CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

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**41st ANNUAL 2020 GIRLS SOCCER INFORMATION PACKET**

**72nd ANNUAL 2020 BOYS SOCCER INFORMATION PACKET**

**Sponsored by CT DOT, and Spalding**

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THE SOCCER TOURNAMENT INFORMATION IS ARRANGED IN THIRTEEN (13) SECTIONS.

1. Sites / Date
2. Divisions
3. Qualifying
4. Entry Procedures
5. Tournament Rules / Procedures
6. Ranking / Seeding
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CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

# 2020 BOYS / GIRLS SOCCER INFORMATION

## ALERT

***IN CIAC TOURNAMENT PLAY, the clock shall be stopped when a substitute by the team in the lead is beckoned onto the field in the final five minutes of the second period and the final five minutes of the second overtime.***

1. **Individual cards will reset for league tournaments. The cards for individuals resets for the state tournament. Cards for the league tournaments still must be reported to the CIAC. The penalty that would apply in the state tournament now applies to league tournaments. Example: If you collect two cards in a league tournament you must sit in the next league tournament game.**
2. The Boys/Girls Soccer Committee strongly recommends that member schools demonstrate good sportsmanship in games where the scoring margin becomes excessive.
3. **SCORES OF GAME AND PENALTIES MUST BE REPORTED ONLINE IMMEDIATELY AT THE END OF THE GAME AND CONTACT BY PHONE THE TOURNAMENT DIRECTOR.**

Schools are required to report all cards issued in regular season, league tournament and CIAC tournament games within four hours (4) of the game’s completion. **ADDITIONALLY, ALL SCHOOLS ARE REQUIRED TO COMPLETE THE CIAC SUMMATION REPORT OF ALL RED, YELLOW CARDS AND DISQUALIFICATIONS AT THE TIME OF THE INFRACTION AND NOT WAIT UNTIL THE END OF THE SEASON, BUT NO LATER THAN NOVEMBER 16, 2020.**

1. **The Boys and Girls Soccer Committee voted to apply a success in tournament factor when placing schools\* that draw students from outside their school district boundaries in tournament divisions. The Committee will first place schools in their divisions by enrollment and then use success in tournament to move schools up in division and then rebalance the divisions. Schools that draw from outside their school district boundaries who have been in the semi-finals or above two of the last three years will move up one division. Schools that have been in the semi-finals three of the last three years will move up two divisions. The most any school could move would be two divisions. Each year the committee will review results from the past three years and make adjustments as appropriate. Schools can move up or down depending on their success in tournament play.**

**\*Charter, magnet, parochial, vocational technical, vocational agricultural and Project Choice schools that have more than 25 each of male/female students from out-of-district.**

1. **Reporting Regular Season Scores** – In order to ensure that standings and rankings on both the CIAC’s websites 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.

Scores may be entered via the Online Eligibility Center, the “submit Scores/Forms” option of the “CIAC for Coaches” menu at ciacsports.com, or the “Submit Scores” button in our ciacmobile.com mobile site. Entering scores at ciacsports.com or ciacmobile.com requires either a coaches or scorekeeper’s access code, those codes are managed via the Online Eligibility Center and can be retrieved from a school’s athletic director.

1. Officials **will report all red and yellow cards online to CIAC after each game**. Each school assumes the responsibility of recording all penalty cards into their respective score books for every game and reporting both red and yellow cards when posting their score online.
2. Higher ranked team must wear dark shirts (home uniform).
3. **Trainers** – Schools must provide their own trainer at all CIAC semi-final and championship final contests.

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1. **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.**
2. **If a tie exists at the end of regulation up through the semi-finals, two ten minute overtime periods will be used. After the first overtime period, a second ten minute overtime period will be held after which penalty kicks will be used. There will be no “sudden victory” used in the overtime period. IN THE FINALS ONLY, after two fifteen (15) minute overtime periods if the score remains tied, co-champions will be declared. There will be no sudden victory in the overtime periods.**
3. **Yellow cards will be set to zero (0) at the start of the CIAC tournament. An athlete or coach who receives their second cumulative yellow card during the tournament is disqualified and must sit out the next game.**
4. The CIAC Board of Control has approved concussion management and return to play guidelines that conform to the new State statute that all coaches will be required to follow.
5. **Postponements** – If there is a weather-related postponement in rounds one or two of the tournament the school will be required to play the next day.
6. **Official Ball** –**Spalding TF-5000**
7. **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.
8. **Players may wear soft and yielding caps during inclement weather. Caps must be alike in color**.
9. **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.**
10. **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.
11. 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.).
12. Access to electric power (shared power strip, etc.).
13. 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.

# Unmanned Aerial Systems at CIAC-Sanctioned Events – The use of unmanned aerial systems, often referred to as drones, are 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.

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# UPDATE WITH NEW CHANGES NFHS SOCCER RULE CHANGES 2019-20

3-4-3 (New) The clock shall be stopped when a substitute by the team in the lead is beckoned on the field in the final five minutes of the second period only.

4-3 **Improperly Equipped Players** – Allows a player, who is improperly equipped, to correct the issue immediately or to be removed from the contest and legally replaced. The team does not have to play short-handed unless it is the choice of the coach.

5-3-1d Permits the use of one or both arms to indicate “Play-on”.

7-4-3 (New) Stops the clock during the last five minutes of the second period or overtime when the team in the lead substitutes.

9-2-1c Allows for a restart of the game with a drop ball following a temporary suspension of play for an injury or unusual situation and the goalkeeper is not in possession of the ball.

9-2-3 Clarifies that any number of players may contest a dropped ball and that the referee may not decide who should contest the dropped ball.

9-2-5 (New) Clarifies that a dropped ball shall be dropped again if it touches a player before it touches the ground or leaves the field of play after it touches the ground without touching a player.

9-2-6 (New) Clarifies that if a dropped ball enters the goal without touching at least two players, play is restarted with a goal kick if it enters the opponent’s goal or a corner kick if it enters the team’s own goal.

9-3 Clarifies that in the case of a temporary suspension due to injury or any unusual situation, the game shall be restarted by a dropped ball at the point of interruption.

### 2019-20 Major Editorial Changes

4-2-6 Clarifies that the wearing of a cochlear implant is legal provided the device does not create the threat of injury.

# 2019-20 Soccer Points of Emphasis

1. Prevention of Knee Injury
2. Pre-game Communication Between the School Administration and Game Officials
3. Officials Communicating Misconduct to Coaches

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**2020 CIAC BOYS’ AND GIRLS’ SOCCER TOURNAMENTS**

**Sponsored by CT DOT and Spalding**

1. **DATES / SITES / TIMES**
   1. Member schools may start practice on, but not before, Thursday, August 27, 2020.
   2. Member schools may play the first game on, but not before Thursday, September 10, 2020
   3. The last date for games to count for the 2020 girls’ and boys’ soccer tournament will be Thursday, November 5, 2020.
   4. **Scheduled Playing Dates for the 2020 Boys Soccer Tournament**:

Playdown (if necessary) Saturday, November 7, 2020

First Round LL, L, M, S Tuesday, November 10

Second Round LL, L, M, S Thursday, November 12

Quarter-finals LL, L, M, S Saturday, November 14

Semi-finals LL, L, M, S Tues., Wed., Thurs., November 17, 18, 19

Finals LL, L, M, S Saturday, November 21

**Scheduled Playing Dates for the 2020 Girls Soccer Tournament**:

Playdown (if necessary) Saturday, November 7, 2020

First Round LL, L, M, S Monday, November 9

Second Round LL, L, M, S Wednesday, November 11

Quarter-finals LL, L, M, S Friday, November 13

Semi-finals LL, L, M, S Tues., Wed., Thurs., November 17, 18, 19

Finals LL, L, M, S Saturday, November 21

All weekday tournament games shall start promptly at 2:00 p.m. **Home team has the option to play either at 2:00 p.m. or at 4:00 p.m. if they have lights. If the game is started after 4:00 p.m. it must be by mutual agreement**. If a later start is mutually agreed upon the tournament director must be informed of the new starting time. Games played on Saturday or a holiday, starting time will be at the mutually agreed time of the teams involved. The tournament director will determine the starting time if no mutual agreement is reached. From semi-final games on, the tournament director has the authority to schedule night games, consent from the participating schools is not required.

