

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
30 Realty Drive, Cheshire, Connecticut 06410

65<sup>th</sup> ANNUAL CIAC 2017 BOYS BASEBALL TOURNAMENT REGULATIONS



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65<sup>th</sup> ANNUAL 2017 CIAC BASEBALL TOURNAMENT

## PART I – CIAC ALERTS

### SEASON LIMITATIONS START DATES AND PRACTICE GUIDELINES

Pitchers and Catchers – No Change – Monday, March 13, 2017

First Full Team Practice –Saturday, March 18, 2017

Date to Play First Contest –Saturday, April 1, 2017

All sports teams and individual athletes must have a minimum of ten (10) exertional practice days with their school before the date of the first scheduled competition. No team/athlete shall practice/compete more than six (6) consecutive days to provide a day of rest. Saturdays, Sundays and holidays may be used unless prohibited by local board policy.

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### CIAC PITCHING RULE

Rationale: The CIAC Baseball Committee has been discussing counting pitches in place of our current inning rule for over a year in anticipation of making a change. This past summer the NFHS has mandated changes to rule 6-2-6 stating “Each NFHS member state association will be required to develop its own pitching restriction policy based on the number of pitches thrown during a game to afford pitchers a required rest period between pitching appearances” for implementation in the spring of 2017. Our research and discussions have led our state baseball committee to propose the following:

1. CIAC Pitching Limitation Rule -- This rule should apply to a pitcher regardless of the level at which he is pitching (regular season and championship playoffs) and is based on the number of legal pitches thrown in a game. The pitch count is based on pitches thrown to the batters during their time at bat. Warm-up pitches allowed before each inning and those warm-ups allowed by the umpire in case of injury or game delay do not count. All NFHS substitution and pitching rules must be followed.
  - If a pitcher throws 1-25 pitches in a day, no calendar day of rest is required before pitching again.
  - If a pitcher throws 26-50 pitches in a day, one (1) calendar day of rest must be observed.
  - If a pitcher throws 51-75 pitches in a day, two (2) calendar days of rest must be observed.
  - If a pitcher throws 76-110 pitches in a day, three (3) calendar days of rest must be observed.
  - If a pitcher throws over 110 pitches in a day, five (5) calendar days of rest must be observed.

Note: A calendar day means that if a pitcher throws 76 pitches on Tuesday, that player may not pitch again until Saturday. If they throw 25 pitches on Tuesday, the player may pitch again on the next day which is Wednesday. The starting time of the game does not matter in the calculation of when a pitcher is eligible to pitch again.

2. Line-Up Card – Prior to each game the coach will list the name(s) on the back of the line-up card of any pitcher who is unavailable to pitch that day as determined by the CIAC Pitching Limitation Rule.
3. Mechanism for Counting Pitches – Each school is required to develop a mechanism for accurately counting pitches for their own team.
4. CIAC Pitching Limitation Rule Penalty – Is based on the number of pitches thrown in a game. The pitch count is based on legal pitches thrown and the corresponding day(s) of required rest. The use of an ineligible pitcher, one who has violated this rule, shall result in the forfeiture of the game in which the ineligible pitcher participated.

Note: **Each school will be required to submit a pitch count log for each varsity pitcher at the conclusion of the season.**

## CIAC PITCHING LIMITATION RULE Q & A

1. Q – How do we define a legal pitch?

A - Only legal pitches thrown in a game are counted. A legal pitch is any pitch to a batter in a game that results in a ball, strike (called or swinging), foul ball or fair batted ball. An illegal pitch, a pitch that follows a balk or timeout being called, warm-up pitches, throws when playing a batted or thrown ball and pick-off throws to a base, are NOT counted under this rule.

2. Q - Does the pitch count need to be kept by an adult?

A - Each school is responsible to work out the mechanics of exactly how pitches will be counted. As long as it is an accurate accounting of pitches thrown it can be anyone.

3. Q - How will pitch counts be reported?

A - Varsity pitch counts will be reported online on a game-by game basis. It is not required to report sub-varsity pitch counts, however schools may use the online tool to track them if they wish.

4. Q - How will a discrepancy be settled if opponents disagree with the count at the end of an inning?

A - Pitch counts will not be verified with opponents by inning or by game as the count has no bearing on the game being played. The pitch counts will affect the next game on each team's schedule which is why you must list on the back of your lineup card any pitcher unavailable to pitch for the upcoming game.

5. Q - If a pitcher is at one of the threshold numbers like 75 and they are in the middle of a batter can they finish the batter and have their total revert back to the threshold number?

A - No, any legal pitch thrown is a pitch counted. If a pitcher finishes a batter and is then removed from the game with 77 pitches he must have three (3) full days of rest before he can pitch again.

6. Q - Can a pitcher throw more than 110 pitches?

A - Yes, the number of pitches thrown relates to a specific number of days of rest. In Connecticut there is NO maximum pitch count per day because we have faith in our coaches to protect and preserve the safety and welfare of the baseball athletes.

7. Q - Are the pitches counted if it is not a regulation game and declared no game by rule, or in a suspended game that must be continued?

A - Yes. If a game is started and then halted for any reason (weather, darkness, forfeit) a legal pitch thrown is a pitch counted and the corresponding required days of rest will apply. If the game is rescheduled or continued on the very next day, the pitcher may not pitch unless he threw less than 26 pitches during the halted game. If the game is rescheduled or continued at a later date, all pitchers with the required days of rest would be eligible to pitch in that game.

