

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
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17<sup>th</sup> ANNUAL 2020 CIAC GIRLS LACROSSE PACKET  
Sponsored by MaxPreps, CT DOT

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**PLEASE TAKE NOTE: 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.**

All scheduled games against out-of-state teams who are members of its state association will count for CIAC tournament qualification. Schools must complete an online out-of-state form. NOTE: The rating points for out-of-state games will be based on 10 wins x 2 = 20 rating points.

**Regular Season Games** – If ended after 80% of the game has been completed, it will be declared an official game. If the score is tied after 80% of the game has been completed, it will be declared an official tie game. **If interrupted (suspended) before the completion of 80% (40 minutes) the game must be played from the point of interruption.** However, a suspended game may be terminated and considered a complete game by mutual agreement of both schools.

**Regular Season Overtime Procedure** – After a five minute rest and coin toss called by the visiting captain for choice of ends, six minute (two three minute periods) of “sudden victory” stop-clock overtime will be played (first goal wins). **By state adoption**, if the overtime period ends in a tie, the game will be declared an official game.

**By State Adoption in CIAC Tournament Play** – A game suspended either in the first half or the second half will be continued from the point of suspension with the score the same as when the game was suspended. A suspended game may be terminated and considered a complete game by mutual agreement of both schools and with the approval of the CIAC Tournament Director.

**CIAC Tournament “Sudden Victory” Overtime Procedure** – The first “sudden victory” overtime period in the CIAC tournament is the same as in the regular season (first goal wins). If, at the conclusion of the first overtime, the teams remain tied, after a three minute rest the teams will change ends. If the score remains tied, the “sudden victory” stop clock overtimes, as per Rule 4, Section 6, will continue until the winning goal is scored.

The host school in the playdown, first round, and quarter-final games must call Pat Javorski, Coordinator of Officials, and request that officials be assigned. The officials fee for the playdowns through the quarter-final round is \$110.55.

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

**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.

**Reporting Regular Season Scores** – In order to ensure that standings and rankings on both the CIAC’s website and other sites which draw their data from us are timely and accurate, all regular season scores must be entered on the day of the game as soon as possible following the game’s completion.

Scores may be entered via the Online Eligibility Center, the “Submit Scores/Forms” option of the “CIAC for Coaches” menu at [ciacsports.com](http://ciacsports.com), or the “Submit Scores” button in our [ciacmobile.com](http://ciacmobile.com) mobile site. Entering scores at [ciacsports.com](http://ciacsports.com) or [ciacmobile.com](http://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.

**Tournament Rosters / Entry / Officials** – Can be submitted on the Online Eligibility Center or the submit scores/forms option under the CIAC for Coaches menu at [CIACsports.com](http://CIACsports.com). Rosters must be submitted by May 25, 2020.

**Athletes With Special Needs** – Coaches are reminded to inform contest officials prior to each competition of any student with special needs who could be competing in the contest when his/her disability could impact the individual's performance or the conduct of the competition.

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

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

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

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

1. Any CIAC team that accumulates five (5) or more disqualifications during the regular season including the league's tournament will be barred from CIAC post-season competition.
2. Any athlete upon receiving two (2) disqualifications, either for initiating a fight or retaliating in a fight (as determined by the game official), will be declared ineligible for the remainder of the season.
3. In addition, if there is a pattern of unsportsmanlike conduct exhibited by a member school team or lacrosse program, at any level of play, the schools' principal, athletic director, and coach could be requested to meet with the CIAC Lacrosse Committee which may result in further sanctions. The school will be required to present a written action plan to the committee that addresses the conduct and sportsmanship of their team and program since the school administration is ultimately responsible for the conduct of their players, coaches, and team followers.

**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.

**National Testing Dates – CIAC Handbook** – Please be advised that because there are many options for student-athletes to take the SAT and ACT tests during the course of the school year, schools should make their teams aware of the CIAC tournament schedule that is posted three years in advance to avoid a conflict. In most sports, it is necessary for CIAC to schedule multiple games on the same day and a morning game on the day of an SAT or ACT test cannot be avoided. Please plan ahead.

