

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

59th ANNUAL CIAC ICE HOCKEY TOURNAMENT

General Information

This data sheet for things to do to avoid fines and possible disqualification may be helpful to you.

1. MUST BE IN THE CIAC OFFICE ON -- TUESDAY, FEBRUARY 27, 2018.

- Entry form due via the password-protected online eligibility center.
- **All qualifying teams must submit a team picture to the CIAC office –you may email to jsylvester@casciac.org.**
- All those not qualifying for the tournament must submit the DNQ form via the password-protected online eligibility center.
- Entry fee \$150 per team
- **GAME PENALTY REPORT FORMS FOR EACH GAME PLAYED IN OR OUT-OF-STATE – HOME AND AWAY MUST BE DELIVERED TO CIAC BY NOON.**
- **Non-qualifying teams** – Penalty report forms must be mailed for each game played in or out-of-state – home and away – for teams not qualifying for the tournament.

2. THURSDAY, MARCH 1, 2018

- Major penalties incurred in games played February 27 – March 1 must be reported via the CIAC web site upon completion of play. Penalty report forms for games played on February 27 through March 1 must be mailed immediately to the CIAC office.

3. FRIDAY, MARCH 2, 2018

Information regarding tournament rankings and pairings will be on the CIAC web site – www.ciacsports.com by 11:30 a.m.

MOST IMPORTANT – READ TOURNAMENT INFORMATION AND TOURNAMENT RULES

ALERT PAGE

1. **Scrimmages** – Teams must have a minimum of three (3) days of practice prior to scheduling a full team scrimmage. All sports teams and individual athletes must have a minimum of ten (10) physical/exertional practice days with their school before the date of the first scheduled competition. No team/athlete shall practice/compete with their school more than six (6) consecutive days to provide a day of rest. Saturdays, Sundays, and holidays may be used unless prohibited by local board policy. Sunday practices may be counted to fulfill the 10 day requirement.
2. **In an effort to promote good sportsmanship a reminder of two CIAC rules:** (4.0 Athletic Administration - 4.6.A. #3, #5 - p 94 - Disqualification Rule)
 - Upon receiving a second disqualification for initiating a fight or retaliating in a fight (as determined by the game official), that student-athlete will be declared ineligible for the remainder of the season.
 - Any CIAC team that accumulates five (5) or more disqualifications during the regular season including the league's tournament will be barred from CIAC post-season competition. All disqualifications must be reported to CIAC. Any misconduct or disqualification of a coach will count towards the team's total number of disqualifications. Multiple disqualifications during CIAC tournaments are subject to disciplinary action by the CIAC sports committee and the CIAC Board of Control.
 - Refer to p 3, Item II, for Rule 13 which is specific to ice hockey.
3. **Schedules - Regular Season** – Schedules for all sports in which the CIAC sponsors championships must be submitted, and kept current when game dates and/or time change, via the password-protected online eligibility center. No games may be added to the schedule that count for the tournament after the first play date in each sport.
4. **Students with Special Needs** – Coaches are reminded to inform contest officials prior to each competition of any student with special needs who could be competing in the contest when his/her disability could impact the individual's performance or the conduct of the competition.
5. **CIAC ice hockey committee proposed division meeting for 2018-19** – Tuesday, March 20, 2018
6. **Last date to appeal proposed 2018-19 divisional placement is Tuesday, April 3, 2018. Monday, April 9** will be the divisional placement appeals meeting.
7. **Suspended Game (Regular Season)** If, before two periods have been completed, a game is interrupted because of events beyond the control of the responsible administrative authorities (i.e., not involving the players) it shall be continued from the point of interruption. By state adoption, if the interruption occurs after two or more periods, the game is considered completed and the score shall stand.

Suspended Game (CIAC Tournament) – By state adoption, during tournament play, any suspended game will be completed under the direction of the CIAC Tournament Director.
8. **SAT Statement** – Please remind your teams not to schedule individual SAT tests on Saturday, March 10 as it is a tournament play date.

ICE HOCKEY TOURNAMENT INFORMATION

I. Key Dates for 2017-18 Season

First practice date	Saturday, December 2, 2017
First contest date	Saturday, December 16, 2017
Last game date to count for tournament	Thursday, March 1, 2018
Tournament play begins	Monday, March 5, 2018

Tournament quarter-finals	Division III	March 8, 2018 – Site and Time TBA
	Division II	March 9, 2018 – Site and Time TBA
	Division I	March 10, 2018 – Site and Time TBA
Tournament semi-finals	Division II	March 12, 2018 – Ingalls Rink – 5:30 / 7:30 p.m.
	Division III	March 13, 2018 – Ingalls Rink – 5:30 / 7:30 p.m.
	Division I	March 14, 2018 – Ingalls Rink – 5:30 / 7:30 p.m.
Tournament finals	Division II	March 16, 2018 - Ingalls Rink - 7:30 p.m.
	Division III	March 17, 2018 - Ingalls Rink - 10:00 a.m.
	Division I	March 17, 2018 - Ingalls Rink - 2:00 p.m.

Tournament Director: George Hall
Home Telephone (860) 628-9540 / Cell (860) 680-3993
CIAC Fax (203) 250-1345
E-mail – GBH1415@sbcglobal.net

II. Ineligibility for 2018 Tournament

Rule 13 of the CIAC Ice Hockey Tournament Rules indicates that a team will be declared ineligible if during the regular season, including league playoffs:

- a. It commits seven (7) or more major and/or misconduct penalties;
- b. It commits five (5) or more major and/or misconduct penalties if it is on probation.
- c. The first level of “boarding” only (5 minute major), equipment penalties and five minor penalties by a player in one game are EXCLUDED from the team count and will not affect tournament status or probation.

If your team is affected by this rule and your school wishes to appeal the potential disqualification from the tournament, representatives from the school will be required to present your case to the CIAC Ice Hockey Committee on Friday morning, March 2, 2018 at 9:00 a.m. at the CIAC office, Cheshire.

