

CONNECTICUT ASSOCIATION OF SCHOOLS  
CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
30 Realty Drive, Cheshire, Connecticut 06410  
Telephone (203) 250-1111 / Fax (203) 250-1345

To: CIAC Member Schools  
From: CAS/CIAC Office  
Re: **CAS/CIAC/CSAC Cheerleading Competition**

The Connecticut Student Activities Conference under the authority of the Connecticut Association of Schools will for the 30th time conduct an Association cheerleading competition. In order to more accurately estimate the number of schools competing, CAS/CSAC requests that you complete the Entry Form if you intend to enter.

Please submit the Entry Form to CAS via the password-protected online eligibility center by **January 10, 2020**. Place all cheerleaders in your cheerleading program – varsity, junior varsity or freshman on the entry form. There is no limit to the number of cheerleaders who may be on the entry form, **but only twenty (20) of those listed will be able to compete on the day of the competition and only a maximum of twenty-two (22) will be allowed into the competition via the team entrance.**

The information in this packet covers in detail the 2020 CAS/CIAC/CSAC Cheerleading Championships.

The competition that is planned will be as follows:

- A. **State Championship** – Saturday, March 7, 2020  
Site – TBD  
Snow date – Sunday, March 8, 2020
- B. **Entry fee** of \$100 per team will be charged. Entry fee should be made payable to CAS and mailed to 30 Realty Drive, Cheshire, CT 06410.
- C. Each squad of **not more than twenty (20)** cheerleaders will be required to **PERFORM A 2 TO 2 ½ MINUTE ROUTINE. THERE IS NO LIMIT TO THE AMOUNT OF MUSIC THAT CAN BE USED.** There will be in addition to the all-girl divisions, a co-ed division. **All music used must have the proper licensing and squads will be asked to provide a copy of their license. Please see the USA Cheer website for a list of approved music providers.**
- D. 2019-20 National Federation Rules will be followed.
- E. The number of classes such as Co-ed, LL, L, M and S will be determined based upon the number of schools that enter the competition.
- F. Teams entering will perform once. Regional competitions **will not** be held.
- G. Appropriate awards similar to CIAC awards will be presented to the champion, first and second runner-up teams in each Class.

Questions or concerns may be addressed to the CAS office (203) 250-1111 or fax (203) 250-1345.

The CAS/CIAC/CSAC Cheerleading Committee encourages you to participate and support this program. These championships are a worthwhile activity for all high school youth.

**Please share this information with your cheerleading coach/advisor.**

CONNECTICUT ASSOCIATION OF SCHOOLS  
CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
30 Realty Drive, Cheshire, Connecticut 06410

**30<sup>th</sup> ANNUAL 2020 CHEERLEADING CHAMPIONSHIP**

1. **Authority** -- The decisions of the CAS/CSAC Cheerleading Committee and/or Meet Directors relative to the operation of the competition shall be final.
2. **Awards** – In each class a plaque and 22 individual medals will be awarded to each of the champion, 1<sup>st</sup> and 2<sup>nd</sup> runner-up teams.

3. **Date of Competition / Site / Starting Times**

**Date:** State Championship –Saturday, March 7, 2020  
Snow Date – Sunday, March 8, 2020

**Time:** To be announced with a follow-up communication

**Site:** TBD

The CAS/CSAC Cheerleading Committee will determine the starting time for each division competing and a follow-up letter will be mailed to participating schools indicating the starting time.

4. **Divisions** -- The 2020 Cheerleading Championship divisions will be determined when the entry forms are submitted via the online eligibility center.
5. **Entry Fee / Entry Form** – Each cheerleading team entering the Championships will be assessed an entry fee of \$100 which must be mailed to CAS, 30 Realty Drive, Cheshire, CT 06410. Entry form must be submitted by January 10, 2020 via the CAS web site.
6. **Late Entry Policy**
  - Tournament entries will not 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 the seeding/pairing data 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.**

7. **Meet Regulations**

- A. Only member schools of CAS-CIAC may enter these championships.
- B. Each cheerleading squad **MUST PERFORM FOR AT LEAST 2 MINUTES BUT NOT MORE THAN 2 ½ MINUTES**. Performing less than the required time or performing more than the required time will result in points being deducted. Two points will be deducted for each 5-second violation or any part thereof. Timing will begin with the first words, motions or music after the team's name is announced when they are on the mat. **NO ORGANIZED ENTRANCES WILL BE ALLOWED CHEERING AND CHANTING MUST BE COMPLETED BEFORE THE CHEERLEADERS TAKE THE MAT.**

