

44th ANNUAL CIAC FIELD HOCKEY TOURNAMENT



2016 INFORMATION PACKET

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Tournament Director

Dawn O’Neil
10 Pinney Hill Road
Willington, CT 06279
Home (860) 429-5521
Email – Pdeem@charter.net

Officials Coordinator

Deborah Martin
50 Dyer Avenue
Collinsville, CT 06019
Cell (860) 307-4188
Email – deborahkmartin50@gmail.com

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

FIELD HOCKEY ALERT PAGE

Scheduling: Saturday, November 12 may be used as a date for Class L quarter-finals.

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.

Students with Special Needs– Coaches are reminded to inform contest officials prior to each competition of any students with special needs who could be competing in the contest when her disability could impact the individual’s performance or the conduct of the competition.

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

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

Site directors should communicate these requirements to any staff person who may be responsible for the administration of the event. If for some reason a site will not be able to provide these items for a contest, a site representative should inform the CIAC in advance and work with the media on site before the game and work to provide a reasonable solution to the issue. Members of the media who will be covering events are directed to contact the appropriate sites 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 purposes of this policy, an unmanned aerial system is any aircraft without a human pilot on board.

NFHS Rule Clarification – Eyewear Protection – All field hockey field players are required by NFHS rules to use eyewear protection which meets the current ASTM F2713-14 standard.

IMPORTANT RULE CHANGE – IN ACCORDANCE WITH NFHS RULE 1-6-5, FACE MASKS ARE NO LONGER PERMITTED.

Other protective devices are permitted as follows:

- a. Soft headgear.

2016 NATIONAL FEDERATION FIELD HOCKEY RULE CHANGES

- 1-2 New procedure for Long Hit eliminates the need for this field marking. Long Hit Line will also be eliminated from Field Diagram.
- 1-5-3 The home team is required to wear single solid white uniform tops front and back on the torso. The home team should only wear white socks to match the uniform top. There is no need for the home team to wear any other color sock/sock guard than white. Light-colored is ambiguous.
- 1-5-6 Penalties 2 (new) When an illegally uniformed team is unable to correct the situation or cannot verify state association approval of the uniform, the game shall be played. The referee must, however, notify the state association following the game.
- 1-6-5 **FACE MASKS ARE NO LONGER PERMITTED.**
- 1-8-1a Goalkeeper uniform tops may be multiple colors to ensure contrasting uniforms with field players. Effective 2017, the goalkeeper's uniform top must have visible numbers on the front and back. This will create consistency with all uniforms worn on the field.
- 7-3-2 The implementation of the new "Long Hit Procedure" created a new name that is consistent with the new procedure.
- 10-3-2 The rule change for 2015 (dealing with restarts for extended play penalty corners) eliminated the clear definitions for when a penalty corner, during regular play, is considered to be completed. The exception to the rule added in 2015 (dealing with restarts for extended play penalty corners) should apply to an injury during regulation play as well as extended play.
- 11-1-1e The rules have evolved to allow umpires to better manage this situation if it occurs. Deleted provision to award a penalty stroke when the defending team continues to deliberately cause the ball to go over the end line.

2016 Major Editorial Changes

- Field Diagram Except as specifically stated within the rules, any dimensions or other information in diagrams of fields is suggestive only; it is not required by NFHS rules. The construction and layout of all facilities used for high school competition are subject to any applicable laws and building codes, and to the sound judgments of the persons in charge of the facilities.
- All All reference to long hit shall be changed to 25-yard free hit.
- All The references to drive shall be changed to hit.
- Rule 1 Title The Game, Field, Players, Coach and Equipment
- 1-5-11 Members of each team shall be dressed uniformly, except the goalkeeper. The uniform top shall have clearly visible numbers on the front and back. The numbers shall be of a solid color contrasting to any surrounding colors. Numbers on the front shall be 3 to 6 inches in height, and 6 to 8 inches in height on the back. Any number from 00 through 99 is legal. A team may not use both numbers 0 and 00. Three-digit numbers and duplicate numbers on players of the same team are not permitted.
- The following are the color requirements for the jersey/top:
1. The style/design of the side insert may be of any color or design. Side inserts must be the same width for all team jerseys.

1-6-6 Note Delete

1-6-10 Players are not allowed to use personal wireless communication devices during the game.

1-7 Entire Rule has been re-written

New Rule: Section 7. The Goalkeeper

Art. 1 ... When the ball is inside the circle, the goalkeeper:

- a. May kick the ball or stop it with her stick or any part of her body;
- b. May stop a ground ball with her body, hand or stick;
- c. May stop an aerial ball with her body, hand or stick at any height;
- d. May use her stick, protective equipment or any part of her body to push the ball away, deflect the ball (in any direction including over the end line) or to stop the ball. This permits a goalkeeper to use her hands, arms or any other part of her body to move the ball away, but only as part of a goal-saving action;
- e. Incurs no penalty for a ball rebounding off her body, hand or stick. If caught, the ball shall be released immediately.
- f. When outside the circle, may play the ball with her stick and loses goalkeeping privileges.

Art. 2 ... Goalkeepers may not play outside the 25-yard area they are defending except when they are taking a penalty stroke.

Art. 3 ... If the ball becomes lodged in the goalkeeper's protective equipment or clothing when she is in her own circle, play shall be restarted with a penalty corner.

Art. 4 ... When defending a penalty stroke, she retains all privileges of the goalkeeper.

Art. 5 ... Goalkeepers shall not make any marks on the field.

Art. 6 ... The goalkeeper shall not play in a manner which endangers other players.

Penalty: For violations of Articles 2 and 5, misconduct penalties will be applied.

1-7-2 Note Delete

1-7-3c When the ball is inside the circle, the goalkeeper:

- c. May stop an aerial ball with her body, hand or stick at any height.

1-7-3g (New) When the ball is inside the circle, the goalkeeper:

- g. The goalkeeper shall not play in a manner which endangers other players (e.g. diving headfirst at an opponent, kicking wildly at the ball, an opponent or an opponent's stick, etc.)

1-8 ENTIRE RULE HAS BEEN RE-WRITTEN

New Rule: Section 8 Goalkeeper Equipment

Art. 1 ... The goalkeeper shall wear:

- a. A uniform top of a color or colors contrasting to the color of the uniform tops of both teams, and with a visible number on the front and back, effective with the 2017 season;
- b. Field hockey goalie pads, not to exceed 12 inches in width per pad (frontal view);
- c. Field hockey goalie shoes or kickers;

- d. A full face/cage mask-helmet which covers the entire head including the back of the head (cage must be rounded at all points); mask helmets shall not have a hard, visor-type protrusion which extends beyond the cage.
- e. A chest protector specifically manufactured for field hockey goalkeepers. The chest protector must be worn under the uniform jersey;
- f. Field hockey goalie gloves with separate fingers (no webbing) that do not exceed 8 inches in width when lying flat; or foam hand protectors which are no more than 9 inches wide when laid flat, face up, and no more than 14 inches long when measured from the base to the extremity of the hand protector. Hand protectors shall not be altered;
- g. A wrap-around type throat protector.
- h. A tooth protector, which may be attached to the facemask/helmet. A tooth protector shall be of any readily visible color, other than white or clear. A tooth and mouth protector (intraoral) shall include occlusal (protecting and separating the biting surfaces) and a labial (protecting the teeth and supporting structures) portions and shall cover the posterior teeth with adequate thickness. It is recommended the protector be properly fitted and (1) constructed from a model made from an impression of the individual's teeth or (2) constructed and fitted to the individual by impressing the teeth into the tooth and mouth protector itself.

Art. 2... The goalkeeper may wear field hockey shoulder pads and/or elbow pads.

Penalty: For a goalkeeper wearing/using illegal equipment and/or uniform, the game shall be temporarily suspended at the first stoppage of play until she complies with the rule or is replaced. Misconduct penalties will be assessed to the head coach, using the card progression. If the offending team cannot provide a goalkeeper in compliance with the equipment/uniform requirement, then that team shall forfeit the game.