- ### III. Probation -- During the regular playing season, including league playoffs and state tournament matches major and/or misconduct penalties adding up to 5 or more will lead to a team’s being placed on probation. For a team already on probation a total of 3 penalties other than minors may lead to extension of probation.

IV. 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 requests will be considered.**

Tournament Regulations Violations – If a school fails to comply with tournament regulations which 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.

V. **CIAC Tournament Site Media Policy** -- The CIAC places tremendous value on the role the media plays in promoting and highlighting high school sports. To that purpose CIAC tournament venues and hosts should make every effort to provide a working environment conducive to all media (print, broadcast and internet based) covering our events. The following are **minimum standards**, developed in consultation with the CIAC Media Advisory Committee, which should be provided for working media at all CIAC tournament sites:

- 1) A minimum of one hour following the conclusion of post-game interviews to write in the press box, press area or a suitable facility in close proximity to the site of the event (i.e. office, classroom, etc.).
- 2) Access to electric power (shared power strip, etc.).
- 3) Access to wireless internet service.

Site directors should communicate these requirements to any staff person who may be responsible for the administration of the event. If for some reason a site will not be able to provide these items for a contest, a site representative should inform the CIAC in advance and work with the media on site before the game and work to provide a reasonable solution to the issue. Members of the media who will be covering events are directed to contact the appropriate site as far in advance as possible to inform them they will be at the event and discuss what arrangements will be made for working media at the site.

VI. **Unmanned Aerial Systems at CIAC-Sanctioned Events** – The use of unmanned aerial systems, often referred to as drones, is prohibited for any purpose by any person(s) at all CIAC-sanctioned events. This policy includes not only the restricted playing area of the venue(s), but also the physical confines of the entire stadium / field / arena structure. For the purpose of this policy, an unmanned aerial system is any aircraft without a human pilot on board.

VII. **Sportsmanship**

Member schools are expected to conduct their relations with each other at all levels of competition in a spirit of good sportsmanship. Everyone involved has the obligation to see clearly his/her influence and act accordingly. The CIAC acknowledges that the school administration is responsible for the athletic program, including the making of broad and specific policies and procedures relating to sportsmanship and the conduct of activities in the school. **To that end, the CIAC urges each school principal to adopt the following sportsmanship procedures and standards for their school and to champion the “Class Act” sportsmanship program as these standards will be used in all CIAC post-season contests.**

CIAC Sportsmanship Guidelines

- The CIAC request that all school personnel – administrators, faculty, and coaches – give special and specific emphasis about CIAC’s expectations for good sportsmanship during the regular season as well as CIAC tournaments requiring that athletes and members of the student body conduct themselves in a manner that reflects nothing but credit upon your school. Any unsportsmanlike conduct on the part of students and adults is unacceptable and will be addressed with strong and appropriate measures.
- The CIAC sportsmanship standards should be as widely disseminated as possible using the student-parent handbook, student-athlete handbook, school newspaper, parent newsletter, school web site and the local media.
- The CIAC sportsmanship standards for spectators should be read by PA announcers prior to each contest.
- The CIAC sportsmanship standards of conduct be prominently posted at all sports venues.
- When event programs are provided, the CIAC sportsmanship standards be included.
- Member schools require having athletes, parents/guardians, sign an acknowledgement which would show that they have read the student-athlete handbook and understand the CIAC sportsmanship standards.
- Member schools work with community officials to insure that levels of the CIAC sportsmanship standards are enforced when contests are held at their school and at non-school facilities.
- The CIAC and the CIAC sports committees insist the CIAC sportsmanship standards be rigorously enforced at all regular season contests and at all CIAC tournament contests. This is particularly important when contests are held at non-school sites.
- Member schools will conduct a pre-season meeting with student-athletes, coaches and parents to review the CIAC sportsmanship standards.
- Member schools should communicate with opposing schools and inform them they are a “Class Act School” and provide them with the CIAC sportsmanship standards which will be strictly adhered to.
- Member schools hosting a game should make available to visiting schools necessary game information – includes directions for parking, location of ticket booths, seating arrangement, ticket prices, game time, directions for each game site.
- Member schools hosting a game should designate specific seating areas for students, bands, adults and visitors. If possible, opposing student bodies should be separated.
- Member schools hosting a game should arrange for adequate police supervision.
- When possible the member schools hosting a game should assign officials to dressing facilities separated from both teams. Provides escorts for the officials when it appears that disturbances may develop.
- Member schools should take measures to prevent fans from getting near or on the playing area and around the players benches. After the contest, prevents fans from going onto the playing area.
- Member schools should provide for adequate supervision of students and facilities. Supervisors should sit in the stands with the students.
- **Member schools should support and adhere to ALL the following CIAC standards.**

The CIAC “Class Act” Sportsmanship Standards

ALL Spectators (including parents):

- Will adhere to the host school’s acceptable dress code at all home and away contests commensurate with classroom behavior. For CIAC tournament contests all spectators will be appropriately attired with their torso completely covered and with no visible degrading or demeaning writings/logos.
- Any signs displayed must be positive in nature, reference only the school supported by the sign maker, and must be pre-approved by the Athletic Director of the school reference in the sign.
- During outdoor sports, no air horns or horns of any kind or whistles will be used, and any other noisemakers will be allowed with the host athletic director’s approval and only be used during “dead ball” situations to celebrate good play. During indoor sports, no noisemakers will be used. Pep bands are allowable at a home contest if the school provides adult supervision and the band only plays during “dead ball” situations.
- Spectators will cheer positively to support their team, will not cheer negatively against the opponent.
- Spectators will show respect for the game officials and their decisions.
- Spectators will show respect for the playing of the National Anthem.

Game Personnel / Announcers:

- Will explain and consistently enforce host school expectations for spectators.
- Will be enthusiastic but not show favoritism while making announcements, and never publicly question or criticize the players, coaches, or officials.
- Will encourage respect for the National Anthem and remind spectators to remove caps and stand.

