

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
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39th ANNUAL 2018 GIRLS SOCCER TOURNAMENT REGULATIONS
70th ANNUAL 2018 BOYS SOCCER TOURNAMENT REGULATIONS
Sponsored by CT DOT, and Spalding

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THE SOCCER TOURNAMENT INFORMATION IS ARRANGED IN ELEVEN (11) SECTIONS.

- 1.0 Sites / Date
 - 2.0 Divisions
 - 3.0 Qualifying
 - 4.0 Entry Procedures
 - 5.0 Tournament Rules / Procedures
 - 6.0 Ranking / Seeding
 - 7.0 Expenses / Tickets
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- Appendix A Game Results / Tournament Roster
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CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
2018 BOYS / GIRLS SOCCER CHAMPIONSHIPS
ALERT

1. **SCORES OF GAME AND PENALTIES MUST BE REPORTED ONLINE IMMEDIATELY AT THE END OF THE GAME AND CONTACT BY PHONE THE TOURNAMENT DIRECTOR.**

Schools are required to report all cards issued in regular season, league tournament and CIAC tournament games within four hours (4) of the game's completion. **ADDITIONALLY, ALL SCHOOLS ARE REQUIRED TO COMPLETE THE CIAC SUMMATION REPORT OF ALL RED, YELLOW CARDS AND DISQUALIFICATIONS AT THE TIME OF THE INFRACTION AND NOT WAIT UNTIL THE END OF THE SEASON, BUT NO LATER THAN NOVEMBER 19, 2018.**

2. **The Boys and Girls Soccer Committee voted to apply a success in tournament factor when placing schools* that draw students from outside their school district boundaries in tournament divisions. The Committee will first place schools in their divisions by enrollment and then use success in tournament to move schools up in division and then rebalance the divisions. Schools that draw from outside their school district boundaries who have been in the semi-finals or above two of the last three years will move up one division. Schools that have been in the semi-finals three of the last three years will move up two divisions. The most any school could move would be two divisions. Each year the committee will review results from the past three years and make adjustments as appropriate. Schools can move up or down depending on their success in tournament play.**

***Charter, magnet, parochial, vocational technical, vocational agricultural and Project Choice schools that have more than 25 each of male/female students from out-of-district.**

3. **Reporting Regular Season Scores** – In order to ensure that standings and rankings on both the CIAC's websites and other sites which draw their data from us are timely and accurate, all regular season scores must be entered online on the day of the 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.

4. Officials **will report all red and yellow cards online to CIAC after each game.** Each school assumes the responsibility of recording all penalty cards into their respective score books for every game and reporting both red and yellow cards when posting their score online.
5. Higher ranked team must wear dark shirts (home uniform).
6. **Trainers** – Schools must provide their own trainer at all CIAC quarter-final, semi-final and championship final contests.
7. **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.**
8. **If a tie exists at the end of regulation up through the semi-finals, two ten minute overtime periods will be used. After the first overtime period, a second ten minute overtime period will be held after which penalty kicks will be used. There will be no "sudden victory" used in the overtime period. IN THE FINALS ONLY, after two fifteen (15) minute overtime periods if the score remains tied, co-champions will be declared. There will be no sudden victory in the overtime periods.**

9. **CIAC highly recommends that all soccer fields used for the tournament be 65 yards wide by 110 yards long. The minimum requirement is 60 yards wide by 110 yards long. Fields that do not meet the minimum requirement cannot be used and the game must be moved to an approved site.**
10. **Yellow cards will be set to zero (0) at the start of the CIAC tournament. An athlete or coach who receives their second cumulative yellow card during the tournament is disqualified and must sit out the next game.**
11. The CIAC Board of Control has approved concussion management and return to play guidelines that conform to the new State statute that all coaches will be required to follow.
12. **Postponements** – If there is a weather-related postponement in rounds one or two of the tournament the school will be required to play the next day.
13. **Official Ball** –Spalding TF-5000
14. **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.
15. **Players may wear soft and yielding caps during inclement weather. Caps must be alike in color.**
16. **Students with Special Needs** - **Coaches are reminded to inform contest officials prior to each competition of any student with special needs who could be competing in the contest when his/her disability could impact the individual's performance or the conduct of the competition.**
17. **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.
18. **Unmanned Aerial Systems at CIAC-Sanctioned Events** – The use of unmanned aerial systems, often referred to as drones, are prohibited for any purpose by any person(s) at all CIAC-sanctioned events. This policy includes not only the restricted playing area of the venue(s), but also the physical confines of the entire stadium / field / arena structure. For the purpose of this policy, an unmanned aerial system is any aircraft without a human pilot on board.

NFHS SOCCER RULE CHANGES 2018-19

- 4-1-1a, b Alters the jersey colors required for teams such that the home team wears dark jerseys and socks and the visiting team wears all-white jerseys and socks.
- 4-1-1d Allows for visible undergarments to be worn if they are of similar length and of a solid color.
- 4-2-10 (New) Allows for state associations (or delegate) to permit the wearing of head coverings or wraps if criteria is met for medical/cosmetic and/or religious reasons.
- 8-1-2 Allows the kicker, on a kickoff, to be in the opposing team's half of the field to make the kick.
- 11-1-4 Clarifies that a player in an offside position who becomes involved in active play must be penalized.
- 12-8-1f, 12-8-15 (New), 12-8-2d(3), 12-8-2d(4) (New) Clarifies the penalty for a player who denies an obvious goal-scoring opportunity.
- 13-2-1j (New) Provides for a penalty for a player(s), coach or bench personnel who enters or leaves the field without permission from an official and interferes with play or an official.
- 13-2-3 Provides for a penalty for a player(s), coach or bench personnel who enters or leaves the field without permission from the official and does not interfere with play or the official.
- 18-1g Defines a deliberate act which provides guidance for interpretation of rules that contain the word deliberate or the phrase deliberate act.