- C. **There is no limit to the amount of music that may be used in the routine. All music must have the proper licensing and squads will be asked to provide a copy of their music license. See USA Cheer website for a list of approved music providers.** A disc jockey equipped with a tape and CD player as well as a connection for iPhone will be provided at the site, however, a team may use their own device if they so choose. *It is highly recommended that each squad bring a back-up of their music.*
- D. Eight panel judges, a deduction judge and a safety judge will score each team. If two divisions are competing at the same time there will be two sets of judges. Technical difficulties will be adjudicated by the judges. Judges for the state competition will have attended a professional development on the scoresheet to ensure they understand the rubrics for the category they are judging.
- Sherrie Zembruski, Notre Dame Catholic High School, 220 Jefferson Street, Fairfield, CT 06825, is the Tournament Official Coordinator** – Home telephone (203) 574-5639 (after 5:00 p.m.) / Work telephone (203) 372-6521 (6:45a.m. – 3:00 p.m.) / E-mail – [missz14@sbcglobal.net](mailto:missz14@sbcglobal.net). Sherrie will hire and assign judges with the assistance of a subcommittee of the CAS/CSAC Cheerleading Committee. Safety judges **will not** preview the squads.
- E. **The 2019-20 National Federation Rules for Spirit squads must be followed. Team stunts or actions judged to be illegal by the National Federation Rules will result in penalty points assessed. If you are in doubt about the legality of a stunt or pyramid, submit a picture or video tape to Sherrie Zembruski by February 21, 2020. A decision will be made within three days of receipt of the picture or video. RULINGS ON ANY STUNTS OR PYRAMIDS SUBMITTED AFTER FEBRUARY 21, 2020 WILL NOT BE GIVEN.**
- F. **“Props” which are permitted in this competition are megaphones, pom poms, signs, flags, banners, etc.**
- G. Judges decisions on scoring will be final and binding on entries. Technical difficulties, such as music stopping, will be adjudicated by the judges.
- H. The Cheerleading Committee will determine the “order of performance” for the championship prior to the competition and will mail this order to those member schools entered.
- I. Only one squad per member school may enter the competition.
- J. All competitors must be grade 9, 10, 11 or 12.
- K. Each team will receive five (5) complimentary tickets. These complimentary tickets are to be used for school personnel and spouses, **NOT PARENTS. COMPLIMENTARY TICKETS WILL ONLY BE SENT TO THOSE SCHOOLS THAT HAVE PAID THEIR ENTRY FEE.**

There will be no presale of tickets. Ticket prices will be:

Children five (5) and under are free

Military in uniform or with I.D. are free

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

Adults (all others not in any of the above categories) are \$10.00

- L. Cheerleading coaches are expected to maintain discipline among the competitors and make certain that good sportsmanship prevails in both winning and defeat. Schools will be held liable for actions of their competitors which may include but is not limited to property damage or assault.
- M. Competitors will not be permitted to compete without the presence of their cheerleading coach/advisor, or having in writing from the Principal of the school a statement designating an adult replacement.
- N. Coaches are to bring a large plastic bag so that what their team “packs in” may be packed out.

O. Score sheets will be presented to each coach at the conclusion of the competition. Also available to coaches will be an order of finish and point totals for their division.

P. Scoring will be done in accordance with the score sheet. The score sheets for this year's competition will be attached here.

8. **Team Composition** – Each team may have up to but not more than **twenty (20) cheerleaders performing**. No alternates. **CO-OP TEAMS WILL BE ALLOWED. Please submit the co-op application at the end of this packet.**

According to the National Federation Spirit Rule Book: “If spirit competition is approved as part of the school’s activities, it should be placed in perspective with the total educational program, and should not interfere with the primary responsibility of spirit groups, which is to support the interscholastic athletic program.” **Therefore, schools must be represented by a squad of winter cheerleading members, as long as each member of the competition team is actively cheering/participating at winter cheerleading athletic events including practices and games.**

9. **Traveling Expenses** – Competing schools must provide their own transportation at their expense.

