

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

8th ANNUAL 2011 CIAC GIRLS LACROSSE TOURNAMENT
Sponsored by Bearingstar Insurance

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ALERT PAGE

All scheduled games against out-of-state teams who are members of their state association will count for CIAC tournament qualification. Schools must complete an online out-of-state form. NOTE: The rating points for out-of-state games will be calculated by the records posted on LAX POWER by 12:00 Noon on May 26.

Tournament Qualification – A team must play a minimum of ten (10) varsity games and have a **winning percentage of 40% or better against CIAC member teams or out-of-state schools** who are members of their respective state association.

Regular Season Games, if interrupted (suspended) before the completion of 80% (40 minutes) the game must be started from the beginning with the score 0-0. If ended after 80% of the game has been completed, it will be declared an official game. If the score is tied after 80% of the game has been completed, it will be declared an official game.

By state adoption, in CIAC tournament play, a game suspended either in the first half or the second half will be continued from the point of suspension with the score the same as when the game was suspended. A suspended game after 80% of the game has been completed may be ruled an “official game” by the mutual agreement of both coaches.

Regular Season Overtime Procedure

After a five-minutes rest and coin toss for choice of ends, six minutes (two three minute periods) of stop-clock overtime will be played. The team which is ahead at the end of six minutes wins the game. If the overtime period ends in a tie, the game will be declared an official game. By state adoption, No “Sudden Victory” will be played during the regular season.

CIAC Tournament Overtime Procedure

The first overtime period in the CIAC tournament is the same as in the regular season. If, at the conclusion of the first overtime, the teams remain tied, after a three minute rest the teams will change ends. The winner will be decided on a “Sudden Victory” stop-clock overtime period of no more than six minutes.

The procedure will continue with “Sudden Victory” stop-clock overtime periods until a winning goal is scored. **The detailed version of this procedure is in Rule 4, Section 7 of the USL rule book.**

The host school in the playdown, first round, and quarter-final games must call Pat Javorski, Coordinator of Officials, and request that officials be assigned. The officials fee for the playdowns through the quarter-final round is \$98.35.

Expenses for playdown, first round and quarter-final games will be borne by the participating teams. The host team will pay game expenses including officials, and shall provide the site director who should be someone other than the coach.

PROMOTING SPORTSMANSHIP

Points of Emphasis – In an effort to continue to promote good sportsmanship the CIAC Lacrosse Committee would like to emphasize the following regulations which apply to all CIAC schools in all sports.

- a. Any team that accumulates five (5) or more disqualifications for unsportsmanlike acts such as, but not limited to flagrant misconduct, including taunting, initiating a fight, retaliating in a fight, or physically assaulting an official, coach, opposing player or spectator during the course of one season will be barred from CIAC post season competition.
- b. Any athlete upon receiving two (2) disqualifications, either for initiating a fight or retaliating in a fight (as determined by the game official), will be dismissed from the team for the remainder of the season.
- c. In addition, if there is a pattern of unsportsmanlike conduct exhibited by a member school team or lacrosse program, at any level of play, the schools' principal, athletic director, and coach could be requested to meet with the CIAC Lacrosse Committee which may result in further sanctions. The school will be required to present a written action plan to the committee that addresses the conduct and sportsmanship of their team and program since the school administration is ultimately responsible for the conduct of their players, coaches, and team followers.

RULE CHANGES FOR 2011

A screened background identifies each change or altered area of the rules. Throughout the book, the notation “AR” means “Approved Ruling.”

- Rule 3-6a (pg 20) Visiting team captain to call any coin toss.
- Rule 3-7 (pg 21) Recommending that only US Lacrosse rated umpires be assigned to games. Added to Youth rules as well.
- Rule 5-Note (pg 39) Providing additional clarification on how to handle any player suspected of having a concussion. Additional information also appears in new Appendix J.
- Rule 7-27 (pg 54) Anyone receiving two yellow cards in a game will sit out the team’s next game. Anyone receiving a red card will sit out the next two games.
- Rule 7-28 (pg 55) If a team receives its third card of the game they will play short for the remainder of the game. An additional player will be removed from the field for each subsequent card received by that team.
- Rule 7-33 (pg 57) Head coach is responsible for the actions of anyone officially connected with his/her institution and will receive any card related to bench decorum.
- Rule 9-8 (pg 64) Pockets must be attached using stringing holes along the bottom rail of the stick.
- Rule 9-24 (pg 67) All sticks must be in compliance with shooting string regulations.
- Youth (pg 78) Defined what is meant by a Junior Youth Umpire.

