GOLF SEASON

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

1. Stroke play is to be used for all matches and will be governed by the USGA Rules of Golf.
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.
4. Maximum number of playing dates per season is 16.
5. Number of matches per week on original schedule is 3.
6. **Attire** – Proper golf attire, spikeless golf shoes, shirts with collars, golf shorts and slacks – is mandatory for all players. The inseam of the shorts must be at least four inches. Players may wear pants 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.
7. **Advertising** – Advertising of beer, wine, liquor or tobacco products on golfer clothing or equipment will not be permitted.
8. **Scoring Conflicts** – Individual scores are displayed on the CIAC website. If you have any questions or concerns about other teams' posted scores, please have your Athletic Director contact the opponent's Athletic Director to resolve the issue. If the issue cannot be resolved between the schools, your Athletic Director (not the coach) must submit the question or concern to the CIAC office in writing.
9. **"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 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. This applies to regular season matches and league tournaments only and not the CIAC State Championships.

10. **Unattached Matches** – Golfers have the opportunity to participate in a maximum of eight (8) matches as “unattached athletes” during the season. Choice of such outside matches to be made by golfers with the approval of the golfer’s school administration. Present weekly limitations will be maintained.
11. **Certify Scores** – Should a team have less than five players; coaches must make sure that ALL scores are certified per USGA guidelines.

Pairings must have both teams represented.

<u>Four-Man Teams</u>	<u>Three-Man Teams</u>	<u>Two-Man Teams</u>
A1 vs B1	A1 vs B1	A1 vs B1
A2 vs B2	A4	A3 & A4
A3 vs B3	A2 vs B2	A2 vs B2
A5	A5	
A4 vs B4	A3 vs B3	

A team of only one should not be counted as a match since all scores cannot be certified (one person can only certify 3 other scores).

12. **Handicap System** – 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 onto 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.

QUALIFYING AND ENTRY FOR THE STATE TOURNAMENT

84th Annual CIAC Boys Golf Tournament
14th Annual CIAC Girls Golf Tournament

Boys Divisions:

Division I	School with 630 and over
Division II	Schools with 424 – 629
Division III	Schools with 282 – 423
Division IV	Schools with up to 281

Girls Divisions:

Division I	Schools with 619 and over
Division II	Schools with up to 618

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

1. **Tournament Fee** – For both boys’ and girls’ golf tournament, the team fee is \$175 -- \$30 per individual -- \$50 per individual at the open.
2. **Divisions** – The list of divisions and the schools in each division can be found on the CIAC web site at casciac.org.
3. **Minimum Playing Dates** – A team must play a minimum of ten (10) varsity playing dates against CIAC member schools to qualify for CIAC tournaments. List varsity matches played in order of play. Use course rating for specific 9 holes played. List scores for ALL playing dates. League tournament scores cannot be used for tournament qualification.

4. **Tournament Rosters** – Tournament rosters can be submitted on the Eligibility Center or the submit scores/forms option under the CIAC for Coaches menu at ciacsports.com. Tournament rosters must be submitted by the last match date (June 3) for both boys and girls teams and/or individuals.
5. **Tournament Entries** – 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. No tournament entries will be accepted after the established deadline except those approved by the CIAC Board of Control.
6. **Corrections** – 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 website, will be assessed a fee of \$50 per correction to a maximum of \$250.
7. All requests for corrections must be submitted on a support ticket via the online eligibility center. No phone request will be considered.
8. If a 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.
9. **Boys' Team Rankings** – A boys team must be one of a maximum of 20 ranked teams whose rankings will be determined as follows: Teams meeting qualifications will be ranked on the basis of their average difference of strokes from the average rating of courses played from the first date of play to the last match date as listed under “important Dates”. Only scores attained during the sixteen (16) regular season matches against teams on a school’s original schedule may be used for tournament qualification. 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.
10. **Girls' Team Rankings** – A girls team must be one of a maximum of fifteen (15) ranked teams in each division whose rankings will be determined as follows: Teams meeting qualifications will be ranked on the basis of their average difference of strokes from the average rating of courses played from the first date of play through the last match date. Only scores attained during the sixteen (16) regular season matches against teams on a school’s original schedule may be used for tournament qualification. 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 15th 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. If you school has a girls’ team, a girl can play on the girls team or the boys team. They cannot play on both. Therefore, a girl who plays on the girls team cannot play in a boys match for the purpose of using that score to qualify for the state tournament.)
11. **Girls Playing on Boys Teams** – If your school has a girls team, a girl can play on the girls team or the boys team. They cannot play on both. Therefore, a girl who plays on the girls team cannot play in a boys match for the purpose of using that score to qualify for the state tournament.