8. Q - Can a pitcher be moved to shortstop or any of the other defensive positions and then return to the mound later in the game, or in the second game of a calendar day?

A - Yes. A pitcher that remains in the game, but moves to a different defensive position may again pitch in that game provided the moves comply with the NFHS substitution and charged conference rules. His pitch count would be the total number of pitches thrown. Also, a pitcher may throw in multiple games on a calendar day, but all pitches thrown on that day on any level must be added together in establishing that pitcher's daily number of pitches.

9. Q - Does this rule apply to sub-varsity contests?

A - Yes, however schools are always asked to err on the side of caution, and using lower pitch counts or more days of rest is an option you should consider for younger aged athletes.

10. Q - What happens when a pitcher moves between the Varsity and JV team?

A - The number of counted pitches for a pitcher, “stay” with that individual, regardless of the level in which they pitch. For example, if a pitcher throws 76 counted pitches on Monday for the varsity team and moves to the JV team on Wednesday, that pitcher is ineligible to pitch for the JV team (or any team) on Wednesday due to his required three (3) days of rest. The first day this pitcher could again pitch at any level would be on Friday.

11. Q – How does the rule work if a school has a pitcher that is ambidextrous?

A - If a pitcher is ambidextrous, the pitch count limitations apply to the individual pitcher, not to the individual arm.

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**ALL BRACKETS IN THE BASEBALL TOURNAMENT WILL BE FILLED – NO MORE BYES**

A team must play a minimum of twelve (12) games against a varsity opponent and only the first two (2) games played with any single opponent will be counted towards tournament qualification. All teams will qualify for the tournament with a win/loss record of 40%. In a classification where fewer than 32 teams meet the 40% qualifying standard, a full bracket of 32 will be achieved by qualifying teams with the next highest winning percentages. If ties exist when comparing winning percentages the prevailing tie-breaker system will be used (see 5.2) to determine who will fill the bracket.

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**REMINDER – QUARTER-FINAL ROUND NOW PLAYED AT THE SITE OF HIGHER SEED**

- Quarter-final baseball games will be played at the higher ranked seed. PLEASE NOTE: QUARTER-FINALS WILL BE PLAYED ON SATURDAY, JUNE 3, 2017.
- Host school in quarter-finals MUST be able to sell tickets or secure a suitable site that can (at the host school’s expense).
- If the host school cannot find a suitable site the tournament director will find an alternate site and if one cannot be secured the home school may have to travel to the lower ranked seed.
- Due to the pitching rule ALL quarter-final games must be played on the designated day and any postponements must be played the following day.

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**ALL SCHEDULED GAMES MUST BE PLAYED**

All 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.

NOTE: The 4:00 p.m. curfew on the last day to count has been removed, however, schools are urged not to schedule a night game unless it is absolutely necessary to make-up a postponed game.

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**TOURNAMENT NIGHT GAMES**

**NIGHT GAMES IN THE QUALIFYING, FIRST, SECOND AND QUARTER-FINAL ROUNDS WILL NOT BE PERMITTED UNLESS THERE IS AN EXTENUATING CIRCUMSTANCE APPROVED BY THE TOURNAMENT DIRECTOR. THESE GAMES WILL BE SCHEDULED FOR 3:30 P.M. UNLESS BY MUTUAL CONSENT THEY NEED TO BE PLAYED EARLIER.**

## REGULAR SEASON GAME ENDING PROCEDURE

All games in the regular season will use this game ending procedure:

- Rule 4-2-1, 2, 3 and 4 ... during the regular season, a “regulation game” (4-1/2 innings if the home team is ahead – 5 full innings if the visiting team is ahead) is called for any reason other than forfeit (WHERE A WINNER CANNOT BE DETERMINED according to NFHS Rule 4-2-2; shall be treated as a SUSPENDED game and shall be completed at some later date.
- A game that has NOT reached “regulation length” shall be declared “NO GAME” (regardless of the score) and shall be replayed from the beginning at some later date.
- Please Note: Although a contest is declared “NO GAME” THE CIAC PITCHING RESTRICTION RULE SHALL STILL BE APPLIED.
- The CIAC tournament game ending procedure is different – See CIAC rule 7.2.a.

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## TOURNAMENT GAME ENDING PROCEDURE

Unlike regular season games – ALL TOURNAMENT GAMES MUST COMPLETE 7 INNINGS. See Rule 7.2.a. in the tournament packet.

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## BASEBALL OFFICIALS REGARDING POSTPONED GAMES

**Weather or Emergency Related Postponements** – If a school official is unable to reach the assigned official by phone a minimum of two (2) hours before game time the school should contact the Commissioner assigning the official or the individual designated to fulfill this responsibility and notify that person of the cancellation. If this is done, the school’s obligation to notify officials will be fulfilled. Failure to do so will require full payment of the game fee.

**Non-Emergency Related Postponements** – Games cancelled for non-emergency related reasons must be done 24 hours in advance of the scheduled game time. The school should contact the Commissioner assigning the official or the individual designated to fulfill this responsibility and notify that person of the cancellation. If this is done, the school’s obligation to notify officials will be fulfilled. Failure to do so will require full payment of the game fee.

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## REGULAR SEASON EXTRA HITTER RULE (Sub Varsity Games ONLY)

The National Federation has permitted the CIAC Baseball Committee to experiment with the “Extra Hitter Rule” (**sub varsity**).