1-9 (new) Head Coach Responsibilities

Art. 1 ... Head coaches are responsible for:

- a. Ensuring that their players are properly attired and legally equipped;
- b. Ensuring that their players play in a good sportsmanlike manner
- c. Ensuring that their players follow the substitution rules.
- d. Note: Refer to Rule 12-1 penalties

Rule 3 Delete All Situations

1.2.4 Situation A, B Delete	1.6.11 Situation ADelete	2.1.2 Situation Delete
1.4.1 Situation Delete	1.7.1 Situation A,Delete	2.1.3 Situation A Delete
1.4.4 Situation Delete	1.7.3 Situation A, B, D... Delete	2.1.4 Situation B Delete
1.5.1 Situation A, B ... Delete	1.7.6 SituationDelete	2.1.5 Situation A, B, C Delete
1.5.5 Situation B Delete	1.7.7 Situation A, Delete	2.1.6 Situation A, B Delete
1.5.6 Situation B Delete	1.7.8 Situation A, B..... Delete	2.2.1 Situation B Delete
1.6.1 Situation B Delete	1.8.1 Situation Delete	2.2.3 Situation A Delete

3-2-4 25-yard free hit is a method for an attacker to put the ball in play if a defender unintentionally causes the ball to go across the end line or if the ball glances off the stick/person of a defender in this area and goes across the end line. The attacking team shall be awarded a 25-yard free hit. Play is re-started with the ball on the 25-yard line that is in line with where it crossed the end line. All procedures for taking a free hit apply. All players shall be 5 yards away from the ball. The ball may not be played into the circle until it has amassed a dribbling distance of 5 yards or is touched by a player of either team other than the player taking the 25-yard free hit.

3-2-8 Side-in is a method for putting the ball in play after it has gone out of bounds over the sideline. All procedures for taking a free hit apply.

3.2.4 SituationDelete

4-4-5 If a substitution occurs during play, it must take place through the team substitution area, with the player coming off the field before her substitute may go onto the field. If a substitution is being made during half time, during a team time-out or an injury time-out, the players must report to the scorer's table before entering the game through the substitution area.

4.1.3 Situation Delete

4.2.3 Situation CDelete

4.2.4 Situation The White Team certified athletic trainer goes onto the field to attend to an injured goalkeeper. The trainer determines that the goalkeeper is able to continue, so no substitution is made. RULING: Correct procedure.

4.4.2 Situation Delete

4.4.5 Situation A, B, C Delete

4.4.6 Situation B After completing her suspension time, a player enters the game as her team is setting up for a penalty corner. The umpire signals time-out, removes the player from the field and applies card progression to the coach. RULING: Correct procedure. COMMENT: A suspended player returning to the game must follow the substitution rules. Substitution violations are treated as a coach's misconduct.

4.4.6 Situation CDelete

5-1-1 Delete

5.1.1 Situation A Red Team player taking the center pass taps the ball to a teammate on her right. The ball only travels 6 inches to the teammate. RULING: Legal.

5.1.2 Situation At the start of the game, players from both teams cross the center line on the official's whistle. RULING: Illegal. COMMENT: Players may not cross the center line until the ball has been played.

5.2.1 Situation A, D, E, F Delete

6.1.1 Situation A, B, C, D Delete

5.2.2 Situation Delete

6.1.3 Situation A Delete

6.1.3 Situation C The Red Team scores a goal. Prior to the center pass it is discovered that the scorer did not have a mouthguard. The official allows the goal and issues the appropriate card to the coach. RULING: Correct procedure. COMMENT: The scoring player is eligible and her actions are treated as coaches misconduct.

Rule 7 Title Out-of-Bounds: Side-In, 25-Yard Free Hit and 16-Yard Hit

7-2-3 In taking a side-in, the ball shall be placed on the sideline where it went out of bounds. All procedures for taking a free hit apply.

7-3-3 If a member of the defending team deliberately causes the ball to go across the end line, a penalty corner shall be awarded the attacking team.

7-3-4 Penalty PENALTY: For fouls by the team taking the 25-yard free hit, a free hit is awarded to the opponents. For deliberate fouls by the defending team, a penalty corner shall be awarded.

7.3.2 Situation B Delete

7.3.3 Situation A, B Delete

New Rule Fouls and Misconduct

Section 1 Fouls and Penalties

Art. 1 ... Fouls include the following:

- a. Playing in a dangerous or intimidating manner.
- b. Playing the ball with the rounded side of the stick;
- c. Hitting the ball hard on the forehand with the edge of the stick. This does not prohibit use of the edge of the stick on the forehand in a controlled action in a tackle, or when raising the ball in a controlled way over an opponent's stick or over a goalkeeper who is lying on the ground or when using a long pushing motion along the ground.
- d. A field player playing the ball while she is on the ground (including kneeling) if, in the judgment of the official, it could lead to dangerous play;
- e. Stick interference, which occurs when a player hits, holds, hooks, slashes or strikes her opponent's stick;
- f. Raising the ball dangerously, or raising the ball in a way leading to dangerous play;
- g. Players must not approach within 5 yards of an opponent receiving a falling raised ball (aerial ball) until it has been received, controlled and is on the ground.
 - 1) The initial receiver has a right to the ball.
 - 2) If it is not clear which player is the initial receiver, the player of the team which raised the ball must allow the opponent to receive it.
 - 3) An opposing player entering within the 5 yards is responsible for creating the danger.
 - 4) If an opposing player is closer than 5 yards to the receiving player, the opposing player may not move toward the receiving player until the ball is safely played and on the ground.
- h. Intentionally raising the ball from a hit except for a shot on goal;
- i. When self-passing within the attack 25-yard area, failing to have the ball travel at least 5 yards before playing into the circle;
- j. Charging, pushing, tripping or personally handling an opponent;
- k. Blocking – using the body or stick to impede the progress of an opponent;
- l. Deliberately/blindly hitting into an opponent;
- m. Using the foot or leg to support the stick;
- n. Interfering in the game in any way unless the stick is in her hand;
- o. Advancing – using any part of the body to propel, deflect or stop the ball to a team's advantage;
- p. Hand stop of any ball (except goalkeeper);
- q. Obstruction, which occurs when:
 - 1) A player moves or interposes herself or her stick, keeping an opponent from attempting to play the ball;
 - 2) A player shields the ball with her stick or any part of her body;
 - 3) A third player takes a position between an opponent and the ball so her teammate has an opportunity to play the ball.

Note: The following principles apply to obstruction: 1) A stationary, receiving player may be facing any direction. 2) Once a player receives the ball, she may move away in any direction (without body contact with the tackler) or pass/deflect the ball. 3) The responsibility is with the tackler to move around the receiver to attempt a legitimate tackle;

- r. Goalkeeper striking and/or kicking in an intimidating or dangerous manner, playing the ball without the stick in her hand, or placing the ball after catching an aerial ball;
- s. Holding, hitting at or grabbing another player's stick or clothing;
- t. Entering opponent's goal or standing on opponent's goal line;

Note: This rule is not intended to penalize the player with the ball or the player whose momentum carries her into the goal.

Penalties:

- 1) For fouls outside the circle, a free hit shall be awarded the opponents.
- 2) For fouls by the defense inside the 25-yard line, but outside the circle, the official may award a penalty corner if the foul was deliberate.
- 3) For fouls inside the circle by the attackers, a free hit shall be awarded the defenders; if by the defenders, a penalty corner shall be awarded the attackers. Under some circumstances a penalty stroke may be awarded (11-1-1).
- 4) If the offending team commits a foul before the awarded penalty is taken on a free hit or 16-yard hit, the penalty may be upgraded and/or dealt with as misconduct.
- 5) For deliberate fouls between the 25-yard lines, an appropriate card shall be issued to the offender.

