

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

59th ANNUAL 2011 BOYS BASEBALL TOURNAMENT REGULATIONS
Sponsored by Subway

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59th ANNUAL 2011 BASEBALL TOURNAMENT
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PART I - CIAC ALERTS

LAST DAY TO COUNT START TIME

NO GAMES WHICH BEGIN AFTER 4:00 P.M. ON MAY 26 WILL COUNT FOR TOURNAMENT (2.5 and 9.4 in tournament packet) AND NO GAME MAY START AND BE SUSPENDED EXCEPT FOR INCLEMENT WEATHER.

ALL SCHEDULED GAMES MUST BE PLAYED

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.

NIGHT GAMES

NIGHT GAMES IN THE QUALIFYING, FIRST AND SECOND ROUNDS MUST HAVE THE TOURNAMENT DIRECTOR'S PERMISSION. NIGHT GAMES DURING THE SECOND ROUND WILL NOT BE PERMITTED UNLESS THERE IS AN EXTENUATING CIRCUMSTANCE APPROVED BY THE TOURNAMENT DIRECTOR.

REGULAR SEASON GAME ENDING PROCEDURE

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

- Rule 4-2-1, 2, 3 & 4 during the regular season, a "regulation game" (4 ½ innings if the home team is ahead – 5 full innings if the visiting team is ahead) called for any reason (other than a forfeit) WHERE A WINNER CANNOT BE DETERMINED (Rule 4-2-2) shall be treated as a suspended game and shall be completed at some later date.

The tournament game ending procedure is different – see rule 7.2.a

TOURNAMENT GAME ENDING PROCEDURE

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

PROFESSIONAL TEAM TRYOUTS

The CIAC Board has reaffirmed its position of not permitting CIAC athletes to practice or "try out" with any professional sports team during the defined sports season. A "work out" is interpreted as a "try out" and therefore is not an exception to the regulation.

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 a 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 canceled 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.

CIAC PITCHING RULE

The pitcher may not pitch more than ten (10) innings in any three (3) consecutive calendar days. To determine the eligible number of innings that a pitcher may pitch on game day, total the number of innings pitched during the two previous calendar days and subtract from ten (10). Ten innings are equal to thirty outs.

Penalty for Pitching Violation -- A pitcher in violation will be ejected for the remainder of the game in which the violation occurs as well as the next entire game. The player ejected as a result of violating this rule is ejected as a player as well and may not participate in any other position until the penalty is fully served. If the violation is discovered after the conclusion of the contest, the player is suspended for the following contest.

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” for the 2011 (**sub-varsity**) baseball season.

2. 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.
3. 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 without penalty only if there has been an injury 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.

2011 NATIONAL FEDERATION BASEBALL RULE CHANGES

- | | |
|---------|--|
| 1-1-2 | Clarified the acceptance of the lineup card with substitutes. |
| 1-3-2-5 | Modified the bat rule involving composite baseball bats (effective 2010-11 school year - SEE BELOW) and defining the various components of baseball bats and the prohibition of altering bats. |
| 1-5-8 | Clarified the use of hard and unyielding materials for injury padding purposes. |
| 2-16-2 | Clarified the definition of a foul tip batted ball. |
| 3-1-5 | Clarified the importance of identifying the symptoms, signs or behavior of a player who has suffered a concussion. |
| 8-2-6l | Clarified a commonly accepted base running practice. |

For the 2010-11 academic school year the following types of bats will be legal.

1. Any aluminum BESR baseball bat
2. Any aluminum barrel BESR baseball bat
3. Any BESR non-hollow (filled core) composite bat
4. Select approved composite BESR baseball bats that can be found on the NFHS web site, <http://www.nfhs.org/content.aspx?id=4155>
5. Any solid (one-piece) wood baseball bat
6. Any aluminum or composite BBCOR baseball bat (anticipated delivery date to retail stores or online outlets late fall / early winter)

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 VARSITY OPPONENTS and have won 40% of its approved scheduled games played. Only the first two games played with any single opponent may be counted towards tournament qualification.
- 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 6, 2011. 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.