Points of Emphasis

Sphere – Due to the danger involving play around the head that may jeopardize players’ safety, consistent application of the rules regarding the sphere is essential. Umpires are instructed to be vigilant for fouls that may be initiated by the defense or attack.

Use of Stick – The emphasis continues to be that the use of the stick shall be appropriate. A foul must be called when a stick is used in a malicious, dangerous or intimidating manner and strong consideration should be given for issuing a card.

Carding – With respect to the new comprehensive carding philosophy, the expectation is that umpires continue to allow the penalty situation to dictate whether or not a card is warranted. Umpires need to apply cards without regard to the resulting consequences of the new penalty administration. Umpires must card appropriately to enforce the rules and insure safety for all players and the integrity of the women’s game.

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1.0 DIVISIONS

1.1 Only members of the CIAC may enter this tournament which will be divided into three (3) divisions based on 9-12 girl enrollment for preceding year – L - 700 and over, M - 495 - 699, S - Up to 494.

Class L – 700 and Over (25)

Amity Reg., Woodbridge	787	New Milford	781	Southington	1018
Brien McMahon, Norwalk	880	Newington	704	Stamford	853
Cheshire	746	Newtown	868	Staples, Westport	889
Conard, W. Hartford	772	Norwalk	768	Trumbull	1152
Danbury	1411	Norwich Free Academy	1271	West Haven	809
Fairfield Ludlowe	762	Ridgefield	870	Westhill, Stamford	1108
Glastonbury	1030	Shelton	799	Wm. Hall, W. Hartford	769
Greenwich	1277	Simsbury	755		
Hamden	941	South Windsor	736		

Class M – 495-699 (27)

Avon	533	East Lyme	612	New Canaan	659
Bacon Academy, Colchester	514	Fairfield Warde	664	New Fairfield	502
Berlin	515	Farmington	653	Pomperaug, Southbury	690
Bethel	507	Fitch, Groton	680	Stratford	510
Branford	588	Guilford	574	Watertown	504
Brookfield	508	Joel Barlow, Redding	495	Wilton	632
Bunnell, Stratford	625	Ledyard	499	Windsor	665
Daniel Hand, Madison	630	Masuk, Monroe	637	Woodstock Academy	610
Darien	643	Mercy, Middletown	692	North Haven	659

Class S – Up to 494 (26)

Canton	252	Lewis Mills, Burlington	381	St. Bernard, Uncasville	158
Capital Prep., Hartford	80	Morgan, Clinton	284	St. Joseph, Trumbull	415
East Catholic, Manchester	370	N.W. Catholic, W. Hartford	338	Stonington	378
Ellington	397	North Branford	351	Suffield	448
Granby Memorial	359	Notre Dame, Fairfield	250	Valley Reg., Deep River	306
Haddam-Killingworth	330	Old Lyme	224	Waterford	477
Housatonic Valley, Falls Vill.	251	Old Saybrook	275	Weston	427
Immaculate, Danbury	155	Sacred Heart Ac., Hamden	494	Wheeler, N. Stonington	103
Lauralton Hall, Milford	431	Somers	281		

2.0 SITES / DATES / TIMES

- 2.1 Member schools may start practice on, but not before, Monday, March 21, 2011
- 2.2 Member schools may play the first game on, but not before, Wednesday, April 6, 2011. Games cannot be added to the schedule after April 6, 2011.
- 2.3 The maximum games per week is 2. However, member schools may schedule and play three (3) games per week three (3) times during the regular season excluding the first and last weeks of the season.
- 2.4 Member schools may not schedule more than sixteen (16) games during the regular season.
- 2.5 The last day for games to count for the girls’ lacrosse tournament will be Thursday, May 26, 2011. Games played after this date shall not count for tournament entry, regardless of the reason for playing such games.

2.6 TOURNAMENT SITES / DATES / TIMES

Sites – Playdown, first round and quarter-final games will be played at the home field of the higher ranked teams. Sites for the semi-finals and final games will be determined by the tournament director.

Game Dates / Times

Playdown	Tuesday, May 31	5:00 p.m.
First Round	Thursday, June 2	5:00 p.m.
Quarter-finals	Monday, June 6	5:00 p.m.
Semi-finals	Wednesday, June 8	Time - TBA
Finals	Saturday, June 11	Time - TBA

If two games are played back-to-back at the same site, the second game will start no later than 30 minutes following the conclusion of the first game.