10. **Warm-up Area** – A warm-up area will be provided at the competition site for use by teams prior to the start of the competition. A 42’ by 42’ (seven (7) panels) mat will be provided in the practice and competition areas. You will only be allowed to warm-up on the provided mats.

11. **Dressing Facilities** – Facilities will be available at the site.

12. **Performance Area** – The performing surface will be a 42’ by 42’ (seven (7) panels) mat. Stepping off the mat will NOT result in point deduction. **Tumbling off the mat or a body part other than the feet landing off the mat will result in a point deduction.**

13. **Medical Service** – Medical personnel will be on site at the competition to attend to any emergency needs of competitors, coaches and spectators. Each coach is responsible for his/her own team.

14. **New England Regional Cheerleading Competition**

- Only three teams from each division are allowed to compete at the New England Regional Cheerleading competition.
- In the event that teams are tied, in any division, at the conclusion of the Connecticut State Championships, the following procedure will be used to determine the top three teams eligible to advance to the New England Regional.
  - a. The points awarded from each judge in the category for “overall effect / overall appeal” will be totaled and the team with the highest score in that category will be eligible to advance.
  - b. If a tie remains, the highest and lowest score for each judge will be deleted and the remaining scores will be tabulated with the team awarded the highest point total given the higher rank.

**The New England competition will take place on March 21, 2020 at Worcester State University, Worcester MA.**

2020 CONNECTICUT HIGH SCHOOL CHEERLEADING CHAMPIONSHIPS

Form to be submitted via the password-protected online eligibility center.  
For the attention of the Principal as well as the Athletic Director.

**2020 Cheerleading Entry Form**

1. This entry form must be on file in the CAS office, via the password-protected online eligibility center no later than 4:00 p.m. on Friday, January 10, 2020. The \$100 entry fee must be mailed to the CAS office, 30 Realty Drive, Cheshire, CT 06410. A late fee of \$50 will be charged if the entry form is not in the CAS office by 4:00 p.m. on January 10, 2020.
2. Only **20** competitors may be admitted to perform during the competition.
3. If a school requires a P.O. for fee payment, indicate that payment of the entry form will be forthcoming.

**Please fill in the school information requested and your statement of intent and return via the password-protected online eligibility center by January 10, 2020.**

List **ALL THE MEMBERS OF YOUR CHEERLEADING SQUAD** on this entry form (including JV and Freshman members). *Only **twenty (20)** competitors may perform during the performance.* **REMINDER:** In order to compete the cheerleaders must cheer for the winter season and must be actively cheering at all team scheduled winter events.

**The principal certifies that the individuals listed on this official entry form have satisfied the State health statutes and local regulations regarding physical examinations and are physically fit to participate in this competition.**

School \_\_\_\_\_ Town \_\_\_\_\_

Principal \_\_\_\_\_ Principal's School Phone ( ) \_\_\_\_\_

Principal's Home Phone ( ) \_\_\_\_\_

Athletic Director \_\_\_\_\_ AD's School Phone ( ) \_\_\_\_\_

AD's Home Phone ( ) \_\_\_\_\_ AD's Email \_\_\_\_\_

Coach/Advisor \_\_\_\_\_ Coach/Advisor School Phone ( ) \_\_\_\_\_

Coach/Advisor Home Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Coach/Advisor Home Phone ( ) \_\_\_\_\_ Coach/Advisor Email \_\_\_\_\_

Coach/Advisor Cell Phone ( ) \_\_\_\_\_

Please list area code with all telephone numbers.

( ) ALL – GIRL SQUAD OR ( ) CO-ED SQUAD

Last Name	First Name	Grade	Last Name	First Name	Grade
1.			51.		
2.			52.		
3.			53.		
4.			54.		
5.			55.		
6.			56.		
7.			57.		
8.			58.		
9.			59.		
10.			60.		
11.			61.		
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47.			97.		
48.			98.		
49.			99.		
50.			100.		

## CHEERLEADING COOPERATIVE TEAM SPONSORSHIP

The CSAC Board of Control shall have the authority to approve the formation of cooperative cheer teams of two or more member schools under the following conditions.