2018-19 Major Editorial Changes

- 4-2-4 Clarifies that a religious medal or other religious items must be taped to the body.

2018-19 Soccer Points of Emphasis

1. Denying an Obvious Goal-Scoring Opportunity
2. Excessive Player Substitutions
3. Referee Mechanics for Indirect Free Kicks

2018 CIAC BOYS' AND GIRLS' SOCCER TOURNAMENTS
Sponsored by CT DOT and Spalding

1.0 DATES / SITES / TIMES

- 1.1 Member schools may start practice on, but not before, Thursday, August 23, 2018.
- 1.2 Member schools may play the first game on, but not before Thursday, September 6, 2018
- 1.3 The last date for games to count for the 2018 girls' and boys' soccer tournament will be Thursday, November 1, 2018.

1.4 **Scheduled Playing Dates for the 2018 Girls Soccer Tournament:**

Playdown (if necessary)		Saturday, November 3, 2018
First Round	LL, L, M, S	Monday, November 5
Second Round	LL, L, M, S	Wednesday, November 7
Quarter-finals	LL, L, M, S	Friday, November 9
Semi-finals	LL, L, M, S	Monday/Tuesday, November 12-13
Finals	LL, L, M, S	Saturday, November 17

Scheduled Playing Dates for the 2018 Boys Soccer Tournament:

Playdown (if necessary)		Saturday, November 3, 2018
First Round	LL, L, M, S	Tuesday, November 6
Second Round	LL, L, M, S	Thursday, November 8
Quarter-finals	LL, L, M, S	Saturday, November 10
Semi-finals	LL, L, M, S	Tuesday/Wednesday, November 13-14
Finals	LL, L, M, S	Saturday, November 17

All weekday tournament games shall start promptly at 2:00 p.m. **Home team has the option to play either at 2:00 p.m. or at 4:00 p.m. if they have lights. If the game is started after 4:00 p.m. it must be by mutual agreement.** If a later start is mutually agreed upon the tournament director must be informed of the new starting time. Games played on Saturday or a holiday, starting time will be at the mutually agreed time of the teams involved. The tournament director will determine the starting time if no mutual agreement is reached. From semi-final games on, the tournament director has the authority to schedule night games, consent from the participating schools is not required.

Distance cannot be a factor in assigning sites for semi-final and final round games. The committee cites the difficulty in obtaining sites, staff and numerous other factors in making assignments in order to provide the best neutral field possible. Sites that have been pre-approved for semi-final and final contests: New Britain, West Haven, Middletown, Waterbury, Meriden, Windsor, Fairfield Warde, Suffield, Trumbull, West Hartford, Manchester

IF THERE IS A WEATHER-RELATED POSTPONEMENT IN ROUNDS ONE OR TWO OF THE TOURNAMENT THE SCHOOLS WILL BE REQUIRED TO PLAY THE NEXT DAY.

Tournament games will be played with two equal halves of 40 minutes duration for a total of 80 minutes of regular play.

- 1.5 In the event of inclement weather, the site director has the authority to postpone the game. The site director must immediately notify the tournament director. The postponed game will be played on the next day including Sunday by mutual agreement.
- 1.6 All 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 and game supervisors.

The higher ranked team will be responsible for providing an athletic trainer and securing officials up through the quarter-finals. CIAC pays for officials from the quarter-finals on.

- 1.7 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.
- 1.8 CIAC highly recommends that all soccer fields used for the tournament be 65 yards wide by 110 yards long. The minimum requirement is 60 yards wide by 110 yards long. Fields that do not meet the minimum requirement cannot be used and the game must be moved to an approved site.

2.0 **DIVISIONS**

- 2.1 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 2017-18 girl or boy 9-12 enrollment figures **and Tournament Success Factor.**

A listing of tournament divisions is available on the boys soccer and girls soccer page at ciacsports.com.

Girls:	LL – 607 and over	L – 418-606	M – 282-417	S – Up to 281
Boys:	LL – 643 and over	L – 428-642	M – 291-427	S – Up to 290

3.0 **QUALIFYING**

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

4.0 **ENTRY PROCEDURE**

- 4.1 **Game Results** – In order to ensure that standings and rankings on both the CIAC’s websites and other sites which draw their data from us are timely and accurate, all regular season scores must be entered online on the day of the 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.

Regardless of regular season postponed games, the date of THURSDAY, NOVEMBER 1, 2018 MUST BE THE FINAL DAY TO COUNT FOR THE TOURNAMENT. All games played after the entry form has been submitted, must be completed, and scores and cards reported to the CIAC office via the password-protected online eligibility center by Thursday, November 1.

Note: Schools may set up access codes in the eligibility center to allow coaches to submit scores and penalties via the web site without requiring the school’s main eligibility center password. Game scores and penalties are the only information that may be submitted in this manner.