Sec. 2 Misconduct and Penalties

Art 1. ... Misconduct includes any player or team action which an official deems to be unsportsmanlike including, but not limited to, the following:

- a. Rough or dangerous play;
- b. Using abusive, insulting or foul language;
- c. Taunting or baiting;
- d. Intimidating actions or words;
- e. Unnecessary delay of game;
- f. Goalkeeper playing outside her 25-yard area of the field except for taking a penalty stroke;
- g. H. Use of any tobacco product;

Note: The NFHS disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances.

Penalties:

- 1) In all cases of misconduct during play:
 - a) First offense, a green card is issued and the player must leave the field of play for two minutes of elapsed playing time (suspension) to the scorer's table on the same side as the team bench, and the team shall play short one player for the duration of the penalty time. A time-out shall be taken to issue the card, the player must leave the field immediately and the game is restarted with no further interruption. The penalty time shall start with the restart of play. The suspension shall be recorded in the scorebook. When a goalkeeper is suspended, the coach shall remove one field player for the suspension period and the offending goalkeeper shall be replaced. The time of the suspension shall be recorded in the scorebook. The field player removed by the coach may properly substitute with another field player provided that her team continues to play short during the goalkeeper's suspension.
 - b) Second offense by the same player or a first offense involving rough and dangerous play, a deliberate foul, or other misconduct of a serious nature, a yellow card shall be issued to the offender. The offender shall be removed to the scorer's table on the same side as the team bench (suspension) for a minimum of five minutes of playing time, and her team shall play short during the suspension time. The umpire may impose a time of five or ten minutes depending on the type and severity of the foul and the timer shall be made aware of the amount of time for the foul before play resumes. When a goalkeeper is suspended, the coach shall remove one field player for the suspension period and the offending goalkeeper shall be replaced. The time of the suspension shall be recorded in the scorebook. The field player removed by the coach may properly substitute with another field player provided that her team continues to play short during the goalkeeper's suspension.
 - c) Third offense by the same player, a yellow or red card is issued to the offender. If a yellow card is issued, the time must be 10 minutes. The time of the suspension shall be recorded in the scorebook. If a red card is issued, the offender is disqualified from the game and her team shall play short. The game shall be restarted by awarding the appropriate penalty.

Exception: A disqualified goalkeeper must be replaced by another goalkeeper. The coach shall decide which field player shall leave the game in order to fulfill the penalty of the offending team playing short. However, the designated field player may properly substitute with another field player provided that the team plays short. The disqualification shall be recorded in the scorebook.

- d) When a player commits the same misconduct foul for which her teammate has already been carded, she may be issued the next upgraded card.
 - e) Players who have received a green card or a yellow card shall serve their suspension at the scorer's table on the same side as their team bench. Players who receive a red card suspension are the responsibility of the coach and shall be removed to their bench or another appropriate place.
- 2) If the situation warrants, the official may issue a red card on a first violation. If a red card is issued, then this is considered a flagrant foul. The offender shall be disqualified, her team shall play short, and the opposing team shall be awarded a penalty stroke.
 - 3) For any simultaneous flagrant fouls, the offenders shall be disqualified, both teams shall play short, a penalty stroke shall be awarded each team and a bully shall be taken on the spot where the foul occurred. The bully shall be taken at least 5 yards from either sideline and at least 16 yards from the end line and 5 yards from the circle.
 - 4) For misconduct by a player(s) during time-out, halftime or other stoppage of the game clock, the player(s) shall be carded. If a red card is issued, the player shall be removed from the game, the team shall play short, and a penalty stroke shall be awarded.

Note: When flagrant misconduct occurs during halftime intermission, a red card is issued and a penalty stroke is awarded. The team not having possession at the start of the game shall have possession to start the second half.

8.1.1 Situation D, J, L Delete

8.2.1 Situation B. The White Team offense is awarded a free hit at the broken line circle. While recovering on defense, a Red Team player hits the ball away. The official awards the White Team a penalty corner. RULING: Correct procedure. COMMENT: The penalty for the second foul is upgraded to a penalty corner.

8.2.1 Situation C, E, F, G, H, I Delete

9-2-1e Procedures for taking a free hit, center pass and putting the ball back into play after it has been outside the field:
e. The ball may be raised immediately using a push, flick or scoop but may not be raised intentionally using a hit.

9-2-2 Penalties 3 Opposing players shall not be within 5 yards of the spot where the free hit is taken. Sufficient time shall be allowed for players to leave this area. However, if an official determines that an opposing player is standing within 5 yards to delay the free hit, she shall not stop the game. PENALTIES:
3) If any opposing player is within 5 yards of the ball at the time of the free hit, it may be retaken, upgraded or dealt with as misconduct.

9.1.2 Situation B Delete

9.2.1 Situation A, B, E Delete

9.2.3 Situation B Delete

9.2.4 Situation A Delete

10-3-2 Penalties 9 PENALTIES: Any player entering the circle before the ball is struck shall be sent to the centerline.
9) All the above penalties apply only for the original and retaken penalty corner; a subsequent penalty corner may be defended by not more than five players.
a) A penalty corner is considered as retaken until any of the conditions of Rule 10-3-1a-g for its completion are met.

10.1.1 Situation A, B Delete

10.2.3 Situation E, F, G, H.... Delete

10.2.1 Situation A Delete

10.2.4 Situation Delete

10.2.2 Situation A, B Delete

10.2.6 Situation A, B Delete

10.2.7 Situation A On a penalty corner, the first shot on goal is made with long sweeping motion and the ball enters the net just below the crossbar. The official awards a goal. RULING: Incorrect procedure. COMMENT: Hitting the ball involving a long sweeping movement with the stick before making contact with the ball is regarded as a hit, and, therefore, the 18-inch rule applies.

10.2.7 Situation B On a penalty corner to the purple team, on insertion the ball travels 6 yards outside the circle, and is then moved back inside the circle where a purple player hits it high into the goal. The official awards a goal. RULING: Correct procedure. COMMENT: Once the ball has traveled more than 5 yards from the circle, penalty corner rules no longer apply, and play is judged on danger.

10.2.8 On a penalty corner the ball is hit on goal and is on a trajectory to cross the goal line below 18 inches high. A defender attempts to play the ball and deflects it high into goal just under the crossbar. RULING: Goal. COMMENT: Legal. The shot on goal is judged on danger, not the 18-inch rule.

10.3.1 Situation A, B, C, D Delete

11.2.5 Situation A, B, C Delete

11.1.1 Situation A, B Delete

11.2.9 Situation A, D Delete

11.2.3 Situation A, C Delete

11.2.10 Situation B Delete

12-3-1 (new) SECTION 3 – COACHES FIELD EQUIPMENT

1. Use of video monitoring, replay equipment or personal wireless communication devices during the game by coaches is permitted outside the team area.

12.1.1 Situation A, C Delete

12.1.2 Situation A. After receiving a yellow card, a coach continues to comment on the officials' calls. As the ball goes out of bounds the official calls time-out and issues a red card to the coach and removes her from the field. RULING: Correct procedure. COMMENT: In addition, if there is no other authorized school personnel available to supervise the team, the team would forfeit the game.

12.1.2 Situation B, D Delete

Officials Guide VI. PUTTING THE BALL IN PLAY

A. General Information

6) Fouls on restarts of play:

- c. Delaying fouls before the execution of a free hit or 16-yard hit may be retaken, upgraded or dealt with as misconduct.

Officials Guide VI. PUTTING THE BALL IN PLAY

C. Out of Bounds

- 2) 25-yard Free Hit: When the ball leaves the field on the far side of the goal, the lead official should be aware of help being offered by the trail official.

Officials Guide VIII. FOULS

F. Delay of Game

1) Examples of delay:

- a. Hitting the ball away after the whistle;
- b. Not moving 5 yards away;
- c. Placing a stick in front of the ball;
- d. Running in front of the ball while recovering to a defensive position;
- e. Defending team continues to deliberately cause the ball to go over the end line.

- 2) Repeated delays are misconduct and the appropriate card should be issued.

