

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
30 Realty Drive, Cheshire, Connecticut 06410  
Telephone (203) 250-1111 / Fax (203) 250-1345  
[www.ciacsports.com](http://www.ciacsports.com)

56<sup>th</sup> ANNUAL CIAC ICE HOCKEY TOURNAMENT  
Sponsored by Subway



**General Information**

This data sheet for things to do to avoid fines and possible disqualification may be helpful to you.

**1. MUST BE IN THE CIAC OFFICE ON -- TUESDAY, MARCH 3, 2015**

- Entry form due via the password-protected online eligibility center.
- **All qualifying teams must submit a team picture to the CIAC office –you may email to [jsylvester@casciac.org](mailto:jsylvester@casciac.org).**
- All those not qualifying for the tournament must submit the DNQ form via the password-protected online eligibility center.
- Entry fee \$150 per team
- **GAME PENALTY REPORT FORMS FOR EACH GAME PLAYED IN OR OUT-OF-STATE – HOME AND AWAY MUST BE DELIVERED TO CIAC BY NOON.**
- **Non-qualifying teams** – Penalty report forms must be mailed for each game played in or out-of-state – home and away – for teams not qualifying for the tournament.

**2. THURSDAY, MARCH 5, 2015**

- **Reporting Scores** -- Scores of games played on March 3 through March 5 should be reported as soon as they are completed either 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.
- 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 no more than 24 hours following the game’s completion. It is highly recommended that scores are entered from the site as soon as the game ends.
- Major penalties incurred in games played March 3 – March 5 must be reported via the CIAC web site upon completion of play. Penalty report forms for games played on March 3 through March 5 must be mailed immediately to the CIAC office.

**3. SATURDAY, MARCH 7, 2015**

Information regarding tournament rankings and pairings will be on the CIAC web site – [www.ciacsports.com](http://www.ciacsports.com) by 11:30 a.m.

**MOST IMPORTANT – READ TOURNAMENT REGULATIONS.**

## ALERT PAGE

1. **In a division where fewer than 16 teams meet the 40% qualifying standard, a full bracket of 16 teams will be achieved by qualifying teams with next highest winning percentages. If ties exist when comparing winning percentages, the remaining spots in the 16 team bracket will be filled using the tie-breaker procedure, where the first tie-breaker will be power points. Should teams be tied by power points, the tie-breaker system already in place will be followed.**
2. **Scrimmages** – Teams must have a minimum of three (3) days of practice prior to scheduling a full team scrimmage. All sports **teams** will have a minimum of fourteen (14) practice days before the date of the first scheduled competition. Sundays do not count as a day of practice. Saturdays and holidays may be used as practice days unless prohibited by local board policy or the CIAC committee on seasons limitations. An **individual athlete** must participate in a minimum of ten (10) practices prior to competition. An athlete that has been participating in a sport the previous season that overlaps with a winter sport would not be required to complete the ten (10) practices prior to competition.
3. **In an effort to promote good sportsmanship a reminder of two CIAC rules:** (4.0 Athletic Administration - 4.7.A. #3, #5 - p 96 - Disqualification Rule)
  - Upon receiving a second disqualification for initiating a fight or retaliating in a fight (as determined by the game official), that student-athlete will be declared ineligible for the remainder of the season.
  - Any CIAC team that accumulates five (5) or more disqualifications will be barred from CIAC post-season competition. All disqualifications must be reported to CIAC. Any misconduct or disqualification of a coach will count towards the team's total number of disqualifications.
4. **Schedules - Regular Season** – Schedules for all sports in which the CIAC sponsors championships must be submitted, and kept current when game dates and/or time change, via the password-protected online eligibility center. No games may be added to the schedule that count for the tournament after the first play date in each sport.
5. **Reporting scores** – 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 no more than 24 hours following the game's completion. It is highly recommended that scores are entered from the site as soon as the game ends.

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.
6. **Tournament Rosters / Entry / Officials** – 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 March 3, 2015.
7. **Special Needs Athletes** – Coaches are reminded to inform contest officials prior to each competition of any special needs student who could be competing in the contest when his/her disability could impact the individual's performance or the conduct of the competition.

8. **Key Dates for 2013-14 Season**

First practice date		Monday, December 1, 2014
First contest date		Wednesday, December 17, 2014
Last game date to count for tournament		Thursday, March 5, 2015
Tournament play begins		Monday, March 9, 2015
Tournament semi-finals		March 16, 17, 18, 2015
Tournament finals	Division II	March 20, 2015 - Ingalls Rink - 7:30 p.m.
	Division III	March 21, 2015 - Ingalls Rink - 10:00 a.m.
	Division I	March 21, 2015 - Ingalls Rink - 2:00 p.m.

**Tournament Director:** George Hall  
Home Telephone (860) 628-9540 / Cell (860) 680-3993  
CIAC Fax (203) 250-1345  
E-mail – [GBH1415@sbcglobal.net](mailto:GBH1415@sbcglobal.net)

9. **Ineligibility for 2015 Tournament**

Rule 13 of the CIAC Ice Hockey Tournament Rules indicates that a team will be declared ineligible if:

- a. It commits more than six (6) major and/or misconduct penalties;
- b. It commits four (4) or more major and/or misconduct penalties if it is on probation.

10. **Probation** -- During the regular playing season, including league playoffs and state tournament matches any major and/or misconduct penalties adding up to 4 or more will lead to a team's being placed on probation. For a team already on probation a total of 1-3 penalties other than minors may lead to extension of probation; 4 or more will lead to a team's being declared ineligible for tournament participation.

If your team is affected by this rule and you wish to appeal to the CIAC Ice Hockey Committee to explain extenuating circumstances, you must report to the CIAC office, Saturday, March 7, 2015.