Distance cannot be a factor in assigning sites for semi-final and final round games. The committee cites the difficulty in obtaining sites, staff and numerous other factors in making assignments in order to provide the best neutral field possible. Sites that have been pre-approved for semi-final and final contests: New Britain, West Haven, Middletown, Waterbury, Meriden, Windsor, Fairfield Warde, Suffield, Trumbull, Manchester, Tolland, Xavier, Fairfield Ludlowe, Montville, Bunnell, Jonathan Law, Naugatuck.

Tournament games will be played with two equal halves of 40 minutes duration for a total of 80 minutes of regular play.

1.5 In the event of inclement weather, the site director has the authority to postpone the game. The site director must immediately notify the tournament director. The postponed game will be played on the next day including Sunday by mutual agreement. IF THERE IS A WEATHER-RELATED POSTPONEMENT IN ROUNDS ONE OR TWO OF THE TOURNAMENT THE SCHOOLS WILL BE REQUIRED TO PLAY THE NEXT DAY.

**ENTERING SCHOOLS ARE REMINDED THAT IN THE EVENT OF SEVERELY INCLEMENT WEATHER IT MAY BE NECESSARY TO PLAY THE SOCCER FINALS ON SUNDAY AFTERNOON, NOVEMBER 22, 2020. THE GAME MAY NOT START BEFORE 12:30 P.M.**

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* 1. All first round, second round and quarter-final games will be played on the field of the higher ranked team

based on the ORIGINAL PERCENTAGE RANKINGS. The host school shall provide a site director who should be someone other than the coach and game supervisors.

The higher ranked team will be responsible for providing an athletic trainer and securing officials up through the quarter-finals. CIAC pays for officials from the quarter-finals on.

* 1. The tournament director will determine the sites and times for all semi-finals and finals. Night games

may be scheduled. The tournament director will designate the site director.

* 1. CIAC highly recommends that all soccer fields used for the tournament be 65 yards wide by 110 yards

long. The minimum requirement is 60 yards wide by 110 yards long. Fields that do not meet the minimum requirement cannot be used and the game must be moved to an approved site.

1. **DIVISIONS**
   1. Only institutional members of the Conference may enter this tournament which will be in four (4) divisions. Placement of schools has been based on the 2019-20 girl or boy 9-12 enrollment figures **and Tournament Success Factor.**

A listing of tournament divisions is available on the boys soccer and girls soccer page at ciacsports.com.

Girls: LL – \_\_\_ and over L – \_\_\_\_\_\_ M – \_\_\_\_\_\_ S – Up to \_\_\_

Boys: LL – \_\_\_ and over L – \_\_\_\_\_\_ M – \_\_\_\_\_\_ S – Up to \_\_\_

1. **QUALIFYING**
   1. To be eligible for consideration in the tournament a team must play a minimum of ten (10) games AGAINST VARSITY OPPONENTS and have a winning percentage of 40%. Only the first two games played with any single opponent will be included in the ten (10) games.
   2. Only games played with Conference member schools, American School for the Deaf, or approved out-of-state schools who are members of their state athletic association shall be considered.
   3. Games played with non-member Connecticut secondary schools shall not be considered in the rating of teams.
2. ENTRY PROCEDURE
   1. Game Results – In order to ensure that standings and rankings on both the CIAC’s websites 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.

Scores may be entered via the Online Eligibility Center, the “Submit Scores/Forms” option of the “CIAC for Coaches” menu at ciacsports.com, or the “Submit Scores” button in our ciacmobile.com mobile site. Entering scores at ciacsports.com or ciacmobile.com requires either a coaches or scorekeeper’s access code, those codes are managed via the Online Eligibility Center and can be retrieved from a school’s athletic director.

Regardless of regular season postponed games, the date of THURSDAY, NOVEMBER 5, 2020 MUST BE THE FINAL DAY TO COUNT FOR THE TOURNAMENT. All games played after the entry form has been submitted, must be completed, and **scores and cards reported** to the CIAC office via the online eligibility center by Thursday, November 5.

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Note: Schools may set up access codes in the eligibility center to allow coaches to submit scores and penalties via the web site without requiring the school’s main eligibility center password. Game scores and penalties are the only information that may be submitted in this manner.

* 1. **Change of Division Form** – Optional, if filed must be by August 28, 2020 for the 2020 season. **Once a school is approved for a change of division, this status remains in effect for three years**.
  2. **Tournament Rosters / Entry** – Can be submitted on the eligibility center or the submit scores / forms option under the CIAC for coaches menu at ciacsports.com. Rosters must be submitted by Thursday, November 5. **A team roster is limited to 30 players**.
  3. **Entry Fee** – There is an $100 entry fee for both the girls and boys soccer tournament which should be mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410. If a school needs an invoice in order to pay its tournament fee, one can be downloaded by using the “Generate Tournament Invoice” link under the boys soccer and girls soccer options in the password-protected online eligibility center.
  4. **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**.
* **All red/yellow cards for league and CIAC tournament games must be posted along with the results of the game on the CIAC web site**.
  1. **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.

1. **TOURNAMENT RULES / PROCEDURES**
   1. **Ties**
2. In all tournament games prior to the “finals” the following shall be the procedure to resolve a tie score. After a five minute time out:
3. Two ten minute overtime periods shall be played.
4. After the first overtime the teams will change direction without a time out. A second ten minute overtime period shall be played.
5. If tied after two ten minute overtime periods, penalty kicks will be used to determine the winner.
6. There is no sudden victory – both ten minute overtime periods must be played to completion.
7. First Round Penalty Kicks – Five players from each team kick once alternately or until the lead is insurmountable.
8. Second Penalty Kicks – Five different players from each team kick once alternately or until the lead is insurmountable.
9. If a tie remains, repeat step 3, 4 and if necessary, steps 4 and 5.
10. After each set of ten kickers from each team, players may be repeated. **If a tie exists in the finals after the two fifteen minute overtime periods, co-champions will be declared. Penalty cards shall carry over into overtime periods.**

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1. There will be no sudden victory during any penalty kick rounds.
   1. **The tournament soccer ball for the 2020 tournament will be the SPALDING TF-5000. This ball shall be used for all tournament games including first and second round games. The higher ranked team shall provide at least five (5) official tournament balls for all games.** Officials must report to CIAC any school hosting a game who does not use the CIAC designated ball. The CIAC Board of Control will take appropriate action with the school.
   2. **HIGHER RANKED TEAM MUST WEAR DARK JERSEYS (HOME UNIFORM). THE LOWER RANKED TEAM SHALL WEAR WHITE JERSEYS**.
   3. The Site Director must provide a minimum of two “ball persons” for each tournament game. **Site directors should not allow spectators to stand behind the goals.**
   4. In all cases where a toss of coin may be required, the higher ranked team will have the privilege of call on the coin.
   5. **Suspended Games** – Regular season games if suspended in the first half, must be restarted from the beginning with the score 0-0. If suspended after one full half of play the game will be declared an official game.
   6. In CIAC tournament play a game suspended either in the first half or the second half will be rescheduled and play continued from the point of suspension with the score the same as when the game was suspended.
   7. **Terminated Games** – Definition – “When a game has been ended by the referee for actions of the participants or spectators such as refusal to play or disorder.”