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 boy enrollment as shown in the 2009-10 CIAC Membership Directory.

LL –693 and over
L -- 492 - 692

M -- 336 - 491
S -- Up to 335

3.2 The 2011 Baseball Championships will be played using an Open Tournament format.

Class LL -- 693 and Over (40)

| | |
|-----------------------------|------|
| Bridgeport Central | 1091 |
| Bridgeport - Warren Harding | 801 |
| Bristol Central | 725 |
| Cheshire | 842 |
| Danbury | 1432 |
| East Hartford | 955 |
| Fairfield Prep. | 921 |
| Fairfield Ludlowe | 693 |
| Glastonbury | 1076 |
| Greenwich | 1427 |
| Hamden | 1045 |
| Hartford - Bulkeley | 730 |
| Hartford Public | 737 |
| Manchester | 9828 |
| Middletown - Xavier | 867 |
| Naugatuck | 730 |
| New Britain | 1481 |
| New Haven - Wilbur Cross | 775 |
| New Milford | 786 |
| Newington | 765 |
| Newtown | 861 |
| Norwalk | 745 |
| Norwalk - Brien McMahon | 825 |
| Norwich Free Academy | 1151 |
| Ridgefield | 910 |
| Shelton | 832 |
| Simsbury | 848 |
| South Windsor | 843 |
| Southbury - Pomperaug | 731 |
| Southington | 1014 |
| Stamford | 886 |
| Stamford - Westhill | 1117 |
| Trumbull | 1000 |
| Waterbury - Crosby | 695 |
| West Haven | 774 |
| West Hartford - Conard | 791 |
| West Hartford - Wm. Hall | 791 |
| Westport - Staples | 898 |
| Windsor | 708 |
| Woodbridge - Amity | 844 |

Class L -- 492 - 692 (45)

| | |
|----------------------------|-----|
| Avon | 563 |
| Berlin | 512 |
| Branford | 541 |
| Bridgeport - Bassick | 634 |
| Bristol Eastern | 602 |
| Brookfield | 508 |
| Colchester - Bacon Academy | 509 |
| Darien | 639 |
| East Lyme | 611 |
| Enfield - Enrico Fermi | 564 |
| Fairfield Warde | 633 |
| Farmington | 671 |
| Groton - Fitch | 629 |
| Guilford | 547 |
| Hebron - RHAM | 599 |
| Madison - Daniel Hand | 634 |
| Manchester - Cheney Tech. | 516 |
| Meriden - Maloney | 608 |
| Meriden - Platt | 526 |
| Middletown | 672 |
| Milford - Foran | 492 |
| Milford - Jonathan Law | 492 |
| Milford - Platt Tech. | 590 |
| Monroe - Masuk | 670 |
| New Canaan | 633 |
| New Fairfield | 521 |
| New Haven - Hillhouse | 502 |
| New London | 515 |
| North Haven | 619 |
| Storrs - E.O. Smith | 614 |
| Stratford - Bunnell | 600 |
| Tolland | 492 |
| Torrington | 618 |
| Torrington - Wolcott Tech. | 510 |
| Vernon - Rockville | 531 |
| Wallingford - Lyman Hall | 522 |
| Wallingford - Sheehan | 500 |
| Waterbury - Kennedy | 677 |
| Waterbury - Wilby | 629 |
| Waterford | 500 |
| Watertown | 504 |
| West Haven - Notre Dame | 637 |
| Wethersfield | 597 |
| Wilton | 661 |
| Woodstock Academy | 544 |