1. The determination of the proper set of circumstances which will allow multiple schools to form a cooperative team will depend on the issue of participant displacement. Schools having sufficient numbers of participants are advised not to request the formation of a cooperative cheer team. It is only when two or more schools are experiencing difficulty in obtaining the desired number of participants that the request for a cooperative cheer team should be initiated. Cooperative cheer teams may not be formed for financial reasons.
2. Multiple cooperative cheer teams cannot exceed two times the maximum determined limit which is standard for high school cheer teams.
3. The schools must be located in the same geographical area.
4. The schools must be members of CAS-CIAC.
5. A cooperative cheer team will be placed in the appropriate tournament classification using the combined enrollment as follows:
  - a. 100% of the 9-12 boy or girls enrollment of the largest school in the co-op.
  - b. The % of participants from the remaining school(s) in the co-op will be calculated and that % of the co-op school(s) 9-12 boy or girl enrollment will be added to the largest school enrollment.

Example:	School A	9-12 girl enrollment	500
	School B	9-12 girl enrollment	250
	Total		750

# of participants in co-op – 15	
10 from School A – 100% enrollment	500
5 from School B – 33% enrollment of 250	83
Total	583

6. Once established and approved, cooperative cheer teams shall exist for a period of two consecutive years. However, approval may be granted for one year.
7. Written assurance shall be understood that “no cut” policies shall govern cooperative cheer teams.
8. Schools wishing to form cooperative cheer teams should jointly make application to the CSAC Board. The suggested timeline shall be at the start of the winter sport season or prior to December 1. Further, it is understood that co-op cheer teams will cheer for their respective winter sports teams; thus not only competing in local or statewide competitions.
9. The CSAC Board reserves the right to investigate a co-op cheer team that appears to have a substantially different number of participants in the co-op. The board may render an immediate consequence for such disparities.





**2019-2020 CAS-CIAC / CSAC CHEERLEADING CHAMPIONSHIP**

**Music Copyright Compliance Form**

In order to protect the CAS-CIAC / CSAC Cheerleading Championship and its participants, we are requiring that all participating teams provide proof of music copyright compliance prior to the competition.

By signing this form, you are verifying that all copyright requirements were met prior to you obtaining your music from your producer.

I, \_\_\_\_\_, verify that all copyright permissions were properly and completely  
*Coach's Name*

obtained by \_\_\_\_\_, prior to production of the 2019-20 CAS-CIAC / CSAC  
*Music Mixer's Name*

Cheerleading Championship routine music for the \_\_\_\_\_ team from \_\_\_\_\_.  
*School's Name* *Division*

These permissions can be verified by certification document(s) **available upon request**.

I acknowledge that this form will be kept on file by the CAS, and **I will need to keep my certification documents on file** for a minimum of THREE (3) years.

By signing this form, I confirm that the information above is complete and accurate. I also acknowledge that my signing of this form releases the CAS of any liability pertaining to my use of copy written music in my routine.

Coach Name (Printed) : \_\_\_\_\_ Date \_\_\_\_\_

Coach Signature: \_\_\_\_\_ Date \_\_\_\_\_

Administrator/AD Name (Printed): \_\_\_\_\_ Date \_\_\_\_\_

Administrator/AD Signature: \_\_\_\_\_ Date \_\_\_\_\_

NOTE: A copy of the music license **AND** THIS FORM MUST BE COMPLETED AND RETURNED TO Sherrie Zembrzuski by **February 21, 2020**. Return via email ([missz14@sbcglobal.net](mailto:missz14@sbcglobal.net)) or mail: 24 Suncrest Avenue, Waterbury, CT 06708.