Time changes to be reviewed by the Tournament Director. The site director shall confirm with the tournament director before any site/time change has been proposed. The tournament director has the final authority in these cases.

2.7 INCLEMENT WEATHER

In the event of inclement weather, the site director has the authority to postpone the game. The site director will immediately notify the tournament director. The postponed game will be played on the next day excluding Sunday, except in the case of the championship final games. The rain date for the finals would be Sunday, June 12, 2011.

3.0 ENTRY PROCEDURE / QUALIFYING

- 3.1 **Game Results** – Must be submitted on a weekly basis (scores for all games through Saturday must be entered no later than the following Monday via the password-protected online eligibility center. Regardless of regular season postponed games, Thursday, May 26, 2011, is the final day to count games for tournament play.

Member schools must make every effort to complete their season as scheduled, including make-up games. Any effort to gain an advantage in tournament play by not playing a game is unacceptable and is subject to action by the CIAC board of control. Cancellation of any regular season contest/make-up to play in a league tournament will not be allowed.

- 3.2 Tournament Rosters -- Must be submitted via password-protected online eligibility center by Friday, May 20, 2011. Any request for changes after the initial roster is submitted must be made on a "support ticket" via the online eligibility center before the first tournament game.
- 3.3 Entry Fee -- An entry fee of \$75.00, payable to CIAC, must be mailed to CIAC, 30 Realty Drive, Cheshire, CT 06410. If a school needs an invoice in order to pay its tournament fee, one can be downloaded by using the "Generate Tournament Invoice" link under the girls lacrosse options in the password-protected online eligibility center.
- 3.4 To qualify for the CIAC tournament, a team must play a minimum of ten (10) varsity games and have a **winning percentage of 40%** or better against CIAC member teams or out-of-state schools who are members of their respective state association. If more than 16 teams qualify, a play down round will occur.
- 3.5 All varsity games against CIAC member schools **and out-of-state games whose schools are members of their respective state association** shall count for CIAC tournament qualification. Only the first two (2) games against an opponent during the regular season shall count toward CIAC tournament qualification.
- 3.6 The USL disqualification rules and CIAC rules shall prevail throughout the tournament for team players and coaches.

4.0 **EXPENSES / TICKETS**

- 4.1 Expenses for playdown, first round and quarter-final games will be borne by the participating teams. The host team will pay game expenses including officials and shall provide the site director -- who should be someone other than the coach.
- 4.2 Schools will bear all traveling expenses.
- 4.3 Host schools may charge admission fees during any playdown, first or quarter-final round game. If an admission is charged, the host school should notify the principal and athletic director of the visiting school in advance. The monies collected may be used by the host school to defray game expenses. Any monies collected will not be sent to the CIAC.
- 4.4 The CIAC girls lacrosse committee will pay all expenses directly associated with the staging of the semi-final and final tournament games.
- 4.5 Charges for admission to the semi-final and final games will be:
- 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)

- 4.6 During the 2011 tournament, the following passes will be honored at all games where admission is charged.
- a. CIAC head varsity girls lacrosse coaches pass (head varsity lacrosse coaches must request a pass from the CIAC and provide a self-addressed envelope)
 - b. Principal (or designee) and athletic director of the competing schools
 - c. Press Card
 - d. CIAC Officials Association membership card -- Lacrosse officials ONLY

No other complimentary admissions will be permitted.