- 4.2 **Change of Division Form** – Optional, if filed must be by August 31, 2018 for the 2018 season. **Once a school is approved for a change of division, this status remains in effect for three years.**
- 4.3 **Tournament Rosters / Entry** – Can be submitted on the eligibility center or the submit scores / forms option under the CIAC for coaches menu at ciacsports.com. Rosters must be submitted by Thursday, November 1. **A team roster is limited to 30 players.**
- 4.4 **Entry Fee** – There is an \$85 entry fee for both the girls and boys soccer tournament which should be mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410. If a school needs an invoice in order to pay its tournament fee, one can be downloaded by using the “Generate Tournament Invoice” link under the boys soccer and girls soccer options in the password-protected online eligibility center.
- 4.5 **Qualifying Record for Boys and Girls** – Win 40% of games against member schools, eligible out-of-state schools and the American School for the Deaf. Must have a minimum of ten (10) games against varsity opponents.
- 4.6 **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.**
 - **All red/yellow cards for league and CIAC tournament games must be posted along with the results of the game on the CIAC web site.**
- 4.7 **Tournament Regulations Violations** – If a school fails to comply with tournament regulations and such requires the CIAC tournament sports committee, central office staff, or the CIAC Board of Control to redo any portion of the tournament pairings or such non-compliance adversely impacts the management of the tournament, an administrative violation fee of \$500 will be imposed upon the school before entry into the tournament will be allowed.

5.0 **TOURNAMENT RULES / PROCEDURES**

5.1 **Ties**

- a. In all tournament games prior to the “finals” the following shall be the procedure to resolve a tie score. After a five minute time out:
- 1) Two ten minute overtime periods shall be played.
 - 2) After the first overtime the teams will change direction without a time out. A second ten minute overtime period shall be played.
 - 3) If tied after two ten minute overtime periods, penalty kicks will be used to determine the winner.
 - 4) There is no sudden victory – both ten minute overtime periods must be played to completion.
 - 5) First Round Penalty Kicks – Five players from each team kick once alternately or until the lead is insurmountable.
 - 6) Second Penalty Kicks – Five different players from each team kick once alternately or until the lead is insurmountable.
 - 7) If a tie remains, repeat step 3, 4 and if necessary, steps 4 and 5.
- b. After each set of ten kickers from each team, players may be repeated. **If a tie exists in the finals after the two fifteen minute overtime periods, co-champions will be declared. Penalty cards shall carry over into overtime periods.**

c. There will be no sudden victory during any penalty kick rounds.

5.2 **The tournament soccer ball for the 2018 tournament will be the SPALDING TF-5000. This ball shall be used for all tournament games including first and second round games. The higher ranked team shall provide at least five (5) official tournament balls for all games.** Officials must report to CIAC any school hosting a game who does not use the CIAC designated ball. The CIAC Board of Control will take appropriate action with the school.

5.3 **THE HOME (HIGHER RANKED TEAM) MUST WEAR DARK JERSEYS. THE VISITING (LOWER RANKED) TEAM SHALL WEAR WHITE JERSEYS.**

5.4 The Site Director must provide a minimum of two “ball persons” for each tournament game. **Site directors should not allow spectators to stand behind the goals.**

5.5 In all cases where a toss of coin may be required, the higher ranked team will have the privilege of call on the coin.

5.6 **ENTERING SCHOOLS ARE REMINDED THAT IN THE EVENT OF SEVERELY INCLEMENT WEATHER IT MAY BE NECESSARY TO PLAY THE SOCCER FINALS ON SUNDAY AFTERNOON, NOVEMBER 18, 2018. THE GAME MAY NOT START BEFORE 12:30 P.M.**

5.7 **Suspended Games** – Regular season games if suspended in the first half, must be restarted from the beginning with the score 0-0. If suspended after one full half of play the game will be declared an official game.

5.8 In CIAC tournament play a game suspended either in the first half or the second half will be rescheduled and play continued from the point of suspension with the score the same as when the game was suspended.

5.9 **Terminated Games** – Definition – “When a game has been ended by the referee for actions of the participants or spectators such as refusal to play or disorder.”

In such cases the status of the game during the regular season may include forfeiture and is resolved by proper authority – the principals of the two schools, league rules and procedures.

During the CIAC tournament the Executive Director or his/her designee will determine the status of any terminated game along with the chair of the committee and the tournament director(s).

5.10 SEE APPENDIX E for the regulation and penalties for yellow cards.

5.11 SEE APPENDIX F for the penalty report form that must be submitted with the entry form. If you do not qualify for the tournament, the penalty report form must be submitted after your last regular season game. Failure to do so may result in probation or prohibition.

CIAC Soccer Committee requires all schools post their red / yellow card infractions after each game. Schools must continue to report all red / yellow cards issued during the league championship and the CIAC tournament when they post their scores.

6.0 **RANKING / SEEDING**

6.1 a. Teams will be seeded by winning percentage, computed by taking the total of two points per win and one point per tie divided by twice the number of games played. Any team with a winning percentage of .400 or greater will qualify for the tournament.

b. When ties in winning percentage exist, they will be broken in the following manner:

- 1) Head-to-head competition (only if exactly two teams are tied).
- 2) Point ranking, based on three points for each win and one point for each tie. Unlike the winning percentage where teams with different numbers of wins can have the same percentage, this ensures that the team in the tie with the most wins will be ranked higher.
- 3) If after using point ranking exactly two teams are still tied and they met head-to-head, then head-to-head will be used at this point.
- 4) The totals of the point rankings from step #2 for each opponent defeated and half of the point rankings from step #2 for each opponent tied. If an opponent was beaten or tied twice then the appropriate number will be used twice in determining the total.
- 5) Computer generated random tiebreaker number.