In such cases the status of the game during the regular season may include forfeiture and is resolved by proper authority – the principals of the two schools, league rules and procedures.

During the CIAC tournament the Executive Director or his/her designee will determine the status of any terminated game along with the chair of the committee and the tournament director(s).

* 1. SEE APPENDIX C for the regulation and penalties for yellow cards.
  2. SEE APPENDIX D for the penalty report form that must be submitted with the entry form. If you do not qualify for the tournament, the penalty report form must be submitted after your last regular season game. Failure to do so may result in probation or prohibition.

**CIAC Soccer Committee requires all schools post their red / yellow card infractions after each game**. Schools must continue to report all red / yellow cards issued during the league championship and the CIAC tournament when they post their scores.

1. **RANKING / SEEDING**

6.1 a. Teams will be seeded by winning percentage, computed by taking the total of two points per win

and one point per tie divided by twice the number of games played. Any team with a winning percentage of .400 or greater will qualify for the tournament.

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b. When ties in winning percentage exist, they will be broken in the following manner:

1. Head-to-head competition (only if exactly two teams are tied).
2. Point ranking, based on three points for each win and one point for each tie. Unlike the winning percentage where teams with different numbers of wins can have the same percentage, this ensures that the team in the tie with the most wins will be ranked higher.
3. If after using point ranking exactly two teams are still tied and they met head-to-head, then head-to-head will be used at this point.
4. The totals of the point rankings from step #2 for each opponent defeated and half of the point rankings from step #2 for each opponent tied. If an opponent was beaten or tied twice then the appropriate number will be used twice in determining the total.
5. Computer generated random tiebreaker number located on CIAC website.

6.2 A TEAM MAINTAINS ITS INITIAL PERCENTAGE RANKING THROUGHOUT THE TOURNAMENT.

6.3 In case more than thirty-two (32) teams qualify, a qualifying round playing date will be established.

6.4 Order of play if more than 32 teams qualify for the tournament in any division.

If 33 teams If 34 teams If 35 teams If 36 teams

32 vs 33 32 vs 33 32 vs 33 32 vs 33

31 vs 34 31 vs 34 31 vs 34

30 vs 35 30 vs 35

29 vs 36

6.5 In case there are not thirty-two (32) teams that qualify, byes will be awarded to the appropriate number of higher ranked teams.

6.6 **Tournament Format**

First Round Second Round Quarter-finals Semi-finals Finals

1 vs 32

16 vs 17 1 vs 16

8 vs 25 1 vs 8

9 vs 24 8 vs 9

4 vs 29 1 vs 4

13 vs 20 4 vs 13

5 vs 28 4 vs 5

12 vs 21 5 vs 12

2 vs 31 1 vs 2

15 vs 18 2 vs 15

7 vs 26 2 vs 7

10 vs 23 7 vs 10

3 vs 30 2 vs 3

14 vs 19 3 vs 14

6 vs 27 3 vs 6

11 vs 22 6 vs 11

6.7 **Ranking and Pairing Information** – Will be posted on the CIAC web site on Friday, November 6, 2020 at [www.ciacsports.com](http://www.ciacsports.com)

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1. **EXPENSES / TICKETS**
   1. The higher ranked team will host first round and second round games and the host team will pay all game expenses for these games, **including officials**. **The higher ranked team must also assign an athletic trainer to the event and contact their commissioner of officials**. Schools may charge admission if they wish to keep the gate in rounds 1 and 2. Admission will be charged at all quarter-final games and gate receipts sent to CIAC. For quarter-final games, the host school will be reimbursed **up to $160** for costs **and CIAC will pay the officials and site director**. If the host site cannot effectively charge and collect tickets at their site the game will be moved to a neutral site than can accommodate ticket sales or the site of the lower ranked team will be used. Schools must contact the tournament director if they cannot charge for the event. **Schools are expected to provide their own trainer from the quarter-finals on.**
   2. If in first and second round play schools wish to charge admission they should notify the principal and athletic director of the visiting school in advance.
   3. Visiting schools will bear all traveling expenses.
   4. The CIAC Soccer Committee will pay all game expenses directly associated with the staging of the semi-finals and final tournament games, including officials.
   5. Charges for admission for quarter-finals, semi-finals and finals will be: (Subject to change)

Free – Children five (5) and under; military in uniform or with I.D.

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

$10.00 Adults (all others not in the above categories)

* 1. During the 2020 tournament, the following passes will be honored at all games where an admission is charged.

1. Principal (or designee) of participating schools
2. Official CIAC Soccer Pass (head varsity soccer coach – REQUEST MUST BE IN WRITING)
3. CIAC **Soccer Officials** Association membership card
4. Athletic directors with CAAD membership card
5. Press Card
6. CIAC Soccer Committee Pass – on lanyard
7. No other complimentary admissions will be permitted
8. **OFFICIALS**
   1. **The host school in the first round, second round and quarter-final games must call their commissioner of officials and request that officials be assigned. Each commissioner has been made aware of this.**

**The semi-final and final game officials will be assigned by the tournament and assistant tournament director from the approved list submitted by each board. Three (3) officials will be used in all games from the quarter-finals on**.

* 1. Identity of officials assigned games by the Officials Coordinator will not be disclosed prior to the game.

1. **FORFEITS**
   1. Member schools will be required to submit regular season schedules for all sports controlled by CIAC in which member schools participate. Determination of forfeitures will be based on this schedule.
   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.

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* 1. A team shall forfeit a game 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.
  2. 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 48 hours following the time of the scheduled contest. On the eve of a tournament when there is not sufficient time for normal administrative procedures (48 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.
  3. **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.**

1. **DISPUTES**
   1. **Decisions by Game Officials** – Disputes arising from the decisions, interpretations and misapplication of the National Federation or CIAC games rules by officials during the contest will not be considered. The decisions and interpretations of the rules by the officials are final.

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

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.

* 1. 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.

1. **SUPERVISION / SPORTSMANSHIP**
   1. Players and coaches disqualified in a game will be required to serve the additional penalty as outlined in the CIAC regulation on “Disqualification”.
   2. In the interest of crowd control and proper supervision the CIAC Board of Control has approved the tournament regulation requiring the principal of the participating schools or his/her designee to attend all tournament games. **The school administrator must identify him/herself to the site director**.
   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 member 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.
   4. Use of tobacco products or possession of alcoholic beverages of any kind, including champagne, are not permitted on the field of play, including dugouts, or within the field or part at which a tournament game is scheduled. Many towns or fields which we use have local ordinances prohibiting use of tobacco product or possession of alcoholic beverages. The principal or his/her designee at the game shall see that this rule is enforced and adhered to by the teams.

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11.5 **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.

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* 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.

11.6 **Bench and Field Conduct**

Personnel – Only coaches, players, other 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.

11.7 Up to thirty (30) team members in uniform, coaches, managers and up to 20 cheerleaders accompanying the team will be admitted free of charge to each game.