Coaches

- Will exemplify high moral character, behavior and leadership, lead by example, and set a standard for players and spectators to follow both on and off the athletic arena.
- Will teach players the rules of the game and to respect the game, and will take action when athletes exhibit poor sportsmanship.
- Will respect the integrity and judgement of officials and will not publicly criticize or question the decisions of officials.
- Will be aware of the competitive balance of contests and will manage the score in a manner that is sportsmanlike and respectful of opponents.

Players:

- Will accept the responsibility and privilege the student-athlete has in representing their school and community by learning and showing teamwork, sportsmanship and discipline in all aspects of the game.
- Will demonstrate respect for self, coach, teammates, opponents, officials and spectators by exhibiting good character and conducting themselves as a positive role model.
- Will win and lose graciously.
- Will cheer for your team, not against your opponent.
- Will congratulate opponents in a sincere manner following either victory or defeat.

2017 CIAC ICE HOCKEY TOURNAMENT RULES

As recommended by the Ice Hockey Committee and approved by the CIAC Board of Control

1. Only institutional members of the Conference may enter the tournament.
2. Games played with non-member Connecticut schools shall **NOT** be considered in the rating of teams. But the CIAC member school must follow all other aspects of eligibility, discipline, etc., required by the CIAC. Games played against teams outside of Connecticut must be members of their respective state associations in order to count for rating in the state tournament. A penalty report form of the governing body from the game site must be submitted with end-of-season report. All reportable/misconduct penalties shall be included in the end-of-season count.
3. Division Qualifications for 2018 Tournament
 - a. The 2018 tournament will be operated in three (3) divisions.
 - b. A team must play a **minimum of twelve (12) games** and only the first two (2) games played with any single opponent will be included in the twelve games. Teams will qualify for the tournament with win/loss records of 40% or greater. In a division where fewer than 16 teams meet the 40% qualifying standard, a full bracket of 16 teams will be achieved by qualifying teams with next highest winning percentages. If ties exist when comparing winning percentages, the remaining spots in the 16 team bracket will be filled using the tie-breaker procedure, where the first tie-breaker will be power points. Should teams be tied by power points, the tie-breaker system already in place will be followed.
 - The tournament bracket in each division will be filled with 16 teams.
 - Teams with a .400 or greater win percentage qualify first, then the sub-.400 teams with highest win percentages will be added until the field has 16 teams.

- Once the sub-.400 teams to be included are designated, they will be ranked as a separate group by power points and seeded in order below the .400+ teams.
 - No sub-.400 team will be ranked above any .400+ team in the tournament seeding, even if the sub-.400 team has more power points.
- c. Only games officiated by certified officials will count toward CIAC tournament ranking. It is the responsibility of the home team to hire certified officials for all regular season games.
- d. The principal and coach of each hockey playing school will be notified of their team's divisional placement at the conclusion of each season. **Appeals of a team's divisional placement must be made in writing by the principal no later than April 3, 2018.** The appeal must be based on historical data that includes, but is not limited to:
- Number of returning players
 - Feeder system data
 - Amount of ice time per week
 - Budget
 - Win/loss/tie records versus opponents by division
 - Regular season and tournament success
- e. A listing of tournament divisions is available on the ice hockey page at ciacsports.com.
4. Each year, the Ice Hockey Committee will publish a new three-division placement of teams that will determine "power points" based on wins, losses and ties against in-state and out-of-state opponents.
5. Regardless of regular season postponed games, the date of Thursday, March 1, 2018 must be the final day to count for the tournament.
6. Tournament qualification/seeding teams for the purpose of pairings shall be based on the following formula:
- a. There will be three (3) defined tournament divisions with no movement outside the assigned tournament division for tournament play.
 - b. The power point system will be used for tournament ranking within each division.
 - 1) No point will be awarded for a loss
 - 2) The same number of bonus points awarded for defeating a tournament qualifier will be awarded for victories over ALL out-of-state teams. (3 points for Division I opponents, 2 points for Division II opponents, and 1 point for Division III opponents.)
 - c. Teams will qualify for the tournament with win/loss records of 40% or greater. In a division where fewer than 16 teams meet the 40% qualifying standard, a full bracket of 16 teams will be achieved by qualifying teams with next highest winning percentages. If ties exist when comparing winning percentages, the remaining spots in the 16 team bracket will be filled using the tie-breaker procedure, where the first tie-breaker will be power points. Should teams be tied by power points, the tie-breaker system already in place will be followed.
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 - No sub-.400 team will be ranked above any .400+ team in the tournament seeding, even if the sub-.400 team has more power points.

- d. Teams on probation with 5 or more major and/or misconduct penalties (except equipment) will be disqualified from tournament participation.
- e. Teams not on probation with seven (7) or more major and/or misconduct penalties (except equipment) will be disqualified from tournament participation.
- f. Teams that fulfill steps (1-3) will be seeded in tournament using the following formula:

Wins --	Versus a Division I team	6 points
	Versus a Division II team	4 points
	Versus a Division III team	2 points
	Versus an out-of-state team	6, 4, 2 points depending on placement
Ties --	Versus a Division I team	3 points
	Versus a Division II team	2 points
	Versus a Division III team	1 point
	Versus an out-of-state team	3, 2, 1 points depending on placement

Bonus points for wins versus tournament qualifiers and out-of-state teams

Versus Division I tournament qualifier/out-of-state team	3 points
Versus Division II tournament qualifier/out-of-state team	2 points
Versus Division III tournament qualifier/out-of-state team	1 point

No bonus points are awarded for wins vs qualifiers that do not meet the 40% standard.

- g. This point system will produce a rank order list of the tournament qualified teams. The CIAC Ice Hockey Committee will use that rank ordered list of teams within each class for the annual post-season tournament that determines the three class champions.
 - h. In the event that two or more teams have identical placements in the rankings the following criteria will be used to determine tournament seeding:
 - 1) Number of wins
 - 2) Head-to-head competition – two teams only
 - 3) Number of combined wins and ties
 - 4) Electronic tie-breaker
 - i. A team that forfeits a game(s) as a result of CIAC forfeiture policy cannot accrue bonus points from the forfeited game(s) toward tournament placement or qualification. Teams that receive a victory by virtue of a forfeit shall be awarded bonus points toward tournament placement or qualification.
7. a. All qualifying and first round tournament games will be played at the site of the higher ranked team’s facility, unless it is determined by the Ice Hockey Committee that the facility does not meet reasonable standards.