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. Boys may not participate on girls teams.

Girls playing on a boys' team in a regular season match must play from the boy's tee and their score must be recorded using the boy's rating. For the purpose of girls playing on a boy's team who wish to qualify for the CIAC Girls' State Tournament as an individual, the coach must submit the OCR using the women's course rating from the men's tees (The tees used by the boys' team.)

12. **Qualifying Scoring** – 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 match date. 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. 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.
13. All team scores must be submitted. 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. Submit scores on the CIAC web site.
14. **Individual Entry** – 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.
15. **Regular Season Tournaments** – 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 scores must be listed as one of the school's 16 allowed events. In such events the scoring for qualification will be based on holes one through nine.
16. **Boys Scoring** – Any player on a boy's team qualifying for state tournament play may not submit scores using the "X" rule.
17. **Make-Ups** – Make-up matches must be completed on or by the last match date in order to count for the state tournament. Matches played after the last match date will not be considered for the state tournament.
18. **Entering Scores** – In order to ensure that standings and rankings on both the CIAC's web site 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 or 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 access code. Those codes are managed via the Online Eligibility Center and can be retrieved from the school's athletic director.
19. If a coach has an individual golfer who wishes to be considered for the State Open Championship he/she must submit via the CIAC Online Eligibility Center all individual scores on or by the last match date.
20. 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 will be imposed upon the school before entry into the tournament will be allowed.

STATE TOURNAMENT PLAY

1. **Tournament Divisions** – The Connecticut Interscholastic Athletic Conference Golf Championships will consist of four tournaments of eighteen (18) holes for boys and two eighteen (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 aggregate playoff will be held to determine the championship team.
2. **Weather** – 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. The tournament, in the case of poor weather, may be reduced from an 18-hole event to a 9-hole tournament or cancelled.
3. **Tournament Rules** – 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.
4. **Tournament Start Times** – Contestants must report at the prescribed time for each site – times will be posted on the CIAC web site.
5. **Disabled Athletes** – The CIAC Golf Committee will make reasonable accommodations for disabled athletes in the state tournaments. Please alert the tournament director with such requests well in advance of the tournament. A golfer who has qualified for the CIAC State Tournament and the CIAC State Open and requires the use of a golf cart must get a doctor's note which will be sent to Joe Velardi at the CIAC office for CIAC approval. The driver of the cart must be a designated school official and cannot be a parent or relative. The CIAC strongly recommends that all conferences adopt this rule.
6. For state tournaments, push carts are allowed, electric push carts are allowed, ridden golf carts require a medical note. Medical notes must be forwarded to the CIAC office prior to the start of the tournament.
7. Schools will bear their own expenses going to and from the tournament.
8. **Determining the Champion** – 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. A school should enter either a team or as many individuals that qualify. Each of the team entries is eligible for individual honors.
9. **Spectators** – During the CIAC State Championship tournaments for boys and girls, and for the State Open Tournament, spectators will be allowed on the course providing the course hosting the event allows spectators. Spectators must follow the course and PGA regulations for proximity to golfers. Spectators may cheer but may not have any communication with the golfers.
10. **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.

11. **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 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.).
12. **Coaches** – 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.
13. **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. 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 (give advice) 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 5.6a. “Unreasonable Delay of Play” 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.
14. **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 18)
- 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 director’s 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 Place 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. They can only remind players of option and the need to follow the rules.

STATE OPEN TOURNAMENT

To qualify for the Open boys need to achieve a 3.00 average or better during the regular season or be the individual winner of their divisional tournament. Girls need to achieve an 8.00 average or better during the regular season or be the individual winner during their divisional tournament. Head coaches should inform players who are eligible for the Open of the date and time of the tournament. Coaches should anticipate if their players may be in contention for qualifying throughout the season and communicate the date, time and site of the Open to the student.

The top three medalists and ties in each division automatically qualify for the Open tournament.

Each golfer must have a coach attend the Open.

BOYS NEW ENGLAND INDIVIDUAL GOLF TOURNAMENT

1. **Eligibility** – Boys listed on the school's golf team eligibility form will be eligible to compete in the Boys New England.
2. **To Qualify** – Boys who finish as one of the top three (3) medalists (and ties) in each of the Division championships automatically qualify. (12+)

Unfilled spots will be filled by the Coordinator by going down the individual forms and selecting the next lowest O.C.R. until a minimum of 12 players are confirmed.