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

6.3 In case more than thirty-two (32) teams qualify, a qualifying round playing date will be established.

6.4 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

6.5 In case there are not thirty-two (32) teams that qualify, byes will be awarded to the appropriate number of higher ranked teams.

6.6 **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 27		3 vs 6		
11 vs 22	6 vs 11			

6.7 **Ranking and Pairing Information** – Will be posted on the CIAC web site on Friday, November 2, 2018 at www.ciacsports.com

7.0 EXPENSES / TICKETS

- 7.1 The higher ranked team will host first round and second round games and the host team will pay all game expenses for these games, **including officials**. **The higher ranked team must also assign an athletic trainer to the event and contact their commissioner of officials**. Schools may charge admission if they wish to keep the gate in rounds 1 and 2. Admission will be charged at all quarter-final games and gate receipts sent to CIAC. For quarter-final games, the host school will be reimbursed **up to \$160** for costs **and CIAC will pay the officials and site director**. If the host site cannot effectively charge and collect tickets at their site the game will be moved to a neutral site than can accommodate ticket sales or the site of the lower ranked team will be used. Schools must contact the tournament director if they cannot charge for the event. **Schools are expected to provide their own trainer from the quarter-finals on.**
- 7.2 If in first and second round play schools wish to charge admission they should notify the principal and athletic director of the visiting school in advance.
- 7.3 Visiting schools will bear all traveling expenses.
- 7.4 The CIAC Soccer Committee will pay all game expenses directly associated with the staging of the semi-finals and final tournament games, including officials.
- 7.5 Charges for admission for quarter-finals, semi-finals and finals will be: (Subject to change)
Free – Children five (5) and under; military in uniform or with I.D.
\$5.00 Senior Citizens (age 65 and older); Students (grades 1-12)
\$10.00 Adults (all others not in the above categories)
- 7.6 During the 2018 tournament, the following passes will be honored at all games where an admission is charged.
- Principal (or designee) of participating schools
 - Official CIAC Soccer Pass (head varsity soccer coach – REQUEST MUST BE IN WRITING)
 - CIAC **Soccer Officials** Association membership card
 - Athletic directors with CAAD membership card
 - Press Card
 - CIAC Soccer Committee Pass – on lanyard
 - No other complimentary admissions will be permitted

8.0 OFFICIALS

- 8.1 **The host school in the first round, second round and quarter-final games must call their commissioner of officials and request that officials be assigned. Each commissioner has been made aware of this.**

The semi-final and final game officials will be assigned by the tournament and assistant tournament director from the approved list submitted by each board. Three (3) officials will be used in all games from the quarter-finals on.

- 8.2 Identity of officials assigned games by the Officials Coordinator will not be disclosed prior to the game.

9.0 FORFEITS

- 9.1 Member schools will be required to submit regular season schedules for all sports controlled by CIAC in which member schools participate. Determination of forfeitures will be based on this schedule.
- 9.2 A team shall forfeit a game or games if through a violation it is required to do so under the CIAC Rules of Eligibility.

- 9.3 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.
- 9.4 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 48 hours following the time of the scheduled contest. On the eve of a tournament when there is not sufficient time for normal administrative procedures (48 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.
- 9.5 **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.**

10.0 DISPUTES

- 10.1 **Decisions by Game Officials** – Disputes arising from the decisions, interpretations and misapplication of the National Federation or CIAC games 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.

- 10.2 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.

11.0 SUPERVISION / SPORTSMANSHIP

- 11.1 Players and coaches disqualified in a game will be required to serve the additional penalty as outlined in the CIAC regulation on “Disqualification”.
- 11.2 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 must identify him/herself to the site director.**
- 11.3 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.
- 11.4 Use of tobacco products or possession of alcoholic beverages of any kind, including champagne, are not permitted on the field of play, including dugouts, or within the field or part at which a tournament game is scheduled. Many towns or fields which we use have local ordinances prohibiting use of tobacco product 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.

- 11.5 **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.

11.6 **Bench and Field Conduct**

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

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

- 11.7 Up to thirty (30) team members in uniform, coaches, managers and up to 20 cheerleaders accompanying the team will be admitted free of charge to each game.

12.0 CONCUSSION MANAGEMENT AND RETURN TO PLAY REQUIREMENTS

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

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

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

What is a Concussion?

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

Section 1. Concussion Education Plan Summary

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

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

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

Section 2. Signs and Symptoms of a Concussion: Overview

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

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

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

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

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

State law requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who: a) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or b) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred.

Upon removal of the athlete, a qualified school employee (principal, teacher, licensed athletic trainer, licensed physical or occupational therapist employed by a school district, coach or school paraprofessional) must notify the parent or legal guardian within 24 hours that the student-athlete has experienced a head injury and has exhibited signs and symptoms of a concussion.

Section 3. Return to Play (RTP) Protocol Overview

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

Concussion Management Requirements:

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

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

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

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

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

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

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

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

Resources: CDC. (2017). *Heads up: Concussion in high school sports*. Retrieved from http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm
 CDC. (2017). *Injury prevention & control: Traumatic brain injury*. Retrieved from <http://www.cdc.gov/TraumaticBrainInjury/index.html>
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 CIAC Concussion Central. Retrieved from <http://concussioncentral.ciacsports.com/>

13.0 HEAT STRESS AND ATHLETIC PARTICIPATION

In early fall practices are conducted in very hot and humid weather in many parts of the United States. This can lead to heat-related illnesses. Heatstroke deaths are fully preventable in high school sports if the proper precautions are taken.