The cost of the QUALIFYING AND FIRST ROUND GAMES will be borne by the higher ranked team with CIAC subsidizing each game at \$1,000 for all divisions. In addition, the CIAC will pay all game officials expenses and local site directors fees as predetermined by the CIAC.

The Tournament Director will assign all on-ice officials and goal judges for the entire tournament. Host schools will assign only P.A., timer, etc. Beginning with quarter-final round, CIAC will assign three (3) on-ice officials (two referees, one linesman) per game.

Participation by schools in the tournament will be contingent on acceptance of this agreement.

b. For the playdowns and regular tournament games, the pairings will be as follows:

<u>First round</u>	<u>Quarter-finals</u>	<u>Semi-finals</u>	<u>Finals</u>
1 vs 16			
8 vs 9	1 vs 8		
4 vs 13		1 vs 4	
5 vs 12	4 vs 5		
2 vs 15			1 vs 2
7 vs 10	2 vs 7		
3 vs 14		2 vs 3	
6 vs 11	3 vs 6		

c. If for any reason there are fewer than 16 teams for any division the highest ranked team will draw byes for the first round.

d. If more than 16 teams qualify in Division I and/or Division II the preliminary pairings shall be as follows:

<u>If 17 teams</u>	<u>If 18 teams</u>	<u>If 19 teams</u>	<u>If 20 teams</u>
16 vs 17	15 vs 18	14 vs 19	13 vs 20
	16 vs 17	15 vs 18	14 vs 19
		16 vs 17	15 vs 18
			16 vs 17

e. Higher ranked teams will wear white and lower ranked teams will wear dark uniforms.

f. The higher ranked team will be designated as the home team.

g. Throughout the tournament teams will maintain their original ranking.

h. No tournament game will be scheduled to begin after 8:30 p.m. on a night when school is in session the following day.

8. a. Selection of teams and sites by the Ice Hockey Committee shall be final.

b. The playing time will be three fifteen minute periods. Intervals between periods will last ten (10) minutes.

c. **Tie Game Ending Procedures** – At the end of a regulation time, if a tie exists, the following procedure is in place:

1) **First Overtime** – One fifteen (15) minute sudden victory overtime period will be played with five players per team and one goaltender per team. All penalties will carry into the overtime period. Goalies will switch ends for all overtime periods.

2) **Second Overtime** – Teams will change ends and a second fifteen (15) sudden victory overtime period will be played, with four (4) skaters per team and one (1) goaltender per team. In all tournament games, this step will be repeated until a winner is declared.

Note 1: When the first overtime ends and the teams are 5-on-4, teams will start overtime 5-on-4. Once player strength reaches 5-on-5, at the next stoppage of play, player strength is adjusted to 4-on-4, as appropriate. Any further penalty in OT, the on ice strength will be 4-3.

Note 2: At no time will a team have less than three players on the ice. This may require a fifth skater to be added if a two-man advantage occurs. Once player strength reaches 5-on-4 or 5-on-5, at the next stoppage of play, player strength is adjusted to 4-on-3 or 4-on-4, as appropriate.

3) All National Federation rules apply throughout overtime periods.

Note 3: New ice will be made following the end of regulation time, and between each overtime period.

Note 4: Twenty-three players and no more than five other adults may be on a team bench.

4) Teams will win outright championships on the ice – no co-champions.

d. National Federation Rules will govern all play.

e. A team that has qualified for the semi-finals and finals at Ingalls Rink at Yale University may attempt to schedule a single practice session prior to either the semi-final or final game. Teams are limited to only one practice session at Ingalls Rink, not to exceed one and a half hours. Arrangements for said practice must be secured through the office of the Rink Manager at Ingalls Rink on an availability basis. The CIAC Ice Hockey Committee and the management of Ingalls Rink make no guarantee concerning the availability of ice time.

f. Protests based on eligibility of players will be honored by the Eligibility Committee or CIAC Board of Control, protests based on play situations, rule interpretations and decisions which involve judgment on the part of game officials will not be accepted.

g. Any suspended tournament game will be completed at direction of tournament director.

9. DURING THE REGULAR SEASON COACHES ARE REQUIRED TO PARTICIPATE IN THE ICE HOCKEY OFFICIALS ASSOCIATION EVALUATION SYSTEM. OFFICIALS FOR TOURNAMENT GAMES WILL BE ASSIGNED BASED ON COACHES' EVALUATION.

10. Tournament dates for 2018 have been scheduled as follows **but may be subject to change:**

Tournament Begins – March 5, 2018

Finals – March 16, 17, 2018

11. Entry/roster forms must be submitted via the online eligibility center or the submit scores/forms option under the CIAC for coaches menu at CIACsports.com by Tuesday, February 27, 2018. Forms submitted after February 28 may be rejected.

THE MAXIMUM NUMBER OF PLAYERS THAT MAY DRESS FOR REGULAR SEASON OR CIAC TOURNAMENT GAMES IS 23. ONLY PLAYERS IN UNIFORM AND FIVE (5) OTHER TEAM PERSONNEL SHALL BE PERMITTED TO OCCUPY THE TEAM BENCH AREA.

Scores of games scheduled for February 27 through March 1, 2018, must be submitted the day of the game as soon as possible following the game's completion. **A hard copy of ALL PENALTY REPORT GAME FORMS (home and away) must be mailed or hand delivered to the CIAC office, 30 Realty Drive, Cheshire, CT 06410 – so that these forms are received in the CIAC office no later than Noon, February 27, 2018 – both in and out-of-state games.** Incomplete entry forms or missing penalty report forms will result in a \$50 fine and may result in team disqualification from the tournament. For games scheduled between February 27 – March 1 major penalties should be reported by phone to the CIAC and copies of the penalty report form mailed to the CIAC office, or faxed (203) 250-1345, or emailed to jsylvester@casciac.org before Thursday, March 1, 2018.