3. **Information** – All information pertaining to the New England's will be handed to the individual golfers at their division tournament.
4. **Coaches** – Coaches are responsible for contacting the New England Coordinator within 48 hours of the division tournament's conclusion to confirm entry. The boys' coordinator is Brett Franklin. (Listed under "Contacts")

GIRLS NEW ENGLAND INDIVIDUAL GOLF TOURNAMENT

1. **Eligibility** – Girls listed on the school's golf team eligibility form will be eligible to compete in the Girls New England.
2. **To Qualify** – The top five (5) girls (and ties) in each Division Championship automatically qualify. (10+)

Any girl competing in the CIAC Division I, II, III or IV boys golf tournament, will have her score considered for possible advancement to the New England Tournament.
3. **Information** – All information pertaining to the New England's will be handed to the individual golfers at their division tournament.
4. **Coaches** – Coaches are responsible for contacting the New England Coordinator within 48 hours of the division tournament's conclusion to confirm entry. The girls' coordinator is Rich Condon. (Listed under "Contacts")

CIAC GOLF COMMITTEE

The CIAC Golf Committee members are listed on the CIAC web site at casciac.org

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 requests 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 measure 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 referenced 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 judgment 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.

MEDICAL AND SAFETY REGULATIONS

Medical regulations, expectations and certifications are stated in the CIAC medical handbook. Coaches, trainers, athletic directors are expected to maintain certifications and follow the procedures as described in the CIAC Medical Handbook and as required by law.

**Connecticut State Department of Education and the
Connecticut Interscholastic Athletic Conference
Concussion and Head Injury Annual Review 2019-20
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](http://portal.ct.gov/SDE/Publications/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/combatative/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	*****
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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: 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
 CDC. (2017). *Injury prevention & control: Traumatic brain injury*. Retrieved from <http://www.cdc.gov/TraumaticBrainInjury/index.html>
 CDC. (2017). *Heads up: Concussion in High school sports guide for coaches*. Retrieved from <http://www.cdc.gov/headsup/highschoolsports/coach.html>
 CDC. (2017). *Heads up: Concussion materials, fact sheets and online courses*. Retrieved from <http://www.cdc.gov/headsup/>
 CIAC Concussion Central. Retrieved from <http://concussioncentral.ciacsports.com/>

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 thermoregulatory 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.

<u>Air Temp</u>	<u>Danger Zone</u>	<u>Critical Zone</u>
70F	80% RH	100% RH
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

RH = Relative Humidity

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 weigh 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 Drinks