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

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

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

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

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

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

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

Below 65 Unlimited activity
 65-73 Moderate risk

73-82 High risk
 82-plus Very high risk

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

<u>Air Temp</u>	<u>Danger Zone</u>	<u>Critical Zone</u>	
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>

APPENDIX A
2018 GIRLS / BOYS SOCCER GAME RESULTS / TOURNAMENT ROSTER

In order to ensure that standings and rankings on both the CIAC's websites and other sites which draw their data from us are timely and accurate, all regular season scores must be entered online on the day of the game as soon as possible following the game's completion.

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

Regardless of regular season postponed games, the date of Thursday, November 1 must be the final day to count for the tournament.

Tournament rosters can be submitted on the Eligibility Center or the submit scores / forms option under the "CIAC for Coaches" menu at ciacsports.com. Rosters must be submitted by Thursday, November 1.

- * Up to thirty (30) eligible players may be used.
- * Games that are postponed or suspended (except finals) shall be played on the next available date (including Sundays by mutual agreement). Postponed or suspended FINAL games shall be played on the next available date including Sunday.
- * Entry fee of \$85 must be sent to CIAC, 30 Realty Drive, Cheshire, CT 06410.

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 request will be considered.

Tournament Regulations Violation – If a school fails to comply with tournament regulations and such requires the CIAC tournament sports committees, 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.

APPENDIX B
FORM FOR APPLYING FOR A HIGHER DIVISION IN THE 2018 BOYS' OR GIRLS
SOCCER TOURNAMENT

Must be submitted via the password-protected online eligibility center by August 31, 2018 for the 2018 tournament.
Once a school has been approved for a change of division, this status will remain in effect for three (3) school years.
Placement of schools has been based on the 9-12 boy or girl 2017-18 enrollment.

APPENDIX C

YELLOW CARD RULE

1. A player who is issued a caution (yellow card) shall leave the field and may be replaced. Should the team with the cautioned player elect to play shorthanded, the cautioned player may not re-enter, nor be replaced until the next legal substitution. **Any player or coach who is issued a second caution (yellow card) in the same game will be ejected and required to sit out the next game at the same level of play. It shall be reported as one yellow card and one yellow/red card and shall count as two cumulative yellow cards for that player or coach and team. Substitutions will not be allowed under NFHS rules on an ejection for two yellow cards.**
- 2.a. A player or coach is ineligible to participate in any soccer contest until withheld from the next soccer contest at that level of play when the player or coach has been issued a third (**cumulative**) card of the regular season. The rule also becomes operative for the same player or coach at the sixth, ninth, etc. card during the regular season. The game in which the third, sixth, ninth, etc. cumulative card is given determines the level of play. A player or coach receiving a card in a sub-varsity game and a card in a varsity game has accumulated two for the regular season. **Any player or coach who receives a third cumulative card will be required to sit out the next game at that level of play. The player or coach may not participate in a game at any level until he/she has sat out the required game at the appropriate level of play.**
- b. In the event a player or coach receives their third, sixth, ninth, etc., yellow card at the last scheduled regular season game, or league playoff game, the player/coach shall be disqualified from participating in the next contest (league playoff game or CIAC tournament game).

Note: Any player/coach who is issued the third (cumulative) yellow card and a red card in the same game will be disqualified for the next two games and is ineligible to play until the next two games at that level of play have occurred. A player/coach receiving a combination yellow card/red card in a game has been issued the second yellow card for that game as well as a red card. The issuance of a red card only, does not count as one yellow card.

3. Each CIAC member school must maintain an official soccer score book. The issuance of each yellow and red card must be immediately recorded in that team's score book when the incident occurs. Each member school must report to the CIAC all red and yellow card penalties on the CIAC Penalty Report Form after each game. Failure to do so may lead to a team's disqualification in post season play. Coaches/athletic directors are required to record all post regular season cards (league championship) for determination of the total team cards during the season.
4. A player rendered ineligible through a disqualification will be determined to be an ineligible player according to CIAC eligibility regulations. The use of an ineligible player will lead to a game forfeiture.
5. If a player receives a yellow card at the end of OT and prior to PK, the athlete will be able to return to continue play at the discretion of the coach.
6. If a player receives a second yellow, now a red, or a red card at the end of OT and prior to or during PK, the athlete will not be permitted to continue play, the player will be ejected from the game.
7. **Yellow cards will be set to zero (0) at the start of the CIAC tournament. A player or coach who receives their second cumulative card during the tournament must sit out the next game in the tournament.**

TEAM YELLOW / RED CARD RULE
CIAC SOCCER COMMITTEE POLICY ON TEAM PROBATION / DISQUALIFICATION

1. **Any team that accumulates five (5) or more red cards during the regular season, including league tournaments, will be disqualified from the CIAC state tournament:**
Additionally:
 - The program will be placed on probation
 - The school will be required to appear before the CIAC Soccer Committee
 - The school will be required to file a written action plan for improvement with the committee and
 - The maximum number of red cards the soccer team can accumulate during the next regular season, including league tournaments, will be reduced to three (3). If the team exceeds three (3) red cards they will be disqualified from the CIAC tournament.