In order to ensure that standings and rankings on both the CIAC's web sites and other sites which draw their data from us are timely and accurate, all regular season scores must be entered online on the day of the game as soon as possible following the game's completion.

12. ***Charges for admission to tournament games through quarter-final round** (*subject to change)

Free -- Children five (5) and under -- military in uniform with I.D.

\$5.00 -- Senior Citizens (age 65 and older) -- Students (grades 1-12) – military not in uniform with I.D.

\$10.00 -- Adults (All others not in the above categories)

Semi-final and Final tickets may be purchased online or at the site for \$10.00

Pre-sale tickets will be available for events which require advanced sales for proper management of the event.

13. In the event of any situation not covered in these rules, the decision of the ice hockey committee or its representatives shall be final.

14. During the course of a tournament any incident of unsportsmanlike conduct by the fans, players, or coaches before, during, or after a game must be reported to the CIAC by the building principal(s) and game officials which may result in a formal hearing before the Ice Hockey Committee, and possible disciplinary action.

Penalty report forms for ALL tournament games, including league and CIAC tournaments and other championship games must be sent to the tournament director at the CIAC office, 30 Realty Drive, Cheshire, CT 06410.

15. Complimentary Tickets – Participating schools will be issued fifteen (15) complimentary tickets to each principal to be used for supervision purposes. In addition, each head varsity ice hockey coach who makes the 2017-18 tournament may request in writing only a pass for use throughout the tournament.

16. **All schools that do not qualify for the tournament are required to submit a penalty report form for each game played (home or away) in or out-of-state by February 27, 2018. Failure to turn in penalty report forms may lead to a school being placed on probation for the following season.** Report forms must be sent to CIAC, 30 Realty Drive, Cheshire, CT 06410.

17. According to CIAC regulations, commercially manufactured throat guards designed specifically for ice hockey, are required equipment for all players, including goaltenders, during the regular season and tournament play. Any player who, after being warned, fails to wear a throat guard, shall receive a misconduct penalty. Such penalty shall be reported to the CIAC on the penalty report form. (CIAC regulation 3-4-1)

a. Tooth and mouth protectors which comply with NFHS rules shall be worn by ALL players including goal keepers. Failure to comply, after a warning, will result in a misconduct penalty.

18. **Canceled Games / Forfeits** – Member schools will be required to submit regular season schedules for all sports controlled by CIAC in which member schools participate. Determination of forfeiture will be based on this schedule.

A forfeit game shall count as a victory for the team declared the winner and as a loss for the team declared a loser in determining tournament qualifications and ratings. For tournament qualifications only the following reasons for a forfeit shall be accepted.

1) A team shall forfeit a game(s) if through a violation it is required to do so under the CIAC Rules of Eligibility.

2) A team shall forfeit a game(s) if the game official declares the game a forfeit as a result of a National Federation rule violation, or a team refuses to play after being instructed to do so by the game official.

3) Forfeitures will be honored by each CIAC sports committee when there is mutual agreement between the principals of the two schools involved in the game not played. Each principal must submit on the official CIAC Canceled Game – Forfeiture Form his/her decision and it must be received in the CIAC office within 72 hours

following the time of the scheduled contest. On the eve of a tournament when there is not sufficient time for normal administrative procedures (72 hours) if a question of team forfeiture arises the Executive Director or his/her designee, in consultation with the Chairman of the sports committee affected and the principals of the two schools will make an appropriate ad hoc decision in consideration of the best interests of the tournament as a whole.

- 4) **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.**
- 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.
19. **Protests** – Protests arising from the decisions, interpretations and misapplication of the National Federation or CIAC game rules by officials during the contest will not be considered. The decisions and interpretations of the rules by game officials are final.
20. Any team leaving the contest area before the conclusion of the contest because of dissatisfaction with the officiating will render the school liable to disciplinary action by the conference.
21. On the eve of a tournament when there is not sufficient time for normal administrative procedures and Board of Control hearings, if a question of interpretation of tournament regulations or the operation of the tournament arises, the Chairman of the CIAC Board of Control, the Executive Director of CIAC, and the Chairman of the Tournament Committee in question will make an appropriate ad hoc decision in consideration of the best interest of the tournament as a whole.

CIAC Ice Hockey Committee

Administrators

Thomas Neagle, AP, Glastonbury High School – Chair
Andrew Pettola, AP, North Haven High School
John Barile, Superintendent, Brookfield Public Schools

Coaches

Sal Follo, Foran High School – Ch
Greg Maxey, Trumbull High School
Dave Harackewicz, Newington High School
Marty Roos, Staples High School, Westport – Ex officio

Consultants

George Hall, Southington – Tournament Director
Al Cramer, Newtown
Steve Richetelli – Officials
Ken Henrici, Superintendent, Reg. #11
Tom Malin, Vernon - CAAD
Steve Trifone, Cheshire High School – CAAD

**RESPONSIBILITIES OF ADMINISTRATOR OF COMPETING SCHOOLS
For CIAC Ice Hockey Tournament Games**

Sports tournaments are natural extensions of the regular season. The CIAC therefore expects that officials of participating schools will share to the fullest extent in the responsibilities for supervision of crowd control at tournament games. Participating officials must use every reasonable means to insure sportsmanlike spectator conduct. The following measures, if carried out conscientiously, can help to secure and maintain proper conditions before, during and following tournament contests.