5.0 FORFEITS / DISQUALIFICATIONS PER CIAC HANDBOOK

- 5.1 Member schools will be required to submit regular season schedules via the password-protected online eligibility center. Determination of forfeitures will be based on this schedule.
- A forfeit game shall count as a victory for the team declared the winner and as a loss for the team declared a loser in determining tournament qualification and rating. For tournament qualification, only the following reasons for a forfeit shall be accepted.
- 5.2 A team shall forfeit a game or games if through a violation it is required to do so under the CIAC rules of eligibility.
- 5.3 A team shall forfeit a game if the game official declares the game a forfeit as a result of a U.S. Lacrosse rule violation, or a team refuses to play after being instructed to do so by the game official.
- 5.4 Forfeitures will be honored by each CIAC sports committee when there is mutual agreement between the principals of the two schools involved in the game not played. Each principal must submit on the official CIAC Canceled Game - Forfeiture Form his/her decision relative to the status of the game and it must be received in the CIAC office within 72 hours following the time of the scheduled contest. On the eve of a tournament when there is not sufficient time for normal administrative procedures (72 hours) if a question of team forfeiture arises the Executive Director or his designee, in consultation with the Chair of the sports committee affected and the principals of the two schools will make an appropriate ad hoc decision in consideration of the best interests of the tournament as a whole.
- 5.5 All games listed on the original schedule and submitted to the CIAC which are not played and have not been forfeited in accordance with this policy will be considered by each sport committee as No Contest and shall not count for tournament qualification and rating unless it affects the minimum number of games required to qualify for tournament participation. In this instance the sport committee shall review the evidence submitted by the teams involved and may grant an exception from the minimum game number requirement. The minimum winning percentage as determined by the individual sports committee must be met under all circumstances.

6.0 OFFICIALS

- 6.1 By Wednesday, May 18, 2011 each head coach must submit via the password-protected on line eligibility center a list of eight (8) officials who in her/his opinion are tournament caliber officials. At the same time you may select two (2) officials whose services you prefer not to have. **A drop down menu has been added to simplify this task.**

- 6.2 The coordinator of officials will assign USL certified officials for all tournament games, using the Master List of Officials and the modified school list as the source.

Two officials will be assigned to playdown and first round games.

Three officials will be assigned to the quarter-finals, semi-final and finals.

- 6.3 The home team will pay the officials fees through the quarter-final round. The fee is \$98.35.

- 6.4 Identity of the officials assigned games by the assigner will not be disclosed prior to the game.

- 6.5 Only USL certified officials will be used for regular season games to count toward tournament play.

7.0 PROTESTS - CIAC

- 7.1 Each sports committee will establish a protest committee whose purpose will be to adjudicate all protests relating to the operation of the tournament, including the application and administration of tournament regulations. U.S. Lacrosse or CIAC game rule interpretations and judgments by the game officials cannot be protested. The Protest Committee for each sport shall consist of the Assistant Executive Director for CIAC, the Chair of the tournament committee, an administrator member of the sports committee, the tournament director, and the coaches' chair on the sport committee. All Protest Committee decisions are appealable to the CIAC Board of Control as provided in the CIAC by-laws.

- 7.2 On the eve of a tournament when there is not sufficient time for normal administrative procedures and board of control hearings, if a question of interpretation of tournament regulations or the operation of the tournament arises, the chair of the CIAC board of control, the Executive Director of CIAC, and the chair of the tournament committee in question will make an appropriate ad hoc decision in consideration of the best interest of the tournament as a whole.

- 7.3 The record of the official scorer at conclusion of the contest is final unless an error is discovered. Such error shall be corrected as covered by specific contest rules.

- 7.4 **Decisions by Game Officials** -- Protests arising from the decisions, interpretations and misapplication of the U.S. Lacrosse or CIAC game rules by officials during the contest will not be considered. The decisions and interpretations of the rules by the officials are final.

- 7.5 Any team leaving the contest area before the conclusion of the contest because of dissatisfaction with the officiating will forfeit the game and render the school liable to disciplinary action by the CIAC.

8.0 RANKING / SEEDING

- 8.1 Teams will be seeded by win / loss percentage. The win/loss percentage is determined as follows: 2 points are awarded for a win; 1 for a tie; and 0 for a loss. This total is then divided by twice the number of games. For example:

A record of 8 wins, 2 ties, 6 losses yields a win / loss percentage of 18/32 (56.25%)

A record of 6 wins, 3 ties, 5 losses yields a win / loss percentage of 15/28 (53.57%)

Seeding ties will be broken based on:

2. Head-to-head (2 teams only)
3. Most regular season wins
4. The team with the highest rating number calculated as follows:

- Two (2) points will be awarded for each regular season victory and one (1) point for each regular season tie by all opponents you defeated during the regular season. (Double the points for opponents you defeated twice.) No rating points will be awarded for teams you tied.

5. By lot

NOTE: The rating points for out-of-state games will be calculated by the records posted on LAXPOWER by 12:00 Noon on May 26.