- The Extra Hitter Rule **may** be implemented on a game to game basis at the **discretion of each coach**. If a team is unable or unwilling to use an EH the opposing coach still has the right to do so.
- The EH (if used)
  - a. Must be declared as part of the line-up prior to the start of each game
  - b. Is considered a starting player for the purpose of substitution and re-entry
  - c. May bat in any spot in the batting order
  - d. May be implemented with or without a DH (designated hitter)
  - e. Cannot appear as a defensive player in the game at any time
  - f. May not substitute (pinch hit or pinch run) for anyone else in the line-up
  - g. May be substituted for by any player who has not participated previously
  - h. May be dissolved at any time during the game only if there has been an injury, illness or ejection and no other player is available to fill the spot

Note: Participating teams are asked to keep official data on the number of times/games the EH is used. The Baseball Committee will review this data and the comments of coaches for future consideration.

## TOURNAMENT BASEBALL

The following tournament balls will be used throughout the entire tournament – **Spalding TF Pro Baseball**.

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### BAT RULE

Beginning January 1, 2012, all bats not made of a single piece of wood shall meet the Batted Ball Coefficient of Restitution (BBCOR) performance standard, and such bats shall be labeled with a silkscreen or other permanent certification mark. No BBCOR label, sticker or decal will be accepted on any non-wood bat. The certification mark shall be rectangular, a minimum of one inch on each side and located on the barrel of the bat in any contrasting color to read: “BBCOR.50.”

**As of this date the following bats have been decertified by the NFHS. If any other bats become decertified during the season the NFHS website will be updated ( [www.nfhs.org](http://www.nfhs.org) )**

**Currently, there are three (3) non-wood baseball bats that the NFHS has decertified for use in high school competition. This short list is subject to change. Additional non-wood baseball bats could possibly be added to this list. The decertified bats are the following:**

**Marucci Cat 5<sup>2</sup> 33” non-wood baseball bat (decertification notice date – February 21, 2012)**  
**Reebok Vector TLS 32” non-wood baseball bat (decertification notice date – March 26, 2012)**  
**Reebok Vector TLS 33” non-wood baseball bat (decertification notice date – March 26, 2012)**

**These bats should be considered non-compliant and subject to NFHS Baseball Rules 4-1-3b and 7-4-1a.**

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### SAFETY ALERT

Using an altered, modified or doctored bat is a Federal Crime! Since altering a bat puts pitchers and fielders at risk the CIAC urges all coaches to take this very seriously as each coach will have to certify they are using legal equipment prior to each game and they may be held liable for any injuries resulting from the use of an altered or modified bat.

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### SCRIMMAGES

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

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### UNMANNED AERIAL SYSTEMS AT CIAC SANCTIONED EVENTS

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

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## NATIONAL FEDERATION 2017 BASEBALL RULES CHANGES

- 2-32-2c Clarified when a base runner can slide through home plate in a straight line.
- 3-2-2 PEN Clarified when a coach-assisted runner is declared out.
- 3-3-1 PEN Developed a three-step process when administering disciplinary action to a player(s) or coach(es) for inappropriate behavior on the bench and in the field.
- 6-2-6 Clarified that the pitching restriction is based on number of pitches thrown.
- 8-3-6 Clarified when an umpire hinders the actions of the catcher in a defensive attempt and how baserunning awards are administered.
- 8-4-2s A companion rule to support the above-mentioned 3-2-2 PEN modification regarding coaches' and players' conduct.

### Points of Emphasis

1. Correct use of authenticated marked baseballs
2. Umpires asking assistance from partner on call
3. Positioning of team personnel
4. Legal slides

## **PART II – TOURNAMENT PREPARATION**

### **1.0 QUALIFYING**

- 1.1 To be eligible for consideration in the tournament, a team must play a minimum of twelve (12) games against a varsity opponent and only the first two (2) games played with any single opponent will be counted towards tournament qualification. All teams will qualify for the tournament with a win/loss record of 40%. In a classification where fewer than 32 teams meet the 40% qualifying standard, a full bracket of 32 will be achieved by qualifying teams with the next highest winning percentages. If ties exist when comparing winning percentages the prevailing tie-breaker system will be used (see 5.2) to determine who will fill the bracket.
- 1.2 Only games played with Conference member schools, American School for the Deaf, or out-of-state schools who are members of their state athletic association shall be considered. Games with out-of-state schools must be reported to the Executive Director not later than April 1, 2017. Failure to comply with this rule will result in the unreported out-of-state game being counted as a loss.
- 1.3 Games played with non-member Connecticut secondary schools shall not be considered in the rating of teams.

### **2.0 FORFEITS**

- 2.1 Member schools will be required to submit regular season schedules for team sports controlled by CIAC in which member schools participate. Determination of forfeitures 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.
- 2.2 A team shall forfeit a game or games if through a violation it is required to do so under the CIAC Rules of Eligibility.
- 2.3 A team shall forfeit a game if the game official declares the game a forfeit as a result of a National Federation rule violation, or a team refuses to play after being instructed to do so by the game official.

2.4 Forfeitures will be honored by each CIAC sports committee when there is mutual agreement between the principals of the two schools involved in the game not played. Each principal must submit on the official CIAC Canceled Game – Forfeiture Form his/her decision and it must be received in the CIAC office within 72 hours following the time of the scheduled contest. On the eve of a tournament when there is not sufficient time for normal administrative procedures (72 hours) if a question of team forfeiture arises the Executive Director or his 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.

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

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.