A. Before a Game

1. See that an educational program on proper crowd control behavior at games is conducted for the students over the intercom or announced in the school notices when the team is scheduled for a tournament contest on any particular day.
2. Advise students that the use of confetti, signs, placards, streamers, bugles, horns, drums or other obnoxious and disconcerting noisemakers will not be allowed under any circumstances and that after one warning violators can and will be removed from the site of that game.
3. **Check condition of Student / Fan Seating area for existing damage. Schools which have been determined to cause damage to facilities or equipment shall be responsible to the site for payment.**
4. **At least one top level administrator shall attend each tournament game (the principal and/or an assistant). This administrator is to identify him/herself to the site director who can issue him/her some proper identifying tag or badge. Principals are to notify the CIAC central office when administrators other than him/herself or an assistant will fulfill this responsibility.**

B. During a Game

1. Observe your team personnel, coach, assistant coach and your fans that all is in good taste and good sportsmanship.
2. Assist the site director and game authorities if any unpleasantness or incident(s) occur.

C. After a Game

1. Remain until certain that all is proper and well.
2. Help anywhere that help is needed. Cooperate to the fullest degree on any situation with the proper people.

RESPONSIBILITIES OF COACHES AND ASSISTANT COACHES OF COMPETING TEAMS

A. Before a Game

Arrive in good time with your team. Stay with your players at all times during the pre-game period.

B. During a Game

1. Conduct yourself (and assistants) as gentleman 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 your fans to bad behavior.
2. Coaches and officials by the very nature of their positions exert a tremendous influence over the control of a game. This influence on the game must be exerted in a most positive manner by showing a complete respect for all official judgment calls and interpretations.

C. After a Game

1. Escort your team as a group from the playing surface to your assigned locker room.

2. Stay with them in the locker room to see that all is well, win or lose.
3. Accompany players (and any other personnel) to the bus. Travel back with them to your school.

RESPONSIBILITIES FOR ATHLETIC DIRECTORS OF COMPETING SCHOOLS

A. Before a Game

1. Arrange the ticket sales to students and adults at his/her school if there is an advance sale. Make a report of this ticket sale to the site director. Return any unsold tickets and a check (payable to CIAC) to the site director well before game time.
2. Announce and/or publish directions for getting to the game site through local media and announce same over the school intercom.
3. Arrange for transportation for the team, cheerleaders and spectators from his/her school.
4. Cooperate with your principal and other school administrators in briefing and educating the student body about proper behavior and good sportsmanship at tournament games.
5. 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 confer with him as to the game-to-be. An identifying badge or tag will be issued.
6. **CHECK LOCKER ROOM AND OTHER TEAM FACILITIES WITH THE SITE DIRECTOR FOR DAMAGE, ETC. Schools which have been determined to cause damage to facilities or equipment shall be responsible to the site for payment.**

B. During a Game

Sit strategically where the conduct of your coach, 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.

C. After a Game

Stay afterward long enough to make certain and satisfy yourself that your team, coaches, cheerleaders, students, etc., are safely off the playing rink and out of the building.

RESPONSIBILITY OF SITE DIRECTOR

- A. Hire all personnel necessary for the proper and safe conduct of the game(s) as during the regular season of play. Meet with them as deemed necessary and explain in detail the jobs to be done individually and as a whole for the best conduct of the event. **All on-ice officials and goal judges will be assigned by tournament director for all tournament games.**

Ticket Seller(s)	Uniformed Police	Custodian(s)	Locker Room(s) Supervisor
Ticket Taker(s)	Zamboni Operator	Announcer	Official Scorer
Timer(s)	Fireman	Door Guard(s)	Minor Officials

1. Especially make certain that an EMT, athletic trainer or nurse is in attendance. This is most important, needless to say.
2. Experienced personnel shall be employed along with P.A., clock operator(s) and scorekeeper.

3. Assign locker rooms and team benches to the competing teams along with respective crowd seating sections. Signs should be properly placed for fan information as to rest rooms, team and fan areas, traffic directions, concessions, first-aid room, main office, etc.
 4. Provide the competing schools and officials with travel directions to the site.
 5. Provide proper parking for team and cheerleader busses and the game officials.
 6. Provide and arrange referees quarters – dressing room with privacy. They must be protected getting on and off the playing area.
 7. Make certain that all mechanical equipment is in good working order; such as scoreboard, public address system, Zamboni machine, lights, etc. Be sure that all equipment and supplies are on hand for the proper conduct of the game including a P.A. system and a recording of the National Anthem.
 8. Standby and experienced personnel should be employed and available in all instances.
 9. Take every precaution as deemed necessary for the best of crowd control in every way. Consult with the tournament director in advance of any unusual situation or emergency that may arise.
 10. Consult with coaches and officials that by the nature of their positions they exert a great influence over the control of a game. They must exert this influence on the game in a most positive manner by showing a complete respect for all official judgment calls and interpretations.
 11. Instruct all key personnel, police and ticket takers in particular, that any persons with such items as offensive signs or banners, obnoxious and vulgar wearing apparel, alcoholic beverages of any kind, drugs, badges or buttons in bad taste and the like shall not be allowed admission to the game(s). “Tailgating” outside the site’s grounds and premises shall not be allowed.
- B. Arrange for the sale of tickets, if there is no pre-game sellout. Contact competing schools as to their advance sale so that he can judge what may be sold at the game site itself that afternoon or evening. Schools should bring any remaining unsold tickets, and a check, payable to the CIAC, for what was sold to the Site Director that day.

If a particular game is sold out in advance, notify as early as possible the competing schools to request that the radio stations serving their area get the message publicized as well as in the schools so that people will not travel needlessly to some sold out game. Police should be placed outside the rink (front and rear) to notify disappointed fans of the sellout and also keep them some distance away. Disgruntled fans have been known to become unruly and cause damage to property.

C. During a Game

1. Move about constantly checking with various personnel and especially keeping in close contact with the police officer in charge as to crowd behavior and any other situation. Uniformed police should be at their proper stations and constantly alert.
2. Keep the playing area clear of spectators.
3. Keep exits, aisles, lobbies, passageways, parking areas, entrances safe and clear of loiterers and unauthorized personnel. This includes the area behind each goal.
4. Work with the overall hired and school personnel to discourage unsportsmanlike conduct. Take steps in advance to prevent any unpleasant occurrence by exercising good judgment and common sense at all times.

