

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

30 Realty Drive, Cheshire, Connecticut 06410
Telephone (203) 250-1111 / Fax (203) 250-1345

37th ANNUAL 2012 FOOTBALL PLAYOFFS
Sponsored by IGA, MaxPreps, Spalding and Subway



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CIAC Football Committee Members

Brian Mignault - Ellis Tech.
Mark Ambruso - Bacon Academy, Colchester
Greg Shugrue - New Milford
Jim Wenker - Newington
Eric Baim - Rockville, Vernon
Dan Donovan - Danbury
Jeff Wihbey - Windham
Ian Neviasser - Old Lyme
Chris Cassin - Chippens Hill MS, Bristol
Martin Semmel - Southington
Paul Brenton - Putnam
Sam Galloway - Bloomfield
Joe Monroe - Wolcott

Steve Fillipone - Daniel Hand, Madison
Marce Petroccio - Staples, Westport
Lou Marinelli - New Canaan
Jim Buonocore - Ledyard
Len Corto - New Britain
Al Cramer - Newtown
Joe Grace - Simsbury
Dave Johnson - Bunnell, Stratford (CAAD)
Damien Frassinelli - Stafford (CAAD)
Bill Greider - South Windsor (Officials)

TO: CIAC Principals, Athletic Directors and Varsity Football Coaches
FROM: CIAC Football Committee
RE: 2012 CIAC Football Championship Playoffs

The CIAC State quarter-final football championship playoffs will be held on Tuesday, November 27, 2012. The CIAC semi-finals will be held on Saturday, December 1, 2012. Finals will be held on Friday/Saturday, December 7-8, 2012.

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 four (4) 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
11. Concussion Management Requirements

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
37th ANNUAL 2012 FOOTBALL PLAYOFFS

ALERT PAGE

SCRIMMAGES – Team must have a minimum of three (3) days of practice prior to scheduling a full team scrimmage. **In football five (5) days of conditioning practice plus three (3) days of practice in full pads is required before a full team scrimmage.**

INTENT-TO-ENTER – Participation in the State Football Championship Playoffs is optional. However, if you wish to be considered as a possible choice of one of the 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 of \$100 must be mailed to CIAC office, 30 Realty Drive, Cheshire, CT 06410. Due by November 19, 2012.

PLAN AHEAD – COLLEGE BOARD EXAMINATIONS AND ACT – There shall be no postponement of games because of College Board Examinations or the ACT. 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.

TOURNAMENT FORMAT FOR 2012 – The top eight teams in each division will qualify for the playoffs starting with a quarter-final game on Tuesday, November 27, 2012 at the site of the higher ranked team. The winners will move on to the semi-finals on Saturday, December 1, 2012 at neutral sites. Semi-final winners will play for the state championship on either Friday, December 7, 2012 or Saturday, December 8, 2012.

LIGHTS – **IN 2012 ONLY SCHOOLS WITH PERMANENT LIGHTING WILL BE ALLOWED TO HOST A HOME TOURNAMENT GAME.**

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 19, 2012)
- 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 May 1 of each school year via the online selection form on the CIAC web site.

The rules/regulations governing spring football and pre-season conditioning and practice can be found on pages 6-8 of this document.

TIE BREAK – The CIAC Football committee voted that starting with the 2012 season it is now mandatory that all games played against member schools will use the CIAC tie-break procedures during the regular and post-season.

All games played against out-of-state teams who are members of their state association will not be bound by this rule in 2012 when the game is played at the site of the out-of-state team.

OVERTIME IN THE CHAMPIONSHIP GAME – The CIAC Football Committee voted that all final games that are tied will continue to use the CIAC tie-break procedures until a winner is declared.

SCORE MANAGEMENT POLICY – The following score management policy will be in place for the 2012 season.

- A. At the conclusion of any regular season games between CIAC member schools at any level of play or league or state tournament games, if a team wins by a differential of more than 50 points, the principals of both the winning and losing teams and the referee/head official that officiated the game shall submit a report to the CIAC Football Committee attesting as to whether the winning team’s head coach did or did not follow established score management protocols for good sportsmanship in the game. This report will be filed using the CIAC Eligibility Center no later than 48 hours after the conclusion of the game.