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1. **CONCUSSION MANAGEMENT AND RETURN TO PLAY REQUIREMENTS**

**Connecticut State Department of Education and the Connecticut Interscholastic Athletic Conference**

**Concussion and Head Injury Annual Review 2020-21 Required for ALL School Coaches in Connecticut**

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

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

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

**Section 1. Concussion Education Plan Summary**

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

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

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

**Section 2. Signs and Symptoms of a Concussion: Overview**

**A concussion should be suspected if any one or more of the following signs or symptoms are present following an impact or suspected impact as described in the CDC definition above.**

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

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

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

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

State law requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who: a) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or b) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred**. Upon removal of the athlete, a qualified school employee (principal, teacher, licensed athletic trainer, licensed physical or occupational therapist employed by a school district, coach or school paraprofessional) must notify the parent or legal guardian within 24 hours that the student-athlete has experienced a head injury and has exhibited signs and symptoms of a concussion.**

**Section 3. Return to Play (RTP) Protocol Overview**

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

***Concussion Management Requirements:***

1. No athlete SHALL return to participation in the athletic activity on the same day of head injury or concussion.
2. If there is any loss of consciousness, vomiting or seizures, the athlete MUST be transported immediately to the hospital.
3. The athlete should not be left alone after the injury. Close observation and monitoring of an athlete MUST continue following a concussion or head injury to ensure that there is no worsening/escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated by a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.
5. The athlete MUST obtain an initial written clearance from one of the licensed health care professionals identified above directing her/him into a well-defined RTP stepped protocol similar to the one outlined below. If at any time signs or symptoms return during the RTP progression, the athlete should cease activity.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals identified above for the athlete to fully return to unrestricted participation in practices and competitions.

***Medical Clearance RTP protocol (There should be at least 24 hours for each step of the progression)***

|  |  |  |
| --- | --- | --- |
| **Stage Rehabilitation**  **Steps/Aim** | **Functional exercise at each step of rehabilitation/activity** | **Goal to each step** |
| 0 It is recommended that an initial period of 24-48 hours of both relative physical rest and cognitive rest is achieved before  beginning the RTP progression identified in Stages one through six below (McCrory, P.et al., 2017). If at any time signs  or symptoms should worsen during the RTP progression, the athlete should stop activity that day. If the athlete’s  symptoms are gone the next day, she/he may resume the RTP progression at the last step completed in which no  symptoms were present. If symptoms persist (example, more than four days in children or more than 10-14 days in adults)  the athlete should be referred to a healthcare professional who is an expert in the management of concussion. | | |
| 1. Symptom-limited   activity | Daily activities that do not provoke symptoms | Gradual reintroduction of work/  school activities |
| 2 Light aerobic  exercise | Walking or stationary cycling at slow to medium pace.  No resistance training. | Increase heart rate |
| 3 Sport-specific exercise  No contact | Running or skating drills. No head impact activities | Add movement |
| 4 Non-contact training  drills | Harder training drills (example, passing drills). May start progressive resistance training. | Exercise, coordination and increased thinking |
| 5 Full contact practice | Following medical clearance, participate in normal training activities | Restore confidence and assess functional skills by coaching staff |
| 6 Return to sport | Normal game play | Return to full athletic participation |

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

|  |
| --- |
| \*\*\*\*\*\* Attach local or regional board of education concussion policies \*\*\*\*\*\* |

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

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

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

**References:** McCrory, P., Meeuwisse, W., Dvorak, J., Aubry, M., Bailes, J., Broglio, S., et al., Vos, P. (2017). Consensus statement on concussion in sport – The 5th international conference on concussion in sport held in Berlin, October 2016. *British Journal of Sports Medicine*, 0, 1-10. Doi: 10.1136/bjsports-2017-097699. Retrieved from <http://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097699.full.pdf>

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CIAC Concussion Central. Retrieved from <http://concussioncentral.ciacsports.com/>

13.0 **HEAT STRESS AND ATHLETIC PARTICIPATION**

In early fall practices are conducted in very hot and humid weather in many parts of the United States. This can lead to heat-related illnesses. 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.

1. 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)

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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 RH = Relative Humidity

75F 70% RH 100% RH

80F 50% RH 80% RH

85F 40% RH 68% RH

90F 30% RH 55% RH

95F 20% RH 40% RH

100F 10% RH 30% RH

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

Under 60F Safe but always observe athletes

61 - 65F Observe players carefully

66 - 70F Caution

71 - 75F Shorter practice sessions and more frequent water and rest breaks

75 plus F Danger level and extreme caution

6. Cooling by evaporation is proportional to the area of the skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. **NEVER USE RUBBERIZED CLOTHING.**

7. Athletes should weight each day before and after practice and **WEIGHT CHARTS CHECKED**. Generally a three percent weight loss through sweating is safe and over a three percent weight loss is in the danger zone. Over a three percent weight loss the athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions. **Do not allow athletes to return to practice until they have adequately replaced their weight from fluid loss.**

8. Observe athletes carefully for signs of trouble, particularly athletes who lose significant weight and the eager athlete who constantly competes at his/her capacity. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness.

9. Teams that encounter hot weather during the season through travel or following an unseasonably cool period, should be physically fit, but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.

10. Know what to do in case of an emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practice and prearranged procedures for obtaining medical care, including ambulance service.

11. Parents’ and Coaches’ Guide to Dehydration and Other Heat Illnesses in Children

[http://www.nata.org/consumer/docs/parentandcoachesguide.pdf](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.**

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**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 kiddy pool or large plastic tub filled with water and with ice on stand-by should be available at all practices and games. Continue cooling efforts until EMS arrives. Recommendation is to continue cooling the athlete until core temperature is <100 degrees Fahrenheit.

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

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

**RECOMMENDATIONS FOR HYDRATION TO PREVENT HEAT-RELATED ILLNESS**

**Types of Sports Drinks**

* **Fluid Replacers**
* Examples: Water, Gatorade, Powerade, 10K, Quickick, Max
* These non-water carbohydrate containing drinks are absorbed quickly and typically are used for activities lasting more than an hour.
* **Carbohydrate loaders**
* Examples: Gatorlode, Exceed High, Carboplex, etc.
* These drinks replace more muscle glycogen to enhance greater endurance.
* They should be used after ultra-endurance events to increase muscle glycogen resynthesis after exercise.
* **Nutrition Supplements**
* Examples: Chocolate milk, Gatorpro, Exceed Sports, Ultra Energy, etc.
* These supplements are fortified with vitamins and minerals and they help athletes maintain a balanced diet.
* They help restore muscle glycogen stores after exercise.
* They provide extra calories for athletes beyond a proper balanced diet.

**What Not to Drink**

Drinks with carbohydrate (CHO) concentrations of greater than eight percent can cause upset stomach due to high carbohydrate load and delay water absorption.

Fruit juices, CHO gels, sodas, and sports drinks that have a CHO greater than six to eight percent are not recommended during exercise as sole beverages.

Beverages containing caffeine will effect hydration since urine production will increase compared to non-caffeinated beverages.

Carbonated beverages are found to cause decreased voluntary fluid intake.

Alcoholic beverages are inappropriate for high school athletes.

**Hydration Tips and Fluid Guidelines**

Drink according to a schedule based on individual fluid needs.

Drink before, during and after practices and games.

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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>



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APPENDIX A

# 2020 GIRLS / BOYS SOCCER GAME RESULTS / TOURNAMENT ROSTER

In order to ensure that standings and rankings on both the CIAC’s websites 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.

Scores and penalties may be entered via the Online Eligibility Center, the “Submit Scores/Forms” option of the “CIAC for Coaches” menu at ciacsports.com, or the “submit scores” button in our ciacmobile.com mobile site. Entering scores at ciacsports.com or ciacmobile.com requires either a coaches or scorekeeper’s access code, those codes are managed via the Online Eligibility Center and can be retrieved from a school’s athletic director.