## 2019-20 NFHS Spirit Rules Changes

- Rule 1 Revised definitions for dive roll and switch liberty.
- Rule 2 Several items have been moved to Rule 2 from Rules 3 and 4. This change consolidated apparel and accessory rules that apply to both cheer and dance.
- 2-1-5 Clarifies the proper manner to discard props made of hard materials.
- 3-1-8, 4-1-8 Restricts participants wearing a walking boot or cast from performing jumps or tumbling in addition to the other restrictions listed in the Spirit Rules Book.
- 3-2-7, 4-2-7 The list of exceptions was modified.
- 3-2-8, 4-2-8 Reworded to clarify the requirement of a spotter.
- 3-3-3 Allows inversions to be caught by new catchers, which is consistent with other braced inversion rules.
- 3-4, 4-4 Horizontal and straight body language was redundant in Rules 3-4-4 and 4-4-4. Removed the requirement stipulating the position of the catchers. This change deleted Rules 3-4-8, 3-4-9, 4-4-9 and 4-4-10.
- 3-3-5 Allows one person to brace a flip inversion. Editorial changes were also made for clarity.
- 3-3-6a Allows inversions to release to an extended level.
- 3-3-6c Allows contact to be initiated and maintained by the top person or the base.
- 3-3-7, 4-3-7 Allows a top person in a prone position below prep level to hold objects while performing a roll dismount.
- 3-4-12, 4-4-5 Redundant rule deleted.
- 3-5-4, 4-5-2c Definition revised and rule changed to allow additional skill progressions.
- 3-5-5 Clarifies what position the top person can be in when performing the release. Allows vertical releases to begin at prep level or above.
- 3-6-2, 4-6-2 Clarifies that a post or bracer can connect to the top person.
- 3-6-3, 4-6-3 Rules c and d were deleted to simplify the braced suspended splits rule. Editorial changes were made to keep consistency throughout the Spirit Rules Book.
- 3-7-9 Allows the top person to make a ¼ turn around the bracer. It also allows bracers to be in a double-based prep without a spotter.
- 4-3-3c Clarifies language regarding contact between bracers and top person during inversion.
- 4-4-3 Allows participants to move under dance lifts.
- 4-5-3a Clarifies a top person cannot be released to a horizontal position from prep level.

## 2019-20 Points of Emphasis

1. Application of NFHS Spirit Rules Book
2. Risk Minimization
3. Contact Injury

Application of NFHS Spirit Rules Book – The Spirit Rules Book provides rules and safety limitations that should be followed by all cheerleading/dance/drill/pom and other spirit teams that stunt, tumble or use props as a base. The spirit rules should be followed while participants are practicing, are in a supporting role at an interscholastic contest and during competitions/performances. Situations and photographs are provided as examples only, and do not cover all circumstances in which the rules apply.

Risk Minimization – Risk minimization for participants must be the primary objective for all spirit coaches. Participants should be placed under the direction of a qualified and knowledgeable coach who can recognize each individual's ability level and limit their activities accordingly. Only skills executed proficiently and safely should be performed. Overuse injuries are a common problem characterized by irritation to a body part. Reducing the intensity, duration and frequency of specific activities/skills will help to minimize the potential for overuse injuries to athletes. Risk minimization includes but is not limited to teaching proper technique, utilizing proper skill progression and proficiency, adherence to NFHS surface restrictions, and conditioning appropriate for the activity.

Contact Injury – The NFHS' most recent injury data revealed that contact with another person is the mechanism most commonly associated with all spirit injuries (47.1 percent), as well as concussions specifically (74.4 percent). Because bases sustained nearly 50 percent of all cheerleading injuries, special attention should be given to teaching proper technique and providing appropriate training to mitigate such injuries.

**Connecticut State Department of Education and the  
Connecticut Interscholastic Athletic Conference  
Concussion and Head Injury Annual Review 2019-20  
Required for ALL School Coaches in Connecticut**

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

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

**What is a Concussion?**

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

**Section 1. Concussion Education Plan Summary**

The [Concussion Education Plan and Guidelines for Connecticut Schools](#) 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 (McCrory, P.et al., 2017). If at any time signs or symptoms should worsen during the RTP progression, the athlete should stop activity that day. If the athlete's symptoms are gone the next day, she/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms persist (example, more than four days in children or more than 10-14 days in adults) the athlete should be referred to a healthcare professional who is an expert in the management of concussion.		
1	Symptom-limited activity	Daily activities that do not provoke symptoms	Gradual reintroduction of work/school activities
2	Light aerobic exercise	Walking or stationary cycling at slow to medium pace. No resistance training.	Increase heart rate
3	Sport-specific exercise No contact	Running or skating drills. No head impact activities	Add movement
4	Non-contact training drills	Harder training drills (example, passing drills). May start progressive resistance training.	Exercise, coordination and increased thinking
5	Full contact practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Normal game play	Return to full athletic participation

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

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

**Coach: (Print Name)** \_\_\_\_\_ **School** \_\_\_\_\_  
**Coach Signature:** \_\_\_\_\_ **Date** \_\_\_\_\_

**References:** McCrory, P., Meeuwisse, W., Dvorak, J., Aubry, M., Bailes, J., Broglio, S., et al., Vos, P. (2017). Consensus statement on concussion in sport – The 5<sup>th</sup> 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>

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