- 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>

Team	Course	Men's Rating	Men's Rating	Men's Rating	Men's Rating	Women's Rating	Women's Rating	Women's Rating	Women's Rating
		Front 9	Back 9	Front 9	Back 9	Front 9	Back 9	Front 9	Back 9
Abbott Tech:	Richter Park	White 35.1	White 34.9	Blue 36.4	Blue 35.9				
Amity:	The Tradition at Oak Lane C.C.	White 35.0	White 35.2	Blue 35.2	Blue 35.8	White 37.4	White 37.3		
Ansonia:	Tradition Golf Club at Oak Lane	White 35.0	White 35.2	Blue 35.2	Blue 35.8	White 37.4	White 37.3		
Avon:	Blue Fox Run (Blue Course)	White 35.4		Blue 35.8		White 36.2			
Avon:	Blue Fox Run (Red Course)	White 31.9		Blue 33.1		White 36.2 ?			
Avon:	Blue Fox Run (White Course)	White 34.0		Blue 35.0		White 38.5 ?			
Bacon Academy:	Chantclair GC	White 34.2		Blue 34.6		White 36.9			
Bassick:	Fairchild Wheeler (Red Course)	White 34.5	White 35.8	Blue 35.2	Blue 35.9	White 37.6	White 37.7		
Berlin:	Timberlin Golf Course	White 34.4	White 35.0	Blue 35.3	Blue 36.0	White 37.6	White 37.9		
Bethel:	Redding Country Club	Green 34.3	Green 33.6	Blue 36.0	Blue 34.8	Green 36.4	Green 35.2		
Bloomfield:	Wintonbury Hills Golf Course	White 32.9	White 34.5	Green 34.1	Green 36.1	White 35.3	White 37.4		
Bolton:	Tallwood Country Club	White 33.7	White 35.6	Blue 34.1	Blue 36.0				
Branford:	Pine Orchard Country Club	White 34.1	White 34.2	Blue 35.5	Blue 36.5	White 36.9	White 36.6	Blue 38.7	Blue 39.4
Bridgeport Central:	Fairchild Wheeler (Black Course)	White 35.3	White 35.2	Blue 35.8	Blue 35.9	White 38.2	White 38.3		
Brien McMahon:	Oak Hills Golf Course	White 33.7	White 35.1	Blue 34.4	Blue 36.0	White 36.2	White 38.4		
Bristol Central:	Pequabuck Golf Club	White 33.8	White 34.0	Blue 34.5	Blue 34.9	White 36.0	White 36.0	Blue 37.0	Blue 37.1
Bristol Eastern:	Chippabee Golf Club	White 34.5	White 35.1	Blue 35.1	Blue 35.4	White 35.8	White 36.4	Blue 37.1	Blue 37.2
Brookfield:	Sunset Hill Golf Club	White 31.6	White 31.4						
Bunnell:	Oronoque CC	White 34.8	White 35.8	Black 35.6	Black 36.7	White 37.3	White 38.9		
Canton:	Tower Ridge Country Club	White 33.6	White 34.7	Blue 34.4	Blue 35.9	White 36.4	White 37.0	Blue 37.7	Blue 38.6
Capital Prep:	Goodwin Golf Course	White 33.1	White 33.8	Blue 33.9	Blue 34.4	White 36.0	White 36.0	Blue 36.9	Blue 37.9
Career Magnet:	Alling Memorial Country Club	Middle 33.9	Middle 35.1	Back 35.1	Back 35.9				
Cheney Tech:	Manchester Country Club	White 34.3	White 35.1	Blue 34.8	Blue 35.6	White 37.5	White 37.5		