Regardless of regular season postponed games, the date of Thursday, November 5 must be the final day to count for the tournament.

**Tournament rosters** can be submitted on the Eligibility Center or the submit scores / forms option under the “CIAC for Coaches” menu at ciacsports.com. Rosters must be submitted by Thursday, November 5.

\* Up to thirty (30) eligible players may be used.

\* Games that are postponed or suspended (except finals) shall be played on the next available date (including Sundays by mutual agreement). Postponed or suspended FINAL games shall be played on the next available date including Sunday.

\* Entry fee of $100 must be sent to CIAC, 30 Realty Drive, Cheshire, CT 06410.

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 Violation** – If a school fails to comply with tournament regulations and such requires the

CIAC tournament sports committees, 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.

APPENDIX B

FORM FOR APPLYING FOR A HIGHER DIVISION IN THE 2020 BOYS’ OR GIRLS

SOCCER TOURNAMENT

Must be submitted via the password-protected online eligibility center by August 28, 2020 for the 2020 tournament.

**Once a school has been approved for a change of division, this status will remain in effect for three (3) school years.**

Placement of schools has been based on the 9-12 boy or girl 2019-20 enrollment.

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APPENDIX C

CHANGES ???

**YELLOW CARD RULE**

1. A player who is issued a caution (yellow card) shall leave the field and may be replaced. Should the team with the cautioned player elect to play shorthanded, the cautioned player may not re-enter, nor be replaced until the next legal substitution. **Any player or coach who is issued a second caution (yellow card) in the same game will be ejected and required to sit out the next game at the same level of play. It shall be reported as one yellow card and one yellow/red card and shall count as two cumulative yellow cards for that player or coach and team. Substitutions will not be allowed under NFHS rules on an ejection for two yellow cards**.

2.a. A player or coach is ineligible to participate in any soccer contest until withheld from the next soccer contest at that level of play when the player or coach has been issued a third (**cumulative**) card of the regular season. The rule also becomes operative for the same player or coach at the sixth, ninth, etc. card during the regular season. The game in which the third, sixth, ninth, etc. cumulative card is given determines the level of play. A player or coach receiving a card in a sub-varsity game and a card in a varsity game has accumulated two for the regular season. **Any player or coach who receives a third cumulative card will be required to sit out the next CIAC contest at that level of play. The player or coach may not participate in a game at any level until he/she has sat out the required game at the appropriate level of play.**

b. In the event a player or coach receives their third, sixth, ninth, etc., yellow card at the last scheduled regular season game, the player/coach shall be disqualified from participating in the next CIAC contest (or CIAC tournament game).

Note: Any player/coach who is issued the third (cumulative) yellow card and a red card in the same game will be disqualified for the next two games and is ineligible to play until the next two games at that level of play have occurred. A player/coach receiving a combination yellow card/red card in a game has been issued the second yellow card for that game as well as a red card. The issuance of a red card only, does not count as one yellow card.

1. Each CIAC member school must maintain an official soccer score book. The issuance of each yellow and red card must be immediately recorded in that team’s score book when the incident occurs. Each member school must report to the CIAC all red and yellow card penalties on the CIAC Penalty Report Form after each game. Failure to do so may lead to a team’s disqualification in post season play. Coaches/athletic directors are required to record all post regular season cards (league championship) for determination of the total team cards during the season.
2. A player rendered ineligible through a disqualification will be determined to be an ineligible player according to CIAC eligibility regulations. The use of an ineligible player will lead to a game forfeiture.
3. If a player receives a yellow card at the end of OT and prior to PK, the athlete will be able to return to continue play at the discretion of the coach.
4. If a player receives a second yellow, now a red, or a red card at the end of OT and prior to or during PK, the athlete will not be permitted to continue play, the player will be ejected from the game.
5. League Tournaments – Individual cards will reset for league tournaments. Cards for the league tournament must be reported to the CIAC. The penalty that applies in the state tournament now applies in the league tournament; therefore, an athlete who earns his/her second card must sit the next game. The cards reset for the state tournament.
6. **Yellow cards will be set to zero (0) at the start of the CIAC tournament. A player or coach who receives their second cumulative card during the tournament must sit out the next game in the tournament.**

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**CHANGES ?? TEAM YELLOW / RED CARD RULE**

**CIAC SOCCER COMMITTEE POLICY ON TEAM PROBATION / DISQUALIFICATION**

1. **Any team that accumulates five (5) or more red cards during the regular season, including league tournaments, will be disqualified from the CIAC state tournament:**

Additionally:

* The program will be placed on probation
* The school will be required to appear before the CIAC Soccer Committee
* The school will be required to file a written action plan for improvement with the committee and
* The maximum number of red cards the soccer team can accumulate during the next regular season, including league tournaments, will be reduced to three (3). If the team exceeds three (3) red cards they will be disqualified from the CIAC tournament.

2. **Any team that accumulates a combination of sixteen (16) or more red or yellow cards during the regular season, including league tournaments, will be disqualified from the CIAC state tournament.**

Additionally:

* The program will be placed on probation
* The school will be required to appear before the CIAC Soccer Committee
* The school will be required to file a written action plan for improvement with the committee and
* The maximum number of cards the soccer team can accumulate during the next regular season, including league tournaments, will be reduced to twelve (12). If the team exceeds twelve (12) cards during the regular season, including league tournaments, they will be disqualified from the CIAC State Tournament.

3. **All schools that accumulate thirteen (13) or more red and/or yellow cards during the regular season and tournaments will be placed on probation for the next season. All schools that qualify for their league tournament can receive an additional card before going on probation. All schools that qualify for the CIAC tournament can receive an additional card before going on probation. (Example – A school that makes only its league tournament goes on probation at fourteen (14) cards.)**

Additionally:

* The school will be required to appear before the CIAC Soccer Committee
* The school will be required to file a written action plan for improvement with the committee and
* The maximum number of cards the soccer team can accumulate during the next regular season, including league tournaments, will be reduced to twelve (12). If the team exceeds twelve (12) but less than sixteen (16) cards during the regular season, including league tournaments, they will remain on probation for a second year.

4. **If the team accumulates thirteen (13) or more red and/or yellow cards WHILE ON PROBATION**.

* The team will remain on probation
* The school will reappear before the Soccer Committee with an updated action plan and
* The maximum number of cards the team can accumulate during the **SECOND YEAR OF PROBATION** will be reduced to twelve (12). If the team exceeds twelve cards during the regular season, including league tournaments, they will be **disqualified** from the CIAC state tournament.

5. A returning player who receives a red card in their final game shall carry over to the next season.

6. Schools that fail to submit the required red/yellow card information will be subject to a fine as prescribed by the CIAC fine policy as well as probation or prohibition from tournament play.

7. All red/yellow cards must be recorded at the time the scores are required to be submitted electronically to the CIAC. **Scores and cards for all games including league tournament and the CIAC State tournament games must be submitted electronically to the CIAC.**

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APPENDIX D

**CIAC SOCCER PENALTY REPORT FORM**

Several changes have been made to the CIAC Soccer Penalty Report Form. Please review the document online and contact the CIAC office if you have questions.

**Remember that you are required to fill out this form at the conclusion of each game (including those with zero penalties). You are also required to report all cards issued in regular season, league tournament, and CIAC tournament games.**

**RED CARD CODES**

1. Exhibiting violent conduct

2. Taunting – use of word or act to incite or degrade an opposing player, coach, referee or other individual

3. Subsequent caution (second yellow card)

4. A player commits serious foul play punishable with a direct free kick or penalty kick and uses disproportionate and unnecessary force against an opponent while playing for the ball

5. A player (other than the goalkeeper in his own penalty area) deliberately handles the ball attempting to prevent a goal and goal is not scored

6. A player commits a foul, attempting to deny an obvious goal-scoring opportunity and goal is not scored

7. Spitting at a teammate, opponent or game official

8. Using insulting, offensive or abusive language or gesture

9. Leaving the team area to enter the field where a fight or altercation is taking place, unless summoned by an official.