11. **CIAC Late Entry 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 requests will be considered.**

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

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

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

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

13. **Signs, Noisemakers, Balloons Forbidden** – Please stress to pupils over your public address system the regulation that the use of confetti, signs, banners, placards, balloons and streamers is DEFINITELY NOT ALLOWED at tournament games. Bugles, horns, drums, whistles, or other noisemakers contribute nothing to the game and are a genuine source of annoyance to spectators. THEY WILL NOT BE PERMITTED AND ANYONE RESPONSIBLE FOR SUCH ANNOYANCE WILL BE ASKED TO LEAVE THE GAME.

## **2014-15 CIAC ICE HOCKEY TOURNAMENT RULES**

As recommended by the Ice Hockey Committee and approved by the CIAC Board of Control

1. Only institutional members of the Conference may enter the tournament.
2. Games played with non-member Connecticut schools shall **NOT** be considered in the rating of teams. But the CIAC member school must follow all other aspects of eligibility, discipline, etc., required by the CIAC. Games played against teams outside of Connecticut must be members of their respective state associations in order to count for rating in the state tournament. A penalty report form of the governing body from the game site must be submitted with end-of-season report. All reportable/misconduct penalties shall be included in the end-of-season count.
3. **Division Qualifications for 2015 Tournament**
  - a. The 2015 tournament will be operated in three (3) divisions.
  - b. A team must play a **minimum of twelve (12) games** and only the first two (2) games played with any single opponent will be included in the twelve games. Teams will qualify for the tournament with win/loss records of 40% or greater. In a division where fewer than 16 teams meet the 40% qualifying standard, a full bracket of 16 teams will be achieved by qualifying teams with next highest winning percentages. If ties exist when comparing winning percentages, the remaining spots in the 16 team bracket will be filled using the tie-breaker procedure, where the first tie-breaker will be power points. Should teams be tied by power points, the tie-breaker system already in place will be followed.
    - The tournament bracket in each division will be filled with 16 teams.
    - Teams with a .400 or greater win percentage qualify first, then the sub-.400 teams with highest win percentages will be added until the field has 16 teams.
    - Once the sub-.400 teams to be included are designated, they will be ranked as a separate group by power points and seeded in order below the .400+ teams.
    - No sub-.400 team will be ranked above any .400+ team in the tournament seeding, even if the sub-.400 team has more power points.
  - c. Only games officiated by certified officials will count toward CIAC tournament ranking. It is the responsibility of the home team to hire certified officials for all regular season games.
  - d. The principal and coach of each hockey playing school will be notified of their team's divisional placement at the conclusion of each season. **Appeals of a team's divisional placement must be made in writing by the principal no later than April 17, 2015.** The appeal must be based on historical data that includes, but is not limited to:
    - Number of returning players
    - Feeder system data
    - Amount of ice time per week
    - Budget
    - Win/loss/tie records versus opponents by division
    - Regular season and tournament success
  - e. Following is a list of the 2014-15 CIAC ice hockey tournament divisional placements. The listing of divisions is accurate based on information as of September 2014. The listing in the packet will not be updated throughout the year as schools add or delete teams. The current listing reflecting changes made after the packet was published can be found on the ice hockey page of the CIAC web site.

**Division I (16)**

Darien  
 East Catholic, Manchester  
 Fairfield Prep.  
 Glastonbury  
 Greenwich  
 Hamden  
 New Canaan  
 N.W. Catholic, W. Hartford  
 Notre Dame, Fairfield  
 Notre Dame, West Haven  
 Ridgefield  
 Simsbury  
 South Windsor  
 St. Joseph, Trumbull  
 West Haven  
 Xavier, Middletown

**Division II (21)**

Amity Reg., Woodbridge  
 Branford  
 Cheshire  
 Conard, W. Hartford  
 Daniel Hand, Madison  
 East Haven  
 Farmington/Avon/Windsor\*  
 Fairfield Warde/Ludlowe\*  
 Fermi/Enfield/E.Granby/Stafford\*  
 Guilford  
 Milford-Law/Foran/Platt Tech.\*  
 New Milford  
 Newington/Berlin/Manchester\*  
 North Branford  
 North Haven  
 Rockville/Bolton/Coventry/RHAM\*  
 Suffield/Granby/Windsor Locks\*  
 Trinity Catholic, Stamford  
 Trumbull  
 Watertown/Pomperaug\*  
 Wilton

**Division III (20)**

Danbury/Brookfield/Bethel\*  
 E.O.Smith/Tolland \*  
 Fitch/E. Lyme/Ledyard/Waterford/  
     Wheeler/Hale Ray\*  
 Hall/Southington\*  
 Hous. Valley/N.W.Reg./Wamogo\*  
 Joel Barlow, Redding  
 Lyman Hall/HK/Coginchaug\*  
 Masuk, Monroe  
 New Fairfield/Immaculate\*  
 Newtown  
 NFA/St. Bernard/Bacon Ac/  
     Stonington/Lyman Memorial\*  
 Norwalk/McMahon\*  
 Sheehan, Wallingford  
 Shepaug/Litchfield/Nonnewaug\*  
 Stamford  
 Staples/Shelton/Weston\*  
 Tri-Town (Ellington/Somers/E. Windsor)  
 Westhill, Stamford  
 Wethersfield/Middletown/Rocky  
     Hill\*  
 Woodstock Academy

\*Co-op team

4. Each year, the Ice Hockey Committee will publish a new three-division placement of teams that will determine “power points” based on wins, losses and ties against in-state and out-of-state opponents.
5. Regardless of regular season postponed games, the date of Thursday, March 5, 2015 must be the final day to count for the tournament.
6. **TEAMS TIED BY POWER POINTS WILL EARN POSITION BY – (1) # OF WINS, (2) HEAD-TO-HEAD – TWO TEAMS ONLY, (3) # OF COMBINED WINS & TIES, (4) ELECTRONIC TIE-BREAKER.**
7. a. All qualifying and first round tournament games will be played at the site of the higher ranked team’s facility, unless it is determined by the Ice Hockey Committee that the facility does not meet reasonable standards.

The cost of the QUALIFYING AND FIRST ROUND GAMES will be borne by the higher ranked team with CIAC subsidizing each game at \$1,000 for all divisions.