When such a report is filed, a committee consisting of the CIAC chairperson, CIAC Football Committee chairperson, CIAC Executive Director or his/her designee, a coach, and an athletic director will determine if the head coach of the winning team violated the CIAC Football Committee’s protocol for score management. If it is determined that a violation occurred, the following penalty shall be in effect:

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

- B. **Appeals** – The CIAC will honor appeals of coach disqualification only (not player disqualifications) when the nature of the disqualification under the CIAC Disqualification/Ejection Rule applies to circumstances other than game official judgments. For example, the ejection of a head coach for winning a football contest by more than 50 points when the circumstances warrant an exception.

Appeals will be heard by a committee consisting of the following: CIAC chairperson, CIAC football committee chairperson, CIAC Executive Director or his/her designee, a coach and an athletic director. Appeals will be honored when received in the CIAC office within 48 hours of the decision to disqualify the coach. The appeals committee will consider such things as the following in reaching a decision:

- Was the running clock used and when did it start?
- Did the coach substitute skill players or starters when it became evident the game was in hand?
- Did the coach substitute – “wholesale” when it was evident the game was in hand?
- Did the coach modify the game play on offense and defense and limit such play in an appropriate and timely manner (i.e. no passing, no trick plays, no blitzing, etc.)?
- Did the coach control the kicking game – such as punt on fourth and short, fair catch returns, no field goals, and no two-point PAT’s?
- Did the coach control down and distance situations by conservative play calling based upon field position?
- Did the coach keep the play going by not calling time outs, having runners stay inbounds, and limiting the passing game?
- Reports from the head coaches/athletic directors/principals of both schools as well as the referee/head official.
- The decision of the appeals committee is final.

NFHS – UNIFORM CHANGES
BEGINNING IN 2012:

Beginning in 2012, players of the **visiting team** shall wear jerseys that meet the following criteria:

The body of the jersey (inside the shoulders, inclusive of the yoke of the jersey or the shoulders, below the collar and to the bottom of the jersey) shall be white and shall contain only the listed allowable adornments and accessory patterns in a color(s) that contrasts to white:

- a. As the jersey number(s) required in 1-5-1-c or as the team and/or player name within the body and/or on the shoulders,
- b. Either as a decorative stripe placed during production that follows the curve of the raglan sleeve not to exceed 1 inch at an point within the body of the jersey; or as decorative stripe(s) added in the shoulder area after production, not to exceed 1 inch per stripe and total size of combined stripes not to exceed 3.5 inches,
- c. Within the collar, a maximum of 1 inch in width, and/or
- d. As a side seam (insert connecting the back of the jersey to the front), a maximum of 4 inches in width but any non-white color may not appear within the body of the jersey (inside the shoulders, inclusive of the yoke of the jersey or the shoulders, below the collar, and to the bottom of the jersey). The exception to (d) would be what is stated in (b) above.

Beginning in 2012, players of the **home team** shall wear jerseys that meet the following criteria:

The body of the jersey (inside the shoulders, inclusive of the yoke of the jersey or the shoulders, below the collar, and to the bottom of the jersey) may not include white, except as stated below. If white appears in the body of the jersey of the home team, it may only appear:

- a.. As the jersey number(s) required in 1-5-1-c or as the team and/or player name within the body and/or on the shoulders,
- b. Either as decorative stripe placed during production that follows the curve of the raglan sleeve not to exceed 1 inch at any point within the body of the jersey; or as decorative stripe(s) added in the shoulder area after production, not to exceed 1 inch per stripe and total size of combined stripes not to exceed 3.5 inches,
- c. Within the collar, a maximum of 1 inch in width, and/or
- d. As a side seam (insert connecting the back of the jersey to the front), a maximum of 4 inches in width but any white color may not appear within the body of the jersey (inside the shoulders, inclusive of the yoke of the jersey or the shoulders, below the collar, and to the bottom of the jersey). The exception to (d) would be what is stated in (b) above.