**YELLOW CARD CODES**

1. Entering or leaving the field of play without permission of an official

2. Persistent infringement of any rules of the game

3. Objecting by word of mouth or action to any decision given by an official (dissent)

4. Incidental use of vulgar or profane language

5. Any use of electronic communication devices with the on-field players during play. Examples: amplifying devices, wireless communication devices such as cell phones, headphones, personal digital assistant.

6. Coaching outside team area

7. Unnecessary delay (kicking, throwing ball away on a free kick)

8. Holding a shirt or short

9. Deliberate verbal tactics

10. Encroachment

11. Deliberate handball to stop an attack

12. Deliberate tactical foul

13. Faking an injury

14. Simulating a foul;

15. A player who displays reckless play

16. Illegally equipped player, per 4.3

17. Any delayed, excessive or prolonged act(s) by which a player(s) attempts to focus attention upon him/herself

and/or prohibits a timely restart of the game

18. A player (other than a goalkeeper in his/her own penalty area) deliberately handles the ball, attempting to prevent

a goal, and the goal is scored

19. A player commits a foul, attempting to deny an obvious goal-scoring opportunity, and the goal is scored

20. Use of any tobacco products or electronic cigarettes at the game site during the period of the jurisdiction of the officials

21. Other unsportsmanlike conduct

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**CHANGES ??**

**THE CIAC BOARD OF CONTROL HAS ADOPTED THE FOLLOWING PLAYER / COACH**

**EJECTION / DISQUALIFICATION POLICY.**

The CIAC establishes guidelines and tone for acceptable and appropriate behavior at all CIAC contests including league tournaments and playoffs. Given this charge, it is CIAC’s responsibility to be pro-active and responsive to the growing issues of sportsmanship and violence in sports. A strong consistent statement reflecting zero tolerance for violence in sports must become standard operating procedure for all schools. This is to be considered a minimum standard.

The CIAC Disqualification/Ejection Rule is in effect for all CIAC contests including league playoffs and tournaments that engage officials who have been assigned by Board commissioners from CIAC registered officials organizations, or directly by the school or by the CIAC.

There is NO appeal procedure that a school may use relative to disqualifications. Disqualification is a judgment call by an official and as such is not appealable. Until the official(s) leaves the site the game official(s) is in charge and may take any action deemed to be appropriate, even to the extent of reversing an earlier decision to eject a player or coach. Both schools (coaches on site) must be made fully aware of all final decisions on game disqualifications. **Once the game official(s) leaves the site of the contest all decisions on game disqualifications are final**.

The following policies for disqualification by an official shall apply in all sports.

1. Any student-athlete who physically assaults an official, coach, opposing player or spectator or any other person in attendance at any event may be deemed immediately ineligible for the remainder of the season.

2. When an athlete or coach is ejected from any CIAC contest the athlete or coach is ineligible to participate in the next contest at the same level of play (even if the next contest does not occur until league or CIAC tournament play or next year). If one or more different level contests are scheduled prior to the next contest at the same level of play, the athlete or coach shall be ineligible to participate in the next (but no more than one) contest at each level of play. **The ejected coach or player cannot be in attendance at the game(s) for which they are serving their suspension and may not participate in any pre-game warm-up activities at the site of the game.**

3. 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 dismissed from the team for the remainder of the season (otherwise #2 remains applicable.

4. The school’s first incident of non-compliance, for reasons other than defiance of the disqualification rules, will result in forfeiture, a $250 fine and the athlete or coach must serve the disqualification penalty; a school’s second incident of non-compliance will prohibit the school from entry in the next CIAC tournament for that sport or from the remainder of the current tournament if the disqualification occurs during a CIAC tournament or during the last regular season contest/day of competition. However, when a school willfully defies CIAC disqualification rules and regulations the school and/or coach will be subject to further action by the CIAC Board of Control.

5. Any CIAC team that accumulates five (5) or more disqualifications during the regular season including the league’s tournament for flagrant misconduct, unsportsmanlike conduct, such as, but not limited to taunting, 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. All disqualifications must be reported to CIAC. Disqualification from the team under #1 constitutes one disqualification in team totals. 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.

6. Disqualifications from the last contest of one season carry over to the next season in that sport for undergraduates and coaches, or the next season of participation in any sport for seniors.

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If the CIAC or National Federation playing rules for a sport specify an additional penalty, the additional penalty will apply. The CIAC disqualification rule applies to all game or meet disqualifications with the exception of reaching the limit of personal fouls in basketball and lacrosse; reaching the limit of technical violations in wrestling; or being disqualified by the rules in ice hockey and lacrosse, which does not require a next game disqualification. This rule does not apply to individual event disqualifications such a in swimming or track and field.

7. Each game official will notify their assigner for that game who will notify the CIAC office via the online disqualification notification system. The athletic director or principal of the school having the disqualified player/coach must notify their next opponent. The school is responsible to implement all CIAC disqualification rules even if the official does not report disqualification in a timely manner.

* **Definition of ASSAULT –** An assault is defined as an attack which attempts to injure one physically.
* **Definition of TAUNTING** – Taunting includes, but is not limited to any actions or comments by coaches or players which are intended to bait, anger, embarrass, ridicule or demean other players, coaches, or game officials. Included in this is conduct that berates, needles, intimidates or threatens based on gender, ethnic origin or background and conduct that attacks religious beliefs, size, economic status, speech, family, special needs, or personal matters. Examples of taunting that would lead to ejection include, but are not limited to, physical and verbal intimidation outside the spirit of the game (“trash talk”), reference to sexual orientation, “in-the-face confrontation” by one player to another, standing over, straddling a tackled or fallen player, etc.
* **PENALTY** – In all sports, game officials are to consider taunting a flagrant, unsportsmanlike foul that disqualifies the offending bench personnel or athlete from that contest/day of competition and the player or coach from the following contest/day of competition, i.e., the CIAC player/coach ejection rule will be invoked. A warning may be given, but is not required before ejection.

In soccer, an accumulation of two yellow cards in one game against the coaching personnel or team bench will constitute a red card against the head coach and all disqualification rules will apply. (Refer to soccer red card rules and the soccer tournament document.)

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

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

Appeals will be heard by a committee consisting of the following: CIAC chairperson, CIAC sports committee chairperson, CIAC Executive Director or designee, a coach and an athletic director. Appeals will be honored when received in the CIAC office within 48 hours of the decision to disqualify the coach.

**Ejection of a Coach** – 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 member school replaces the ejected coach with a certified coach. The coach must leave the premises. If this cannot be accomplished within fifteen (15) minutes after the ejection, the official in charge will declare a forfeit win for the opposing team.

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APPENDIX E

#### DUTIES OF 2020 BOYS OR GIRLS SOCCER TOURNAMENT SITE DIRECTOR

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

1. **The score of game must be reported online immediately at the end of the game and telephoned to Tournament director.**

2. 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 would be suitable for play.)

3. The field should be freshly lined, following official dimensions with field markings in agreement with the most recent National Federation soccer rule book. Corner flags are to be in place and each goal should be provided with the customary net.