### 3.0 DIVISIONS

3.1 Only institutional members of the Conference may enter this tournament which will be in four (4) divisions. Placement of schools has been based on the October 1, 2014 boy enrollment. **Tournament divisions are available on the baseball page at CIACsports.com.**

LL – 637 and Over                      L – 441 - 636                      M – 289 - 440                      S – Up to 288

3.2 The 2017 Baseball Championships will be played using an Open tournament format.

### 4.0 ENTRY PROCEDURE

4.1 **Schedule** – Must be completed and submitted via the password-protected online eligibility center by February 2, 2017. Games cannot be added to schedule after April 1, 2017.

4.2 **Site Availability Form** – Must be submitted via the password-protected online eligibility center by Friday, May 19, 2017.

4.3 **Tournament Rosters** – Can be submitted via the password-protected online eligibility center or the submit scores / forms option under the CIAC for Coaches menu at ciacsports.com. Rosters must be submitted by **Friday, May 19, 2017**.

4.4 **Game Scores** – All regular season scores must be entered online on the day of the game as soon as possible following the game’s completion. Scores may be entered via the online eligibility center, the “submit scores / forms” option of the CIAC for Coaches menu at ciacsports.com, or the “submit scores” button in our ciacmobile.com mobile site. Entering scores at ciacsports.com or ciacmobile.com requires either a coaches or scorekeeper’s access code, those codes are managed via the online eligibility center and can be retrieved from a school’s athletic director. LIST SCORES FOR ENTIRE SCHEDULE INCLUDING FORFEITS AND CANCELLATIONS.



**Reporting Final Scores** – Regardless of regular season postponed games, the date of **Thursday, May 25, 2017 must be the final day to count for the tournament.** All games played up to Thursday, May 25 must be completed and scores reported to the CIAC office via the password-protected online eligibility center or the submit scores/forms option of the CIAC for Coaches menu at CIACsports.com.

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

4.6 **CIAC 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 request will be considered.**

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

5.0 **RANKING / SEEDING**

5.1 The ranking of teams shall be determined by the percentage method: the number of games won divided by the number of games played.

5.2 In case of ties the Committee will determine the rankings in the following order:

- 1) Undefeated teams – most wins
- 2) Higher number of games played
- 3) Head-to-head
- 4) By lot

5.3 A TEAM MAINTAINS ITS INITIAL PERCENTAGE RANKING THROUGHOUT THE TOURNAMENT.

5.4 In case more than thirty-two (32) teams qualify with 40%, a **qualifying round game will be held on Saturday, May 27, 2017.**

5.5 Order of play if more than 32 teams qualify for the tournament in any division.

If 33 teams	If 34 teams	If 35 teams	If 36 teams
32 vs 33	32 vs 33	32 vs 33	32 vs 33
	31 vs 34	31 vs 34	31 vs 34
		30 vs 35	30 vs 35
			29 vs 36

5.6 In case there are less than thirty-two (32) teams that qualify, teams next in line will be selected to fill the 32 slots. The prevailing tie-breaker system will be used for teams with the same record (See 5.2).

## 5.7 Tournament Format

<u>First Round</u>	<u>Second Round</u>	<u>Quarter-finals</u>	<u>Semi-finals</u>	<u>Finals</u>
1 vs 32				
16 vs 17	1 vs 16			
8 vs 25		1 vs 8		
9 vs 24	8 vs 9			
4 vs 29			1 vs 4	
13 vs 20	4 vs 13			
5 vs 28		4 vs 5		
12 vs 21	5 vs 12			
2 vs 31				1 vs 2
15 vs 18	2 vs 15			
7 vs 26		2 vs 7		
10 vs 23	7 vs 10			
3 vs 30			2 vs 3	
14 vs 19	3 vs 14			
6 vs 28		3 vs 6		
11 vs 22	6 vs 11			

5.8 *Ranking and pairing information will be made available via the CIAC web site – [www.ciacsports.com](http://www.ciacsports.com) on Friday, May 26, 2017.*

## 6.0 SITES AND DATES

6.1 Member schools may start conditioning practice for pitchers on but not before Monday, March 13, 2017. (See page 14 for regulations for conditioning week)

6.2 Member schools may start practice on but not before Saturday, March 18, 2017

6.3 Member schools may play the first game on but not before Saturday, April 1, 2017.

### 6.4 Scheduled Playing Dates for the 2017 Baseball Tournament

- Thursday, May 25, 2017 – Last date to count for tournament qualification
- Saturday, May 27, 2017 – Qualifying round at higher seed
- Tuesday, May 30, 2017 – First round at higher seed
- Wednesday, May 31, 2017 – Second round at higher seed
- Saturday, June 3, 2017 – Quarter-finals at higher seed
- Postponements must be played on the following day

**Note: Night games in all rounds up to the semi-finals are not permitted unless there is an extenuating circumstance and must have the tournament director's permission.**

- Tuesday, June 6 – Semi-finals at neutral site
- Friday and Saturday, June 9, 10 – Finals at Palmer Field, Middletown

6.5 In the event of inclement weather, the site director may postpone the game provided the tournament director has been notified prior to postponing. The postponed game will be played on the next day including Sunday. No make-up game played on Sunday may start prior to 12:30 p.m. See rule 7.2.a. of this packet regarding postponed game procedures.

6.6 All qualifying, first round, second round and quarter-final games will be played on the field of the higher ranked team based on the original percentage rankings. The host school shall provide a site director who should be someone other than the coach.