Class M -- 336 - 491 (43)

| | |
|--------------------------------|-----|
| Ansonia | 394 |
| Ansonia - Emmett O'Brien | 364 |
| Beacon Falls - Woodland | 414 |
| Bethel | 481 |
| Bloomfield | 343 |
| Bridgeport - Bullard Havens | 426 |
| Burlington - Lewis Mills | 434 |
| Danbury - Abbott Tech. | 460 |
| East Haven | 470 |
| Ellington | 375 |
| Enfield | 428 |
| Granby Memorial | 394 |
| Griswold | 369 |
| Groton - Grasso Tech. | 338 |
| Hamden - Eli Whitney Tech. | 352 |
| Hartford - Weaver | 409 |
| Higganum - Haddam-Killingworth | 363 |
| Killingly | 369 |
| Killingly - Ellis Tech. | 420 |
| Ledyard | 438 |
| Meriden - Wilcox Tech. | 484 |
| Middletown - Vinal Tech. | 432 |
| Montville | 411 |
| New Britain - Goodwin Tech. | 348 |
| North Branford | 336 |
| Norwich Tech. | 382 |
| Plainfield | 417 |
| Plainville | 440 |
| Redding - Joel Barlow | 464 |
| Rocky Hill | 398 |
| Seymour | 340 |
| Stonington | 418 |
| Stratford | 457 |
| Suffield | 416 |
| Trumbull - St. Joseph | 390 |
| Waterbury - Holy Cross | 397 |
| Waterbury - Kaynor Tech. | 443 |
| Weston | 379 |
| Windham | 468 |
| Windham Tech. | 357 |
| Winsted - N.W. Reg. | 380 |
| Wolcott | 429 |
| Woodbury - Nonnewaug | 385 |

Class S -- Up to 335 (50)

| | |
|-----------------------------------|-----|
| Bolton | 131 |
| Bridgeport - Kolbe-Cathedral | 142 |
| Bristol - St. Paul | 163 |
| Canton | 291 |
| Chaplin - Parish Hill | 77 |
| Clinton - Morgan | 287 |
| Coventry | 284 |
| Cromwell | 310 |
| Danbury - Immaculate | 186 |
| Deep River - Valley Reg. | 312 |
| Derby | 211 |
| Durham - Coginchaug | 280 |
| East Granby | 129 |
| East Haddam - Hale Ray | 182 |
| East Hampton | 282 |
| East Windsor | 196 |
| Fairfield - Notre Dame Catholic | 233 |
| Falls Village - Housatonic Valley | 258 |
| Hartford - Capital Prep. | 63 |
| Hartford - Classical Magnet | 165 |
| Hartford - A.I. Prince Tech. | 314 |
| Hartford - SMSA | 202 |
| Hartford - University | 219 |
| Lebanon - Lyman Memorial | 242 |
| Litchfield | 200 |
| Litchfield - Wamogo | 158 |
| Manchester - East Catholic | 314 |
| New Haven - Amistad | 78 |
| New Haven - Career | 253 |
| New Haven - Hyde Leadership | 150 |
| No. Stonington - Wheeler | 120 |
| Old Lyme | 215 |
| Old Saybrook | 258 |
| Oxford | 298 |
| Portland | 188 |
| Putnam | 176 |
| Somers | 291 |
| Stafford | 253 |
| Stamford Academy | 72 |
| Stamford - Trinity Catholic | 218 |
| Terryville | 265 |
| Thomaston | 178 |
| Thompson - Tourtellotte | 182 |
| Uncasville - St. Bernard | 173 |
| Washington - Shepaug Valley | 180 |
| Waterbury - Sacred Heart | 194 |
| West Hartford - N.W. Catholic | 313 |
| Westbrook | 167 |
| Windsor Locks | 275 |
| Winsted - Gilbert School | 171 |

4.0 **ENTRY PROCEDURE**

- 4.1 ***SCHEDULE*** -- Must be completed and submitted via the password-protected online eligibility center by February 7, 2011. Games cannot be added to schedule after April 6, 2011.
- 4.2 ***CHANGE OF DIVISION FORM*** -- Optional, if filed the deadline is April 6, 2011 (via the password-protected online eligibility center).
- 4.3 ***SITE AVAILABILITY FORM*** -- Must be submitted via the password-protected online eligibility center by Friday, May 20, 2011.
- 4.4 ***TOURNAMENT ROSTERS*** -- Must be submitted via the password-protected online eligibility center by **Friday, May 20, 2011**. Any request for changes after the initial roster is submitted must be made before the first CIAC tournament game on a "support ticket" via the online eligibility center.
- 4.5 ***GAME SCORES*** -- Must be submitted on a weekly basis (scores for all games through a Saturday must be entered no later than the following Monday via the password-protected online eligibility center. **LIST SCORES FOR ENTIRE SCHEDULE INCLUDING FORFEITS AND CANCELLATIONS.**