5. Do not permit under any circumstances the bringing in and possible use of confetti, signs, placards, streamers, bugles, horns, drums or other obnoxious noisemakers. After one warning any violator(s) should be removed from the game site.
6. Handle any disruptive incidents quickly and efficiently. Call on police and rink help as judged necessary.
7. Assist the coach in case of injury to any player. The doctor, ambulance or paramedics should be assigned proper places and ready at all times to render any possible first aid, etc.

D. After a Game

1. Do everything possible to insure the safety of players, game officials and spectators. Proper personnel to guard exits, entrances, corridors, lobbies, parking lots, locker rooms, rest rooms, busses, etc., should be assigned and duties explained to them.
2. See that teams are aboard busses safely with a police escort to adjacent highways if needed.
3. Communicate with the principal or athletic director of any school whose coaches, players or fans exhibit bad and undesirable behavior.

E. Cheerleaders

1. Cheerleaders will be admitted free to any tournament game(s) in which their school participates with their proper advisor or escort.
2. Bands, drill teams, musical groups, baton twirlers and such are not to be admitted to or perform at any game.

F. Postponement of Games

The site director will have the authority to postpone any game in the event of bad weather or any other unforeseen circumstances, and he will immediately notify the Tournament Director thereof. The Tournament Director will then arrange for a site and time for the rescheduled game with proper notification of this to all concerned; such as competing schools, coaches, officials, news media, etc.

G. Game Score

This is very important for future pairings and choice of sites. The score of the game(s) must be telephoned in immediately to Tournament Director George Hall (860) 628-9540.

H. Game Report

1. Complete as soon as possible by making a thorough and accurate financial report on the proper forms furnished by the CIAC as to ticket sales, operational and personnel expenses, etc.
2. Make any checks payable to the CIAC.
3. Return financial report, expense report, and unsold tickets to the CIAC office, 30 Realty Drive, Cheshire, CT 06410. Consult CIAC memo as to Duties of CIAC Tournament Directors and Site Directors.

I. CIAC Tournament Playing Rules

Have a copy on hand and know the CIAC rules as to tournament play and the conduct thereof in general. For example – new ice, or resurfacing thereof, shall be made between each period.

2017-18 NATIONAL FEDERATION ICE HOCKEY RULE CHANGES

- 1-3-5 Adds that a water bottle must be secured to the net or goal frame.
- 2-2-5 Modifies that the referee must meet with the head coach before the game.
- 2-2-6 Changes the procedure for serving a “captain’s choice of players” penalty.
- 6-1-9 (New) Spitting at an individual results in a game disqualification penalty.
- 9-1-2 Clarifies that the official shall blow the whistle to set players at a faceoff before dropping the puck.

2017-18 Editorial Changes

1-9-3, 4-2-8, 5-3d, 6-1-8, 9-1-11i

2017-18 Points of Emphasis

1. Health and Safety
2. Sportsmanship
3. Officials – Game Management
4. Properly Equipped Players

POINTS OF EMPHASIS

The NFHS Ice Hockey Rules Committee continues in its belief that the main threat to the health of high school ice hockey is violent and reckless play. The safety and well-being of the participants is paramount and the primary focus of this committee. The committee has addressed the following areas to minimize dangerous, violent and reckless play.

HEALTH AND SAFETY -- Player Safety/Dangerous Hits

- A fair body check is one in which a player checks an opponent who is in the possession of the puck.
- Boarding and checking from behind are viewed as two of the most dangerous plays in the sport. Coaches and players must understand that the responsibility in this rule remains with the player approaching an opponent along the boards.
- The following are illegal and need to be eliminated from high school hockey:
 - Hits to the head
 - Fighting
 - Hits on defenseless players (blindsides hits)
 - Late hits and unnecessary body contact

Concussion Recognition and Management

The NFHS has been at the forefront of national sports organizations in emphasizing the importance of education, recognition and proper management of concussions.

- Any player who exhibits signs, symptoms or behaviors consistent with a concussion shall be immediately removed from the game.
- State association protocol pertaining to concussion management must be reviewed and followed.
- Please review Rule 2-6-1 and the Suggested Guidelines for Management of Concussions on page 87. Additional concussion education can be found in the “Concussion in Sports” online course at www.hfhslearn.com.

SPORTSMANSHIP

- All coaches, officials, administrators, parents and participants need to understand their role in education-based athletics and activities.
- Fair play and respect are an essential part of high school hockey.
- Create a positive learning environment and respect all participants, fans, officials, coaches and administrators.

OFFICIALS – Game Management

- Face-offs – Both teams must have an equal opportunity to play the puck. This requires proper positioning of all players and the official conducting the faceoff.
- Icing – If the puck is shot from behind the center red line, potential icing applies. It is improper to waive icing simply because the puck is close to the center red line.
- Off-sides – Officials must always be in a proper position to accurately determine off-sides. A goal scored on an obvious off-sides play will adversely impact the officials' credibility throughout the game.
- Calling the game – A smooth flowing game is a great experience for all participants and spectators. However, this does not mean that officials should “let them play.” Offenses must be penalized at all times during the game, regardless of the score or period.

COACHES AND ADMINISTRATORS

- It is the responsibility of the head coach to ensure that all participants are equipped according to the rules.
- All players shall wear a HECC-certified helmet and face mask, including J-clips, ear pieces and a valid HECC Certification sticker. A school administrator or designee must annually review all helmets and face masks to confirm compliance.
- All players shall wear a mouth guard during play.
- Taunting and unsportsmanlike conduct directed at opponents or officials will not be tolerated.
- Please be aware of the penalty for racial, ethnic and gender slurs.

COMMENTS ON THE 2017-18 RULES CHANGES

Water Bottles (1-3-5): Water bottles on the ice can affect the flow of the game. This rule now decreases opportunities for a water bottle to be on the ice.

Pre-game Meeting (2-2-5): This rule now clarifies that the head coach must verify with the officials before the game that his/her players are properly equipped.

Captain's Choice of Players (2-2-6): Modifies rule to assist officials in identifying eligible players to serve a penalty.