Participation by schools in the tournament will be contingent on acceptance of this agreement. In addition, the CIAC will pay all game officials expenses and local site directors fees as predetermined by the Ice Hockey Committee.

**The Tournament Director will assign all on-ice officials and goal judges for the entire tournament. Host schools will assign only P.A., timer, etc.**

- b. For the playdowns and regular tournament games, the pairings will be as follows:

<u>First round</u>	<u>Quarter-finals</u>	<u>Semi-finals</u>	<u>Finals</u>
1 vs 16			
8 vs 9	1 vs 8		
4 vs 13		1 vs 4	
5 vs 12	4 vs 5		
2 vs 15			1 vs 2
7 vs 10	2 vs 7		
3 vs 14		2 vs 3	
6 vs 11	3 vs 6		

- c. If for any reason fewer than 16 teams qualify for either division the highest ranked team will draw byes for the first round.

- d. If more than 16 teams qualify in Division I and/or Division II the preliminary pairings shall be as follows:

<u>If 17 teams</u>	<u>If 18 teams</u>	<u>If 19 teams</u>	<u>If 20 teams</u>
16 vs 17	15 vs 18	14 vs 19	13 vs 20
	16 vs 17	15 vs 18	14 vs 19
		16 vs 17	15 vs 18
			16 vs 17

- e. Higher ranked teams will wear white and lower ranked teams will wear dark uniforms.
- f. The higher ranked team will be designated as the home team.
- g. Throughout the tournament teams will maintain their original ranking.
- h. No tournament game will be scheduled to begin after 8:30 p.m. on a night when school is in session the following day.
8. a. Selection of teams and sites by the Ice Hockey Committee shall be final.
- b. The playing time will be three fifteen minute periods. Intervals between periods will last ten (10) minutes.
- c. **Tie Game Ending Procedures** – At the end of a regulation time, if a tie exists, the following procedure is in place:
- 1) **First Overtime** – One fifteen (15) minute sudden victory overtime period will be played with five players per team and one goaltender per team. Teams do not change ends.
  - 2) **Second Overtime** – Teams will change ends and a second fifteen (15) sudden victory overtime period will be played, with four (4) skaters per team and one (1) goaltender per team. In all tournament games, this step will be repeated until a winner is declared.
  - 3) All National Federation rules apply throughout overtime periods.
- NOTE: New ice will be made following the end of regulation time, and between each overtime period.
- Teams will win outright championships on the ice – no co-champions.
- d. National Federation Rules will govern all play.

- e. A team that has qualified for the semi-finals and finals at Ingalls Rink at Yale University may attempt to schedule a single practice session prior to either the semi-final or final game. Teams are limited to only one practice session at Ingalls Rink, not to exceed one and a half hours. Arrangements for said practice must be secured through the office of the Rink Manager at Ingalls Rink on an availability basis. The CIAC Ice Hockey Committee and the management of Ingalls Rink make no guarantee concerning the availability of ice time.
  - f. Protests based on eligibility of players will be honored by the Eligibility Committee or CIAC Board of Control, protests based on play situations, rule interpretations and decisions which involve judgment on the part of game officials will not be accepted.
9. DURING THE REGULAR SEASON COACHES ARE REQUIRED TO PARTICIPATE IN THE ICE HOCKEY OFFICIALS ASSOCIATION EVALUATION SYSTEM. OFFICIALS FOR TOURNAMENT GAMES WILL BE ASSIGNED BASED ON COACHES' EVALUATION.
10. Tournament dates for 2015 have been scheduled as follows **but may be subject to change:**

Tournament Begins – March 9, 2015

Finals – March 20, 21, 2015

11. Entry/roster forms must be submitted via the online eligibility center or the submit scores/forms option under the CIAC for coaches menu at CIACsports.com by Tuesday, March 3, 2015. Forms submitted after March 3 may be rejected.

List games scheduled for March 3 through March 5, 2015, inclusive and submit via the CIAC web site the scores of these games prior to 9:00 a.m., Saturday, March 7, 2015. **A hard copy of ALL PENALTY REPORT GAME FORMS (home and away) must be mailed or hand delivered to the CIAC office, 30 Realty Drive, Cheshire, CT 06410 – so that these forms are received in the CIAC office no later than Noon, March 3, 2015 – both in and out-of-state games.** Incomplete entry forms or missing penalty report forms will result in a \$50 fine and may result in team disqualification from the tournament. For games scheduled between March 3 – March 5 major penalties should be reported by phone to the CIAC and copies of the penalty report form mailed to the CIAC office, or faxed (203) 250-1345, or emailed to [jsylvester@casciac.org](mailto:jsylvester@casciac.org) before Friday, March 6, 2015.

12. **\*Charges for admission to tournament games through quarter-final round** (\*subject to change)

Free -- Children five (5) and under

\$5.00 -- Senior Citizens (age 65 and older) -- Students (grades 1-12)

\$8.00 -- Adults (All others not in the above categories)

**Semis & Finals:** All tickets are \$9.00 online at [ciacsports.ticketleap.com](http://ciacsports.ticketleap.com) (no service charge); \$10.00 at Ingalls Rink

13. In the event of any situation not covered in these rules, the decision of the ice hockey Committee or its representatives shall be final.
14. During the regular playing season any major and/or misconduct penalties from the list identified on the CIAC game penalty report form for all games played in or out-of-state, adding up to 4 or more will lead to a team's being placed on probation. Over 6 will lead to a team's being declared ineligible for participation in the state tournament. For a team already on probation a total of 1-3 penalties other than minors may lead to extension of probation; 4 or more will lead to a team's being declared ineligible for tournament participation.
15. During the course of a tournament any incident of unsportsmanlike conduct by the fans, players, or coaches before, during, or after a game must be reported to the CIAC by the building principal(s) and game officials which may result in a formal hearing before the Ice Hockey Committee, and possible disciplinary action.