REPORTING FINAL SCORES -- Regardless of regular season postponed games, the date of **THURSDAY, MAY 26, 2011 MUST BE THE FINAL DAY TO COUNT** for the tournament. **All games played up to Thursday, May 26, must be completed, and scores reported to the CIAC office via the password-protected online eligibility center.**

GAMES WHICH ARE SCHEDULED TO BEGIN AFTER 4:00 P.M. ON THURSDAY, MAY 26 WILL NOT COUNT FOR TOURNAMENT PLAY.

- 4.6 ***ENTRY FEE*** -- There is a \$75 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.
- 4.7 ***QUALIFYING RECORD*** -- Win 40% of games against member schools, eligible out-of-state schools and the American School for the Deaf.
- 4.8 **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, a **qualifying round game** will be held on **Saturday, May 28, 2011.**

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

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 | | 1 vs 4 | |
| 4 vs 29 | | | | |
| 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 website -- casciac.org -- on Friday, May 27, 2011.***

6.0 **SITES AND DATES**

6.1 Member schools may start conditioning practice for pitchers on but not before Monday, March 14, 2011.

6.2 Member schools may start practice on but not before Monday, March 21, 2011.

6.3 Member schools may play the first game on but not before Wednesday, April 6, 2011.

6.4 Scheduled Playing Dates for the 2011 Baseball Tournament

- Thursday, May 26, 2011 -- Last date to count for tournament qualification.
No games which begin after 4:00 p.m. on May 26 will count for tournament and no game may start and be suspended except for inclement weather.
- Saturday, May 28, 2011 -- Qualifying Round
- Tuesday, May 31, 2011 -- First Round
- Wednesday, June 1, 2011 – Second Round
- Saturday, June 4, 2011 – Quarter-finals
- Sunday, June 5 may be used for inclement weather

Note: Night games in all rounds up to the quarter-finals must have the tournament director's permission. Night games during the second round will not be allowed unless there is an extenuating circumstance approved by the tournament director.

- Tuesday, June 7 – Semi-final Games
- Friday / Saturday, June 10, 11 – Final Games

- 6.5 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 excluding Sunday, except in the case of the quarter-final or championship final games. See rule 7.2.a. of this packet regarding postponed game procedures.
- 6.6 All qualifying, first round and second round 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 The Tournament Director will determine the sites and times for all state quarter-finals, semi-finals and finals. Night games may be scheduled. The Tournament Director will designate the site director.
- 6.8 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.

PART III – TOURNAMENT RULES AND PROCEDURES

7.0 TOURNAMENT RULES / PROCEDURES

- 7.1 The official National Federation Baseball Rules will prevail for the tournament with the following clarifications or state option.
- 7.2 All CIAC tournament games will comply with the game ending procedure as defined by National Federation Rule 4-2-Art. 2. ALL 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 lineup 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: RAWLINGS CIAC***
- 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.***
- 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 the 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 Whenever possible, all weekday games will start no earlier than 3:00 D.S.T. except by mutual agreement. If rain causes postponements, these games will be played on the next day, excluding Sundays, except in the case of championship finals games. 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.

9.0 **EXPENSES/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 The Baseball Committee will pay all game expenses directly associated with the staging of the state quarter-finals, semi-finals and final tournament games.
- 9.4 Charges for admission to tournament games: *
- Free – Children five (5) and under
 - \$5.00 – Senior Citizens (age 65 and older)
 - \$5.00 – Students (grades 1-12)
 - \$8.00 – Adults (all others not in the above categories)

(Price subject to change depending upon venue.)