8.2 Tournament Format (See 3.4 for specific qualifying standards)

The pairings for the first round are contingent on the number of teams qualifying for the tournament. All teams with a 40% or better record will qualify and compete in the tournament if they so choose. If more than sixteen (16) teams qualify, teams will play off in a playdown round. If less than sixteen (16) teams qualify, byes in the first round will be assigned, starting with the top seed on down.

8.3 Rankings and pairings will be available via the CIAC web site on Friday, May 27, 2011.

9.0 **SUPERVISION / SPORTSMANSHIP**

9.1 Players and coaches disqualified in a game will be required to serve the additional penalty as outlined in the CIAC regulation on “disqualification.”

9.2 In the interest of crowd control and proper supervision, the principals of the participating schools or his/her designee must attend all tournament games. The school administrator should identify him/herself to the Site Director.

9.3 When a member school’s coach is ejected from a game for an infraction as prescribed by the rules, the game may not continue until the school replaces the ejected coach with a certified coach. If this cannot be accomplished within 15 minutes after the ejection, the official in charge will declare a forfeit win for the opposing team.

9.4 Use of tobacco or possession of alcoholic beverages of any kind, including champagne, and all other illegal substances are not permitted on the field of play or within the field or park at which a tournament game is scheduled. The principal or his/her designee at the game shall see that this rule is enforced and adhered to by the teams.

9.5 **Bench and Field Conduct**

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

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

9.6 Team members in uniform, coaches, managers, and up to 20 cheerleaders accompanying the team will be admitted free to the games. Bands and other musical groups, noisemakers that might interfere with the performance of the game, and banners or streamers are prohibited. Each school is responsible for compliance with this regulation.

10.0 TOURNAMENT RULES / PROCEDURES

10.1 CIAC Late Entry Policy --

- **No tournament entries will be accepted after the established deadline except those approved by the CIAC Board of Control.**
- Corrections requested by a school to an entry form that was submitted by the established deadline but prior to seeding/pairing data being published on the web site, will be assessed a fee of \$50 per correction to a maximum of \$250.
- All requests for corrections must be submitted on a support ticket via the online eligibility center. **No phone request will be considered.**

Tournament Regulations 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.

- 10.2 **By state adoption, in CIAC tournament play**, a game suspended either in the first half or the second half will be continued from the point of suspension with the score the same as when the game was suspended. A suspended game after 80% of the game has been completed may be ruled an official game by the mutual agreement of both coaches.
- 10.3 In CIAC tournament play, overtime games will follow the procedure outlined in the USL Rule book.
- 10.4 In the event of any situation not covered in these rules, the decision of the tournament committee shall be final.
- 10.5 Awards -- Winner and runner-up plaques will be presented at the final game. Each varsity player and coach on the winning and runner-up teams will receive a medallion.

11.0 RESPONSIBILITIES OF TOURNAMENT SITE DIRECTORS

The site director shall confirm with the tournament director before any site/time change has been proposed. The tournament director has the final authority in these cases.

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

- 11.1 The field should be freshly lined, following official dimensions with field markings in agreement with the 2011 USL Rulebook. A field diagram can be accessed on the girls' lacrosse page on the casciac.org web site. Each goal (properly padded) should be provided with a playable net. For semi-finals and finals, the distance between goals shall be 100 yards.
- 11.2 A restraining barrier of some sort should be placed to keep spectators at least fifteen feet from the playing surface at all points. Only properly equipped ball persons shall be allowed behind the goals. In most cases crowd ropes will be considered suitable.
- 11.3 An experienced scorer and adult timer will be provided by the Site Director, and a sufficiently large scorer and timer's table with bench or chairs will be made available for the game. **Also, a visible scoreboard is required. An air horn is required.**

- 11.4 Suitable timing devices -- the conventional time clock will be available to signal the start and expiration of playing time. If the facility has a scoreboard clock, the clock will remain in use during the entire playing time (25 minutes of each half and all overtime periods).
- 11.5 Sufficient security personnel as may be deemed necessary will be on duty to control the anticipated crowd.
- 11.6 **The CIAC will arrange for athletic trainer/medical services at all semi-final and final games only when the participating schools cannot provide them. The school must contact the tournament director if they cannot obtain a trainer. Home seeded teams shall provide athletic trainer services up through the quarter-final games.**
- 11.7 Suitable benches and drinking water should be provided for players. If a request is made, dressing facilities should be provided for any team that has more than fifteen miles to travel.
- 11.8 In the event that a field is absolutely unfit for play because of excessive water, the tournament director should be notified as soon as possible. (After a rain most fields may not be perfectly dry, but yet be suitable for play.)
- 11.9 **The scores of tournament games will be telephoned immediately after the conclusion of the game by the winning coach to the tournament director.**