**Penalty report forms for ALL tournament games, including league and CIAC tournaments and other championship games must be sent to the tournament director at the CIAC office, 30 Realty Drive, Cheshire, CT 06410.**



16. **Complimentary Tickets** – Participating schools will be issued ten (10) complimentary tickets to each principal to be used for supervision purposes. In addition, each head varsity ice hockey coach who makes the 2014-15 tournament may request in writing only a pass for use throughout the tournament.
17. **All schools that do not qualify for the tournament are required to submit a penalty report form for each game played (home or away) in or out-of-state by March 3, 2015. Failure to turn in penalty report forms may lead to a school being placed on probation for the following season.** Report forms must be sent to CIAC, 30 Realty Drive, Cheshire, CT 06410.
18. According to CIAC regulations, commercially manufactured throat guards designed specifically for ice hockey, are required equipment for all players, including goaltenders, during the regular season and tournament play. Any player who, after being warned, fails to wear a throat guard, shall receive a misconduct penalty. Such penalty shall be reported to the CIAC on the penalty report form. (CIAC regulation 3-4-1)
19. **Canceled Games / Forfeits** – Member schools will be required to submit regular season schedules for all sports controlled by CIAC in which member schools participate. Determination of forfeiture will be based on this schedule.
- A forfeit game shall count as a victory for the team declared the winner and as a loss for the team declared a loser in determining tournament qualifications and ratings. For tournament qualifications only the following reasons for a forfeit shall be accepted.
- 1) A team shall forfeit a game(s) if through a violation it is required to do so under the CIAC Rules of Eligibility.
  - 2) A team shall forfeit a game(s) if the game official declares the game a forfeit as a result of a National Federation rule violation, or a team refuses to play after being instructed to do so by the game official.
  - 3) Forfeitures will be honored by each CIAC sports committee when there is mutual agreement between the principals of the two schools involved in the game not played. Each principal must submit on the official CIAC Canceled Game – Forfeiture Form his/her decision and it must be received in the CIAC office within 72 hours following the time of the scheduled contest. On the eve of a tournament when there is not sufficient time for normal administrative procedures (72 hours) if a question of team forfeiture arises the Executive Director or his/her designee, in consultation with the Chairman of the sports committee affected and the principals of the two schools will make an appropriate ad hoc decision in consideration of the best interests of the tournament as a whole.
  - 4) **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.**
  - 5) All games listed on the original schedule and submitted to the CIAC which are not played and have not been forfeited in accordance with this policy will be considered by each sport committee as no contest and shall not count for tournament qualification and rating unless it affects the minimum number of games required to qualify for tournament participation. In this instance the sport committee shall review the evidence submitted by the teams involved and may grant an exception from the minimum game number requirement. The minimum winning percentage as determined by the individual sports committee must be met under all circumstances.
20. **Protests** – Protests arising from the decisions, interpretations and misapplication of the National Federation or CIAC game rules by officials during the contest will not be considered. The decisions and interpretations of the rules by game officials are final.
21. Any team leaving the contest area before the conclusion of the contest because of dissatisfaction with the officiating will render the school liable to disciplinary action by the conference.

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

### CIAC Ice Hockey Committee

#### Administrators

Thomas Neagle, AP, Glastonbury High School – Chair  
Andrew Pettola, AP, North Haven High School  
James O'Connor, Mary Tisko School, Branford  
Stephen Falcone, Dir. of Personnel, Stamford Public Schools  
David Eustis, President, N.W. Catholic High School, West Hartford

#### Coaches

Sal Follo, Foran High School – Ch  
Chris Stevenson, Rockville High School, Vernon  
Dave Harackewicz, Newington High School  
Marty Roos, Notre Dame Catholic High School, Fairfield – Ex officio

#### Consultants

George Hall, Southington – Tournament Director  
Al Cramer, Newtown  
Steve Richetelli – Officials  
Ken Henrici, Superintendent, Reg. #11  
Tom Malin, East Catholic High School, Manchester - CAAD  
Steve Trifone, Cheshire High School – CAAD

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

56<sup>th</sup> ANNUAL ICE HOCKEY TOURNAMENT  
(Limited to members of the Conference)

1. Tournament Rosters / Entry Form – Can be submitted on the Online Eligibility Center or the submit scores / forms option under the CIAC for Coaches menu at CIACsports.com. Entry must be submitted NOT LATER THAN 4:00 p.m., TUESDAY, MARCH 3, 2015. Entry forms not received by 4:00 p.m., Tuesday, March 3, will result in a \$50 late fee and may be rejected.
2. Please list the players you intend to use. It is your responsibility to check eligibility in accordance with CIAC regulations and their physical fitness.

**THE MAXIMUM NUMBER OF PLAYERS THAT MAY DRESS FOR REGULAR SEASON OR CIAC TOURNAMENT GAMES IS 23.**

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

The principal certifies that the above-named players are eligible under the CIAC Rules of Eligibility.

3. Entry Fee -- \$150.00. 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 boys ice hockey options on the Online Eligibility Center.
4. Penalty Report Forms – A penalty report form for EACH GAME PLAYED – in or out-of-state and home or away must be delivered to the CIAC office before Tuesday, March 3, 2015.

Penalty report form must be submitted via the Online Eligibility Center.

**Record of Major and/or Misconduct Penalties, Other than Minors During Regular Season  
(See Rule 13) for All In and Out-of-State Games**

Home Team Players & #	Type of Penalty & NFHS Rule #	Penalty Explanation
Ex. – J. Smith    #16	Major – Rule #	Charging – Flagrant

**Under the Column Penalty Type** indicate Misconduct, Disqualification and/or Major. **Under the Column Explanation** Give a description of the penalty. (i.e. spearing, fighting, profanity, etc.)

## **RESPONSIBILITIES OF ADMINISTRATOR OF COMPETING SCHOOLS**

### **For CIAC Ice Hockey Tournament Games**

Sports tournaments are natural extensions of the regular season. The CIAC therefore expects that officials of participating schools will share to the fullest extent in the responsibilities for supervision of crowd control at tournament games. Participating officials must use every reasonable means to insure sportsmanlike spectator conduct. The following measures, if carried out conscientiously, can help to secure and maintain proper conditions before, during and following tournament contests.