RECONDITIONING/RECERTIFYING FOOTBALL HELMETS

Effective September 1, 2011 NAERA members will not recondition/recertify any football helmet ten (10) years of age or older.

National Athletic Equipment Reconditioners Association, NAERA, announced a new ten year policy adopted in their winter meeting. This policy will become effective at the start of the reconditioning season September 1, 2011 for the 2012 football season. The ten (10) years shall be determined by the manufacturers date as required by NOCSAE document 001.

For example, at the end of this upcoming 2011 football season, any helmet dated 2002 or older will not be reconditioned/recertified.

2012 NFHS FOOTBALL RULE CHANGES

Please review the 2012 football rule book for complete details on rule and editorial changes.

- 1-2-3h, 1-2-3l (New) Restrictions have been removed for corporate advertising and markings on the field of play.
- 1-5-2b Football gloves must meet the NOCSAE test standard starting in 2013.
- 1-5-3c(8) (New) Play cards must be worn on the wrist.
- 2-3-7 Blocking-below-the-waist rules revised.
- 2-4-1 Definition of a catch revised.
- 3-5-10d Player required to be removed if helmet comes off during the down.
- 9-3-8 (New) Restrictions added to blocking on free kicks.
- 9-4-3h Illegal personal contact penalty has been revised.
- 9-4-3k Horse-collar rule has been modified.

2012 Editorial Changes

1-1-4; 1-1-8; 1-2-1; 1-2-33 Note 2; 1-2-4; 1-3-1c, g; 1-5-1b, c (New); 1-5-2b; 1-6-2; Table 1-7 (5); 2-5-3; 2-15-1; 2-16-2f; 2-24-3; 2-24-4; 2-32-15; 2-41-1; 2-44; 3-2-2; 3-2-3b; 3-4-3b; 3-5-2b; 3-5-5b; 3-5-10b, c; 4-2-1; 4-2-2d(2); 4-2-2e (3); 4-2-2j; 8-2-2, 3; 8-3-6b; 9-3-8 Penalty; 9-4-4 Penalty; 9-5-2d; Football Fundamentals IX-6; Penalty Summary

2012 Points of Emphasis

For complete discussion of the 2012 points of emphasis, see page 82

1. Concussions, contact to and with the helmet, helmet technology and proper helmet fitting
2. Heat acclimatization and preventing heat illness
3. Hurdling
4. Illegal blocking below the waist
5. Illegal shifts involving the quarterback
6. Improper uniforms

Effective with the 2010 high school football season, any player who shows signs, symptoms or behaviors associated with a concussion must be removed from the game and shall not return to play until cleared by an appropriate health-care professional.

FALL FOOTBALL PRACTICE – CONDITIONING / CONTACT – AUGUST 2012

1. Fall Football Conditioning Practice 2012
 - a. Football physical conditioning practice must be conducted for at least five (5) sessions prior to contact practice and no earlier than August 20, 2012 for those schools who conducted traditional spring football practice **or Wednesday, August 15, 2012 for those schools who chose not to conduct traditional spring practice.**
 - b. No pads or protective equipment other than a helmet may be worn, and no contact will be permitted.
 - c. Only one session per day on each of the days selected is permitted. Each session is not to exceed two hours.
 - d. Footballs are not to be used during the first full hour of conditioning. After one hour of conditioning footballs may be used during the second hour of conditioning.
 - e. **A coach must be present at all conditioning sessions.**

2. Contact – Practice with Pads and Contact
 - a. Teams may start practice with pads and contact beginning Saturday, August 25, 2012 for those schools that conducted traditional spring practice **or Tuesday, August 21, 2012 for those who chose not to conduct traditional spring practice,** provided the minimum number of conditioning sessions have been held. No contact is permitted prior to these dates.
 - b. A coach must be present at all practice sessions.

2. Teams found in violation of the above rules will be subject to disciplinary review by the CIAC Board of Control.

3. Coaches are required to review with their players the suggestions for reducing head and neck injuries and the “hot weather hints.”