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.

- 9.5 In qualifying, first or second round play, host schools may choose to charge admission. If admission is charged the Principal and Athletic Director of the visiting school must be notified.
- 9.6 During the 2011 Tournament, the following passes will be honored at all games where an admission is charged.
- Official CIAC Baseball Pass (head varsity baseball coaches may request from CIAC).
 - Principal (or designee) of participating schools with CAS membership card.
 - CIAC baseball officials membership card.
 - Press Card.
- No other complimentary admissions will be permitted.

1.0 **OFFICIALS**

- 10.1 Each varsity head coach must electronically file the selection of official's form **via the password-protected online eligibility center** -- by May 5, 2011. 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**.
- 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, are 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/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 park

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.

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 Contests

It is permissible for a school or a school representative to film or videotape regular season 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 casciac.org.

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 casciac.org. No fees are charged.

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.
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 must be conducted indoors.
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 12 per school with no substitutions for absentees or drop outs allowed. Winter sport athletes still in season are ineligible to take part in this program.
5. Balls, gloves and full catchers protective equipment are the only equipment permitted. (Bats, batting tees, fungos, batting cages, pitching machines, etc., are strictly prohibited.)
6. The program may only consist 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.

NOTE: *It is not the intention of this program to work on fielding, covering bases, pick-offs or any other related fundamentals, and therefore, these type drills are strictly prohibited. Also, it cannot be used as a tryout and team cuts are not permitted.*

7. A coach must be present at all conditioning sessions.

SAFETY PRECAUTIONS: Catchers should wear full protective equipment and 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 could result in action by the CIAC Board of Control.

A SOUND PROGRAM FOR PITCHERS

Through the combined efforts of Dr. Norman Zlotsky, Orthopedic Surgeon and CIAC Medical Consultant and UConn Baseball Coach Andy Baylock, one of the most respected pitching instructors in the country, this information is being made available to all Connecticut High School baseball coaches. The information deals with some important facts about the arm, lead-up drills which teach the proper mechanics of pitching, a series of stretching and arm strengthening exercises designed by Dr. Frank Jobe, (LA Dodgers Team Physician) and a sample one week conditioning program for pitchers which should assist coaches in developing a sound program in their individual schools.

Important Facts About the High School Pitchers Arm

1. Their bones are not fully developed and therefore, they are more susceptible to overuse injuries.
2. Arm problems are usually caused by poor mechanics, throwing too hard too soon, throwing too many pitches too soon, throwing too many at one time or inadequate rest. The cold weather is also a contributing factor.
3. Most injuries can be prevented with adequate training, proper stretching and adequate warm-up.
4. Proper throwing mechanics will relieve stress and strain on the arm, elbow and shoulder.
5. The more overhand the person throws the less likely he is to have arm problems.
6. All pitchers must have a conditioning program and the coach should control how much the youngster throws and how often.
7. It is a good idea to ice the arm after a significant amount of throwing.

LEAD-UP DRILLS TO TEACH THE PROPER MECHANICS OF THROWING

Proper throwing involves a chain reaction of all bodily parts. The proper synchronization of these parts will allow a pitcher to throw free and easy with the least amount of stress and strain on the arm, elbow and shoulder. The lead-up drills which follow provide a step-by-step approach to teaching the necessary skills in a progressive fashion. All these drills are done in pairs with and without the ball.

STEP 1 -- POSITION -- Seated on ground with legs crossed. This position allows us to isolate the upper part of the body. The main fundamental we are working on here is closing the front shoulder and pointing it at the target. (AIM THE GUN) This will automatically rotate the hip.

Sequence -- Close front shoulder; take ball out of glove with palm down; circle the arm/shoulder; glove out - glove in; release ball and let your arm follow through across your body.