Cheshire:	Farms Country Club	White 35.4	White 35.0	Blue 35.7	Blue 35.5	White 38.0	White 38.0	Blue 38.6	Blue 38.6
Classical Magnet:	Keney Golf Course	White 33.3	White 33.2	Blue 34.5	Blue 34.1	White 36.1	White 35.9		
Coginchaug:	Lyman Orchards (Players Course)	White 34.7	White 34.1	Blue 36.0	Blue 35.2	White 36.3	White 37.0		
Conard:	Rockledge Golf Club	White 33.7	White 33.8	Gold 34.3	Gold 34.7				
Coventry:	Skungamaug River Golf Club	White 32.5	White 34.5	Blue 32.8	Blue 34.8				
Cromwell:	TPC (River Highlands)	White 34.6	White 34.1	Green 35.0	Green 34.6	White 37.9	White 36.8		
Crosby:	East Mountain	White 34.0	White 33.2	Blue 34.7	Blue 34.0	White 37.2	White 36.7		
Danbury:	Richter Park	White 35.1	White 34.9	Blue 36.4	Blue 35.9				
Daniel Hand:	Madison Country Club	White 31.6	White 33.5	Black 33.6	Black 35.6	White 33.9	White 36.1	Black 36.0	Black 38.8
Darien:	CC of Darien	Silver 34.7	Silver 32.6	Masters 35.6	Masters 34.1	Silver 37.3	Silver 34.9	Masters 38.2	Masters 36.8
Darien:	Wee Burn Country Club	White 34.8	White 35.6	Green 35.8	Green 36.9	Gold 36.2	Gold 37.6	White 39.1	White 40.6
Darien:	Woodway Country Club	White 35.3	White 35.4	Blue 36.3	Blue 36.4	White 38.3	White 38.8		
E.O. Smith:	Windham Club	Green 35.0	Green 35.4	Black 35.6	Black 35.9				
East Catholic:	Tallwood Country Club	White 33.7	White 35.6	Blue 34.1	Blue 36.0				
East Granby:	Fox Run @ Copper Hill	White 33.3		Blue 34.4		White 36.1			
East Hampton:	Black Birch - Moodus, CT	White 34.2	White 35.2	Blue 34.8	Blue 35.4				
East Hartford:	East Hartford Golf Course	White 33.9	White 35.3	Blue 34.2	Blue 35.5				
East Haven:	New Haven Country Club	White 33.5	White 34.7	Green 34.5	Green 36.2	White 36.5	White 37.6	Green 37.3	Green 39.6
East Lyme:	Old Lyme CC	White 33.6		Blue 33.7		White 35.7			
Ellington:	Ellington Ridge Country Club	White 34.7	White 34.6	Grey 35.2	Grey 35.0	White 37.3	White 7.5	Grey 38.0	Grey 38.1
Ellis Tech:	Harrisville Golf Course	Gold 33.5		Blue 34.1					
Enfield:	Grassmere Country Club	White 34.1		Blue 35.0					
Fairfield Ludlowe:	Smith Richardson	White 35.4	White 35.7	Black 36.1	Black 36.3	White 37.6	White 38.5		
Fairfield Prep:	Brooklawn Country Club	Green 35.4	Green 34.0	Blue 36.9	Blue 35.1	Green 38.2	Green 36.6	Blue 39.6	Blue 37.8
Fairfield Warde:	Brooklawn Country Club	Green 35.4	Green 34.0	Blue 36.9	Blue 35.1	Green 38.2	Green 36.6	Blue 39.6	Blue 37.8