4. A restraining barrier of some sort should be in place to keep spectators at least fifteen feet from the playing surface at all points. In most cases crowd ropes will be considered suitable. NO SPECTATORS ARE ALLOWED ON THE FIELD AT ANY TIME, INCLUDING AFTER THE GAME.

5. An ADULT scorer and an ADULT timer will be provided by the site director and a sufficiently large scorer’s and timer’s table with bench or chairs will be made available for the game.

6. A suitable timing device – the conventional time clock – and a loud horn or other loud noise-making device (not a whistle) will be available to signal the expiration of playing time. A loud horn should be used to signal the end of the game. **The official time is kept by the official(s) on the field**.

7. SUFFICIENT SECURITY PERSONNEL AS MAY BE DEEMED NECESSARY WILL BE ON DUTY TO CONTROL THE ANTICIPATED CROWD. Provide parking and a suitable locker room or changing area for officials.

8. Emergency medical procedures should be established for the game.

9. Suitable benches and drinking water should be provided for the players. If a request is made, dressing facilities should be provided for any team which has more than twenty miles to travel.

10. All monies collected at the site along with ticket accountability should be sent to CIAC, 30 Realty Drive, Cheshire, CT 06410. For accountability purposes (and for your records) payment (of all monies collected) to CIAC should be made by check (school/central office check). A list of expenses which includes all fees should accompany the check so the CIAC may then be able to make payment by check.

11. During the 2020 tournament the following passes will be honored at all games where a fee is charged:

1. Committee pass or lanyard indicating “Committee Member”
2. Principal (or designee) and athletic directors of the two competing schools
3. Official CIAC Soccer Pass (head varsity soccer coach – REQUEST MUST BE IN WRITING)
4. Athletic Directors with CAAD membership card
5. Press card
6. CIAC soccer officials association membership card

No other complimentary admissions will be permitted.

12. Up to 30 team members, coaches, managers and up to 20 cheerleaders accompanying the team will be admitted free of charge to each game.

13. Noisemakers that might interfere with the performance of the game and large banners or streamers are prohibited and each school principal is responsible for compliance with this regulation.

14. Site director must provide a minimum of **two (2) “ball persons” for each tournament game**.

APPENDIX F

# GENERAL INSTRUCTIONS REGARDING GAME MANAGEMENT

# FOR ALL BOYS AND GIRLS SOCCER COACHES

Coaches check the following items with each other:

1. Directors how to reach field.
2. All weekday tournament games will START at 2:00 p.m., or 4:00 p.m. if the school has lights, or unless a night game is mutually agreed upon. Time for Saturday or holiday games will be by mutual consent. If not agreed to by both schools the tournament director will make the final decision.
3. **The higher ranked team is required to supply five (5) official tournament game balls. The official game ball is the SPALDING TF-5000.** Officials must report to CIAC and school hosting a game who does not use the CIAC designated ball. The CIAC Board of Control will take appropriate action with the school.
4. The higher ranked team must wear dark and lower ranked team a white color shirt.
5. Be certain of dressing arrangements if needed.

**NOTE**: First round, second round and quarter-final games will be played on the home field of the higher ranked team. Home team secures officials for first round, second round and quarter-final games and for the services of a trainer. The home team will pay for officials in the first and second round. CIAC will pay for officials in the quarter-finals on.

Visiting team arrange for busses.

CIAC highly recommends that all soccer fields used for the tournament be 65 yards wide by 110 yards long. The minimum requirement is 60 yards wide by 110 yards long. Fields that do not meet the minimum requirement must be moved to an approved site or to the site of the lower ranked team. If home field does not meet minimum standards, the CIAC must be notified by September 3, 2020.

Inclement weather – Play the next day, including Sunday by mutual agreement. If the field is still unplayable, the game may be played at the lower ranked team’s field by mutual agreement.

**SPECIAL NOTE**: Coaches are requested to inform all site directors to honor the special game passes which are issued to Soccer Committee members who will act as observers during the tournament.

ATTENTION: (Check list)

\_\_ The field should be freshly lined. Each goal provided with the customary net.

\_\_ A restraining barrier should be in place to keep spectators from the playing field at all points. In most cases crowd ropes will be considered suitable.

\_\_ Suitable benches should be provided for all players.

\_\_ A sufficiently large scorer’s and timer’s table with bench or chairs will be provided.

\_\_ See Official Tournament Rules for admission prices and complimentary tournament entrance procedures.

\_\_ Although most of you have the situation well under control with your students / athletes, alcohol has shown up on the field after some championship games (brought in by spectators, but nonetheless, on the field). The proper word by your athletes might be enough to control this situation and avoid embarrassing the team and tainting their achievement.

\_\_ **Site directors should not allow spectators to stand behind the goals or go onto the field at the conclusion of the game.**

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CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

30 Realty Drive, Cheshire, Connecticut 06410

#### 2020 CIAC BOYS SOCCER TOURNAMENT DIVISIONS

LL - 656 and over (42)

Bridgeport Central 746

Bridgeport – Warren Harding 710

Cheshire 688

Danbury 1748

Darien 718

East Hartford 894

Enfield 761

Fairfield Ludlowe 725

Fairfield Warde 746

Fairfield Prep. 770

Farmington \*( 3rd yr) 610

Glastonbury 927

Greenwich 1375

Hamden 831

Manchester 803

Middletown – Xavier 662

Naugatuck 682

New Britain 1616

New Canaan 679

New Haven – Career/Hillhouse \*\* \_\_\_\_\_

New Haven – Wilbur Cross 812

New Milford 709

Newington 692

Newtown 775

Norwalk 1015

Norwalk – Brien McMahon 968

Norwich Free Academy 1095

Ridgefield 807

Shelton 740

Simsbury 697

South Windsor 676

Southington 1002

Stamford 1263

Stamford – Westhill 1238

***Storrs – E.O. Smith*** \*\*\* 520

Trumbull 1069

Waterbury – Wilby 656

West Hartford – Conard 734

West Hartford – Wm. Hall 773

West Haven 820

Westport – Staples 944

Woodbridge - Amity Reg. 733

Requested higher division \*

Co-op team \*\*

***Success factor*** \*\*\*

L – 430 – 655 (42)

Avon 513

Berlin 486

Bethel 497

Branford 459

Bridgeport – Bassick 489

Bristol Central 620

Bristol Eastern 544

Brookfield 447

East Haven 479

East Lyme 513

Groton – Fitch 567

Guilford 548

Hartford Public 601

Hartford – University / A.I. Prince \*\* \_\_\_\_\_

Hebron – RHAM 477

Killingly – Ellis Tech. 506

Madison - Daniel Hand 541

Manchester – Cheney Tech. 493

Meriden – Maloney 649

Meriden – Platt 517

Meriden – Wilcox Tech. 448

Middletown 649

Milford – Foran 435

Milford – Platt Tech. 502

Monroe – Masuk 504

New London 511

North Haven 519

Redding – Joel Barlow 442

Southbury – Pomperaug 611

Stratford 549

Stratford – Bunnell 537

Torrington 476

Vernon – Rockville 430

Wallingford – Lyman Hall 495

Waterbury – Crosby 648

Waterbury – Kaynor Tech. 442

Waterbury – Kennedy 643

West Haven – Notre Dame 536

Wethersfield 576

Wilton 642

Windsor 626

Woodstock Academy 561

Boys Division

M – 290 - 429 (43)

Ansonia 302

Ansonia – Emmett O’Brien 372

Beacon Falls – Woodland Reg. 350

Bridgeport – Bullard Havens 390

Burlington – Lewis Mills 361

Clinton – Morgan School 308

Colchester – Bacon Academy 388

Cromwell 290

Danbury – Abbott Tech. 425

Ellington 413

***Fairfield – Notre Dame*** \*\*\* 199

Granby Memorial 310

Groton – Grasso Tech. 340

Hamden – Eli Whitney 332

Hartford – Bulkeley 325

Higganum – Haddam-Killingworth 325

Killingly 364

Ledyard 382

Manchester – East Catholic 291

Middletown – Vinal Tech. 298

Milford – Jonathan Law 413

New Britain – Goodwin Tech. 373

New Fairfield 350

New Haven – Amistad 306

Norwich Tech. 386

Plainville 370

Rocky Hill 377

Seymour 310

Stonington 371

Suffield 357

Tolland 397

Torrington – Wolcott Tech. 394

Trumbull – St. Joseph 369

Wallingford – Sheehan 375

Waterbury Career 330

Waterford 418

Watertown 415

Weston 419

Windham 367

Windham Tech. 299

Windsor – AAE 309

Winsted – N.W. Reg. 338

Wolcott 373

Contact CIAC if your school sponsors boys soccer but has been left off the list or if you are listed and no longer sponsor the sport.