STEP 2 -- POSITION -- Kneeling on both knees with back slightly flexed. This position allows a full sweep in taking the ball out of the glove and circling the arm/shoulder. Also, it allows a little more of the body into the throw. The main fundamental we are emphasizing here is a longer arm action by making a full circle with the arm/shoulder. While emphasizing this fundamental you repeat the same sequence described in Step 1. This is a good drill for flexibility when not using the ball.

STEP 3 -- POSITION -- Kneeling on one knee while pointing the toe of your stride foot toward the target. The knee of the stride leg should be flexed. The main fundamental we are emphasizing here is that the direction of your stride foot will dictate where the pitch will go. Follow the same sequence as described in Step 1 and remember to follow through by letting your arm come across your body finishing up outside the flexed knee of the stride leg.

STEP 4 -- POSITION -- Standing sideways with your stride foot pointing toward your target and both knees flexed in a TWO POINT POSITION. The main fundamental we are teaching here is to roll your back foot completely over when making the pitch so your arm will come all the way through. By using the lower body more in making the pitch you save the arm. Again, the sequence is the same as in Step 1.

STEP 5 -- POSITION -- Your pivot foot is on the rubber, your front shoulder is closed and your stride foot is flexed and raised in the "BALANCED POSITION". This drill emphasizes proper balance and the correct timing at the release point. If your pitching motion is in 'sync' the ball will be released at the same time your flexed stride leg lands on the ground. In other words, you want to have the bottom half of your body drag the top half around in making the pitch and thereby relieve as much stress as possible from the arm, elbow and shoulder.

LET'S PUT IT ALL TOGETHER

1. Close your front shoulder aiming it at the target;
2. Take the ball out of the glove with palm down;
3. Make a full circle with your arm and shoulder which brings you to the release point;
4. As you arrive at the release point your stride foot will be landing and your glove will be out;
5. As you pull your glove in, you will be releasing the ball and you will roll your back foot completely over.

This will allow for a full range of motion from the second your arm starts to the point when you complete your follow through.

NOTE: FOR BEST RESULTS, YOU SHOULD DO THE COMPLETE SET OF LEAD-UP DRILLS WITHOUT THE BALL AND THEN DO THEM WITH THE BALL. WHEN USING THE BALL YOU SHOULD BE 20 FEET APART INCREASING TO 45 AS YOU PROGRESS.

Video Tape By Andy Baylock

A suggested five-day conditioning program for pitchers and catchers (90 minutes). Each day the work out should consist of the following:

- a. Job...to raise body temperature
- b. Stretch with a series of flexibility exercises
- c. Throwing lead-ups
- d. Throwing from full wind-up and set position
- e. Form running
- f. Running
- g. Cool down stretching
- h. Ice arm if needed and shower

DAY 1

Lead-up -- no ball
10 reps each step
Lead-up -- with ball
5 reps each step

DAY 2

Lead-up -- no ball
10 reps each step
Lead-up with ball
5 reps each step
Regular throwing
From wind-up 15 pitches at 40 feet

DAY 3

Lead-up -- no ball
10 reps each step
Lead-up -- with ball
10 reps each step
From wind-up 15 pitches at 45 feet

DAY 4

Lead-up -- no ball
5 reps each step
Lead-up with ball
12 reps each step
From wind-up 15 pitches at 50 feet
From set position 10 pitches at 50 feet

DAY 5

Lead-up -- with ball
15 reps each step
From wind-up 15 pitches at 60 feet
From set position 10 pitches at 60 feet

NOTE: When beginning the lead-up you should be 10 to 15 Feet apart. You should increase the distance as you progress Through the steps. Beginning with Step 4, one player should Be the pitcher and the other should get down like a catcher.

PART V – CONCUSSION MANAGEMENT AND RETURN TO PLAY REQUIREMENTS

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

CONCUSSION MANAGEMENT AND RETURN TO PLAY REQUIREMENTS

“WHEN IN DOUBT – SIT IT OUT”

A concussion is a type of traumatic brain injury or (TBI), “that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost” (Centers for Disease Control and Prevention, 2009).