- 6.7 In the event the higher ranked team cannot provide a field that meets a minimum standard or it cannot be played on the scheduled day due to unplayable field conditions, the game shall be played on the opponent's field providing it does meet the minimum standards and it can be made ready. If neither team's field meets the minimum standards (see National Federation rule) the game may be played at a field designated by the Tournament Director.
- 6.8 Due to the pitching rule the quarter-final game MUST be played on the designated day unless moved for inclement conditions in which case it must be played on the following day, even if it means moving the site.
- 6.9 The Tournament Director will determine the sites and times for all semi-finals and finals. Night games may be scheduled. The Tournament Director will designate the site director.

## **PART III – TOURNAMENT RULES AND PROCEDURES**

### **7.0 TOURNAMENT RULES AND PROCEDURES**

- 7.1 The official National Federation Baseball Rules will prevail for the tournament with the following clarifications or state options.
- 7.2 All CIAC tournament games will be played in their entirety. **THERE IS NO LONGER A MERCY RULE.**
- a. **Any tournament games which must be halted for whatever reason will be declared suspended and the game will be continued from the point of suspension, with lineup and batting order of each team the same as the line-up and batting order at the moment of suspension.**
- b. Extra innings will be played until a winner can be determined if a winner cannot be determined at the completion of seven full innings of play.
- 7.3 Beginning with the quarter-final games, the umpire must consult with the site director before a game is suspended because of inclement weather.
- 7.4 **BALL – the following tournament balls will be used throughout the entire tournament: SPALDING TF PRO BASEBALL**
- 7.5 Throughout the tournament, the higher ranked team shall have the choice of taking or not taking the last time at bat and choice of dugouts. In the event of a postponement or suspension of game, all conditions described herein shall prevail when the game is played or resumed.
- 7.6 For all games the site director will notify both teams of the location of the field, the time of the game and the time of batting and infield practice as well as any special ground rules. **PRE-GAME PRACTICE WILL BE NO MORE THAN 12 MINUTES IN DURATION AND NO BATTING WILL TAKE PLACE ON THE FIELD OF PLAY.**
- 7.7 The home team scorer will be considered the official scorer through the semi-finals.
- 7.8 In the event of any situation not covered in the rules, the decision of the Committee or its representatives shall be final. Selection of teams and sites by the Committee is final.
- 7.9 **Reporting of Tournament Games – PLEASE – IMMEDIATELY following a tournament game BOTH TEAM COACHES FOR ALL DIVISIONS will telephone game scores to: FRED BALSAMO – Home (203) 265-3053.** Please arrange to have someone from the site call from a cell phone.

## 8.0 TIME OF GAMES

- 8.1 All weekday games will start no earlier than 3:30 p.m. except by mutual agreement. **There will be NO games scheduled after 4:00 p.m.** If rain causes postponements, these games will be played on the next day, including Sundays. The site director will have the authority to postpone games in the event of inclement weather and in case of a postponed game, the site director will immediately notify the Tournament Director prior to the team's departing. (Also see 6.4) **Saturday quarter-final game times are by mutual agreement due to S.A.T.'s but night games are not allowed unless there is an extenuating circumstance.**

## 9.0 EXPENSES AND TICKETS

- 9.1 Expenses for all qualifying, first and second round games will be borne by the participating teams. The host team will pay all game expenses including officials and shall provide the site director who should be someone other than the coach. The visiting team will pay its own traveling expenses.
- a. It is recommended that each school provide a trainer or qualified medical personnel at all CIAC tournament games.
- 9.2 Schools will bear all traveling expenses.
- 9.3 If in the qualifying, first or second round games schools wish to charge admission to defer their expenses, they must notify the principal and Athletic Director of the visiting school in advance.
- 9.4 The home team is required to sell CIAC tickets at all quarter-final games. If access cannot be controlled at the home field, an alternate home facility may be secured at the school's expense. In the event the home school cannot sell tickets or cannot secure an alternate facility, the tournament director will select an alternative site which may include the site of the lower ranked team.
- 9.5 The baseball committee will pay a site director fee, pay the umpires, and provide one dozen balls for quarter-final games. In addition, the CIAC will reimburse each host school expenses for essential personnel (i.e. ticket seller, ticket taker, scorer, etc.) submitted on the game reporting form for each quarter-final game up to \$160.
- 9.6 The Baseball Committee will pay all game expenses directly associated with the staging of the semi-finals and final tournament games.
- 9.7 Charges for admission to tournament games: \* (\*Price subject to change depending upon venue)  
Free – Children five (5) and under  
\$5.00 – Senior Citizens (age 65 and older) and Students (grades 1-12) and Military with ID  
\$10.00 – Adults (all others not in the above categories)
- Pre-sale tickets will be available for events which require advanced sales for proper management of the event. All pre-sale tickets will be sold at the above prices. There will be no discounting of pre-sale tickets.
- 9.8 During the 2017 tournament, the following passes will be honored at all games where an admission is charged.
- a. Official CIAC Baseball Pass (head varsity baseball coaches – REQUEST MUST BE IN WRITING)  
b. Principal (or designee) of participating schools with CAS membership card  
c. CIAC baseball officials membership card  
d. CAAD membership card  
e. Press Card  
f. No other complimentary admissions will be permitted

