

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
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casciac.org

*33<sup>rd</sup> ANNUAL 2008 FOOTBALL PLAYOFFS*  
*Sponsored by IGA, Dick's Sporting Goods and Subway*

CIAC Football Committee Chair

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Tournament Director

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TO: CIAC Principals, Athletic Directors and Varsity Football Coaches  
FROM: CIAC Football Committee  
RE: 2008 CIAC Football Championship Playoffs

The CIAC State Semi-final Football Championship Playoffs will be held on Tuesday, December 2, 2008. The CIAC Championship will be held on Saturday, December 6, 2008. Enclosed you will find:

1. Alert Page
2. CIAC Pre-season Conditioning Regulations
3. CIAC Spring Practice Conditioning Regulations
4. Statement of Intent-to-Enter and Tie Breaker Data
5. A listing of the schools in each of the six (6) classes
6. The Selection System Instruction Sheet
7. CIAC Football Playoff Information
8. Hot Weather Hints
9. Reducing Head & Neck Injuries
10. Data Sheet Entry Forms

Participation in the State Football Championship Playoffs is optional. However, if you wish to be considered as a possible choice of one of four teams in your division, the intent-to-enter statement must be submitted via the password-protected online eligibility center.

**Tournament Roster – Entry Fee** – Tournament roster must be submitted via the password-protected online eligibility center. Any request for changes after the initial roster is submitted must be made on a “support ticket” via the online eligibility center. Entry fee is \$100. **New procedures have been put in place to streamline payment of tournament fees.** Athletic departments will be invoiced for tournament fees electronically via the online eligibility center once per season. The invoice will show all fees due based on number of qualifiers and other variables which affect the fees in various sports. Invoices will be available for download as soon as the qualifiers in all sports for the season have been determined. Please wait for this invoice before submitting payment for any tournament fees.

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**ALERT PAGE**

**PLAN AHEAD – COLLEGE BOARD EXAMINATIONS**

There shall be no postponement of games because of College Board Examinations. Schools that feel they have a good chance of making the Playoffs should encourage team members to make arrangements to take the examinations on another date.

**CIAC LATE ENTRY POLICY**

- No tournament entries will be accepted after the deadline established by each sports committee except those approved by the CIAC Board of Control. (Football - November 24, 2008)
- 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 dollars 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 VIOLATIONS**

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

**SPRING FOOTBALL PRACTICE**

*The CIAC Board of Control in March 2008 voted to maintain spring football for member schools. The Board of Control also approved an alternative to traditional spring football practice which allows member schools the choice of traditional spring football or to add four (4) days to the start of practice in August. Schools MUST select one or the other, but not both, by April 1 of each school year via the online selection form on the CIAC web site. The availability of selecting the alternative to spring practice will be effective April 1, 2009.*

*The rules/regulations governing spring football and pre-season conditioning and practice can be found on pages 5 and 6 of this document.*

**SCORE MANAGEMENT**

The following score management policy will be in place for the 2008 season.

At the conclusion of any regular season or tournament game at any level of play, if a team wins by a differential of more than 50 points, the designated head coach for the season of the offending team will be disqualified from coaching in accordance with the CIAC disqualification rule. This will be considered an act of unsportsmanlike behavior by the head coach.

Disqualification Rule – When a coach is ejected from a contest for unsportsmanlike behavior, the coach is ineligible to participate in the next contest at the same level of play (even if the next contest does not occur until league or CIAC tournament play or next year). If one or more different level contests are scheduled prior to the next contest at the same level of play, the coach shall be ineligible to participate in the next (but no more than one) contest at all other levels of play.

