PART I -- SIGNS AND SYMPTOMS OF A CONCUSSION

– A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure.

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

- | | |
|---|---|
| <ul style="list-style-type: none"> • Confusion / disorientation / irritability • Trouble resting / getting comfortable • Lack of concentration • Slow response / drowsiness • Incoherent / slurred speech • Slow / clumsy movements • Loss of consciousness • Amnesia / memory problems | <ul style="list-style-type: none"> • Act silly / combative / aggressive • Repeatedly ask same questions • Dazed appearance • Restless / irritable • Constant attempts to return to play • Constant motion • Disproportionate / inappropriate reactions • Balance problems |
|---|---|

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

- | | |
|---|---|
| <ul style="list-style-type: none"> • Headache or dizziness • Nausea or vomiting • Blurred or double vision | <ul style="list-style-type: none"> • Over sensitivity to sound / light / touch • Ringing in ears • Feeling foggy or groggy |
|---|---|

Note: Public Act No. 10-62 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.

PART II – RETURN TO PARTICIPATION (RTP)

– Currently, it is impossible to accurately predict how long concussions will last. There must be full recovery before someone is allowed to return to participation. Connecticut Law now requires that no athlete may resume participation until they have received written medical clearance from a licensed health care professional (Physician, Physician Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.

Concussion management requirements:

1. **No athlete SHALL return to participation (RTP) on the same day of concussion.**
2. **Any loss of consciousness, vomiting or seizures the athlete MUST be immediately transported to the hospital.**

3. Close observation of an athlete **MUST** continue following a concussion. This should be monitored for an appropriate amount of time following the injury to ensure that there is no escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion **MUST** be evaluated from a licensed health care professional (Physician, Physicians Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.
5. The athlete **MUST** obtain written clearance from one of the licensed health care professionals mentioned above directing them into a well defined RTP stepped protocol similar to one outlined below. If at any time signs or symptoms should return during the RTP progression the athlete should cease activity*.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals mentioned above for them to fully return to unrestricted participation in practices and competitions.

Medical Clearance RTP Protocol (Recommended one full day between steps)

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

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

References:

- NFHS. Concussions. 2008 NFHS Sports Medicine Handbook (Third Edition). 2008: 77-82.
<http://www.nfhs.org>
- McCrory, Paul MBBS, PhD; Meeuwisse, Willem MD, PhD; Johnston, Karen MD, PhD; Dvorak, Jiri MD; Aubry, Mark MD; Molloy, Mick MB; Cantu, Robert MA, MD. Consensus Statement on Concussion in Sport 3rd International Conference on Concussion in Sport held in Zurich, November 2008. Clinical Journal of Sport Medicine: May 2009 - Volume 19 - issue 3 - pp 185-200
http://journals.www.com/cjsportsmed/Fulltext/2009/05000/Consensus_Statement_on_Concussion_in_Sport_3rd.1.aspx
- Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports*.
http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm.
- U.S. Department of Health and Human Services Centers for Disease Control and Prevention. *A Fact Sheet for Coaches*. (2009). Retrieved on June 16, 2010. [Http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf](http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf)
- American Academy of Pediatrics - Healthychildren. *Symptom Check: Head Injury*. Retrieved on June 16, 2010. [Http://www.healthychildren.org/english/tips-tools/symptom-checker/pages/Head-Injury.aspx](http://www.healthychildren.org/english/tips-tools/symptom-checker/pages/Head-Injury.aspx)

Resources:

- Centers for Disease Control and Prevention. *Injury Prevention & Control: Traumatic Brain Injury*. Retrieved on June 16, 2010. <http://www.cdc.gov/TraumaticBrainInjury/index.html>
- Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports Guide for Coaches*. Retrieved on June 16, 2010.

PART VI – HEAT STRESS AND ATHLETIC PARTICIPATION

HEAT STRESS AND ATHLETIC PARTICIPATION

Early fall football, cross country, soccer and field hockey 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.

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

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

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

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

- 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.
- 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.
- 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.
- 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.
- 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.
- 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>