Diagrams H, I, J, K	Penalty Corner Diagrams H, I and J relocated to follow SECTION 9-Penalty Corners. Diagram K goes after Penalty Stroke.
Official Field Hockey Signals	Long Hit signal (#3) is eliminated
Official Field Hockey Signals	“and 25-Yard Free Hit” has been added under Free Hit signal.
Official Field Hockey Signals	“Add Ten” signal (#7) is eliminated.
Description of Signals	“and 25-Yard Free Hit” has been added after “Free Hit” (#1).
Description of Signals	“Long Hit” (#3) is eliminated.
Description of Signals	“Add Ten” (#7) is eliminated
Index	Updated and expanded.

2016 Points of Emphasis

1. Properly Marked Protective Eyewear
2. Elimination of Facemask Use as a Protective Device
3. 25-Yard Free Hit
4. Self-Pass and Delay of Game
5. Rough and Dangerous Play
6. Good Sporting Behavior

NOTE: The rules and information in this book apply to all high school players, coaches and officials. For convenience and clarity, the feminine gender is used throughout this book.

Situations and Rulings are included behind each chapter. New or revised situations and rulings are preceded by an asterisk (*).

2016 CIAC FIELD HOCKEY COACHES CALENDAR – DON'T MISS A DATE

Dear Field Hockey Coach:

Enclosed herewith you will find the 2016 CIAC Field Hockey tournament procedures, site information and officials' selection forms. The following dates are listed for your ready reference and information.

Wed., August 24	State Coaches Meeting and Rules Interpretations – CIAC Office, Cheshire – 4:30 p.m.
Thurs., August 25	Practice may begin
Fri., September 9	First Contest Date
Fri., September 23	Site Information Form Due – via the password-protected online eligibility center
Thurs., October 27	Officials Form Due – via the password-protected online eligibility center
Thurs., November 3	Last Date to Count – All scores not on entry form must be reported via the password-protected online eligibility center
Thurs., November 3	Tournament Roster – via the password-protected online eligibility center – mail entry fee to CIAC office
Fri., November 4	Tournament pairings will be available on the web site (www.ciacsports.com)
Mon., November 7	Tournament Begins
Sat., November 19	Finals Rain date – Sunday, November 20
Tues., November 22	Coaches Meeting – CIAC Office – 4:30 p.m.
Fri., November 25	Head Injury Report Due – via CIAC password-protected online eligibility center

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

2016 CIAC FIELD HOCKEY TOURNAMENT

- 1.0 **TOURNAMENT DIVISIONS** -- The 2016 CIAC Field Hockey Tournament will be conducted in three divisions. Placement of schools is based on the 9-12 girl enrollment in 2015-16. Tournament divisions are available on the Field Hockey page at ciacsports.com. If your school is NOT listed and you plan to enter the 2016 CIAC Field Hockey Tournament, please notify the CIAC office.

L – 643 and over

M – 426-642

S – Up to 425

2.0 **PRACTICE & PLAYING DATES**

- 2.1 Member schools may start practice on, but not before Thursday, August 25 2016.
- 2.2 Member schools may play the first game on, but not before Friday, September 9, 2016.
- 2.3 The last date for games to count for the 2016 CIAC Field Hockey Tournament will be Thursday, November 3, 2016. Games commencing after 7:30 p.m. on this date shall not count for tournament entry, regardless of the reasons for playing such games.

- 3.0 **QUALIFYING** -- 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.

- 3.1 To be eligible for consideration in the tournament, a team must play a minimum of ten (10) games AGAINST VARSITY OPPONENTS and have won 40% of its approved scheduled games played. Only the first two games played with any single opponent will be included in the ten (10) games.
- 3.2 Only games played with Conference member schools, American School for the Deaf, or Region I out-of-state schools who are members of their state athletic association shall be considered.
- 3.3 Games played with non-member Connecticut secondary schools shall not be considered in the rating of teams.
- 3.4 Only games listed on the original schedule will count for tournament purposes.

4.0 **FORFEITS**

- 4.1 A forfeit game shall count as a victory for the team declared the winner and as a loss for the team declared a loser in determining tournament qualifications and ratings. For tournament qualifications only the following reasons for a forfeit shall be accepted.
- 4.2 A team shall forfeit a game or games if through a violation it is required to do so under the CIAC Rules of Eligibility.
- 4.3 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.
- 4.4 Forfeitures will be honored by each CIAC sports committee when there is mutual agreement between the principals of the two schools involved in the game not played. Each principal must submit on the official CIAC Canceled Game/Forfeiture Form his/her decision and it must be received in the CIAC office within 72 hours following the time of the scheduled contest. On the eve of a tournament when there is not

sufficient time for normal administrative procedures (72 hours) if a question of team forfeiture arises the Executive Director or designee, in consultation with the Chairman of the sports committee affected and the principals of the two schools will make an appropriate ad hoc decision in consideration of the best interests of the tournament as a whole.

- 4.5 All games listed on the original schedule and submitted to the CIAC which are not played and have not been forfeited in accordance with this policy will be considered by each sport committee as No Contest and shall not count for tournament qualification and ratings unless it affects the minimum number of games required to qualify for tournament participation. In this instance the sport committee shall review the evidence submitted by the teams involved and may grant an exception from the minimum game number requirement. The minimum winning percentage as determined by the individual sports committee must be met under all circumstances.

5.0 **ENTRY PROCEDURE**

- 5.1 **Schedule** – Regular season schedule additions made after Friday, September 9, 2016 will not be counted for tournament qualification.

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

- 5.2 **Game Results** – In order to ensure that standings and rankings on both the CIAC’s web sites and other sites which draw their data from us are timely and accurate, all regular season scores must be entered online no more than 24 hours following the game’s completion. It is highly recommended that scores are entered from the site as soon as the game ends.

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.

- 5.3 **Site Availability Form** – Must be completed by September 23, 2016 via the password-protected online eligibility center.

ONCE A SCHOOL MAKES ITS FIELD HOCKEY FIELD AVAILABLE AS A NEUTRAL SITE FOR THE TOURNAMENT IT MUST REMAIN AVAILABLE THROUGHOUT THE TOURNAMENT.

- 5.4 **Tournament Roster** – 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 no later than Thursday, November 3, 2016.
- 5.5 **Entry Fee** -- \$85 Entry Fee should be mailed to 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 field hockey options in the password-protected online eligibility center.
- 5.6 FAILURE TO SUBMIT TOURNAMENT INFORMATION BY PRESCRIBED TIME LINES, OR FAILURE TO REPORT A SCORE OR CANCELLATION OF GAME, WILL RESULT IN FINES IN ACCORDANCE WITH CIAC POLICY.

5.7 **Final Scores** – Regardless of regular season postponed games, the date of November 3, 2016 MUST BE THE FINAL DATE TO COUNT for the tournament. All games played after the entry form has been submitted, must be completed and **scores reported via the password-protected online eligibility center prior to 10:00 p.m. Thursday, November 3, 2016.**

6.0 **OFFICIALS**

6.1 Coaches may submit via the password-protected online eligibility center or the submit scores/forms option under the CIAC for coaches menu at ciacsports.com the “officials form” by Thursday, October 27, 2016, up to three (3) “non-preferred” officials may be designated. (See 10.0 for additional information regarding officials.)

7.0 **RANKING / SEEDING**

7.1 Ranking of teams for inclusion and for the purpose of pairings shall be based upon the winning percentage:

Each WIN equals – 2 points / Each LOSS equals – 0 points / Each TIE equals – 1 point / OVERTIME LOSS – 1 point

Divide the total points by twice (2 x) the number of games played. There must be at least ten (10) games against eligible opponents.

7.2 In ranking teams percentage, ties will be broken by the following steps: 1) Total wins; 2) Most wins and ties; 3) Head-to-head; 4) By lot.