## 10.0 OFFICIALS

- 10.1 Each varsity head coach must electronically file the selection of officials form **via the password protected online eligibility center or the submit scores/forms option under the CIAC for Coaches menu at ciacsports.com** by Friday, May 5, 2017. From these ballots and the names submitted by each board, a list of tournament caliber officials will be developed and used for assignment purposes. You are invited to submit a maximum of eight (8) umpires from the Board that services your home games during the regular season. You are also encouraged to list a maximum of three (3) umpires from any other Board(s) that you believe are tournament caliber officials. In addition, **at this time only**, you have the option to identify no more than two (2) umpires whose services you prefer not to have, **STARTING WITH THE QUARTER-FINAL ROUND ASSIGNED BY THE CIAC**.
- 10.2 **The Commissioner of the local board that services the higher ranked team will assign two (2) or three (3) umpires for all qualifying, first and second round games played at the site of the home team. The home team must notify the Commissioner on the day the pairings are released to confirm the details of the game and to request that umpires be assigned. Since the official's fees, prior to the quarter-finals, is the responsibility of the home team, the decision to use two or three umpires rests with the home team.**
- 10.3 From the preliminary round tournament list and based on the coaches ballots, a smaller Master List of umpires is developed which is used by the coordinator of officials in making assignments. Starting with the quarter-final games, the CIAC officials coordinator will assign the umpires, using the smaller Master List as the source. Three (3) umpires will be assigned in the quarter-final and semi-final games and four (4) man crews will be used in the championship games. The local commissioners will assign two (2) or three (3) umpires for all preliminary round games as specified by the home team.
- 10.4 During tournament play no official is to work more than one game each day. Exception: an official may complete a game not already scheduled on a day he is assigned a game.
- 10.5 Identity of the umpires assigned by the coordinator of officials will not be disclosed prior to the game.
- 10.6 Coaches are reminded that open criticism of officials to the media is not appropriate. The baseball committee perceives such comments as a detriment to the tournament.

## 11.0 SUPERVISION AND SPORTSMANSHIP

- 11.1 In the interest of crowd control and proper supervision the CIAC Board of Control has approved the tournament regulation requiring the principal of the participating schools or his/her designee to attend all tournament games. The school administrator should identify him/herself to the site director.
- 11.2 When a member school's coach is ejected from a game for an infraction as prescribed by the rules, the game may not continue until the member school replaces the ejected coach with a certified coach. If this cannot be accomplished within 15 minutes after the ejection, the official-in-charge will declare a forfeit win for the opposing team.
- 11.3 Use of tobacco products and controlled substances or possession of alcoholic beverages of any kind, including champagne, are not permitted on the field of play, including dugouts, or within the field or part at which a tournament game is scheduled. Many towns or fields which we use have local ordinances prohibiting use of tobacco products and controlled substances or possession of alcoholic beverages. The principal or his/her designee at the game shall see that this rule is enforced and adhered to by the teams.
- 11.4 **Bench and Field Conduct**

Personnel – Only coaches, players, other team members, statisticians, managers and trainers will be allowed in the dugout or bench area.

**Conduct** – The above identified personnel shall not be outside the designated dugout (bench) or bull pen area if not a batter, runner, on-deck batter, in the coach’s box or one of the nine players on defense.

**NOTE: ONLY THE HEAD COACH MAY APPROACH THE UMPIRE ON A DISPUTED CALL.**

- 11.5 **Disqualification and Ejections** – When an athlete is disqualified during a contest for flagrant or unsportsmanlike misconduct, that athlete is ineligible to participate in any contest until withheld from the next contest at that level of play. (Refer to CIAC Disqualification/Ejection Rule – Taunting)

When a coach is disqualified during a contest for flagrant or unsportsmanlike misconduct that coach shall be prohibited by his/her school from coaching or attending a contest until withheld from the next contest at that level of play.

Whenever there is an ejection in a tournament game the schools whose player/coach is involved must submit a written report to the CIAC tournament director within 48 hours describing the incident and what steps the school has taken. It should be understood that depending upon the seriousness of the infraction and the manner in which the school has dealt with it, the CIAC Baseball Committee may recommend to the CIAC Board of Control additional sanctions.

- 11.6 **SPORTSMANSHIP** -- **Member schools are expected to conduct their relations with each other at all levels of competition in a spirit of good sportsmanship. Everyone involved has the obligation to see clearly his/her influence and act accordingly.** The CIAC acknowledges that the school administration is responsible for the athletic program, including the making of broad and specific policies and procedures relating to sportsmanship and the conduct of activities in the school. **To that end, the CIAC urges each school principal to adopt the following sportsmanship procedures and standards for their school and to champion the “Class Act” sportsmanship program as these standards will be used in all CIAC post-season contests.**

**CIAC Sportsmanship Guidelines**

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

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

### The CIAC “Class Act” Sportsmanship Standards

#### **ALL Spectators (including parents):**

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

#### **Game Personnel / Announcers:**

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

#### **Coaches**

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

#### **Players:**

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

## 12.0 PROTESTS

- 12.1 Each sports committee will establish a Protest Committee whose purpose will be to adjudicate all protests relating to the operation of the tournament, including the application and administration of tournament regulations. National Federation or CIAC game rule interpretations and game officials judgments cannot be protested. The Protest Committee for each sport shall consist of the Assistant Executive Director for CIAC, the Chairman of the Tournament Committee, an administrator member of the sports committee, the Tournament Director, and the Coaches' Chairman on the sport committee. All Protest Committee decisions are appealable to the CIAC Board of Control as provided in the CIAC by-laws.
- 12.2 On the eve of a tournament when there is not sufficient time for normal administrative procedures and Board of Control hearings, if a question of interpretation of tournament regulations or the operation of the tournament arises, the Chairman of the CIAC Board of Control, the Executive Director of CIAC, and the Chairman of the Tournament Committee in question will make an appropriate ad hoc decision in consideration of the best interest of the tournament as a whole.
- 12.3 **Decisions by Game Officials** – Protests arising from the decisions, interpretations and misapplication of the National Federation or CIAC game rules by officials during the contest will not be considered. The decisions and interpretations of the rules by the officials are final.