S – Up to 289 (50)

Bloomfield 287

Bloomfield – MLC 162

Bolton 148

Bridgeport – Kolbe Cathedral 128

Bristol – St. Paul 220

Canton 246

Chaplin – Parish Hill 77

Coventry 197

Danbury – Immaculate 234

Deep River – Valley Reg. 281

Derby 200

Durham – Coginchaug 245

East Granby 123

East Haddam – Hale Ray 169

East Hampton 259

East Windsor 163

Enfield – Civic Leadership 192

Falls Village – Housatonic Valley 180

Griswold 261

Hartford – Classical 122

Hartford – HMTCA 222

Hartford – SMSA 226

Lebanon – Lyman Memorial 157

Litchfield 132

Litchfield – Wamogo 178

Montville 262

New Britain – Innovation 195

North Branford 236

No. Stonington – Wheeler 109

Old Lyme 248

Old Saybrook 216

Oxford 259

Plainfield 289

Portland 182

Putnam 110

Somers 227

Stafford 189

Stamford – Trinity Catholic 228

Terryville 186

Thomaston 101

Thompson – Tourtellotte 111

Uncasville – St. Bernard 109

Washington – Shepaug Valley 131

Waterbury – Holy Cross 234

Waterbury – Sacred Heart 163

West Hartford – N.W. Catholic 247

Westbrook 111

Windsor Locks 222

Winsted – Gilbert School 164

Woodbury – Nonnewaug 283

##### **Not sponsoring a team**

Hartford – Achievement 139

Hartford – Capital Prep. 99

Hartford – Weaver 239

Stamford – Wright Tech. 246

#### 2020 CIAC GIRLS SOCCER TOURNAMENT DIVISIONS

LL – 610 and over (41)

Bridgeport Central 843

Bridgeport – Warren Harding 616

Cheshire 719

Danbury 1630

Darien 689

East Hartford 828

Enfield 749

Fairfield Ludlowe 789

Fairfield Warde 702

Farmington 641

Glastonbury 1021

Greenwich 1374

Hamden 750

Manchester 795

Meriden – Maloney 615

Middletown 687

New Britain 1456

New Canaan 645

New Haven – Career/Hillhouse \*\* \_\_\_\_\_

New Haven– Wilbur Cross 801

New Milford 621

Newington 610

Newtown 642

Norwalk 902

Norwalk – Brien McMahon 1022

Norwich Free Academy 1173

Ridgefield 806

Shelton 694

Simsbury 643

South Windsor 627

Southington 1056

Stamford 1210

Stamford – Westhill 1212

Trumbull 1113

***Trumbull – St. Joseph*** \*\*\* 445

West Hartford – Conard 704

West Hartford – Wm. Hal 743

West Haven 807

Westport – Staples 884

Wilton 638

Woodbridge – Amity Reg. 737

Co-op team \*\*

***Success factor \*\*\****

L – 401 - 609 (41)

Avon 447

Berlin 425

Bethel 428

Branford 441

Bridgeport – Bullard Havens 407

Bristol Central 592

Bristol Eastern 554

Brookfield 423

East Haven 440

East Lyme 519

Groton – Fitch 538

Guilford 565

Hamden – Sacred Heart Academy 416

Hartford Public 481

Hartford – SMSA / Bulkeley \*\* \_\_\_\_\_

Hebron – RHAM 464

Killingly 415

Ledyard 405

Madison – Daniel Hand 470

Meriden – Platt 505

Middletown – Mercy 405

Milford – Foran 442

Monroe – Masuk 513

Naugatuck 591

New London 454

North Haven 511

Redding – Joel Barlow 430

Southbury – Pomperaug 602

Storrs – E.O. Smith 574

Stratford 546

Stratford – Bunnell 538

Suffield 414

Torrington 421

Vernon – Rockville 445

Wallingford – Lyman Hall 570

Wallingford – Sheehan 401

Waterbury – Sacred Heart / Kaynor \*\* \_\_\_\_\_

Waterford 414

Wethersfield 565

Windsor 597

Woodstock Academy 559

Girls Division

M – 254-400 (41)

Ansonia 254

Beacon Falls – Woodland 331

Bloomfield 269

Bridgeport – Bassick 325

Burlington – Lewis Mills 358

Clinton – Morgan 291

Colchester – Bacon Academy 285

Cromwell 261

***Danbury – Immaculate*** \*\*\* 229

Deep River – Valley Reg. 305

Ellington 377

Fairfield – Notre Dame Catholic 258

Granby Memorial 278

Griswold 285

Hartford – A.I. Prince 346

Hartford – HMTCA 274

Higganum – Haddam-Killingworth 313

Manchester – East Catholic 267

Meriden – Wilcox Tech. 329

Milford – Jonathan Law 398

Milford – Lauralton Hall 363

Milford – Platt Tech. 294

Montville 292

New Britain – Goodwin Tech. 285

New Fairfield 359

New Haven – Amistad 390

North Branford 288

Norwich Tech. / Ac. Holy Family \*\* \_\_\_\_\_

Oxford 292

Plainfield 323

Plainville 311

Rocky Hill 369

Seymour 348

Stonington 317

Tolland 398

Watertown 373

Weston 370

Windham 265

Winsted – N.W. Reg. 381

Wolcott 363

Woodbury – Nonnewaug 380

No Team

Ansonia – O’Brien 275

Danbury – Abbott Tech. 271

Hamden – Eli Whitney 299

Hartford – Achievement 155

Hartford – University 167

Hartford – Weaver 264

Killingly – Ellis 198

Manchester – Cheney Tech. 150

Middletown – Vinal Tech. 121

Stamford – Wright Tech. 181

Waterbury Career 459

Waterbury – Crosby 601

Waterbury – Kennedy 548

Waterbury – Wilby 544

S Division – Up to 253 (42)

Bloomfield – MLC 201

Bolton 128

Bridgeport – Kolbe Cathedral 149

Bristol – St. Paul 211

Canton 235

Chaplin – Parish Hill 40

Civic Leadership / AAE \*\* \_\_\_\_\_

Coventry 235

Derby 191

Durham – Coginchaug 240

East Granby 131

East Haddam – Hale Ray 135

East Hampton 236

East Windsor 124

Falls Village – Housatonic Valley 175

Groton – Grasso Tech. 194

Hartford – Capital Prep 96

Hartford – Classical 119

Lebanon – Lyman Memorial 168

Litchfield 129

Litchfield – Wamogo 239

New Britain – Innovation 253

No Stonington – Wheeler 95

Old Lyme 234

Old Saybrook 213

Portland 184

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