12.0 RESPONSIBILITIES OF TOURNAMENT COACHES

Coaches check the following items with each other:

- 12.1 Directions on how to reach the field.
- 12.2 All weekday games to start as outlined (Section 2.6)
- 12.3 The higher ranked team will wear white jerseys unless agreed upon.
- 12.4 Home team secures officials for playdown, first round and quarter-final games by contacting Pat Javorski (860) 623-1835 / E-mail: patjav33@hotmail.com
- 12.5 Visiting teams arrange and pay for busses.
- 12.6 Games are to be played on home field of the higher ranked team in the pairings unless the field is not of regulation by USL Rule book.
- 12.7 **Before a Game** -- Arrive in good time with your team. Stay with your players at all times during the pre-game period.
- 12.8 **During the Game** -- Conduct yourself (and assistants) in a proper manner at all times. Set a good example for your players and followers. Do not engage in theatrics or any unsportsmanlike conduct of any type that might tend to incite fans to behave badly.
- 12.9 **After the Game** -- Escort your team as a group from the playing surface. Make sure nothing is left behind and the area is cleared of trash.

- 12.10 Coaches and officials by the very nature of their positions exert a tremendous influence over the game. This influence on the game must be exerted in a most positive manner by showing complete respect for officials.
- 12.11 Alcohol for celebration (usually brought by spectators) is prohibited. A word from you to your athletes, prior to the game, may be enough to control this situation and avoid embarrassing the team and tainting their achievement.
- 12.12 No coach should make negative comments to the media regarding the officials. Public criticism of officials is unethical.

13.0 **RESPONSIBILITIES FOR TOURNAMENT ATHLETIC DIRECTORS**

13.1 **Before a Game**

Arrange for ticket sales to students and adults at his/her schools if there is an advance sale. Make a report of this ticket sale to site director.

Announce and/or publish directions for getting to the game site through local media, and announce over school intercom.

Arrange for transportation for the team, cheerleaders, and spectators from his/her school.

Cooperate with your school principal and other school administrators in briefing and educating the student body about proper behavior and good sportsmanship at tournament games.

The athletic director and/or his/her designated representative shall arrive at the game site well in advance of the game time and identify him/herself to the site director and discuss plans for the smooth running of the game.

- 13.2 **During the Game** -- Position yourself strategically where the conduct of your coach(es), team and students can be observed. Be alert for any disruptive acts or potential trouble and do all you can to aid the site director in such a case.
- 13.3 **After the Game** -- Stay afterward long enough to make certain and satisfy yourself that your team, coaches, cheerleaders, students, etc., are safely off the playing field and out of all buildings.

14.0 2011 GIRLS LACROSSE CALENDAR

- March 21 (Monday) First practice date
- April 6 (Wednesday) First game date
- May 18 (Wednesday) Officials tournament selection form due via password-protected online eligibility center
- May 20 (Friday) Tournament entry form due via password-protected online eligibility center
- May 26 (Thursday) Last date for regular season games to count for state tournament
- May 27 (Friday) Rankings and pairings distributed via CIAC web site
- May 31 (Tuesday) Playdowns
- June 2 (Thursday) First Round
- June 6 (Monday) Quarter-finals
- June 8 (Wednesday) Semi-finals
- June 12 (Saturday) Finals
- June 12 (Sunday) Finals – Rain date

15.0 CIAC GIRLS LACROSSE COMMITTEE

Administrators

Margaret Williamson, Principal, N.W. Catholic High School, West Hartford - CH

Coaches

Kathy Walling

Lori Connelly, North Branford

Consultants

Cindy Dysenchuk, Glastonbury High School

Pat Javorski, Windsor Locks

Tim McCluskey, Athletic Director, Ellington High School - CAAD

Jenn Whelan, Rocky Hill - Official

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.

- **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
- **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:

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

Resources:

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

HEAT STRESS AND ATHLETIC PARTICIPATION

Early fall football, cross country, soccer, lacrosse 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
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

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

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

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

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

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

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

RECOMMENDATIONS FOR HYDRATION TO PREVENT HEAT-RELATED ILLNESS

Types of Sports Drinks

A. 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.

B. 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.

C. 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>