2. **Any team that accumulates a combination of sixteen (16) or more red or yellow cards during the regular season, including league tournaments, will be disqualified from the CIAC state tournament.**
Additionally:
 - The program will be placed on probation
 - The school will be required to appear before the CIAC Soccer Committee
 - The school will be required to file a written action plan for improvement with the committee and
 - The maximum number of cards the soccer team can accumulate during the next regular season, including league tournaments, will be reduced to twelve (12). If the team exceeds twelve (12) cards during the regular season, including league tournaments, they will be disqualified from the CIAC State Tournament.

3. **All schools that accumulate thirteen (13) or more red and/or yellow cards during the regular season and tournaments will be placed on probation for the next season. All schools that qualify for their league tournament can receive an additional card before going on probation. All schools that qualify for the CIAC tournament can receive an additional card before going on probation. (Example – A school that makes only its league tournament goes on probation at fourteen (14) cards.)**
Additionally:
 - The school will be required to appear before the CIAC Soccer Committee
 - The school will be required to file a written action plan for improvement with the committee and
 - The maximum number of cards the soccer team can accumulate during the next regular season, including league tournaments, will be reduced to twelve (12). If the team exceeds twelve (12) but less than sixteen (16) cards during the regular season, including league tournaments, they will remain on probation for a second year.

4. **If the team accumulates thirteen (13) or more red and/or yellow cards WHILE ON PROBATION.**
 - The team will remain on probation
 - The school will reappear before the Soccer Committee with an updated action plan and
 - The maximum number of cards the team can accumulate during the SECOND YEAR OF PROBATION will be reduced to twelve (12). If the team exceeds twelve cards during the regular season, including league tournaments, they will be **disqualified** from the CIAC state tournament.

5. A returning player who receives a red card in their final game shall carry over to the next season.

6. Schools that fail to submit the required red/yellow card information will be subject to a fine as prescribed by the CIAC fine policy as well as probation or prohibition from tournament play.

7. All red/yellow cards must be recorded at the time the scores are required to be submitted electronically to the CIAC. **Scores and cards for all games including league tournament and the CIAC State tournament games must be submitted electronically to the CIAC.**

APPENDIX D
CIAC SOCCER PENALTY REPORT FORM

Several changes have been made to the CIAC Soccer Penalty Report Form. Please review the document online and contact the CIAC office if you have questions.

Remember that you are required to fill out this form at the conclusion of each game. You are also required to report all cards issued in regular season, league tournament, and CIAC tournament games.

This completed report (including those with zero penalties) must be submitted to the CIAC office by all schools playing soccer at the conclusion of each season. A copy of this form must accompany all tournament entry forms.

RED CARD CODES

1. Exhibiting violent conduct
2. Taunting – use of word or act to incite or degrade an opposing player, coach, referee or other individual
3. Subsequent caution (second yellow card)
4. A player commits serious foul play punishable with a direct free kick or penalty kick and uses disproportionate and unnecessary force against an opponent while playing for the ball
5. A player (other than the goalkeeper in his own penalty area) deliberately handles the ball attempting to prevent a goal and goal is not scored
6. A player commits a foul, attempting to deny an obvious goal-scoring opportunity and goal is not scored
7. Spitting at a teammate, opponent or game official
8. Using insulting, offensive or abusive language or gesture
9. Leaving the team area to enter the field where a fight or altercation is taking place, unless summoned by an official.

YELLOW CARD CODES

1. Entering or leaving the field of play without permission of an official
2. Persistent infringement of any rules of the game
3. Objecting by word of mouth or action to any decision given by an official (dissent)
4. Incidental use of vulgar or profane language
5. Any use of electronic communication devices with the on-field players during play. Examples: amplifying devices, wireless communication devices such as cell phones, headphones, personal digital assistant.
6. Coaching outside team area
7. Unnecessary delay (kicking, throwing ball away on a free kick)
8. Holding a shirt or short
9. Deliberate verbal tactics
10. Encroachment
11. Deliberate handball to stop an attack
12. deliberate tactical foul
13. Faking an injury
14. Simulating a foul;
15. A player who displays reckless play
16. Illegally equipped player, per 4.3
17. Any delayed, excessive or prolonged act(s) by which a player(s) attempts to focus attention upon him/herself and/or prohibits a timely restart of the game
18. A player (other than a goalkeeper in his/her own penalty area) deliberately handles the ball, attempting to prevent a goal, and the goal is scored
19. A player commits a foul, attempting to deny an obvious goal-scoring opportunity, and the goal is scored
20. Use of any tobacco products or electronic cigarettes at the game site during the period of the jurisdiction of the officials
21. Other unsportsmanlike conduct

THE CIAC BOARD OF CONTROL HAS ADOPTED THE FOLLOWING PLAYER / COACH EJECTION / DISQUALIFICATION POLICY.

The CIAC establishes guidelines and tone for acceptable and appropriate behavior at all CIAC contests including league tournaments and playoffs. Given this charge, it is CIAC's responsibility to be pro-active and responsive to the growing issues of sportsmanship and violence in sports. A strong consistent statement reflecting zero tolerance for violence in sports must become standard operating procedure for all schools. This is to be considered a minimum standard.

The CIAC Disqualification/Ejection Rule is in effect for all CIAC contests including league playoffs and tournaments that engage officials who have been assigned by Board commissioners from CIAC registered officials organizations, or directly by the school or by the CIAC.