Football Practice Calendar – August 2012

Schedule for Schools that Do Not Conduct Spring Practice

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			15	16	17	18
			Conditioning Day 1	Conditioning Day 2	Conditioning Day 3	Conditioning Day 4
19	20	21	22	23	24	25
* Optional: Extra Conditioning	Conditioning Day 5	PADS NO EARLIER THAN THIS DATE	Pads	Pads	Pads	

Schedule for Schools that Conduct Spring Practice

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			15	16	17	18
19	20	21	22	23	24	25
	Conditioning Day 1	Conditioning Day 2	Conditioning Day 3	Conditioning Day 4	Conditioning Day 5	PADS NO EARLIER THAN THIS DATE

* Sunday practice does not count toward the five required conditioning days.

FOOTBALL SPRING CONDITIONING PRACTICE 2013

1. Spring football practice in 2013 may begin on Friday (May 24, 2013) before Memorial Day, but not before this date. Memorial Day in 2013 is Monday, May 27, 2013.
2. Conditioning Practice:
 - Each participant in spring football practice must have three days of conditioning before the participant may wear full equipment.
 - No pads or protective equipment other than a helmet may be worn, and **no contact** will be permitted.
 - Only one session per day, each session is not to exceed two hours.
 - Footballs may be used during spring conditioning sessions.
 - A coach must be present at all practice sessions.
 - Spring sport participants must have completed their season before joining spring practice.
3. The maximum of ten (10) days of spring football practice is permitted; however, spring practice cannot be carried past the date on which the school closes for summer recess. The ten (10) days includes both conditioning and contact practice.
4. Only 9th, 10th and 11th grade students will be permitted to participate in spring football practice. **(No 8th or 12th grade students.)**
5. Only intra-squad scrimmages will be allowed. Interscholastic scrimmages and games are not allowed.
6. **KNOWN VIOLATIONS OF THESE REGULATIONS SHOULD BE REPORTED TO THE CIAC.**

FALL FOOTBALL PRACTICE – CONDITIONING / CONTACT – AUGUST 2013

1. Fall Football Conditioning Practice 2013
 - a. Football physical conditioning practice **must be** conducted for at least five (5) sessions prior to contact practice and no earlier than August 19, 2013 for those schools who conducted traditional spring football practice **or Wednesday, August 14, 2013 for those schools who chose not to conduct traditional spring practice.**
 - b. No pads or protective equipment other than a helmet may be worn, and **no contact** will be permitted.
 - c. Only one session per day on each of the days selected is permitted. Each session is not to exceed two hours.
 - d. Footballs **are not** to be used during the first full hour of conditioning. After one hour of conditioning footballs may be used during the second hour of conditioning.
 - e. **A coach must be present at all conditioning sessions.**
2. Contact – Practice with Pads and Contact
 - a. Teams may start practice with pads and contact beginning Saturday, August 24, 2013 for those schools that conducted traditional spring practice **or Tuesday, August 20, 2013 for those who chose not to conduct traditional spring practice,** provided the minimum number of conditioning sessions have been held. No contact is permitted prior to these dates.
 - b. A coach must be present at all practice sessions.
3. Teams found in violation of the above rules will be subject to disciplinary review by the CIAC Board of Control.
4. Coaches are required to review with their players the suggestions for reducing head and neck injuries and the “hot weather hints.”

Football Practice Calendar – August 2013

Schedule for Schools that Do Not Conduct Spring Practice

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			14	15	16	17
			Conditioning Day 1	Conditioning Day 2	Conditioning Day 3	Conditioning Day 4
18	29	20	21	22	23	24
* Optional: Extra Conditioning	Conditioning Day 5	PADS NO EARLIER THAN THIS DATE	Pads	Pads	Pads	

Schedule for Schools that Conduct Spring Practice

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			14	15	16	17
18	19	20	21	22	23	24
	Conditioning Day 1	Conditioning Day 2	Conditioning Day 3	Conditioning Day 4	Conditioning Day 5	PADS NO EARLIER THAN THIS DATE

* Sunday practice does not count toward the five required conditioning days

CIAC LIST OF THE FOUR DIVISIONS FOR THE 2012 FOOTBALL SEASON

(Based on the 9-12 boy enrollment in the 2011-12 school year)