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

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

## 13.0 VIDEOTAPING

- 13.1 **Videotaping and Filming** – The use of electronic communication equipment, includes, but is not limited to computer, film, television and video tape.
- 13.2 **Regular Season / CIAC Contests** – NFHS rule permits a school or a school representative to film or videotape regular season / CIAC contests in which the school team is participating. Any use of tape or film for coaching purposes must comply with the National Federation rule book restrictions for each sport, individual athletic league rules, and local board of education policy.
- 13.3 **CIAC Tournament Contests**

a. **Videotaping or filming by participating schools** – Videotaping or filming tournament games by participating schools is permitted, provided prior arrangements are made with the CIAC and the Site Director.

b. **Videotaping or filming by spectators**

Shall be for personal use

Shall not be used for purposes of coaching or scouting

Shall not interfere with the view of the athletic contest by other spectators

Equipment will not be permitted in any playing area – only in spectator seating area

Equipment shall not create a safety hazard

Violations of this regulation may result in the removal of the offender(s) from the premises.

c. **Videotaping or filming for commercial purposes** – Commercial enterprises must have prior approval from the Site/Tournament Director. Broadcast/Commercially videotape application(s) regulations are online at [www.ciacsports.com](http://www.ciacsports.com) .



Permission to broadcast any CIAC tournament event, in any format, must be granted by CIAC by contacting Matt Fischer, Director of Information Services.

- d. Videotaping or filming for commercial-free, non-profit purposes – Non-profit commercial enterprises must have prior approval from the state tournament director. Application online at [www.ciacsports.com](http://www.ciacsports.com). No fees are charged.

#### 14.0 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.

## PART IV – REGULATIONS FOR CONDITIONING WEEK -- DRILLS

### REGULATIONS FOR CONDITIONING WEEK FOR BASEBALL PITCHERS

1. Baseball conditioning for pitchers may be conducted for five (5) days (Monday through Friday) the week prior to the first date for baseball practice as designated by the CIAC. If school is cancelled due to weather conditions, the lost day(s) may be made up on the weekend.
2. Only one session per day is permitted – the maximum length of the session is one hour and 30 minutes (1-1/2 hours).
3. The program can be conducted indoors or out depending on the weather.
4. The conditioning program is limited to eight (8) pitchers and four (4) catchers in grades 9 through 12. This limits the number of participants to twelve per school with no substitutions for absentees or dropouts allowed. Winter sport athletes still in season are ineligible to take part in this program.
5. Balls, gloves and catcher's protective equipment are the only equipment permitted. (Bats, batting tees, fungos, batting cages, pitching machines, etc., are strictly prohibited.)
6. The program may consist only of warm-ups, stretching, calisthenics, weight training, running, other conditioning exercises and throwing. Throwing is permitted only because it is an important aspect of conditioning the arm.
7. A coach must be present at all conditioning sessions.

NOTE: IT IS A VIOLATION OF CIAC RULES TO ALLOW WORK ON FIELDING, COVERING BASES, PICK-OFFS OR ANY OTHER RELATED FUNDAMENTALS, AND THEREFORE, THESE TYPES OF DRILLS ARE

STRICTLY PROHIBITED. ALSO IT SHOULD NOT BE USED AS A TRYOUT, AND TEAM CUTS ARE NOT PERMITTED.

Safety Precautions – Catchers should wear full equipment. Do not use anyone to assume a batters position while pitchers are throwing, since although pitching control may be an outcome of the program, it is not a program objective.

Member schools found in violation of the above rules will be subject to disciplinary review by the CIAC Baseball Committee and possible action by the CIAC Board of Control.

**Connecticut State Department of Education and the  
Connecticut Interscholastic Athletic Conference  
Concussion and Head Injury  
Annual Review 2016-17  
Required for ALL School Coaches in Connecticut**

**NOTE:** This document was developed to provide coaches with an annual review of current and relevant information regarding concussions and head injuries. In addition to reviewing this form, the annual review must include one of the following prescribed resources: Connecticut Concussion Task Force video, Centers for Disease Control and Prevention (CDC) Heads Up Concussion in Youth Sports training course or the National Federation of State High School Associations (NFHS) concussion training course. Links to these resources can be found at: <http://concussioncentral.ciacsports.com/>. A new form is required to be read, signed, dated and kept on file by their associated school district annually to comply with Connecticut General Statutes (C.G.S.) Chapter 163, Section 149b: *Concussions: Training courses for coaches. Education plan. Informed consent form. Development or approval by the State Board of Education.*

**What is a Concussion?**

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

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

**Section 1. Concussion Education Plan Summary**

The [Concussion Education Plan and Guidelines for Connecticut Schools](#) was approved by the Connecticut State Board of Education in January 2015. Below is an outline of the requirements of the Plan. The complete document is accessible on the CSDE Web site: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2663&q=335572>

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

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

**Section 2. Signs and Symptoms of a Concussion: Overview**

**A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure, following an impact or suspected impact as described in the CDC definition above.**

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

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

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

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

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

**Section 3. Return to Play (RTP) Protocol Overview**

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

**Concussion Management Requirements:**

1. No athlete SHALL return to participation in the athletic activity on the same day of concussion.
2. If there is any loss of consciousness, vomiting or seizures, the athlete MUST be immediately transported to the hospital.
3. Close observation of an athlete MUST continue following a concussion. The athlete should be monitored for an appropriate amount of time following the injury to ensure that there is no worsening/escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated by a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.
5. The athlete MUST obtain an initial written clearance from one of the licensed health care professionals identified above directing her/him into a well-defined RTP stepped protocol similar to the one outlined below. If at any time signs or symptoms return during the RTP progression, the athlete should cease activity\*.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals identified above for the athlete to fully return to unrestricted participation in practices and competitions.