7.3 Qualifying and first round games will be held to determine the teams who will play in the quarter-finals.

7.4 The pairings will be made as follows:

1 vs 16			
8 vs 9	1 vs 8		
		1 vs 4	
4 vs 13			
5 vs 12	4 vs 5		
			1 vs 2
2 vs 15			
7 vs 10	2 vs 7		
		2 vs 3	
3 vs 14			
6 vs 11	3 vs 6		

7.5 If fewer than 16 teams qualify under the highest ranked teams will draw byes for first round.

7.6 If more than 16 teams qualify, the qualifying pairings will be as follows:

If 17 teams	If 18 teams	If 19 teams
16 vs 17	15 vs 18	14 vs 19
	16 vs 17	15 vs 18
		16 vs 17

(Additional pairings will follow this pattern.)

7.7 **Teams will maintain original ranking throughout the tournament.**

7.8 **Ranking and pairing information will be distributed via the CIAC web site on Friday, November 4, 2016 – www.ciacsports.com**

CIAC LATE ENTRY

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

TOURNAMENT REGULATIONS VIOLATIONS

If a school fails to comply with tournament regulations 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.

2016 FIELD HOCKEY SCHEDULE / GAME RESULTS

All CIAC member schools are to report their 2016 schedule for field hockey via the password-protected online eligibility center. Regular season schedule additions made after September 9, 2016 will not be counted for tournament qualification. Game results must be entered online no more than 24 hours following the game's completion. It is highly recommended that scores are entered from the site as soon as the game ends. 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. Scores of all games scheduled must appear on tournament entry form.
2. All games canceled should be reported on tournament entry form in place of score.
3. Games not reported here will not be considered for tournament qualification.
4. Failure to submit schedule of games may result in disqualification from tournament.

FIELD HOCKEY SITE INFORMATION

Used to determine suitability of field for all tournament games including sites of higher ranked teams.

In order to insure that fields are of tournament quality, officials will monitor them throughout the season. Schools with questionable fields will be contacted by the committee. Schools that cannot provide a tournament quality site may be denied a home site in games through the quarter-finals. Schools that can't charge admission for quarter-final games or cannot provide a quality tournament playing field will not be permitted to be a home site.

If your field meets the above specifications and you qualify for the tournament, your site may be considered for further tournament use. Regulation size field – 100 yards by 60 yards. Five yard area free of obstructions for team bench and spectator area. Surface smooth, unevenness or irregular heights would cause the ball to rise in an unsafe manner or prohibit skillful play. Grass length shall be no more than 1-1/2 inches. Note: All fields with overlapping infields will be prohibited for tournament play.

PLEASE NOTE: Once you commit your field, it must remain available.

ALL COACHES – FORM MUST BE SUBMITTED REGARDING SITE INFORMATION VIA THE PASSWORD-PROTECTED ONLINE ELIGIBILITY CENTER BY SEPTEMBER 23, 2016.

Note: The CIAC Field Hockey Committee reserves the right to select all sites. Non-submission of this form may result in loss of home site advantage.

ASSIGNING OF FIELD HOCKEY OFFICIALS

Coaches may submit via the password-protected online eligibility center or the “submit scores/forms option” under the CIAC for coaches menu at ciacsports.com the “officials form” by Thursday, October 27, 2016, up to three (3) “non-preferred” officials

FIELD HOCKEY TOURNAMENT ENTRY FORM / TOURNAMENT ROSTER

1. In order to ensure that standings and rankings on both the CIAC’ websites and other sites which draw their data from us are timely and accurate, all regular season scores must be entered online no more than 24 hours following the game’s completion. It is highly recommended that scores are entered from the site as soon as the game ends.

Game results 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.

Entry fee of \$85 mailed to CIAC, 30 Realty Drive, Cheshire, CT 06410. Date of last game to count is November 3, 2016. All results must be submitted by 9:00 p.m.

2. Tournament rosters must be submitted via the password-protected online eligibility center or the submit scores/forms option under the CIAC for Coaches menu at ciacsports.com by Thursday, November 3, 2016.
3. **Each school will be allowed not over THIRTY (30) girls in uniform.** There cannot be any alternates or substitutes to the original list of THIRTY SUBMITTED. (Disregard of this rule may lead to disqualification, probation or fine.)
4. The principal of a participating school is to:
 - a. See to it that an education program on proper crowd control behavior at games is conducted for the students over the intercom on a day when the team is scheduled for a tournament game.
 - b. Advise pupils and all spectators that the use of confetti, signs, placards, and streamers, balloons, bugles, horns, bells, drums or other obnoxious noisemakers will not be permitted under any circumstances, and that after one warning violators will be removed from the site of the game.
 - c. Be certain that at least one top level administrator of his/her designated representative attends each tournament game (principal, assistant and/or athletic director). This administrator is to identify him/herself to the site director who will seek his/her help if needed.
 - d. Encouraging as many faculty members as possible to attend the game.

The principal certifies that the individuals listed on the Official Tournament Form have satisfied the State health statutes and local regulations regarding physical examinations and are physically fit to participate in the tournament.

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 BE 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.

**INFORMATION FOR TEAMS THAT QUALIFY FOR
THE 2016 CIAC FIELD HOCKEY TOURNAMENT**

8.0 TENTATIVE SCHEDULED PLAYING DATES FOR THE 2016 CIAC FIELD HOCKEY TOURNAMENT

Qualifying Round --	S, M, L --	Monday, November 7, 2016
First Round --	S, M --	Tuesday, November 8
First Round --	L --	Wednesday, November 9
Quarter-finals --	S, M --	Thursday, November 10
Quarter-finals --	L --	Friday-Saturday, November 11, 12
Semi-finals --	S, M, L --	Tuesday / Wednesday, November 15, 16
Finals – Tentative --	Saturday, November 19 – Wethersfield High School Field Turf Complex Class S, M, L – Games Times TBA	

Final game(s) to be played on Sunday, November 20, beginning after 12:30 p.m., if inclement weather causes postponement on Saturday.

9.0 TIME OF GAMES

- 9.1 All tournament games at fields without lights shall start promptly by 2:00 p.m. Playdowns, first round and quarter-final games at fields with lights may start between the times of 2:00 – 7:00 p.m., and will be determined by the host school in conjunction with the tournament director. The time of games scheduled on Saturday or a holiday will be at the discretion of the tournament director. Semi-final and final game times will be determined by the tournament director.

10.0 OFFICIALS ASSIGNMENTS AND DUTIES

- 10.1 The field hockey officials coordinator will assign officials for all games, including qualifying, first round, quarter-finals, semi-finals and finals.
- 10.2 Official fees will be paid by the host school in qualifying and first round games.
- 10.3 Official fees will be paid by CIAC for quarter-final, semi-final and final games.
- 10.4 Prior to each game, officials will inspect the field for safe conditions and height of grass. Officials will meet with the head coach and captain(s) from each team to verify equipment and uniform requirements.
- 10.5 The names of officials assigned will be provided to home athletic directors on game day.
- 10.6 Officials are to use common sense when ruling on cold weather clothing. (The color of any long sleeve shirt worn under the game shirt must be consistent with the team color – dark with dark / light with light.)

11.0 SITES

- 11.1 Qualifying, first round and quarter-final games will be played on the home field of the higher ranked team in the pairings. Semi-final and final games will be played at a neutral site.
- 11.2 In order to avoid delaying the tournament schedule, if the higher ranked team's field is unplayable, the tournament director will determine the game location and time.
- 11.3 If in the event the host team for a qualifying, first round or quarter-final game cannot provide a field hockey field that meets the specifications, 100 by 60 yards, grass cut, or artificial turf and of tournament quality, the game shall be played on the opponent's field, providing it does meet these standards. **The**

host school has the option to secure an alternate home site that meets this standard. If neither school can provide a field that meets the standards, the tournament director will determine the game site. Fields with overlapping infield areas will not be scheduled for tournament play.

11.4 If weather or playing conditions cause a postponement, these games will be played on the next day. **The site director, after consulting with the tournament director, will have the authority to postpone games in the event of inclement weather or poor playing conditions and will notify the officials coordinator, game officials and the visiting team(s) by 11:00 a.m. for a 2:00 p.m. game or three (3) hours prior to scheduled game time.** Once the game has begun the officials have the sole authority in regard to postponement or suspension of play.