## 2008 CONNECTICUT HIGH SCHOOL FOOTBALL PLAYOFF INFORMATION

**TIE-BREAK REPORT** – Please identify those games on the regular schedule where you will use a tie-breaker system to declare a winner in situations where the regulation game ends in a tie. **Regular season tie-breaker will follow the CIAC tournament tie-break procedures. (Due September 9, 2008)**

**TOURNAMENT ROSTER, ENTRY FORM AND ENTRY FEE** -- The CIAC Football Committee will meet on Friday, November 28 to select those schools that will take part in the playoffs. All schools wishing to take part are required to submit via the password-protected online eligibility center, a tournament roster by **Monday, November 24**.

Entry fee is \$100. **New procedures have been put in place to streamline payment of tournament fees.** Athletic departments will be invoiced for tournament fees electronically via the online eligibility center once per season. The invoice will show all fees due based on number of qualifiers and other variables which affect the fees in various sports. Invoices will be available for download as soon as the qualifiers in all sports for the season have been determined. Please wait for this invoice before submitting payment for any tournament fees.

**THE LAST DATE TO COUNT WILL BE THURSDAY, NOVEMBER 27.**  
GAMES PLAYED AFTER THE SATURDAY AFTER THANKSGIVING WILL NOT BE CONSIDERED IN THE SELECTION PROCESS.

Data Sheet Entry Forms must be submitted via the password-protected online eligibility center by Monday, November 24. **LATE ENTRIES WILL BE DISQUALIFIED.**

**FORFEITED GAMES** -- Football exclusively -- The option of choosing to accept or not accept the win does not exist. This applies to the sport of football only. All scheduled games shall be played as a victory, loss, or tie, or shall be declared as a forfeit. **The Football Committee will be officially empowered to review and make decisions in individual cases when teams are directly affected by the inability to schedule a game on the final Saturday and yet comply with this regulation.**

**DATE OF GAMES** -- All Semi-final games will be played on Tuesday, December 2, 2008 and all final games will be played **on Saturday, December 6, 2008.** The postponement date will be on Wednesday, December 3, 2008 (semi-final) and Sunday December 7, 2008. Only in the case of extremely inclement weather will the game be postponed.

**TIME OF GAMES** -- Semi-Final games will start at 6:30 p.m. Championship games start time TBA.

**SITE OF GAMES** -- The game sites will be determined by the CIAC Football Committee when the Committee meets on Friday, November 28 for the semi-finals and on Wednesday, December 3 for the finals.

**CANCELLATION** -- Postponements after December 7 will not be possible. The Tournament Director and Football Committee Chairman will make the final decision to play or not to play.

**COLLEGE BOARD EXAMINATIONS** -- There shall be no postponement of games because of College Board Examinations. Schools that feel they have a good chance of making the Playoffs should encourage team members to make arrangements to take the examinations on another date.

**DETERMINATION OF RATINGS** -- The CIAC Football Committee will classify, by enrollment, opponents that are out-of-state, and prep schools. Out-of-state high schools must be affiliated with their state high school athletic association.

**SCORE MANAGEMENT** – At the conclusion of any regular season or tournament game at any level of play, if a team wins by a differential of more than 50 points, the designated head coach for the season of the offending team will be disqualified from coaching in accordance with the CIAC disqualification rule. This will be considered an act of unsportsmanlike behavior by the head coach.

**DISQUALIFICATION RULE:** When a coach is ejected from a contest for unsportsmanlike behavior, the coach is ineligible to participate in the next contest at the same level of play (even if the next contest does not occur until league or CIAC tournament play or next year). If one or more different level contests are scheduled prior to the next contest at the same level of play, the coach shall be ineligible to participate in the next (but no more than one) contest at all other levels of play.

**ALL GAMES PLAYED WILL COUNT TOWARD THE TEAM'S RATING EXCEPT THE FOLLOWING:**

1. Games against junior varsity teams will not be counted in the ratings.
2. Games contracted after September 9, 2008, will not be considered in determining a school's point value for Playoff consideration. The deadline may be extended ten (10) days to permit a school to complete negotiations for a specific game contract provided a written request for extension is made to the CIAC office. The written request must be received in CIAC office no later than 3:00 p.m. on September 9, 2008.
3. To be eligible for the Playoffs a minimum of eight (8) games must be played.
4. Playoff games to determine a league champion will not be considered.
5. Games played against high schools who are not members of their State Association will not be considered.