Division LL -- 683 and over (36)

Division L -- 526 - 682 (36)

Bridgeport Central	1074	Avon	548
Bristol Central	722	Branford	526
Cheshire	775	Bridgeport - Bassick	580
Danbury	1455	Bridgeport - Warren Harding	661
East Hartford	891	Bristol Eastern	639
Fairfield - Ludlowe	699	Darien	640
Fairfield Prep.	908	East Lyme	572
Glastonbury	1102	Enfield - Enrico Fermi	532
Greenwich	1359	Fairfield Warde	680
Hamden	8914	Farmington	668
Hartford Public	715	Groton - Fitch	633
Manchester	908	Guilford	551
Middletown - Xavier	881	Hartford - Bulkeley	569
Naugatuck	688	Hebron - RHAM	642
New Britain	1312	Madison - Daniel Hand	616
New Milford	757	Meriden - Maloney	629
Newington	754	Meriden - Platt	550
Newtown	888	Middletown	659
Norwalk	740	Milford - Platt Tech.	570
Norwalk - Brien McMahon	858	Monroe - Masuk	655
Norwich Free Academy	1065	New Canaan	635
Ridgefield	925	New Haven - Wilbur Cross	615
Shelton	772	North Haven	639
Simsbury	870	Southbury - Pomperaug	670
South Windsor	786	Storrs - E.O. Smith	615
Southington	995	Stratford	533
Stamford	988	Stratford - Bunnell	568
Stamford - Westhill	1124	Torrington	587
Trumbull	1062	Vernon - Rockville	544
Waterbury - Crosby	723	Waterbury - Wilby	682
Waterbury - Kennedy	745	West Haven - Notre Dame	624
West Hartford - Conard	744	Wethersfield	585
West Hartford - Wm. Hall	773	Wilton	673
West Haven	772	Windsor	629
Westport - Staples	894	Windsor Locks/Suffield/East Granby **	544
Woodbridge - Amity Reg.	856	Woodstock Academy	529

** Co-op Team

Division M -- 391 - 525 (36)

Ansonia - O'Brien Tech.	396
Berlin	486
Bethel	474
Bridgeport - Bullard Havens	421
Brookfield	462
Burlington - Lewis Mills	409
Colchester - Bacon Academy	457
Coventry / Windham Tech. / Bolton **	514
Danbury - Abbott Tech.	423
East Hampton / Vinal **	525
East Haven	459
Ellington / Somers **	479
Enfield	391
Ledyard	451
Manchester - Cheney Tech.	506
Meriden - Wilcox Tech.	470
Milford - Foran	474
Milford - Jonathan Law	490
Montville	405
New Fairfield	490
New Haven - Hillhouse	451
New London	509
Putnam / Tourtellotte / Ellis Tech. **	523
Redding - Joel Barlow	491
St. Bernard / Norwich Tech. **	481
Tolland	457
Torrington - Wolcott Tech.	436
Trumbull - St. Joseph	438
Wallingford - Lyman Hall	499
Wallingford - Sheehan	450
Waterford	474
Watertown	481
Weston	394
Windham	405
Winsted - Gilbert / N.W. Reg. **	458
Wolcott	426

Division S -- Up to 390 (37)

Ansonia	359
Beacon Falls - Woodland	369
Bloomfield	312
Bristol - St. Paul Catholic	172
Canton	283
Clinton - Morgan	291
Cromwell	277
Danbury - Immaculate	173
Derby	195
Durham - Coginchaug	283
Fairfield - Notre Dame Catholic	206
Granby Memorial	366
Griswold	321
Hartford - A.I. Prince	339
Hartford-Capital Prep/Classical/Achievement**	250
Hartford - SMSA / University **	356
Hartford - Weaver	323
Higganum - Haddam-Killingworth	334
Housatonic Valley / Wamogo Reg. **	281
Killingly	386
Manchester - East Catholic	324
New Haven - Hyde Leadership	153
North Branford	313
Old Saybrook / Westbrook **	332
Oxford	295
Plainfield	381
Plainville	373
Rocky Hill	374
Seymour	300
Stafford / East Windsor **	266
Stamford - Trinity Catholic	225
Stonington	390
Valley Reg. / Old Lyme **	384
Waterbury - Holy Cross	375
Waterbury - Sacred Heart	184
West Hartford - N.W. Catholic	312
Woodbury - Nonnewaug	353