#### **A. Before a Game**

1. See that an educational program on proper crowd control behavior at games is conducted for the students over the intercom or announced in the school notices when the team is scheduled for a tournament contest on any particular day.
2. Advise students that the use of confetti, signs, placards, streamers, bugles, horns, drums or other obnoxious and disconcerting noisemakers will not be allowed under any circumstances and that after one warning violators can and will be removed from the site of that game.
3. **Check condition of Student / Fan Seating area for existing damage.**
4. **At least one top level administrator shall attend each tournament game (the principal and/or an assistant). This administrator is to identify him/herself to the site director who can issue him/her some proper identifying tag or badge. Principals are to notify the CIAC central office when administrators other than him/herself or an assistant will fulfill this responsibility.**

#### **B. During a Game**

1. Observe your team personnel, coach, assistant coach and your fans that all is in good taste and good sportsmanship.
2. Assist the site director and game authorities if any unpleasantness or incident(s) occur.

#### **C. After a Game**

1. Remain until certain that all is proper and well.
2. Help anywhere that help is needed. Cooperate to the fullest degree on any situation with the proper people.

## **RESPONSIBILITIES OF COACHES AND ASSISTANT COACHES OF COMPETING TEAMS**

#### **A. Before a Game**

Arrive in good time with your team. Stay with your players at all times during the pre-game period.

#### **B. During a Game**

1. Conduct yourself (and assistants) as gentleman at all times. Set a good example for your players and followers. Do not engage in theatrics or any unsportsmanlike conduct of any type that might tend to incite your fans to bad behavior.
2. Coaches and officials by the very nature of their positions exert a tremendous influence over the control of a game. This influence on the game must be exerted in a most positive manner by showing a complete respect for all official judgment calls and interpretations.

C. After a Game

1. Escort your team as a group from the playing surface to your assigned locker room.
2. Stay with them in the locker room to see that all is well, win or lose.
3. Accompany players (and any other personnel) to the bus. Travel back with them to your school.

**RESPONSIBILITIES FOR ATHLETIC DIRECTORS OF COMPETING SCHOOLS**

A. Before a Game

1. Arrange the ticket sales to students and adults at his/her school if there is an advance sale. Make a report of this ticket sale to the site director. Return any unsold tickets and a check (payable to CIAC) to the site director well before game time.
2. Announce and/or publish directions for getting to the game site through local media and announce same over the school intercom.
3. Arrange for transportation for the team, cheerleaders and spectators from his/her school.
4. Cooperate with your principal and other school administrators in briefing and educating the student body about proper behavior and good sportsmanship at tournament games.
5. The athletic director and/or his/her designated representative shall arrive at the game site well in advance of the game time and identify him/herself to the site director and confer with him as to the game-to-be. An identifying badge or tag will be issued.
6. **CHECK LOCKER ROOM AND OTHER TEAM FACILITIES WITH THE SITE DIRECTOR FOR DAMAGE, ETC. Schools which have been determined to cause damage to facilities or equipment shall be responsible to the site for payment.**

B. During a Game

Sit strategically where the conduct of your coach, team and students can be observed. Be alert for any disruptive acts or potential trouble and do all you can to aid the site director in such a case.

C. After a Game

Stay afterward long enough to make certain and satisfy yourself that your team, coaches, cheerleaders, students, etc., are safely off the playing rink and out of the building.

**RESPONSIBILITY OF SITE DIRECTOR**

- A. Hire all personnel necessary for the proper and safe conduct of the game(s) as during the regular season of play. Meet with them as deemed necessary and explain in detail the jobs to be done individually and as a whole for the best conduct of the event. **All on-ice officials and goal judges will be assigned by tournament director for all tournament games.**

Ticket Seller(s)	Uniformed Police	Custodian(s)	Locker Room(s) Supervisor
Ticket Taker(s)	Zamboni Operator	Announcer	Official Scorer
Timer(s)	Fireman	Door Guard(s)	Minor Officials

1. Especially make certain that an EMT, athletic trainer or nurse is in attendance. This is most important, needless to say.
  2. Experienced personnel shall be employed along with P.A., clock operator(s) and scorekeeper.
  3. Assign locker rooms and team benches to the competing teams along with respective crowd seating sections. Signs should be properly placed for fan information as to rest rooms, team and fan areas, traffic directions, concessions, first-aid room, main office, etc.
  4. Provide the competing schools and officials with travel directions to the site.
  5. Provide proper parking for team and cheerleader busses and the game officials.
  6. Provide and arrange referees quarters – dressing room with privacy. They must be protected getting on and off the playing area.
  7. Make certain that all mechanical equipment is in good working order; such as scoreboard, public address system, Zamboni machine, lights, etc. Be sure that all equipment and supplies are on hand for the proper conduct of the game including a P.A. system and a recording of the National Anthem.
  8. Standby and experienced personnel should be employed and available in all instances.
  9. Take every precaution as deemed necessary for the best of crowd control in every way. Consult with the tournament director in advance of any unusual situation or emergency that may arise.
  10. Consult with coaches and officials that by the nature of their positions they exert a great influence over the control of a game. They must exert this influence on the game in a most positive manner by showing a complete respect for all official judgment calls and interpretations.
  11. Instruct all key personnel, police and ticket takers in particular, that any persons with such items as offensive signs or banners, obnoxious and vulgar wearing apparel, alcoholic beverages of any kind, drugs, badges or buttons in bad taste and the like shall not be allowed admission to the game(s). “Tailgating” outside the site’s grounds and premises shall not be allowed.
- B. Arrange for the sale of tickets, if there is no pre-game sellout. Contact competing schools as to their advance sale so that he can judge what may be sold at the game site itself that afternoon or evening. Schools should bring any remaining unsold tickets, and a check, payable to the CIAC, for what was sold to the Site Director that day.