**SCHEDULES** -- In some leagues teams play each other twice, home and home. Where this occurs both games will be counted in determining the team's point value. This policy only applies to league teams, not home and home games with teams in different leagues or independents. In those cases only the first game will count toward tournament.

**REQUEST FOR CHANGE OF DIVISION** -- Schools will not be permitted to request a change of division.

**REGULAR SEASON AND PLAYOFF TIE BREAKERS** -- Team must identify by September 9, 2008, those games in which a tie-breaker system is used in case the game ends in a tie.

**TIE GAMES** -- If a regular season or Playoff game ends in a tie, the following tie-breaker system will be used:

1. Immediately following the conclusion of the fourth quarter, a coin toss is to be held with the visiting team captain calling heads or tails. The winner of the toss shall be given the choice of OFFENSE OR DEFENSE, OR DESIGNATING THE END OF THE FIELD. The loser GETS THE REMAINING OPTION.
2. After a three minute rest period, during which both teams may confer with their coaches, the offensive team shall put the ball in play, first and goal, on the ten (10) yard line.
3. The rules for loss of possession are the same as during the regulation game. If a touchdown is scored the try for an extra point(s) will follow. Field goal attempts are permitted during any down. When a team scores via either a field goal or the try for point following a touchdown it gives up possession of the ball.
4. If the score remains tied after each team has been given one series of downs in an overtime period, then the procedure shall be repeated with other overtime periods until a game winner is determined. In this case there shall be an intermission of two minutes. At the subsequent meeting of team captains, the loser of the overtime coin toss will be given first choice of options. If additional overtime periods are required, then first options will be alternated with no coin toss.?
5. Each team will be PERMITTED one time out DURING each OVERTIME period.
6. Rules pertaining to offensive and defensive pass interference remain the same in the overtime period.

7. If the defensive team gains possession of the football by recovering a fumble or intercepting a pass, the ball immediately becomes dead. The defensive team may not score points.
8. The team scoring the greater number of points in the overtime shall be declared the winner. The maximum number of overtime periods in a championship game is three (3) . If the score is still tied co-champions will be declared in championship games. Regular season and semi-final game(s) will continue using the above tie-breaker procedures until a winner is declared. Beginning with the third overtime period, teams must go for two after a touchdown.

**HOME TEAM - VISITING TEAM** -- The home team is the team having the highest point value. The home team will wear the dark colored jersey -- the visiting team will wear white or light color.

**SELECTION OF OFFICIALS** -- The CIAC Football Committee will select the game officials. In accordance with the following procedures:

1. The CIAC Football Committee shall appoint six (6) sub-committees to review and select officials for the semi-final and final playoff games. The sub-committees shall be comprised of at least six (6) coaches from each of the six (6) areas serviced by the Connecticut Football Officials Association (CFOA) member boards and at least one (1) member of the CIAC Football Committee. The CIAC Football Committee, or its designee, shall make the final selection of the game officials at each position from the lists submitted.
2. Chain crews and clock operators shall be assigned by the Commissioner of each board or by his representative subject to the approval of the CIAC Tournament Director.
3. Any board which fails to submit a list of recommended officials by the Wednesday following the second Monday of November shall forfeit the right to recommend officials. Consequently, the CIAC Football Committee shall then have the right to assign officials from the board at their discretion.