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

TO: CIAC Member Schools
RE: Football Selection System

1. Four (4) classes of competition will be used for the tournament. Thus a
champion will be determined in the - Division LL (682 and over)
champion will be determined in the - Division L (526 - 681)
champion will be determined in the - Division M (391 - 525)
champion will be determined in the - Division S (Up to 390)

The Football Committee will review yearly the number of teams in each Class striving for equity in numbers of teams in each. (When there is an uneven number of teams for each division, the greater number of team(s) will be placed into the smallest division(s) by enrollment first.)

2. To be eligible for the Playoffs a minimum of eight (8) games must be played.
3. The top eight teams in each division will be selected using a point system as follows:

Four classes of competition will be used with the point system.

Division LL – Division L – Division M – Division S

- a. A school will receive 100 points for defeating a school in its own class;
90 points for defeating a school in one lower class;
80 points for defeating a school in two lower classes;
70 points for defeating a school in three lower classes;
110 points for defeating a school in one higher class;
120 points for defeating a school in two higher classes;
130 points for defeating a school in three higher classes
- b. A school defeating a league opponent of a lower class will not be subject to the structure as outlined in paragraph a., but will receive 100 points.
- c. The following is used **only if a game is played against an out-of-state team at the out-of-state team's site**. The out-of-state team must be a member of their state high school association:

A school will receive 50 points for tying a school in its own class;
45 points for tying a school in one lower class;
40 points for tying a school in two lower classes;
35 points for tying a school in three lower classes;
55 points for tying a school in one higher class;
60 points for tying a school in two higher classes;
65 points for tying a school in three higher classes.
- d. A school will receive 10 points for each victory and 5 points for each tie earned by any opponent it has defeated.
- e. A school will receive 5 points for each victory and 2.5 points for each tie earned by an opponent it has tied. A school will not receive any bonus points for a tie where they were the opponent.
- f. The total number of playoff points will be divided by the total number of games played to determine the point value earned by each school.

- g. The following five steps will be used in breaking ties in pairings if two or more schools finish with the same point value in the same division.
- 1) In the event there are exactly two schools tied at the point value and the two schools have met during the regular season, the winner wins the position in question (head-to-head).
 - 2) The wins and ties of each of the opponents are added (2 points per win and 1 point per tie) and the team with the greatest number of points wins the position in question. This includes each opponent regardless of whether the game was won or lost.
 - 3) The team that defeated the highest rated (CIAC point system) team wins the position in question.
 - 4) The team with the best winning percentage wins the position in question.
 - 5) Each team will be assigned a computer-generated random “tiebreaker number” two weeks prior to the end of the season. If there is still no winner after the first ten criteria in this section are applied then the team with the highest random tiebreaker number will be the winner of the position in question.
- h. The top eight (8) teams in each division will qualify for the quarter-final games (32 teams total)

For each Division:

The #1 seeded team vs the #8 seeded team – #2 vs #7 -- #3 vs #6 -- and #4 vs #5

The winners of the quarter-finals will meet in the semi-finals (#1 / #8 winner vs #4 / #5 winner – #2 / #7 winner vs #3 / #6 winner)

The winners of the semi-final games in each division will play in the championship game.

- i. **Championship Site** * – Rentschler Field

Quarter-final games will be held on Tuesday evening, November 27, 2012 – 6:30 p.m. -- **at the site of the higher ranked team providing they meet minimum field requirements and have permanent lighting.**

Semi-final games will be held on Saturday, December 1, 2012 – Neutral sites – TBA

Final games will be held on Friday-Saturday, December 7-8, 2012 – **Rentschler Field (Weather permitting)** (One game on Friday evening – 7:00 p.m. / Three games on Saturday – 10:00 a.m., 1:30 p.m., 5:00 p.m.)