There is NO appeal procedure that a school may use relative to disqualifications. Disqualification is a judgment call by an official and as such is not appealable. Until the official(s) leaves the site the game official(s) is in charge and may take any action deemed to be appropriate, even to the extent of reversing an earlier decision to eject a player or coach. Both schools (coaches on site) must be made fully aware of all final decisions on game disqualifications. **Once the game official(s) leaves the site of the contest all decisions on game disqualifications are final.**

The following policies for disqualification by an official shall apply in all sports.

1. Any student-athlete who physically assaults an official, coach, opposing player or spectator or any other person in attendance at any event may be deemed immediately ineligible for the remainder of the season.
2. When an athlete or coach is ejected from any CIAC contest the athlete or coach is ineligible to participate in the next contest at the same level of play (even if the next contest does not occur until league or CIAC tournament play or next year). If one or more different level contests are scheduled prior to the next contest at the same level of play, the athlete or coach shall be ineligible to participate in the next (but no more than one) contest at each level of play. **The ejected coach or player cannot be in attendance at the game(s) for which they are serving their suspension and may not participate in any pre-game warm-up activities at the site of the game.**
3. 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 dismissed from the team for the remainder of the season (otherwise #2 remains applicable).
4. The school's first incident of non-compliance, for reasons other than defiance of the disqualification rules, will result in forfeiture, a \$250 fine and the athlete or coach must serve the disqualification penalty; a school's second incident of non-compliance will prohibit the school from entry in the next CIAC tournament for that sport or from the remainder of the current tournament if the disqualification occurs during a CIAC tournament or during the last regular season contest/day of competition. However, when a school willfully defies CIAC disqualification rules and regulations the school and/or coach will be subject to further action by the CIAC Board of Control.
5. Any CIAC team that accumulates five (5) or more disqualifications during the regular season including the league's tournament for flagrant misconduct, unsportsmanlike conduct, such as, but not limited to taunting, retaliating in a fight, or physically assaulting an official, coach, opposing player or spectator during the course of one season will be barred from CIAC post-season competition. All disqualifications must be reported to CIAC. Disqualification from the team under #1 constitutes one disqualification in team totals. Any misconduct or disqualification of a coach will count towards the team's total number of disqualifications. Multiple disqualifications during CIAC tournaments are subject to disciplinary action by the CIAC sports committee and the CIAC Board of Control.
6. Disqualifications from the last contest of one season carry over to the next season in that sport for undergraduates and coaches, or the next season of participation in any sport for seniors.

If the CIAC or National Federation playing rules for a sport specify an additional penalty, the additional penalty will apply. The CIAC disqualification rule applies to all game or meet disqualifications with the exception of reaching the limit of personal fouls in basketball and lacrosse; reaching the limit of technical violations in wrestling; or being disqualified by the rules in ice hockey and lacrosse, which does not require a next game disqualification. This rule does not apply to individual event disqualifications such as in swimming or track and field.

7. Each game official will notify their assigner for that game who will notify the CIAC office via the online disqualification notification system. The athletic director or principal of the school having the disqualified player/coach must notify their next opponent. The school is responsible to implement all CIAC disqualification rules even if the official does not report disqualification in a timely manner.

- **Definition of ASSAULT** – An assault is defined as an attack which attempts to injure one physically.
- **Definition of TAUNTING** – Taunting includes, but is not limited to any actions or comments by coaches or players which are intended to bait, anger, embarrass, ridicule or demean other players, coaches, or game officials. Included in this is conduct that berates, needles, intimidates or threatens based on gender, ethnic origin or background and conduct that attacks religious beliefs, size, economic status, speech, family, special needs, or personal matters. Examples of taunting that would lead to ejection include, but are not limited to, physical and verbal intimidation outside the spirit of the game (“trash talk”), reference to sexual orientation, “in-the-face confrontation” by one player to another, standing over, straddling a tackled or fallen player, etc.
- **PENALTY** – In all sports, game officials are to consider taunting a flagrant, unsportsmanlike foul that disqualifies the offending bench personnel or athlete from that contest/day of competition and the player or coach from the following contest/day of competition, i.e., the CIAC player/coach ejection rule will be invoked. A warning may be given, but is not required before ejection.

In soccer, an accumulation of two yellow cards in one game against the coaching personnel or team bench will constitute a red card against the head coach and all disqualification rules will apply. (Refer to soccer red card rules and the soccer tournament document.)

Disqualification Rule – The head coach shall be ineligible to participate in the next contest at the same level of play (even if the next contest does not occur until league or CIAC tournament play or next year). If one or more different level contests are scheduled prior to the next contest at the same level of play, the head coach shall be ineligible to participate in the next (but not more than one) contest at all other levels of play.

Appeals – The CIAC will honor appeals of coach disqualification only (not player disqualifications) when the nature of the disqualification under the CIAC Disqualification/Ejection Rule applies to circumstances other than game official judgments. For example, the ejection of a head coach for winning a football contest with an extremely lopsided score when the circumstances warrant an exception.

Appeals will be heard by a committee consisting of the following: CIAC chairperson, CIAC sports committee chairperson, CIAC Executive Director or designee, a coach and an athletic director. Appeals will be honored when received in the CIAC office within 48 hours of the decision to disqualify the coach.

Ejection of a Coach – 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. The coach must leave the premises. If this cannot be accomplished within fifteen (15) minutes after the ejection, the official in charge will declare a forfeit win for the opposing team.