**PROTESTS** -- A protest procedure has been developed for Championship games.

1. **Purpose** -- The Connecticut Interscholastic Athletic Conference, Football Committee, desires to provide a process for resolving problems and protests which may arise during the Football Playoffs. In establishing this process it is hoped that all parties will feel that they have proper recourse and that all possible steps will have been taken to have the state championships decided on the merits of the competing teams.
2. **Clarification** -- It will be the responsibility of the site coordinator to clarify the protest procedure to the assigned game officials, to the head coaches and to the site director prior to the game.
3. **Game Protests** -- Protests regarding game situations can only be made by the head coaches. In a dispute situation the head coach will notify the nearest official that he desires a time out to confer with the referee as per the National Federation Rules.

The referee will immediately notify the head coach of the other team and the site coordinator of the nature of the disagreement. He must then meet with all game officials to discuss the issue. The referee is encouraged to also confer with the officials who are assigned to the sideline crew and the clock operator. Every attempt should be made to obtain as much information as possible before rendering a decision. The decision of the referee, based on his discussion with the other officials, is final and must be delivered before the game can continue.

The site director will be responsible for informing the crowd and the media personnel of the protest and the decision. The site coordinator will also be responsible for reporting the details of the protest to CIAC officials.

**PRACTICE ON PLAYING SITES** -- The CIAC will reimburse the rental fee of one practice at the final playoff site which is carpeted (non-grass). Transportation costs are not included. Arrangements must be made by the participating school with the final playoff site director.

**FILM EXCHANGE** -- Playoff teams must make available to their opponents films or video tapes of any two of their games that the opposing coach desires. (Note: for semi-final games -- not later than Saturday following Thanksgiving Day; for final games -- not later than Wednesday preceding the finals.) If one of the teams does not take game films, films of their games taken by opponents will be obtained.

**MEDICAL COVERAGE** -- The site director at each game (semi-final and final) will have in attendance the services of a doctor who will be available to either team. A participating team may if it so wishes, have in attendance its own personal physician who will be permitted to attend to its needs. The expense for the personal physician will be the responsibility of the school. An ambulance must be on site at the start of all championship games.

**GAME BALLS** -- The Spalding J5V Advanced is the official tournament ball. No other ball may be used for any of the CIAC Championship Games. Only balls provided by the CIAC may be used.

**COMPLIMENTARY PASSES** -- Complimentary passes will be issued to the football coaches of those schools who return the intent-to-enter forms. Please note that this does not mean only those schools which intend to enter the Playoffs.

**TOURNAMENT DIRECTOR'S MEETING** -- The Tournament Director will schedule a mandatory meeting for invited members of the participating schools, site directors and site coordinators to finalize the following: field location, field passes, postponement notification, pre-game time schedule, team introductions, dressing facilities, reserved parking, spectator parking, reserved seating sections (bands), press box, tickets and admission prices, police protection, filming of game, half-time program, faculty supervision, reimbursement of approved school expenses, medical services.

**ADVANCED TICKET SALES** -- At the conclusion of the tournament all participating schools will be reimbursed at 5% on all tickets sold in advance at the participating schools. Advanced site tickets may be returned to the site director on the day of the game. A check in the amount of all advanced sales must accompany the return of all unused tickets. No cash will be accepted at the time.

**TRANSPORTATION REIMBURSEMENT FOR SEMI-FINAL AND FINAL TOURNAMENT GAMES** -- The CIAC will reimburse participating schools for busses (not to exceed four (4) to transport the team, cheerleaders and band at a rate of \$60 per bus or sixty cents per mile, whichever is greater.

**SEMI-FINAL GAME EXPENSES** -- Expenses for conducting semi-final games will be reimbursed by the CIAC up to but not exceeding \$1,700 per game.

**PRICE OF ADMISSION** \* (\* subject to change)

Free -- Children five (5) and under  
\$5.00 -- Senior Citizens (Age 65 and older)  
\$5.00 -- Students (Grades 1-12)  
\$7.00 -- Adults (All others not in the above categories)

**GAME RULES** -- There will be full compliance with National Federation Rules -- NO EXCEPTIONS.

**POST GAME AWARDS PRESENTATION** -- Immediately following the conclusion of the game, each team will report to the 40 yard line on the side of the field they used during pre-game activities. The CIAC football representative will instruct the announcer to announce the post-game awards presentation.