**Medical Clearance RTP protocol (Recommended one full day between steps)**

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

\* If at any time signs or symptoms should worsen during the RTP progression the athlete should stop activity that day. If the athlete’s symptoms are gone the next day, she/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms return and don’t resolve, the athlete should be referred back to her/his medical provider.

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

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

1. NFHS. Concussions. 2008 NFHS Sports Medicine Handbook (Third Edition). 2008: 77-82. <http://www.nfhs.org>. [http://journals.lww.com/cjsportsmed/Fulltext/2009/05000/Consensus\\_Statement\\_on\\_Concussion\\_in\\_Sport\\_3rd.1.aspx](http://journals.lww.com/cjsportsmed/Fulltext/2009/05000/Consensus_Statement_on_Concussion_in_Sport_3rd.1.aspx).
2. Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports*. [http://www.cdc.gov/NCIPC/tbi/Coaches\\_Tool\\_Kit.htm](http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm).
3. CIAC Concussion Central - <http://concussioncentral.ciacsports.com/>

**Resources:**

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

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

# PART VI – HEAT STRESS AND ATHLETIC PARTICIPATION

## HEAT STRESS AND ATHLETIC PARTICIPATION

Some practices are conducted in very hot and humid weather in many parts of the United States. This can lead to heat-related illnesses. Most of the heat-related problems have been associated with football, due to the special equipment and uniforms needed. From 1995 through the 2005 football season there have been 19 high school heat stroke deaths in football. This is not acceptable. Heatstroke deaths are fully preventable in high school sports if the proper precautions are taken.

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

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

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

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

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

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

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

5. Replacement by thirst alone is inadequate. Test the air prior to practice or game using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. The following precautions are recommended when using the WBGT Index: (ACSM's Guidelines for the Team Physician, 1991)

Below 65 .....	Unlimited activity	73-82 .....	High risk
65-73 .....	Moderate risk	82-plus .....	Very high risk

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

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

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

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

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

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

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

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

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

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

## RECOMMENDATIONS FOR HYDRATION TO PREVENT HEAT-RELATED ILLNESS

### Types of Sports Drinks

#### **Fluid Replacers**

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

#### **Carbohydrate loaders**

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

#### **Nutrition Supplements**

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

### What Not to Drink

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

### Hydration Tips and Fluid Guidelines

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

### What to Drink During Exercise

- If exercise lasts more than 50 minutes, a sports drink should be provided during the session.
- The carbohydrate concentration in the ideal fluid replacement solution should be in the range of six to eight percent CHO
- During events when a high rate of fluid intake is necessary to sustain hydration, sports drinks with less than seven percent CHO should be used to optimize fluid delivery. These sports drinks have a faster gastric emptying rate and fluid absorption rate, thus aid in hydration.
- Sports drinks with a CHO content of 10 percent have a slow gastric emptying rate and should be avoided during exercise.



- Fluids with salts (sodium chloride, potassium chloride) are beneficial to increasing thirst and voluntary fluid intake as well as offsetting the small amount of salts lost with water.
- Salts should never be added to drinks, and salt tablets should be avoided, because they lead to slower gastric absorption.
- Cool beverages at temperatures between 50 to 59 degrees Fahrenheit are recommended for best results with fluid replacement.

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

- Dehydration can affect an athlete's performance in less than an hour of exercise. Sooner if the athlete begins the session dehydrated.
- Dehydration of just one to two percent of body weight (only 1.5-3 lbs., for a 150-pound athlete) can negatively influence performance.
- Dehydration of greater than three percent of body weight increases an athlete's risk of heat illness (heat cramps, heat exhaustion, heat stroke).
- High body fat athletes can have a harder time with exercise and can become dehydrated faster than lower body fat athletes working out under the same environmental conditions.
- Poor acclimatization to heat or lower fitness levels can greatly contribute to an athlete's dehydration problems. This is important with the first practices of year, especially in the summer.
- Certain medications or fevers can greatly affect an athlete's hydration status.
- Environmental temperature and humidity both contribute to dehydration and heat illnesses.
- Clothing, such as dark, bulky, or rubber protective equipment can drastically increase the chance of heat illness and dehydration.
- Wet bulb globe temperature measurements should be taken 10-15 minutes before practice, and the results should be used with a heat index to determine if practices or contests should be started, modified or stopped.
- A Heat Index chart should come from a reputable source like the National Oceanic and Atmospheric Association, or National Athletic Trainers Association.
- A relative humidity of greater than 40 percent and a temperature of 90 degrees Fahrenheit are likely to cause heat illness, extreme caution should be used.
- A relative humidity of 80 percent and a temperature of 84 degrees Fahrenheit are likely to cause heat illness, extreme caution should be used.
- A relative humidity of 80 percent and 90 degrees Fahrenheit are likely to cause heat stroke and these conditions are considered dangerous.

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