- j. **MINIMUM REQUIRED STANDARDS FOR ALL PLAYOFF SITES:**

- 1) **Site has adequate permanent lights.**
 - a. The lighting system shall adequately cover and illuminate the entire playing field, end zones, and sideline areas. A level of 30 foot candles, is a desired illumination standard for the playing area.
 - b. The lighting system poles shall be of such height that punted, kicked or thrown balls shall remain visible to players, coaches, and officials at all times.
 - c. Lighting systems should be of such quality that the integrity and quality of CIAC football playoff and championship caliber games shall not be compromised.
 - d. The CIAC Football Committee reserves the right to make a final decision on whether or not a specific facility’s lighting system is appropriate for use in a CIAC football playoff game.

BEGINNING IN 2012 ONLY SCHOOLS WITH PERMANENT LIGHTING WILL BE ALLOWED TO HOST A HOME TOURNAMENT GAME.

- 2) Site is enclosed and capable of charging and controlling admission.
- 3) Site has adequate seating (minimum of 1,500)
- 4) Site has adequate parking.

- 5) Field is in good condition, is properly lined, and meets NFHS standards.
- 6) Site has a visible, working scoreboard and clock.
- 7) Site has a press box large enough to accommodate timer, announcer, and spotters and camera persons from both coaching staffs.
- 8) Site has locker rooms that are available to both teams and officials before, during and after games.
- 9) Site has adequate public restroom facilities.
- 10) Site has a working public address system.

2012 CONNECTICUT HIGH SCHOOL FOOTBALL PLAYOFF INFORMATION

TIE-BREAK REQUIREMENT – The CIAC Football Committee voted that starting with the 2012 season it is now mandatory that all games played against member schools will use the CIAC tie-break procedures during the regular and post-season.

All games played against out-of-state teams who are members of their state association will not be bound by this rule in 2012.

TOURNAMENT ROSTER , ENTRY FORM AND ENTRY FEE -- The CIAC Football Committee will meet on Friday, November 23 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 19** .

Entry fee of \$100 should be mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410. If a school needs an invoice in order to pay its tournament fee, one can be downloaded by using the “Generate Tournament Invoice” link under the football options in the password-protected online eligibility center.

THE LAST DATE TO COUNT WILL BE THURSDAY, NOVEMBER 22.

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 19. **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 is 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.**

DATES / TIMES OF GAMES -- **All quarter-final games** will be played on **Tuesday, November 27, 2012** at the site of the higher ranked team starting at 6:30 p.m. Postponements of the quarter-finals will be played on November 28.

All semi-final games will be played on **Saturday, December 1, 2012** at neutral sites. Postponements of semi-finals will be played on December 2 starting no earlier than 12:30 p.m.

All final games will be played on **Friday / Saturday, December 7-8, 2012.** Friday evening game will start at 7:00 p.m. – Saturday games are 10:00 a.m., 1:30 p.m. and 5:00 p.m. The postponement date will be on December 9, 2012.

Only in the case of extremely inclement weather will the game be postponed.

SITE OF GAMES -- The game sites for the semi-finals will be determined by the CIAC Football Committee on Wednesday, November 28.

CANCELLATION -- Postponements after December 9 will not be possible. The Tournament Director, CIAC staff 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 or ACT 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 could be disqualified from coaching in accordance with the CIAC disqualification rule. This will be considered an act of unsportsmanlike behavior by the head coach. **See alert page for changes in this rule.**

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 11, 2012, 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 11, 2012.
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 -- It is now mandatory that all games played against member schools will use the CIAC tie-break procedures during the regular and post-season. All games played against out-of-state teams who are members of their state association will not be bound by this rule if the game is played at their site.

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 the 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. Overtime periods will continue until a winner is declared.

Regular season, semi-final and 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.

RESOLVING DISPUTES AT CHAMPIONSHIP GAMES -- A dispute procedure has been developed for Championship games to address a disputed call.