## RECOMMENDATIONS FOR HYDRATION TO PREVENT HEAT ILLNESS

### Types of Sports Drinks

- Fluid Replacers
  - Examples: Water, Gatorade, 10K, Quickkick, Max
  - These drinks are absorbed as quickly as water and typically are used for activities lasting less than two hours.
- Carbohydrate loaders
  - Examples: Gatorlode, Exceed High, Carboplex
  - 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: Gatorpro, Exceed Sports, Ultra Energy
  - These supplements are fortified with vitamins and minerals and they help athletes maintain a balanced diet.
  - They can be used as a meal replacement supplement for athletes who wish to skip a high fat meal, or as extra calories for athletes who wish to gain weight.

### What Not to Drink

- Drinks with carbohydrate (CHO) concentrations of greater than eight percent should be avoided.
- 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, alcohol, and carbonation are not to be used because of the high risk of dehydration associated with excess urine production, or decreased voluntary fluid intake.

### 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 another 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 45-50 minutes or is intense, 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 thus aid in hydration.
- Sports drinks with a CHO content of 10 percent have a slow gastric emptying rate and contribute to dehydration and should be avoided during exercise.
- Fluids with salt (sodium chloride) are beneficial to increasing thirst and voluntary fluid intake as well as offsetting the amount of fluid lost with sweat.
- Salt should never be added to drinks, and salt tablets should be avoided.
- 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 lb., 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 / fitness levels can greatly contribute to an athlete's dehydration problems.
- Medications / fevers greatly affect an athlete's dehydration problems.
- 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 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.
- Even dry climates can have high humidity if sprinkler systems are scheduled to run before early morning practices start. This collection of water does not evaporate until environmental temperatures increase and dew points lower. Dry climate areas should take wet bulb and temperature readings 10 to 15 minutes before practice or contests.
- A Heat Index chart should be followed to determine if practice / contests should be held.
- A Heat Index chart should come from a reputable source like the National Oceanic and Atmospheric Association.
- A relative humidity of 35 percent and a temperature of 95 degrees Fahrenheit are likely to cause heat illness, with heat stroke likely.
- A relative humidity of 70 percent and a temperature of 95 degrees Fahrenheit are very likely to cause heat illness, with heat stroke very likely.

## REDUCING HEAD AND NECK INJURIES IN FOOTBALL

Frederick O. Mueller, Ph.D.

Head and neck injuries in football have been dramatically reduced since the late 1960's. Several suggestions for continued reduction are as follow:

1. Pre-season physical exams for all participants. Identify during the physical exam those athletes with a history of previous head or neck injuries. If the physician has any questions about the athlete's readiness to participate, the athlete should not be allowed to play.
2. A physician should be present at all games. If it is not possible for a physician to be present at all games and practice sessions, emergency measures must be provided. The total staff should be organized in that each person will know what to do in case of head or neck injury in game or practice. Have a plan ready and have your staff prepared to implement that plan. Prevention of further injury is the main objective.
3. Athletes must be given proper conditioning exercises which will strengthen their necks so that participants will be able to hold their head firmly erect when making contact. Strong neck muscles may help prevent neck injuries.
4. Coaches should drill the athletes in the proper execution of the fundamentals of football skills, particularly blocking and tackling. **KEEP THE HEAD OUT OF FOOTBALL.**
5. Coaches and officials should discourage the players from using their heads as battering rams. The rules prohibiting spearing should be enforced in practice and in games. The players should be taught to respect the helmet as a protective device and that the helmet should not be used as a weapon.
6. All coaches, physicians and trainers should take special care to see that the player's equipment is properly fitted, particularly the helmet.
7. Strict enforcement of the rules of the game by both coaches and officials will help reduce serious injuries.
8. When a player has experienced or shown signs of head trauma (loss of consciousness, visual disturbances, headache, inability to walk correctly, obvious disorientation, memory loss) he/she should receive immediate medical attention and should not be allowed to return to practice or game without permission from the proper medical authorities. Coaches should encourage players to let them know if they have any of the above mentioned symptoms (that cannot be seen by others, such as headaches) and why it is important.