If a particular game is sold out in advance, notify as early as possible the competing schools to request that the radio stations serving their area get the message publicized as well as in the schools so that people will not travel needlessly to some sold out game. Police should be placed outside the rink (front and rear) to notify disappointed fans of the sellout and also keep them some distance away. Disgruntled fans have been known to become unruly and cause damage to property.

C. During a Game

1. Move about constantly checking with various personnel and especially keeping in close contact with the police officer in charge as to crowd behavior and any other situation. Uniformed police should be at their proper stations and constantly alert.
2. Keep the playing area clear of spectators.
3. Keep exits, aisles, lobbies, passageways, parking areas, entrances safe and clear of loiterers and unauthorized personnel. This includes the area behind each goal.

4. Work with the overall hired and school personnel to discourage unsportsmanlike conduct. Take steps in advance to prevent any unpleasant occurrence by exercising good judgment and common sense at all times.
5. Do not permit under any circumstances the bringing in and possible use of confetti, signs, placards, streamers, bugles, horns, drums or other obnoxious noisemakers. After one warning any violator(s) should be removed from the game site.
6. Handle any disruptive incidents quickly and efficiently. Call on police and rink help as judged necessary.
7. Assist the coach in case of injury to any player. The doctor, ambulance or paramedics should be assigned proper places and ready at all times to render any possible first aid, etc.

D. After a Game

1. Do everything possible to insure the safety of players, game officials and spectators. Proper personnel to guard exits, entrances, corridors, lobbies, parking lots, locker rooms, rest rooms, busses, etc., should be assigned and duties explained to them.
2. See that teams are aboard busses safely with a police escort to adjacent highways if needed.
3. Communicate with the principal or athletic director of any school whose coaches, players or fans exhibit bad and undesirable behavior.

E. Cheerleaders

1. Cheerleaders will be admitted free to any tournament game(s) in which their school participates with their proper advisor or escort.
2. Bands, drill teams, musical groups, baton twirlers and such are not to be admitted to or perform at any game.

F. Postponement of Games

The site director will have the authority to postpone any game in the event of bad weather or any other unforeseen circumstances, and he will immediately notify the Tournament Director thereof. The Tournament Director will then arrange for a site and time for the rescheduled game with proper notification of this to all concerned; such as competing schools, coaches, officials, news media, etc.

- G. Game Score – This is very important for future pairings and choice of sites. The score of the game(s) must be telephoned in immediately to Tournament Director George Hall (860) 628-9540.

H. Game Report

1. Complete as soon as possible by making a thorough and accurate financial report on the proper forms furnished by the CIAC as to ticket sales, operational and personnel expenses, etc.
2. Make any checks payable to the CIAC.
3. Return financial report, expense report, and unsold tickets to the CIAC office, 30 Realty Drive, Cheshire, CT 06410. Consult CIAC memo as to Duties of CIAC Tournament Directors and Site Directors.

- I. CIAC Tournament Playing Rules – Have a copy on hand and know the CIAC rules as to tournament play and the conduct thereof in general. For example – new ice, or resurfacing thereof, shall be made between each period.

## CIAC Ice Hockey Committee

### 2014-15 Highlights of Tournament Regulations

1. Dates for the 2014-15 season are:

First practice date		Monday, December 1, 2014
First contest date		Wednesday, December 17, 2014
<b>Last game date to count for tournament</b>		Thursday, March 5, 2015
Tournament play begins		Monday, March 9, 2015
Tournament Semi-finals		March 16, 17, 18, 2015
Tournament Finals	-- Division II	March 20, 2015 -- 7:30 p.m.
	-- Division III	March 21, 2015 -- 10:00 a.m.
	-- Division I	March 21, 2015 -- 2:00 p.m.

2. Cost of the qualifying and first round games will be borne by the higher ranked team with the CIAC subsidizing each game at a rate of \$1,000 per game.
3. Complete entry information shall include a game / penalty report form for EACH game – home and away – played in or out-of-state, INCLUDING ALL TOURNAMENTS, CHAMPIONSHIP GAMES (league, CIAC, others). Incomplete forms will result in a \$50 fine and may result in disqualification from the tournament.
4. Tournament qualification/seeding teams for the purpose of pairings shall be based on the following formula:
- There will be three (3) defined tournament divisions with no movement outside the assigned tournament division for tournament play.
  - The power point system will be used for tournament ranking within each division.
    - No point will be awarded for a loss
    - The same number of bonus points awarded for defeating a tournament qualifier will be awarded for victories over ALL out-of-state teams. (3 points for Division I opponents, 2 points for Division II opponents, and 1 point for Division III opponents.)
  - Teams will qualify for the tournament with win/loss records of 40% or greater. In a division where fewer than 16 teams meet the 40% qualifying standard, a full bracket of 16 teams will be achieved by qualifying teams with next highest winning percentages. If ties exist when comparing winning percentages, the remaining spots in the 16 team bracket will be filled using the tie-breaker procedure, where the first tie-breaker will be power points. Should teams be tied by power points, the tie-breaker system already in place will be followed.
    - The tournament bracket in each division will be filled with 16 teams.
    - Teams with a .400 or greater win percentage qualify first, then the sub-.400 teams with highest win percentages will be added until the field has 16 teams.
    - Once the sub-.400 teams to be included are designated, they will be ranked as a separate group by power points and seeded in order below the .400+ teams.
    - No sub-.400 team will be ranked above any .400+ team in the tournament seeding, even if the sub-.400 team has more power points.
  - Teams on probation with 4 or more major and/or misconduct penalties (except equipment) will be disqualified from tournament participation.
  - Teams not on probation with more than six (6) major and/or misconduct penalties (except equipment) will be disqualified from tournament participation.



f. Teams that fulfill steps (1-3) will be seeded in tournament using the following formula:

Wins --	Versus a Division I team	6 points
	Versus a Division II team	4 points
	Versus a Division III team	2 points
	Versus an out-of-state team	6, 4, 2 points depending on placement
Ties --	Versus a Division I team	3 points
	Versus a Division II team	2 points
	Versus a Division III team	1 point
	Versus an out-of-state team	3, 2, 1 points depending on placement

Bonus points for wins versus tournament qualifiers and out-of-state teams

Versus Division I tournament qualifier/out-of-state team	3 points
Versus Division II tournament qualifier/out-of-state team	2 points
Versus Division III tournament qualifier/out-of-state team	1 point

**No bonus points are awarded for wins vs qualifiers that do not meet the 40% standard.**

- g. This point system will produce a rank order list of the tournament qualified teams. The CIAC Ice Hockey Committee will use that rank ordered list of teams within each class for the annual post-season tournament that determines the three class champions.
- h. In the event that two or more teams have identical placements in the rankings the following criteria will be used to determine tournament seeding:
- 1) Number of wins
  - 2) Head-to-head competition – two teams only
  - 3) Number of combined wins and ties
  - 4) Electronic tie-breaker
- i. A team that forfeits a game(s) as a result of CIAC forfeiture policy cannot accrue bonus points from the forfeited game(s) toward tournament placement or qualification. Teams that receive a victory by virtue of a forfeit shall be awarded bonus points toward tournament placement or qualification.
- j. Beginning with the quarter-final round, CIAC will assign three on-ice officials (2 referees, 1 linesman) per game.
5. Game/penalty report forms for EACH GAME played in or out-of-state, home or away, MUST be submitted to the CIAC office as of Noon, Tuesday, March 3. (The Ice Hockey Committee cannot perform its duties properly and guarantee a fair tournament without complete and correct information. **PENALTY REPORT FORMS ARE NOT TO BE SUBMITTED ONLINE – HARD COPY IS TO BE MAILED OR HAND DELIVERED TO THE CIAC OFFICE SO THAT THESE FORMS ARE RECEIVED IN THE CIAC OFFICE NO LATER THAN NOON, TUESDAY, MARCH 3, 2015.**
6. If a coach does not have copies of the game/penalty report form contact your athletic director as soon as possible.
7. **Check condition of student/fan seating area for existing damage. Schools which have been determined to cause damage to facilities or equipment shall be responsible to the site for payment.**

## 2014-15 NATIONAL FEDERATION ICE HOCKEY RULE CHANGES

3-4-4	Description of a proper tooth and mouth protector language was updated.
4-10-2	All penalties, served or not, shall be recorded on the scoresheet.
5-2-2	Officials shall wear all required equipment for both the warm-up and the game.
5-3-1b	Officials are responsible for having access to an NFHS ice hockey rules book during games.
6-4-1	First-level penalty for boarding is a MAJOR.
6-4-2	Flagrant boarding acts shall be penalized a minimum MAJOR and MISCONDUCT. Official has discretion to issue a GAME DISQUALIFICATION for such acts.
6-7-1	First-level penalty for checking from behind is a MAJOR.

### 2014-15 Points of Emphasis

1. Player Safety/Dangerous Hits
2. Concussion Recognition and Management
3. Sportsmanship and Your Role
4. Proper Equipment

### POINTS OF EMPHASIS

The NFHS Ice Hockey Rules Committee continues in its belief that the main threat to the health of high school ice hockey is violent and reckless play. The safety and well-being of the participants is paramount and the primary focus of this committee. The committee has addressed the following areas to minimize dangerous, violent and reckless play.

**Player Safety/Dangerous Hits** – A fair body check is one in which a player checks an opponent who is in the possession of the puck, by using his upper body from the front or diagonally from the front or straight from the side, and does not take more than two strides (steps) in executing the check.

Boarding and checking from behind are viewed as two of the most dangerous plays in the sport. The correct and appropriate call must be made when these situations occur. The rules committee reminds coaches and players that the responsibility in this rule remains with the player approaching an opponent along the boards.

Hits to the head and fighting are never to be considered a part of the high school game. Hits from high hands, elbows, forearms, high sticks and shoving the head into the glass add no value to the game and only increase the risk of injury to players.

Hits on defenseless players (blind side hits) are illegal and are very dangerous plays in the sport. Late hits and unnecessary body contact are acts that need to be eliminated from high school hockey to create a safer environment for all participants..

**Concussion Recognition and Management** – For the past several years, the NFHS has been at the forefront of national sports organizations in emphasizing the importance of education, recognition and proper management of concussions. Any player who exhibits signs, symptoms or behaviors consistent with a concussion shall be immediately removed from the game. State association protocol pertaining to concussion management must be reviewed and followed. Please review Rule 2-6-1 and the Suggested Guidelines for Management of Concussions on page 82.

**Sportsmanship and Your Role** – It is imperative that coaches, officials, administrators, parents and participants all understand their role in education-based athletics and activities.

Fair play and respect are an essential part of the game of hockey. In order for a positive environment to be created, it is critical that all participants and spectators have respect for all players, coaches, officials, administrators, spectators and the sport of hockey. Taunting and unsportsmanlike conduct directed at opponents or officials will not be tolerated.

**Proper Equipment** – It is the responsibility of the head coach to ensure that all participants are equipped according to the rules. Additionally, each player is personally responsible to be properly equipped for participation in this sport.

## COMMENTS ON THE RULES

**Boarding (6-4-1)** – For risk minimization purposes, increasing the first level of penalty for boarding is a deterrent when combined with proper teaching and education. The severe action now carries with it, a severe penalty.

**Flagrant Boarding (6-4-2)** – For risk minimization purposes, increasing this penalty is a deterrent when combined with proper teaching and education. The severe action now carries with it, a severe penalty.

**Checking from Behind (6-7-1)** – For risk minimization purposes, increasing the first level of penalty for checking from behind is a deterrent when combined with proper teaching and education. The severe action now carries with it, a severe penalty.

## COACHES CODE OF ETHICS

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect and his/her welfare should be considered in decisions by the coach at all times. Accordingly, the following guidelines for coaches have been adopted by the NFHS Board of Directors.