11.5 **Interrupted Games – CIAC Field Hockey Tournament Rules** – Interrupted games will be postponed and play resumed at the point of interruption. Games interrupted during the second half may be decided “complete” by mutual agreement of both coaches.

Note: This does not apply to overtime games because the game was tied at the end of regulation play. If an overtime period is interrupted, the game shall be restarted at the beginning of that overtime period. Officials must not start an overtime period if not certain that overtime period will be concluded.

Interrupted Games – Regular Season Games -- By state adoption, interrupted games shall be resumed at the point of interruption if play is stopped prior to the completion of the first half. If play is stopped after completion of the first half, the game is considered a completed game.

Regular Season Overtime Procedure – If the score is tied at the end of regulation, a single ten-minute 7 v 7 “Sudden Victory” overtime period will be played in accordance with NFHS rules. A goal ends the game. If the score remains tied at the conclusion of the overtime period, the game will be declared a tie.

CIAC Tournament Overtime Procedure – See page 13

11.6 Schools that do not charge admission for quarter-final games will not be permitted to be a home site. **ONCE A SCHOOL MAKES ITS FIELD HOCKEY FIELD AVAILABLE AS A NEUTRAL SITE FOR THE TOURNAMENT IT MUST REMAIN AVAILABLE THROUGHOUT THE TOURNAMENT OR THE SCHOOL WILL LOSE THE PRIVILEGE OF BEING A HOME SITE THE FOLLOWING YEAR.**

12.0 **TOURNAMENT RULES / PROCEDURES**

12.1 a) For all games except the finals, **even at neutral sites**, the higher ranked school shall provide seven (7) of the same Federation approved field hockey balls. (Games under lights must have **white and/or bright yellow balls available** – including neutral sites.) Officials will determine color of ball for game use.

b) For all games (except finals) played on artificial turf – each team will provide three (3) ball retrievers. Six (6) pinnies of the same color will be provided by the home/higher ranked team.

12.2 Only players and coaches on the official team roster can be on the field prior to or during the game. **All players must wear protective equipment during warm-ups for regular season and tournament games.**

12.3 a) For all games prior to the semi-finals the home (higher ranked) team will provide the **official timer** and provide adult supervision if the timer is a student. CIAC will provide the official timer at the semi-finals and finals.

b) The home or higher ranked team will provide the **official scorer**. If the scorer is a student then adult supervision must also be provided. Both team’s scorekeepers can sit at the scoring table to assist each other. The scorer(s) must be at the table ten minutes prior to the start of the game.

- 12.4 **ALL GAMES INCLUDING THE FINALS** the lower ranked team will wear dark shirts and dark socks and the higher ranked team will wear light shirts and light socks. If there is a conflict in colors, the lower ranked team must change shirts or wear pinnies.
- 12.5 For all games, coaches must list in the score book their starting players, their first and last names, and uniform number. Substitutes must also be listed, first and last name and uniform number.
- 12.6 The higher ranked team will have the choice of sideline bench.
- 12.7 All contests shall be governed by National Federation Rules.
- 12.8 **CIAC Tournament Tie Breaking Procedures** – See page 21 for the details.
- 12.9 **Final Game** – If a tie exists after two consecutive “sudden victory” 10 minute overtime periods with seven versus seven, co-champions will be declared.
- 12.10 Scouting is permitted at regular season and CIAC tournament games only. Scouting of scrimmages, practices and jamborees is prohibited.
- 12.11 CIAC rules state that videotaping or filming by spectators be for personal use and not for broadcast purposes.
- 12.12 The decision of the CIAC Field Hockey Committee relative to the operation of the tournament shall be final.
- 12.13 **THE COACH OF THE WINNING TEAM MUST TELEPHONE RESULT TO THE TOURNAMENT DIRECTOR, DAWN O’NEIL (860) 429-5521, BY 8:00 P.M. ON THE DAY OF THE GAME.**
- 12.14 The “international presentation of teams” will be used for team introductions at the semi-finals and finals.

International presentation of teams – Teams will line up on their respective sideline starting with captains, followed by teammates in numerical order. The teams will then be lead out in single file to mid-field by the officials for instructions. During introductions players may step forward then back in line.

13.0 **PROTESTS**

- 13.1 **Decision by Game Officials** – Protests arising from the decisions, interpretations and misapplication of the National Federation or CIAC game rules by officials during the contest will not be considered. The decisions and interpretations of the rules by 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.

- 13.2 On the eve of a tournament when there is not sufficient time for normal administrative procedures and Board of Control hearings, if a question of interpretation of tournament regulations or the operation of the tournament arises, the 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.

2016 TIE BREAKING PROCEDURE PRIOR TO THE FINALS FOR ALL TOURNAMENT GAMES

All game rules, including substitutions, shall apply except as specified below.

A team may use unused time-outs during the overtime period.

At the end of regulation play, there shall be a five (5) minute intermission. The officials shall meet with the team captains for a coin toss. The VISITING (lower ranked) team shall call the coin in the air. **In subsequent tie-breaking procedures requiring a coin toss, the call of the toss shall always be with the visiting (lower ranked) team.** The winner of the coin toss shall choose whether or not to take possession of the ball. **Direction of play remains the same as the second half for the first overtime period. Possession and direction will alternate on subsequent overtime periods.**

- a) A 10-minute “sudden victory” overtime period shall be played with 7 v 7. Each coach shall select six (6) field players and a goalkeeper. On penalty corners four defenders including the goalkeeper may be behind the end-line. Substitutions will be allowed.
- b) If a tie still exists, there will be a two-minute rest and a second ten-minute “sudden victory” overtime period.
- c) If a tie still exists, there will be a two-minute rest and a third ten-minute “sudden victory” overtime period.
- d) If a tie still exists, there will be a 5-minute rest and a penalty stroke series of five shall take place. There will be a coin toss called by the lower-ranked team. The winner will choose to stroke or to defend first. (Should there be additional series of strokes the teams will alternate who shall stroke first.) Prior to each set of series of strokes each team’s coach will present a list of five stokers to the official. The players must stroke in the order listed. If a player strokes out of order, that attempt is over and no goal is allowed. The next correct number stroker takes the team’s next stroke. Coaches have the option to substitute stokers and goalkeepers and/or change the order of the stokers prior to each new set of strokes.
- e) If a tie still exists after the first set of penalty strokes, there shall be a two-minute rest and a series of sudden victory penalty strokes shall take place. The first team scoring after an equal number of strokes, shall be declared the winner.

REGULATION

Two 30-minute halves – 11 v 11

Halftime intermission no more than 10 minutes

OVERTIME SEQUENCE

5-Minute Intermission:	Overtime: 10 minute 7 v 7 “Sudden Victory”
2-Minute Intermission:	Overtime: 10 minute 7 v 7 “Sudden Victory”
2-Minute Intermission:	Overtime: 10 minute 7 v 7 “Sudden Victory”
5-Minute Intermission:	Series of Five Penalty Strokes
2-Minute Intermission:	Sudden Victory Penalty Strokes

For a game ending with an overtime period, the score is the total of all goals scored in regulation and overtime.

For a game ending with penalty strokes, the winning team’s score is the total of goals scored prior to the strokes plus one (1). The losing team’s score is the total of goals scored prior to penalty strokes.

Full games are required in tournament play. Interrupted games will be postponed and play resumed at the point of interruption. Games interrupted during the second half may be decided “complete” by mutual agreement of both coaches. If an OT period is interrupted, the game shall be restarted at the beginning of that OT period.

For Tied Games During Tournament Finals – There will be a 10-minute “sudden victory” period played with 7 v 7 followed, if needed, by a second 10-minute “sudden victory” 7 v 7 period. If a tie still exists, co-champions will be declared.

- If co-champions occur, at the conclusion of the contest, the winner of a coin-toss (called by higher ranked team) will receive the team gold plaque and the other co-champion will receive the individual gold medals. CIAC will be notified of the co-champions and each team will be sent the additional gold team plaque and the individual engraved gold medals.