## 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. Due to the equipment and uniform needed in football, most of the heat problems have been associated with football. From 1995 through the 2005 football season there have been 19 high school heat stroke deaths in football. This is not acceptable. There are no excuses for heatstroke deaths if the proper precautions are taken. During hot weather conditions the athlete is subject to the following:

**HEAT CRAMPS** -- Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating.

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

**HEAT EXHAUSTION (WATER DEPLETION)** -- Excessive weight loss, reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headache and sometimes unconsciousness.

**HEAT EXHAUSTION (SALT DEPLETION)** -- Exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.

**HEATSTROKE** -- 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. According to the American Academy of Pediatrics Committee on Sports Medicine, heat related illnesses are all preventable. (Sports Medicine: Health Care for Young Athletes, American Academy of Pediatrics, 2000). 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 10-minute water break be scheduled for every twenty minutes of heavy exercise in the heat. Athletes should rest in a shaded area during the break. **WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES**. Check and be sure athletes are drinking the water.
5. Replacement by thirst alone is inadequate. Test the air prior to practice or game using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. The following precautions are recommended when using the WBGT Index: (ACSM's Guidelines for the Team Physician, 1991)

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

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

Air Temp	Danger Zone	Critical Zone
70F	80% RH	100% RH
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

RH = Relative Humidity

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

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

6. Cooling by evaporation is proportional to the area of the skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. **NEVER USE RUBBERIZED CLOTHING.**
7. Athletes should weigh each day before and after practice and **WEIGHT CHARTS CHECKED.** Generally a 3 percent weight loss through sweating is safe and over a 3 percent weight loss is in the danger zone. Over a 3 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 practice until they have adequately replaced their weight.
8. Observe athletes carefully for signs of trouble, particularly athletes who lose significant weight and the eager athlete who constantly competes at his/her capacity. Some trouble signs are nausea, incoherence fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness.
9. Teams that encounter hot weather during the season through travel or following an unseasonably cool period, should be physically fit, but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.
10. Know what to do in case of an emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practice and prearranged procedures for obtaining medical care, including ambulance service.

**HEAT STROKE -- THIS IS A MEDICAL EMERGENCY -- DELAY COULD BE FATAL.** Immediately cool body while waiting for transfer to a hospital. Remove clothing and immerse torso in ice / cold water. Immersion therapy has the best cooling rates. A plastic baby pool can be available at all practices and games, and can always be ready for immersion procedures. If not available apply ice packs in armpits, groin and neck areas. Continue cooling efforts until EMS arrives.

**HEAT EXHAUSTION -- OBTAIN MEDICAL CARE AT ONCE.** Cool body as you would for heat stroke while waiting for transfer to hospital. Give fluids if athlete is able to swallow and is conscious.

**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.

## **FOOTBALL TOURNAMENT FORMS LISTING**

All tournament forms must be submitted via the online eligibility center section of the CIAC website located at <http://www.casciac.org/elig/eligibility.cgi>. This area of the site requires the school's username and password for entry.

Worksheets for collecting the information needed to submit the online forms can be found on the following pages. These worksheets are intended for giving to coaches to provide information for submission to the school officials who will be filing the information online. Under no circumstances will printed forms be accepted in lieu of submissions via the eligibility center.

The following forms must be submitted for the sport of football:

1. Intent-To-Enter (included on schedule)
2. Tournament Roster \*

\*For these forms, you may find it easier to print out a copy of the actual web form, instead of using the worksheet, since the web form will be filled in with your eligible players and/or game schedule. Any form in the online eligibility center can be printed without being submitted.