Spitting (6-1-9): This act shall not be tolerated in high school hockey and the penalty reflects the severity of an infraction.

Faceoff Procedure (9-1-2): Clarifies and reinforces standard faceoff procedure; however, it was previously not clearly stated in the rules.

COACHES CODE OF ETHICS

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect and his/her welfare should be considered in decisions by the coach at all times. Accordingly, the following guidelines for coaches have been adopted by the NFHS Board of Directors.

The coach shall be aware that he/she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.

The coach shall uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The coach shall take an active role in the prevention of drug, alcohol and tobacco abuse.

The coach shall avoid the use of alcohol and tobacco products when in contact with players.

The coach shall promote the entire interscholastic program of the school and direct the program in harmony with the total school program.

The coach shall master the contest rules and shall teach them to his/her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.

The coach shall exert his/her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.

The coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.

The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.

The coach shall not exert pressure on faculty members to give students special consideration.

The coach shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.

**Connecticut State Department of Education and the
Connecticut Interscholastic Athletic Conference
Concussion and Head Injury
Annual Review 2017-18
Required for ALL School Coaches in Connecticut**

NOTE: This document was developed to provide coaches with an annual review of current and relevant information regarding concussions and head injuries. In addition to reviewing this form, the annual review must include one of the following prescribed resources: Connecticut Concussion Task Force video, Centers for Disease Control and Prevention (CDC) Heads Up Concussion in Youth Sports training course or the National Federation of State High School Associations (NFHS) concussion training course. Links to these resources can be found at: <http://concussioncentral.ciacsports.com/>. A new form is required to be read, signed, dated and kept on file by their associated school district annually to comply with Connecticut General Statutes (C.G.S.) Chapter 163, Section 149b: *Concussions: Training courses for coaches. Education plan. Informed consent form. Development or approval by the State Board of Education.*

What is a Concussion?

Centers for Disease Control and Prevention (CDC) - *“A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth.”* -CDC, Heads Up: Concussion
http://www.cdc.gov/headsup/basics/concussion_what.html

Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious” -CDC, Heads Up: Concussion Fact Sheet for Coaches http://www.cdc.gov/concussion/HeadsUp/pdf/Fact_Sheet_Coaches-a.pdf

Section 1. Concussion Education Plan Summary

The [Concussion Education Plan and Guidelines for Connecticut Schools](#) was approved by the Connecticut State Board of Education in January 2015. Below is an outline of the requirements of the Plan. The complete document is accessible on the CSDE Web site: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2663&q=335572>

State law requires that each local and regional board of education must approve and then implement a concussion education plan by using written materials, online training or videos, or in-person training that addresses, at a minimum the following:

1. The recognition of signs or symptoms of concussion.
2. The means of obtaining proper medical treatment for a person suspected of sustaining a concussion.
3. The nature and risks of concussions, including the danger of continuing to engage in athletic activity after sustaining a concussion.
4. The proper procedures for allowing a student athlete who has sustained a concussion to return to athletic activity.
5. Current best practices in the prevention and treatment of a concussion.

Section 2. Signs and Symptoms of a Concussion: Overview

A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure, following an impact or suspected impact as described in the CDC definition above.

Signs of a concussion may include (i.e. what the athlete displays/looks like to an observer):

- Confusion/disorientation/irritability
- Trouble resting/getting comfortable
- Lack of concentration
- Slow response/drowsiness
- Incoherent/ slurred speech
- Slow/clumsy movements
- Loses consciousness
- Amnesia/memory problems
- Acts silly/combative/aggressive
- Repeatedly ask same questions
- Dazed appearance
- Restless/irritable
- Constant attempts to return to play
- Constant motion
- Disproportionate/inappropriate reactions
- Balance problems

Symptoms of a concussion may include (i.e. what the athlete reports):

- Headache or dizziness
- Nausea or vomiting
- Blurred or double vision
- Oversensitivity to sound/light/touch
- Ringing in ears
- Feeling foggy or groggy

State law requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who: a) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or b) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred.

Upon removal of the athlete, a qualified school employee must notify the parent or legal guardian within 24 hours that the student athlete has exhibited signs and symptoms of a concussion.

Section 3. Return to Play (RTP) Protocol Overview

Currently, it is impossible to accurately predict how long an individual’s concussion will last. There must be full recovery before a student-athlete is allowed to resume participating in athletic activity. Connecticut law now requires that no athlete may resume participation until they have received written medical clearance from a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.

Concussion Management Requirements:

1. No athlete SHALL return to participation in the athletic activity on the same day of concussion.
2. If there is 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. The athlete should be monitored for an appropriate amount of time following the injury to ensure that there is no worsening/escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated by a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.
5. The athlete MUST obtain an initial written clearance from one of the licensed health care professionals identified above directing her/him into a well-defined RTP stepped protocol similar to the one outlined below. If at any time signs or symptoms return during the RTP progression, the athlete should cease activity*.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals identified above for the athlete to fully return to unrestricted participation in practices and competitions.

Medical Clearance RTP protocol (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 exercise	Walking, swimming or stationary cycling maintaining intensity <70% of maximal exertion; no resistance training	Increase Heart Rate
3. Sport specific exercise No contact	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add Movement
4. Non-contact sport drills	Progression to more complex training drills, ie. passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination and cognitive load
5. Full contact sport drills	Following final medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6. Full activity	No restrictions	Return to full athletic participation

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

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

***** Attach local or regional board of education concussion policies *****

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

References: 1. NFHS. Concussions. 2008 NFHS Sports Medicine Handbook (Third Edition). 2008: 77-82. <http://www.nfhs.org>.
http://journals.lww.com/cjsportsmed/Fulltext/2009/05000/Consensus_Statement_on_Concussion_in_Sport_3rd.1.aspx.
 2. Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports*.
http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm.
 3. CIAC Concussion Central - <http://concussioncentral.ciacsports.com/>

Resources:

Centers for Disease Control and Prevention. *Injury Prevention & Control: Traumatic Brain Injury*.
<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 1, 2014.