14.0 SUPERVISION / SPORTSMANSHIP

- 14.1 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 should identify him/herself to the site director and to the game officials.
- 14.2 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.
- 14.3 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 park at which a tournament game is scheduled. Many towns or fields which we use have local ordinances prohibiting use of tobacco products 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.
- 14.4 **SPORTSMANSHIP** -- Member schools are expected to conduct their relations with each other at all levels of competition in a spirit of good sportsmanship. Everyone involved has the obligation to see clearly his/her influence and act accordingly. **The CIAC acknowledges that the school administration is responsible for the athletic program, including the making of broad and specific policies and procedures relating to sportsmanship and the conduct of activities in the school.** To that end, the CIAC urges each school principal to adopt the following sportsmanship procedures and standards for their school and to champion the "Class Act" sportsmanship program as these standards will be used in all CIAC post-season contests.

CIAC Sportsmanship Guidelines

- The CIAC request that all school personnel – administrators, faculty, and coaches – give special and specific emphasis about CIAC's expectations for good sportsmanship during the regular season as well as CIAC tournaments requiring that athletes and members of the student body conduct themselves in a manner that reflects nothing but credit upon your school. Any unsportsmanlike conduct on the part of students and adults is unacceptable and will be addressed with strong and appropriate measures.
- The CIAC sportsmanship standards should be as widely disseminated as possible using the student-parent handbook, student-athlete handbook, school newspaper, parent newsletter, school web site and the local media.
- The CIAC sportsmanship standards for spectators should be read by PA announcers prior to each contest.
- The CIAC sportsmanship standards of conduct be prominently posted at all sports venues.
- When event programs are provided, the CIAC sportsmanship standards be included.
- Member schools require having athletes, parents/guardians, sign an acknowledgement which would show that they have read the student-athlete handbook and understand the CIAC sportsmanship standards.
- Member schools work with community officials to insure that levels of the CIAC sportsmanship standards are enforced when contests are held at their school and at non-school facilities.
- The CIAC and the CIAC sports committees insist the CIAC sportsmanship standards be rigorously enforced at all regular season contests and at all CIAC tournament contests. This is particularly important when contests are held at non-school sites.
- Member schools will conduct a pre-season meeting with student-athletes, coaches and parents to review the CIAC sportsmanship standards.
- Member schools should communicate with opposing schools and inform them they are a "Class Act School" and provide them with the CIAC sportsmanship standards which will be strictly adhered to.

- Member schools hosting a game should make available to visiting schools necessary game information – includes directions for parking, location of ticket booths, seating arrangement, ticket prices, game time, directions for each game site.
- Member schools hosting a game should designate specific seating areas for students, bands, adults and visitors. If possible, opposing student bodies should be separated.
- Member schools hosting a game should arrange for adequate police supervision.
- When possible the member schools hosting a game should assign officials to dressing facilities separated from both teams. Provides escorts for the officials when it appears that disturbances may develop.
- Member schools should take measures to prevent fans from getting near or on the playing area and around the players benches. After the contest, prevents fans from going onto the playing area.
- Member schools should provide for adequate supervision of students and facilities. Supervisors should sit in the stands with the students.
- **Member schools should support and adhere to ALL the following CIAC standards.**

The CIAC “Class Act” Sportsmanship Standards

ALL Spectators (including parents):

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

Game Personnel / Announcers:

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

Coaches

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

Players:

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

14.5 **Bench and Field Conduct**

Personnel – Only coaches, team members, statisticians, managers and trainers will be allowed in the bench area. Only players and coaches on the official team roster can be on the field prior to or during the game. **All players must wear protective equipment during warm-ups for regular season and tournament games.**

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

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

15.0 **EXPENSES / TICKETS**

- 15.1 **Expenses for qualifying and first round games will be borne by the participating teams. The CIAC Tournament Committee will assign the officials and the host school will pay the officials.**

- 15.2 **Quarter-final games will be played at the site of the higher ranked team. Admission must be charged and the gate receipt sent to CIAC. The site director fee and the game officials will be paid by CIAC. In addition, CIAC will reimburse each host school expenses for essential personnel (i.e. ticket taker, ticket seller, etc.) submitted on the game reporting form up to a maximum of \$160.**

- 15.3 The semi-final and final games will be played at a neutral site. CIAC will pay the game officials fee. CIAC admission tickets will be delivered to the host school. All ticket proceeds and accompanying documentation are to be sent to CIAC.

- 15.4 Charges for admission to tournament games: (Subject to change)

Free – Children five (5) and under
\$5.00 – Senior citizens (age 65 and older)
\$5.00 – Students (grades 1-12)
\$10.00 – Adults (all others not in the above categories)

Pre-sale tickets will be available for events which require advanced sales for proper management of the event. All pre-sale tickets will be sold at the above prices. There will be no discounting of pre-sale tickets.

15.5 During the 2016 tournament, the following passes will be honored at all games where an admission is charged.

- a) Principal (or designee) of participating schools
- b) Press card
- c) CAAD Membership Card
- d) CIAC Officials Association – **Field Hockey membership card ONLY**
- e) No other complimentary admissions will be permitted

Each school in all divisions is allowed ten (10) complimentary tickets to each game in which the school participates. The tickets are to be given to the principal for distribution to such people as the superintendent, assistant principal, athletic director, faculty advisor, bus driver, chaperones, etc.

15.6 Schools will bear all traveling expenses.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
2016 CIAC Field Hockey Tournament

Dawn O'Neil
Tournament Director
10 Pinney Hill Road
Willington, CT 06279
Home (860) 429-5521
Email – pdeem@charter.net

Deborah Martin
Officials Coordinator
50 Dyer Avenue
Collinsville, CT 06019
Cell (860) 307-4188
Email – deborahkmartin50@gmail.com

PLEASE PASS THIS ON TO THE PERSON WHO WILL SERVE AS SITE DIRECTOR AT YOUR SCHOOL.

MEMORANDUM TO ALL SITE DIRECTORS

The Connecticut Interscholastic Athletic Conference appreciates the use of your facilities and the following is offered with the idea of assisting those who have been designated as Site Director. SITE DIRECTOR MUST BE IN ATTENDANCE FOR THE DURATION OF THE CONTEST and identify him/herself to team coaches and officials.

In case of inclement weather, the Athletic Director / Site Director must call the Tournament Director, the Officials Coordinator (game officials) and the visiting team(s) BY 11:00 a.m. for a 2:00 p.m. game and at least three (3) hours prior to scheduled game start.

Preparation of Playing Field

1. Line and groom the field according to Rule 1-1 (grass cut)
2. Obtain and place corner flags
3. Secure goal cages
4. Provide team benches, scoring tables, four chairs, horn and clock
5. Rope off spectator area
6. Dark Solid Color 18" boards are required for tournament play
7. Quick Dry Compound must be available at all sites
8. Provide cones to mark the team substitution area

Officials and Game Staff

The CIAC Field Hockey Committee will assign officials for ALL games. Do not include officials fees on expense sheet. For qualifying and first round games the home school will pay each official.

For all games except the finals, the higher ranked team must provide one scorer, one timekeeper, clock, stop watch and horn and seven of the same game balls. (The timers and scorers are not to be provided by the site director, and therefore will not be paid.) **If students serve as scorers or timers adult supervision must be provided.**

NOTE: Service rendered must be stated in order for payment to be made.

The tournament director will assign all personnel for the final games.

Admission Charges

Responsibility to charge admission and submit receipts and expense total to CIAC office, 30 Realty Drive, Cheshire, CT 06410, by one week after contest.

Admission WILL NOT be charged for qualifying or first round games.
Admission **MUST BE CHARGED** for the quarter-finals, semi-finals and finals.

Tickets -- Free – Children five (5) and under
 \$5.00 – Senior citizens (age 65 and older)
 \$5.00 – Students (grades 1-12)
 \$10.00 – Adults (all others not in the above categories)

Tickets must be sold at the host site in order to insure reimbursement for expenses.