**The coach** shall be aware that he/she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.

**The coach** shall uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

**The coach** shall take an active role in the prevention of drug, alcohol and tobacco abuse.

**The coach** shall avoid the use of alcohol and tobacco products when in contact with players.

**The coach** shall promote the entire interscholastic program of the school and direct the program in harmony with the total school program.

**The coach** shall master the contest rules and shall teach them to his/her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.

**The coach** shall exert his/her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.

**The coach** shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.

**The coach** should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.

**The coach** shall not exert pressure on faculty members to give students special consideration.

**The coach** shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.

**Connecticut Interscholastic Athletic Conference**  
**Concussion and Head Injury Awareness Information**  
**Part of Annual Review 2014-15**  
**Required for ALL School Coaches, Parents and Students in Connecticut**

**NOTE:** This document was developed to provide coaches, parents and students with an annual review of current and relevant information regarding concussions and head injuries. A new form is required to be read, signed, dated and kept on file by their associated school district annually to comply with Public Act No. 14—66 AN ACT CONCERNING STUDENT ATHLETES AND CONCUSSIONS. Forms may be found on the CIAC web site or through the athletic department at your school.

*A concussion is the immediate and transient alteration of neurological function in the brain caused by mechanical acceleration and deceleration forces.*

**Part I – SIGNS AND SYMPTOMS OF A CONCUSSION**

- 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.

**1. Signs of a concussion may include (what the athlete looks like):**

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

**2. Symptoms of a concussion may include (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

Note: Public Act No. 14-66 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 athletes has exhibited the signs and symptoms of a concussion.**

**Part II – RETURN TO PARTICIPATION (RTP)**

Currently, it is impossible to accurately predict how long concussions will last. There must be full recovery before someone is allowed to return to participation. 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, Athletic Trainer) trained in the evaluation and management of concussions.

**Concussion management requirements:**

1. No athlete SHALL return to participation (RTP) on the same day of concussion.
2. 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. This should be monitored for an appropriate amount of time following the injury to ensure that there is no escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated from a licensed health care professional (Physician, Physicians Assistant, Advanced Practice Registered Nurse, 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 mentioned above directing them into a well-defined RTP stepped protocol similar to one outlined below. If at any time signs or symptoms should 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 mentioned above for them to fully return to unrestricted participation in practices and competitions.

***Medical Clearance RTP protocol (Recommended one full day between steps)<sup>2</sup>***

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 activity	Walking, swimming or stationary cycling keeping intensity <70% of maximal exertion; no resistance training	Increase Heart Rate
3. Sport Specific Exercise	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add Movement
4. Non-contact Training drills	Progression to more complex training drills, i.e. passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination and cognitive load
5. Full Contact Practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff

\* 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, s/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 their medical provider.

***Part III - HEAD INJURIES***

– Injuries to the head includes:

- Concussions: (See above information). There are several head injuries associated with concussions which can be severe in nature including:
  - a) Second impact Syndrome - Athletes who sustain a concussion, and return to play prior to being recovered from the concussion, are also at risk for Second Impact Syndrome (SIS), a rare but life-altering condition that can result in rapid brain swelling, permanent brain damage or death; and
  - b) Post-Concussion Syndrome - A group of physical, cognitive, and emotional problems that can persist for weeks, months, or indefinitely after a concussion.
- Scalp Injury: Most head injuries only damage the scalp (a cut, scrape, bruise or swelling)... Big lumps (bruises) can occur with minor injuries because there is a large blood supply to the scalp. For the same reason, small cuts on the head may bleed a lot. Bruises on the forehead sometimes cause black eyes 1 to 3 days later because the blood spreads downward by gravity;
- Skull Fracture: Only 1% to 2% of children with head injuries will get a skull fracture. Usually there are no other symptoms except for a headache at the site where the head was hit. Most skull fractures occur without any injury to the brain and they heal easily;
- Brain Injuries are rare but are recognized by the presence of the following symptoms:
  - (1) difficult to awaken, or keep awake or (2) confused thinking and talking, or (3) slurred speech, or (4) weakness of arms or legs or (5) unsteady walking" (American Academy of Pediatrics – Healthychildren, 2010) .

**I have read and understand this document and understand the law requires me to immediately remove any player suspected of having a concussion and to not allow them to return to participation until they have 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>.
2. McCrory, Paul MBBS, PhD; Meeuwisse, Willem MD, PhD; Johnston, Karen MD, PhD; Dvorak, Jiri MD; Aubry, Mark MD; Molloy, Mick MB; Cantu, Robert MA, MD. Consensus Statement on Concussion in Sport 3rd International Conference on Concussion in Sport Held in Zurich, November 2008. Clinical Journal of Sport Medicine: May 2009 - Volume 19 - Issue 3 - pp 185-200  
[http://journals.lww.com/cjsportsmed/Fulltext/2009/05000/Consensus\\_Statement\\_on\\_Concussion\\_in\\_Sport\\_3rd.1.aspx](http://journals.lww.com/cjsportsmed/Fulltext/2009/05000/Consensus_Statement_on_Concussion_in_Sport_3rd.1.aspx).
3. Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports*.  
[http://www.cdc.gov/NCIPC/tbi/Coaches\\_Tool\\_Kit.htm](http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm).
4. U.S. Department of Health and Human Services Centers For Disease Control and Prevention. *A Fact Sheet for Coaches*. (2009). Retrieved on June 16, 2010. [http://www.cdc.gov/concussion/pdf/coaches\\_Engl.pdf](http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf)
5. American Academy of Pediatrics - Healthychildren. *Symptom check: Head Injury*. Retrieved on June 16, 2010. <http://www.healthychildren.org/english/tips-tools/symptom-checker/pages/Head-Injury.aspx>

**Resources:**

- Centers for Disease Control and Prevention. *Injury Prevention & Control: Traumatic Brain Injury*. Retrieved on June 16, 2010. <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, 2010.