Team	Course	Men's Rating	Men's Rating	Men's Rating	Men's Rating	Women's Rating	Women's Rating	Women's Rating	Women's Rating
		Front 9	Back 9	Front 9	Back 9	Front 9	Back 9	Front 9	Back 9
Farmington:	Tunxis Plantation - Green Course	White 34.5	White 34.1	Blue 35.2	Blue 35.2				
Farmington:	Tunxis Plantation - Red Course	White 34.2		Blue 35.3					
Farmington:	Tunxis Plantation - White Course	White 34.9	White 34.9	Blue 35.9	Blue 35.8				
Fitch:	Shennecossett Golf Course	White 35.5	White 33.6	Blue 36.4	Blue 35.2	White 38.9	White 36.5		
Foran:	Grassy Hill CC	White 35.6	White 33.6	Blue 36.5	Blue 34.3	White 38.3	White 36.6		
Gilbert:	Green Woods - Winsted	White 34.4		Blue 34.1					
Glastonbury:	Glastonbury Hills Country Club	white 34.8	White 35.2	Blue 35.6	Blue 35.9				
Goodwin Tech:	Stanley Golf Course (Red Course)	White 33.7		Blue 34.5		White 37.5			
Granby Memorial:	Fox Run at Copper Hill	White 33.3		Blue 34.4		White 36.1			
Grasso Tech:	Pequot Golf Course	White 32.7	White 33.9	Blue 33.5	Blue 35.0	White 34.6	White 36.1		
Greenwich:	Griffith E. Harris	White 35.2	White 33.7	Blue 35.8	Blue 34.3	White 38.5	White 36.2		
Griswold:	River Ridge Golf Course	White 35.7	White 33.6	Blue 36.3	Blue 34.7				
Guilford:	Madison Country Club	White 31.6	White 33.5	Black 33.6	Black 35.6	White 33.9	White 36.1	Black 36.0	Black 38.8
Haddam-Killingworth:	Black Birch - Moodus, CT	White 34.2	White 35.2	Blue 34.8	Blue 35.4				
Hale Ray:	Fox Hopyard	White 35.3	white 35.4	Blue 36.1	Blue 36.4	White 38.0	White 38.1		
Hall:	Rockledge Golf Club	White 33.7	White 33.8	Gold 34.3	Gold 34.7				
Hamden:	Laurel View Country Club	White 34.9	White 34.1	Blue 36.8	Blue 35.0				
Harding:	Fairchild Wheeler								
Hartford Public:	Keney Golf Course	White 33.3	White 33.2	Blue 34.5	Blue 34.1	White 36.1	White 35.9		
Hillhouse:	Alling Memorial Golf Course	Middle 33.9	Middle 35.1	Back 35.1	Back 35.9				
Holy Cross:	Western Hills Golf Course	White 34.9	White 34.6	Blue 35.4	Blue 35.1	White 37.9	White 36.6		
Housatonic Regional:	Sharon CC	White 34.8	White 33.3	Blue 35.0	Blue 34.6	White 37.6	White 36.0		
Immaculate:	Richter Park	White 35.1	White 34.9	Blue 36.4	Blue 35.9				
Joel Barlow:	Redding Country Club	Green 34.3	Green 33.6	Blue 36.0	Blue 34.8	Green 36.4	Green 35.2		
Jonathan Law:	Orange Hills C.C.	White 34.7	White 35.5	Blue 35.7	Blue 36.4				
Kaynor Tech:	East Mountain	White 34.0	White 33.2	Blue 34.7	Blue 34.0	White 37.2	White 36.7		
Kennedy:	Western Hills Golf Course	White 34.9	White 34.6	Blue 35.4	Blue 35.1	White 37.9	White 36.6		
Killingly:	Connecticut National Golf Course	White 33.3	White 35.1	Blue 34.5	Blue 36.0				
Lewis Mills:	Fairview Farm	White 34.4	White 35.1	Blue 35.7	Blue 35.8	Gold 35.9	Gold 36.0	White 38.7	White 38.3
Litchfield:	Litchfield Country Club	White 33.9		Blue 34.1					
Lyman Hall:	Wallingford Country Club	White 35.6	White 34.2	Blue 36.3	Blue 34.9	White 38.4	White 39.1		
Lyman Memorial:	Windham Club	Green 35.0	Green 35.4	Black 35.6	Black 35.9				
Maloney:	Hunter Golf Club	White 34.5	White 34.7	Blue 35.4	Blue 35.6				
Manchester:	Manchester Country Club	White 34.3	White 35.1	Blue 34.8	Blue 35.6	White 37.5	White 37.5		
Masuk:	Whitney Farms Golf Course	White 35.2	White 35.0	Blue 36.2	Blue 36.2				
Middletown:	Lyman Orchards (Players Course)	White 34.7	White 34.1	Blue 36.0	Blue 35.2	White 36.3	White 37.0		
Montville:	Norwich Golf Course	White 34.4	White 33.6	Blue 35.7	Blue 34.3				
Morgan:	Clinton Country Club	White 34.1	White 34.1	Blue 35.3	Blue 34.7	White 37.1	White 36.6		
Naugatuck:	Hop Brook	White 33.8		Blue 34.6		White 36.0			
New Britain:	Stanley Golf Course (White Course)	White 35.2		Blue 36.3		White 38.0			
New Britain:	Stanley Golf Course (Blue Course)	White 34.2		Blue 34.9		White 36.0			
New Canaan:	Country Club of New Canaan	Middle 34.9	Middle 34.8	Back 35.5	Back 35.4	Middle 38.0	Middle 38.7		
New Fairfield:	River Oaks	White 35.5	White 34.4	Blue 36.5	Blue 35.3				
New London:	Great Neck CC	White 33.9	White 34.6	Blue 34.6	Blue 35.6	White 37.5	White 37.6	Blue 38.5	Blue 38.6
New Milford:	Candlewood Valley Country Club	White 35.6	White 35.1	Blue 36.8	Blue 35.3	White 37.7	White 36.1		
Newington:	Indian Hill C.C.	White 34.3	White 34.7	Blue 34.7	Blue 35.2				
Newtown:	Rock Ridge Country Club	White 32.7	Green 32.3	Blue 34.4	Gold 34.2	White 35.7	Geen 35.1		
NFA	Mohegan Sun CC	White 35.1	White 35.1	Blue 36.0	Blue 35.7	White 38.1	White 37.7		