Admission fees must be collected at all quarter, semi and final sites. If a school cannot collect admission fees, it will not be considered as a site.

Each school in all divisions is allowed ten (10) complimentary tickets to each game in which the school participates. The tickets are to be given to the principal for distribution to such people as the superintendent, assistant principal, athletic director, faculty advisor, bus driver, chaperones, etc.

Accommodations and Crowd Control

All spectators and players must remain at least five (5) yards from the sideline and team areas. *Where the facility permits spectators should be on the opposite side of the field from the teams.* Spectators may not stand on the end lines.

Lavatory facilities **MUST** be available. School buildings should be open if games are played on non-school days.

School bands are **NOT PERMITTED** on or near team benches. Other noise apparatus **MAY NOT** be used. See to it that an education program on proper crowd control behavior at games is conducted for the students over the intercom on a day when the team is scheduled for a tournament game.

It is recommended that seating be available.

Responsibilities of Competing Schools

For all games except the finals, the higher ranked school, even at neutral sites, shall provide seven of the same Federation approved field hockey balls. The Tournament Director will provide game balls for the final games. (Games under lights must have white **and/or bright yellow** balls available. Officials will determine color of ball for game use.)

Athletic trainer will be provided by CIAC at final site only. Teams that cannot provide an athletic trainer at other tournament games will contact the tournament director.

Supply three (3) voluntary ball retrievers from each team for games played on artificial turf (except for finals).

The higher ranked team will provide six (6) pinnies of the same color for ball retrievers.

Expenses

Game officials fees will be paid directly by CIAC except for the qualifying and first round games. (See tournament procedures)

Site directors for the quarter-finals, semi-finals and finals will be paid directly by CIAC.

SITE DIRECTORS SHOULD SEND ITEMIZED EXPENSE BILLS AND INCOME STATEMENT DIRECTLY TO THE CIAC SO THAT THEY MAY BE PROCESSED FOR PAYMENT.

2. **Face / Jaw / Nose** (Indicate #) _____ JV _____ V

- _____ Examined by medical professional
- _____ Surgery required
- _____ Hospitalization required
- _____ Broken bone(s)

Resulted from collision with:

- _____ Player(s)
- _____ Stick
- _____ Ball
- _____ Other _____

_____ Total number of games missed

3. **Teeth / Mouth** (Indicate #) _____ JV _____ V

- _____ Examined by medical professional
- _____ Surgery required
- _____ Hospitalization required
- _____ Broken bone(s)

Resulted from collision with:

- _____ Player(s)
- _____ Stick
- _____ Ball
- _____ Other _____

_____ Total number of games missed

4. **Eye** (Indicate #) _____ JV _____ V

- _____ Examined by medical professional
- _____ Surgery required
- _____ Hospitalization required
- _____ Broken bone(s)

Resulted from collision with:

- _____ Player(s)
- _____ Stick
- _____ Ball
- _____ Other _____

_____ Total number of games missed

Comments:

**Connecticut State Department of Education and the
Connecticut Interscholastic Athletic Conference
Concussion and Head Injury Annual Review 2016-17
Required for ALL School Coaches in Connecticut**

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

What is a Concussion?

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

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

Section 1. Concussion Education Plan Summary

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

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

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

Section 2. Signs and Symptoms of a Concussion: Overview

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

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

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

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

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

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

Section 3. Return to Play (RTP) Protocol Overview

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

Concussion Management Requirements:

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

Medical Clearance RTP protocol (Recommended one full day between steps)

Rehabilitation stage	Functional exercise at each stage of rehabilitation	Objective of each stage
1. No activity	Complete physical and cognitive rest until asymptomatic. School may need to be modified.	Recovery
2. Light aerobic exercise	Walking, swimming or stationary cycling maintaining intensity <70% of maximal exertion; no resistance training	Increase Heart Rate
3. Sport specific exercise No contact	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add Movement
4. Non-contact sport drills	Progression to more complex training drills, ie. passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination and cognitive load
5. Full contact sport drills	Following final medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6. Full activity	No restrictions	Return to full athletic participation

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

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

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

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

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

Resources: Centers for Disease Control and Prevention. *Injury Prevention & Control: Traumatic Brain Injury*. <http://www.cdc.gov/TraumaticBrainInjury/index.html>
 Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports Guide for Coaches*. Retrieved on June 16, 2014.

APPENDIX C
HEAT STRESS AND ATHLETIC PARTICIPATION

Early fall football, cross country, soccer and field hockey practices are conducted in very hot and humid weather in many parts of the United States. This can lead to heat-related illnesses. Heatstroke deaths are fully preventable in high school sports if the proper precautions are taken.

During hot weather conditions the athlete is subject to the following:

HEAT CRAMPS – HEAT CRAMPS ARE A MILD HEAT ILLNESS THAT CAN BE EASILY TREATED. These intense muscle spasms usually develop after an athlete has been exercising for a while and has lost large amounts of fluid and salt from sweating.

HEAT SYNCOPE – Weakness, fatigue and fainting due to loss of salt and water in sweat and exercise in the heat.

HEAT EXHAUSTION – Heat exhaustion is a moderate heat illness that occurs when a child continues to be physically active even after he or she starts suffering from ill effects of the heat, like dehydration. The child's body struggles to keep up with the demands, leading to heat exhaustion.

HEAT STROKE – Heat stroke is a severe heat illness that occurs when an athlete's body creates more heat than it can release, due to the strain of exercising in the heat. This results in a rapid increase in core body temperature, which can lead to permanent disability or even death if left untreated. An acute medical emergency related to thermo-regulatory failure, associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and a hot dry skin (heatstroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above-mentioned heat stress problems can be controlled provided certain precautions are taken. The following practices and precautions are recommended:

1. Each athlete should have a physical exam with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State high school association's recommendations should be followed.
2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the **PHYSICAL CONDITION** of their athletes and set practice schedules accordingly.
3. Along with physical conditioning, the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for **GRADUAL ACCLIMATIZATION TO HOT WEATHER**. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80% acclimatization can be expected to occur after the first 7 to 10 days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.
4. The old idea that water should be withheld from athletes during workouts has **NO SCIENTIFIC FOUNDATION**. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum ten minute water break be scheduled for every twenty minutes of heavy exercise in the heat. Athletes should rest in a shaded area during the break. **WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES**. Check and be sure athletes are drinking the water.
5. Replacement by thirst alone is inadequate. Test the air prior to practice or game using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. The following precautions are recommended when using the WBGT Index: (ACSM's Guidelines for the Team Physician, 1991)

Below 65 Unlimited activity
 65-73 Moderate risk

73-82 High 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>

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

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

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

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

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

RECOMMENDATIONS FOR HYDRATION TO PREVENT HEAT-RELATED ILLNESS

Types of Sports Drinks

Fluid Replacers

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

Carbohydrate loaders

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

Nutrition Supplements

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

What Not to Drink

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

Hydration Tips and Fluid Guidelines

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

What to Drink During Exercise

- If exercise lasts more than 50 minutes, a sports drink should be provided during the session.
- The carbohydrate concentration in the ideal fluid replacement solution should be in the range of six to eight percent CHO
- During events when a high rate of fluid intake is necessary to sustain hydration, sports drinks with less than seven percent CHO should be used to optimize fluid delivery. These sports drinks have a faster gastric emptying rate and fluid absorption rate, thus aid in hydration.

- Sports drinks with a CHO content of 10 percent have a slow gastric emptying rate and should be avoided during exercise.
- Fluids with salts (sodium chloride, potassium chloride) are beneficial to increasing thirst and voluntary fluid intake as well as offsetting the small amount of salts lost with water.
- Salts should never be added to drinks, and salt tablets should be avoided, because they lead to slower gastric absorption.
- Cool beverages at temperatures between 50 to 59 degrees Fahrenheit are recommended for best results with fluid replacement.

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

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

Despite the many ways athletes can be cooled, immersion therapy has the best cooling rates. Ice water immersion should be your choice of cooling. A plastic kiddie pool or large plastic tub filled with water and with ice on standby 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.