1. **Purpose** -- The Connecticut Interscholastic Athletic Conference, Football Committee, desires to provide a process for resolving problems and disputes 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 Tournament Director to clarify the dispute procedure to the assigned game officials, to the head coaches and to the site director prior to the game.
3. **Game Disputes** -- Disputes 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 dispute and the decision. The site coordinator will also be responsible for reporting the details of the dispute to CIAC officials.

4. **Decisions By Game Officials** -- Disputes arising from the decisions, interpretations and/or misapplications of National Federation or CIAC game rules by officials during the contest must be resolved at the time of the dispute and cannot be contested after the event. All decisions of the game officials are final.

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

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 quarter-final games -- not later than Saturday following Thanksgiving Day; for semi-final games -- not later than Wednesday preceding the quarter-finals and by Monday following the semi-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 the game (semi-finals and finals) will have in attendance the services of a doctor who will be available to either team. The home team at the quarter-finals must supply the doctor on site. 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. Schools must have their athletic trainer in attendance.

GAME BALLS -- The **Spalding TFSB1 or J5V Advanced** are the official tournament ball. No other ball may be used for any of the CIAC Championship Games.

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.

PRESS CONFERENCE – CIAC WILL HOST A PRESS CONFERENCE FOR ALL SCHOOLS THAT ADVANCE TO THE FINALS. The site and time are TBA.

TRANSPORTATION REIMBURSEMENT FOR QUARTER-FINAL, 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.

QUARTER-FINAL GAME EXPENSES -- Expenses for conducting quarter-final games will be reimbursed by the CIAC up to but not exceeding \$1,700 per game. A full expense sheet is required. CIAC will pay game officials.

PRICE OF ADMISSION * (* subject to change)

Quarter-final 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)

Semi-final Games:

- Free – Children five (5) and under
- \$5.00 – Students / Senior Citizens
- \$10.00 – Adults

Final Games:

All tickets will be \$10.00

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

FINALS – 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.

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.

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	RH = Relative Humidity
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	

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

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

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

11. Parents' and Coaches' Guide to Dehydration and Other Heat Illnesses in Children
<http://www.nata.org/consumer/docs/parentandcoachesguide.pdf>

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

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

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

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

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

RECOMMENDATIONS FOR HYDRATION TO PREVENT HEAT-RELATED ILLNESS

Types of Sports Drinks

● **Fluid Replacers**

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

● **Carbohydrate loaders**

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

● **Nutrition Supplements**

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

What Not to Drink

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

Hydration Tips and Fluid Guidelines

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

What to Drink During Exercise

- If exercise lasts more than 50 minutes, a sports drink should be provided during the session.
- The carbohydrate concentration in the ideal fluid replacement solution should be in the range of six to eight percent CHO
- During events when a high rate of fluid intake is necessary to sustain hydration, sports drinks with less than seven percent CHO should be used to optimize fluid delivery. These sports drinks have a faster gastric emptying rate and fluid absorption rate, thus aid in hydration.
- Sports drinks with a CHO content of 10 percent have a slow gastric emptying rate and should be avoided during exercise.
- Fluids with salts (sodium chloride, potassium chloride) are beneficial to increasing thirst and voluntary fluid intake as well as offsetting the small amount of salts lost with water.
- Salts should never be added to drinks, and salt tablets should be avoided, because they lead to slower gastric absorption.
- Cool beverages at temperatures between 50 to 59 degrees Fahrenheit are recommended for best results with fluid replacement.

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

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

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 follows:

- 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.
- 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.
- 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.
- 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.**
- 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.
- All coaches, physicians and trainers should take special care to see that the player's equipment is properly fitted, particularly the helmet.
- Strict enforcement of the rules of the game by both coaches and officials will help reduce serious injuries.
- 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.

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):

- 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
- 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):

- Headache or dizziness
- Nausea or vomiting
- Blurred or double vision
- 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)

Rehabilitation stage	Functional exercise at each stage of rehabilitation	Objective of each stage
1. No activity	Complete physical and cognitive rest until asymptomatic. School may need to be modified.	Recovery
2. Light aerobic 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:

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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>
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