Team	Course	Men's Rating	Men's Rating	Men's Rating	Men's Rating	Women's Rating	Women's Rating	Women's Rating	Women's Rating
		Front 9	Back 9	Front 9	Back 9	Front 9	Back 9	Front 9	Back 9
NFA	Norwich Golf Course	White 34.4	White 33.6	Blue 35.7	Blue 34.3				
Nonnewaug:	Heritage Village CC	White 34.1	White 35.8	Blue 34.4	Blue 36.3	White 36.9	White 38.9		
North Branford:	Indian Springs	White 33.7		Blue 34.3		White 35.6			
North Haven:	Wallingford Country Club	White 35.6	White 34.2	Blue 36.3	Blue 34.9	White 38.4	White 39.1		
Northwest Catholic:	Wampanoag Country Club	White 35.5	White 36.0	Blue 36.0	Blue 36.4	White 38.7	White 39.1		
Northwestern:	Norfolk Country Club	White 33.7		Blue 34.0					
Norwalk:	Oak Hills Golf Course	White 33.7	White 35.1	Blue 34.4	Blue 36.0	White 36.2	White 38.4		
Norwich Tech:	Norwich Golf Course	White 34.4	White 33.6	Blue 35.7	Blue 34.3				
Notre Dame-Fairfield:	Fairchild Wheeler (Red Course)	White 34.5	White 35.8	Blue 35.2	Blue 35.9	White 37.6	White 37.7		
Notre Dame-WH	Racebrook Country Club	White 34.9	White 34.3	Blue 35.4	Blue 35.0	White 38.4	White 37.1	Blue 39.1	Blue 37.8
O'Brien Tech:	Orange Hills C.C.	White 34.7	White 35.5	Blue 35.7	Blue 36.4				
Old Lyme:	Black Hall	White 34.4	White 34.8	Blue 35.2	Blue 35.6	White 37.3	White 38.6		
Old Saybrook:	Fenwick	White 32.7		Blue 34.2		White 34.5			
Oxford:	Oxford Greens	White 35.6	White 35.4	Blue 36.5	Blue 36.2	White 38.8	White 38.7		
Parish Hill:	Windham Club	Green 35.0	Green 35.4	Black 35.6	Black 35.9				
Plainfield:	Foster	White 34.1	White 34.7	Blue 35.5	Blue 35.3	White 36.2	White 36.6		
Plainville:	Hawks Landing Country Club	White 32.2	White 34.1	Blue 34.4	Blue 34.8	White 35.7	White 35.6		
Platt	George Hunter Memorial	White 34.5	White 34.7	Blue 35.4	Blue 35.6				
Platt Tech:	Orange Hills C.C.	White 34.7	White 35.5	Blue 35.7	Blue 36.4				
Pomperaug:	Heritage Village CC	White 34.1	White 35.8	Blue 34.4	Blue 36.3	White 36.9	White 38.9		
Portland:	Portland Golf Club	White 33.5	White 35.1	Gold 34.0	Gold 35.7				
Prince Tech:	Goodwin Park Golf Course	White 33.1	White 33.8	Blue 33.9	Blue 34.4	White 36.0	White 36.0	Blue 36.9	Blue 37.9
Putnam:	Connecticut National Golf Course	White 33.3	White 35.1	Blue 34.5	Blue 36.0				
RHAM:	Blackledge C.C. (Gilead Highlands Course)	White 33.6	White 24.0	Blue 34.5	Blue 34.8	White 36.5	White 36.9		
Ridgefield:	Ridgefield Golf Course	White 34.5	White 35.2	Blue 35.7	Blue 36.1				
Ridgefield:	Silver Spring CC	White 33.2	White 33.4	Blue 34.9	Blue 35.6	White 35.8	White 36.4		
Rockville:	Twin Hills C.C.	White 33.8	White 32.9	Blue 34.7	Blue 33.6				
Rocky Hill:	Rolling Greens	White 34.3		Blue 35.3					
Sacred Heart:	East Mountain	White 34.0	White 33.2	Blue 34.7	Blue 34.0	White 37.2	White 36.7		
Seymour:	Oxford Greens	White 35.6	White 35.4	Blue 36.5	Blue 36.2	White 38.8	White 38.7		
Sheehan:	Farms Country Club	White 35.4	White 35.0	Blue 35.7	Blue 35.5	White 38.0	White 38.0	Blue 38.6	Blue 38.6
Shelton:	Brownson Country Club	White 33.7	White 34.6	Blue 34.3	Blue 35.0	White 36.4	White 36.3	Blue 37.1	Blue 37.2
Shepaug Valley:	Lake Waramaug Country Club	White 35.3		Blue 34.7					
Shepaug Valley:	Washington Club	Blue 34.2		Black 34.4		Blue 36.2			
Simsbury:	Simsbury Farms	White 34.7	White 34.5	Blue 35.7	Blue 35.5	White 37.3	White 37.5		
SMSA:	Goodwin Park Golf Course	White 33.1	White 33.8	Blue 33.9	Blue 34.4	White 36.0	White 36.0	Blue 36.9	Blue 37.9
Somers:	Elmcrest Country Club	White 33.7	White 35.2	Blue 34.5	Blue 36.0	White 36.2	White 38		
South Windsor:	Topstone Golf Club	White 34.1	White 34.9	Blue 35.0	Blue 35.9				
Southington:	Hawks Landing Country Club	White 32.2	White 34.1	Blue 34.4	Blue 34.8	White 35.7	White 35.6		
St. Bernard:	Norwich Golf Course	White 34.4	White 33.6	Blue 35.7	Blue 34.3				
St. Joseph:	Tashua Knolls	White 34.3	White 33.6	Blue 35.5	Blue 34.8	White 37.2	White 36.6	Blue 38.4	Blue 38.6
St. Paul Catholic:	Chippabee CC	White 34.5	White 35.1	Blue 35.1	Blue 35.4	White 35.8	White 36.4	Blue 37.1	Blue 37.2
Stafford:	Quaboag C.C.(Monson Ma.)	White 33.5		Blue 34.3		White 36.3			
Stamford:	E.G. Brennan Golf Course	White 34.4	White 34.2	Blue 35.0	Blue 35.0	White 36.6	White 36.1	Blue 37.8	Blue 37.1
Staples:	Longshore	White 33.5	White 34.1	Blue 34.1	Blue 34.7	White 36.3	White 36.4		
Stonington:	Elmridge Golf Course (Red Course)	White 33.5		Blue 34.4					
Stratford:	Mill River Country Club	Green 33.8	Green 32.4	Blue 34.6	Blue 34.3				
Suffield:	Airways Golf Couse	White 33.8	White 32.8	Blue 34.6	Blue 33.9				