APPENDIX E

DUTIES OF 2018 BOYS OR GIRLS SOCCER TOURNAMENT SITE DIRECTOR

It shall be the duty of the Site Director to see that the following facilities are available well in advance of the start of the game:

1. **The score of game must be reported online immediately at the end of the game and telephoned to Tournament director.**
2. In the event that a field is absolutely unfit for play because of excessive water the tournament director should be notified as soon as possible. (After a rain most fields may not be perfectly dry, but yet would be suitable for play.)
3. The field should be freshly lined, following official dimensions with field markings in agreement with the most recent National Federation soccer rule book. Corner flags are to be in place and each goal should be provided with the customary net.
4. A restraining barrier of some sort should be in place to keep spectators at least fifteen feet from the playing surface at all points. In most cases crowd ropes will be considered suitable. **NO SPECTATORS ARE ALLOWED ON THE FIELD AT ANY TIME, INCLUDING AFTER THE GAME.**
5. An ADULT scorer and an ADULT timer will be provided by the site director and a sufficiently large scorer's and timer's table with bench or chairs will be made available for the game.
6. A suitable timing device – the conventional time clock – and a loud horn or other loud noise-making device (not a whistle) will be available to signal the expiration of playing time. A loud horn should be used to signal the end of the game. **The official time is kept by the official(s) on the field.**
7. **SUFFICIENT SECURITY PERSONNEL AS MAY BE DEEMED NECESSARY WILL BE ON DUTY TO CONTROL THE ANTICIPATED CROWD.** Provide parking and a suitable locker room or changing area for officials.
8. Emergency medical procedures should be established for the game.
9. Suitable benches and drinking water should be provided for the players. If a request is made, dressing facilities should be provided for any team which has more than twenty miles to travel.
10. All monies collected at the site along with ticket accountability should be sent to CIAC, 30 Realty Drive, Cheshire, CT 06410. For accountability purposes (and for your records) payment (of all monies collected) to CIAC should be made by check (school/central office check). A list of expenses which includes all fees should accompany the check so the CIAC may then be able to make payment by check.
11. During the 2018 tournament the following passes will be honored at all games where a fee is charged:
 - a. Committee pass or lanyard indicating "Committee Member"
 - b. Principal (or designee) and athletic directors of the two competing schools
 - c. Official CIAC Soccer Pass (head varsity soccer coach – REQUEST MUST BE IN WRITING)
 - d. Athletic Directors with CAAD membership card
 - e. Press card
 - f. CIAC soccer officials association membership cardNo other complimentary admissions will be permitted.
12. Up to 30 team members, coaches, managers and up to 20 cheerleaders accompanying the team will be admitted free of charge to each game.
13. Noisemakers that might interfere with the performance of the game and large banners or streamers are prohibited and each school principal is responsible for compliance with this regulation.
14. Site director must provide a minimum of **two (2) "ball persons" for each tournament game.**

APPENDIX F
GENERAL INSTRUCTIONS REGARDING GAME MANAGEMENT
FOR ALL BOYS AND GIRLS SOCCER COACHES

Coaches check the following items with each other:

- a. Directors how to reach field.
- b. All weekday tournament games will START at 2:00 p.m., or 4:00 p.m. if the school has lights, or unless a night game is mutually agreed upon. Time for Saturday or holiday games will be by mutual consent. If not agreed to by both schools the tournament director will make the final decision.
- c. **The higher ranked team is required to supply five (5) official tournament game balls. The official game ball is the SPALDING TF-5000.** Officials must report to CIAC and school hosting a game who does not use the CIAC designated ball. The CIAC Board of Control will take appropriate action with the school.
- d. The home (higher ranked) team must wear dark jerseys and visiting (lower ranked) team a white color jersey.
- e. Be certain of dressing arrangements if needed.

NOTE: First round, second round and quarter-final games will be played on the home field of the higher ranked team. Home team secures officials for first round, second round and quarter-final games and for the services of a trainer. The home team will pay for officials in the first and second round. CIAC will pay for officials in the quarter-finals on.

Visiting team arrange for busses.

CIAC highly recommends that all soccer fields used for the tournament be 65 yards wide by 110 yards long. The minimum requirement is 60 yards wide by 110 yards long. Fields that do not meet the minimum requirement must be moved to an approved site or to the site of the lower ranked team. If home field does not meet minimum standards, the CIAC must be notified by September 6, 2018.

Inclement weather – Play the next day, including Sunday by mutual agreement. If the field is still unplayable, the game may be played at the lower ranked team’s field by mutual agreement.

SPECIAL NOTE: Coaches are requested to inform all site directors to honor the special game passes which are issued to Soccer Committee members who will act as observers during the tournament.

ATTENTION: (Check list)

- ___ The field should be freshly lined. Each goal provided with the customary net.
- ___ A restraining barrier should be in place to keep spectators from the playing field at all points. In most cases crowd ropes will be considered suitable.
- ___ Suitable benches should be provided for all players.
- ___ A sufficiently large scorer’s and timer’s table with bench or chairs will be provided.
- ___ See Official Tournament Rules for admission prices and complimentary tournament entrance procedures.
- ___ Although most of you have the situation well under control with your students / athletes, alcohol has shown up on the field after some championship games (brought in by spectators, but nonetheless, on the field). The proper word by your athletes might be enough to control this situation and avoid embarrassing the team and tainting their achievement.
- ___ **Site directors should not allow spectators to stand behind the goals or go onto the field at the conclusion of the game.**