Team	Course	Men's Rating	Men's Rating	Men's Rating	Men's Rating	Women's Rating	Women's Rating	Women's Rating	Women's Rating
		Front 9	Back 9	Front 9	Back 9	Front 9	Back 9	Front 9	Back 9
Terryville:	Pequabuck Golf Course	White 33.8	White 34.0	Blue 34.5	Blue 34.9	White 36.0	White 36.0	Blue 37.0	Blue 37.1
Thomaston:	Stonybrook Golf Course	White 34.5		Blue 35.1					
Tolland:	Twin Hills C.C.	White 33.8	White 32.9	Blue 34.7	Blue 33.6				
Torrington:	Torrington Country Club	White 34.2	White 34.0	Blue 35.3	Blue 35.1	White 37.3	White 37.3		
Tourtellotte:	Raceway Golf Course	White 34.9	White 34.4	Blue 35.8	Blue 35.8				
Trinity Catholic:	Sterling Farms	White 34.6	White 35.0	Blue 35.5	Blue 35.6	White 37.9	White 37.2		
Trumbull:	Tashua Knolls	White 34.3	White 33.6	Blue 35.5	Blue 34.8	White 37.2	White 36.6	Blue 38.4	Blue 38.6
University:	Keney Golf Course	White 33.3	White 33.2	Blue 34.5	Blue 34.1	White 36.1	White 35.9		
Valley Regional:	Fox Hopyard	White 35.3	white 35.4	Blue 36.1	Blue 36.4	White 38.0	White 38.1		
Vinal Tech:	Indian Springs Golf Course	White 33.7		Blue 34.3		White 35.6			
Wamogo:	Stonybrook Golf Course	White 34.5		Blue 35.1					
Waterford:	Great Neck Country Club	White 33.9	White 34.6	Blue 34.6	Blue 35.6	White 37.5	White 37.6	Blue 38.5	Blue 38.6
Watertown:	Crestbrook Park	White 34.1	White 36.2	Gold 34.8	Gold 37.2	White 35.2	White 37.8	Gold 36.7	Gold 39.7
Weaver:	Keney Golf Course	White 33.3	White 33.2	Blue 34.5	Blue 34.1	White 36.1	White 35.9		
Westbrook:	Clinton Country Club	White 34.1	White 34.1	Blue 35.3	Blue 34.7	White 37.1	White 36.6		
Westhill:	E.G. Brennan Golf Course	White 34.4	White 34.2	Blue 35.0	Blue 35.0	White 36.6	White 36.1	Blue 37.8	Blue 37.1
Weston:	Aspetuck Valley Country Club	White 34.6	White 34.2	Green 33.9	Green 33.5	White 37.6	White 37.3	Green 37.0	Green 36.4
Wethersfield:	Wethersfield Country Club	White 33.6	White 34.8	Blue 34.5	Blue 36.0	White 36.0	White 37.6	Blue 37.5	Blue 38.9
Wheeler:	Stonington Country Club	White 34.8	White 35.1	Blue 35.8	Blue 36.1	White 37.6	White 38.3	Blue 38.9	Blue 38.9
Wilbur Cross:	Alling Memorial Golf Course	Middle 33.9	Middle 35.1	Back 35.1	Back 35.9				
Wilbur Cross:	Alling Memorial Golf Course	Middle 33.9	Middle 35.1	Back 35.1	Back 35.9				
Wilby	Western Hills Golf Course	White 34.9	White 34.6	Blue 35.4	Blue 35.1	White 37.9	White 36.6		
Wilby:	Western Hills Golf Course	White 34.9	White 34.6	Blue 35.4	Blue 35.1	White 37.9	White 36.6		
Wilcox Tech	Hunter Golf Club	White 34.5	White 34.7	Blue 35.4	Blue 35.6	Gold 37.1	Gold 37.1		
Wilton	Rolling Hills	Silver 34.6	Silver 33.8	White 36.0	White 35.1	Silver 37.6	Silver 36.2	White 39.3	White 37.9
Windham	Windham Club	Green 35.0	Green 35.4	Black 35.6	Black 35.9				
Windham Tech:	Skungamaug River Golf Club	White 32.5	White 34.5	Blue 32.8	Blue 34.8				
Windsor Locks	Copper Hill GC	White 33.3		Blue 34.4		White 36.1			
Wolcott	Farmingbury Hills	White 33.6		Blue 34.9					
Wolcott Tech	Torrington Country Club	White 34.2	White 34.0	Blue 35.3	Blue 35.1	White 37.3	White 37.3		
Woodland	Oxford Greens	White 35.6	White 35.4	Blue 36.5	Blue 36.2	White 38.8	White 38.7		
Woodstock Academy	Quinnatisset Country Club	White 34.7	White 34.7	Black 35.0	Black 35.0				
Xavier	Portland Golf Club	White 33.5	White 35.1	Gold 34.0	Gold 35.7				