### ACT Test Dates

February 8, 2020

April 4, 2020

**June 13, 2020 \* (B/G Finals)**

**Morning, mid-day and early afternoon  
Games will be scheduled – Plan ahead!**

### SAT Test Dates

March 14, 2020

May 2, 2020

**June 6, 2020 \* (Boys QF – Higher Seed)**

\*Note – These dates will conflict with CIAC tournaments – Please plan accordingly.

**Unmanned Aerial Systems at CIAC-Sanctioned Events** – The use of unmanned aerial systems, often referred to as drones, is prohibited for any purpose by any persons 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.

## 2020 GIRLS LACROSSE RULE CHANGES

- 2-2-5d, e (NEW), f; 2-4-3b, c (NEW)** – Clarifies the requirements for crosse inspection on the back face of the pocket by separating and distinguishing the crosse inspection requirements for the front and back face of the stick. Limits the inspection requirements of the back of the pocket to ensuring the ball rolls out of the back of the pocket when placed in the upper third of the head at its widest point when tilted at 90 degrees.
- 2-6-1, 2-7-4** – Clarifies the responsibility to maintain the integrity of protective equipment for risk minimization purposes by establishing that equipment shall not be modified from its original manufactured state and shall be worn in the manner the manufacturer intended it to be worn.
- 2-7-2** – Establishes that all eyewear must bear the SEI mark for certification by January 1, 2025 which reduces consumer burden. All eyewear on the playing field must still be SEI certified and listed on the SEI web site starting January 1, 2020.
- 2-8-4 (NEW)** – Establishes that electronic devices, video replay or television monitoring equipment shall not be used for any review of an official's decision.
- 4-2-3b through g; 4-3-3 a through d (NEW); 4-7-7c through h; 5-1-2; 5-1-3b; 5-1-3 PENALTIES 1 & 2; 5-2-5a; 5-3-1c; 5-3-1e(1)(2)(3)iv; 5-4-4c; 5-5-3a, b; 6-3-1b, c, d; 7-3-1 PENALTIES 1b, 1c, 3b; 9-1c(1); 9-1 PENALTIES for Violation of 9-1-1a, b and e-1: 1, 3a, 3b, 3c, 3d & 4; 9-1 PENALTIES for Violation of 9-1-1d; 10-1 PENALTIES 1, 3, 4, 4d, 4e, 5, 5a, 6, 9; 11-2-1 PENALTIES 2, 4, 5** – Allows for free movement, which improves pace of play while keeping up with the current trends of the game and athleticism of the student-athlete.
- 5-2-2, 5-2-2 NOTE (NEW), 9-1d(2) (NEW)** – Allows for any number up to 12 players of each team to be on the field before the start of each draw creating consistency in the rules related to number of players allowed on the field during play.
- 6-3-1a, 6-3-2a** – Creates consistency of penalty administration and maintains pace of play by establishing that the opponent nearest the ball may commence play with a self-start without coming to a full stop inbounds, when the ball has gone out of bounds.
- 6-3-2** – Clarifies that the position of a player's body or stick shall be considered when determining who is closer to the ball for possession when a shot or deflected shot crosses the boundary line.
- 9-1b** – Clarifies the minor foul for covering a ground ball and adds language to include foot, body or crosse.
- 10-1j(1) (NEW)** – Establishes that self-starting – when self-start is not an option – is a false start.
- 10-1 PENALTIES 4, 11-2 PENALTIES 5** – For a major foul by a defense player between the arc and the fan, the free position will be taken on the 12-meter fan closest to the spot of the foul allowing for consistent administration of the free position and limiting potentially dangerous play in the critical scoring area.

## 2020 Girls Lacrosse Editorial Changes

1-1-4c NOTE (NEW); 2-2-4; 2-5-2; 2-5-3; 2-6-1; 2-7-2; 2-7-3; 3-5-1; 7-3 PENALTIES 1, 7-3-1 SITUATION C; 8-1; 8-1 PENALTIES 1 through 6; 8-1 SITUATIONS AND RULINGS; 9-11(5) (NEW); 10-1S, T, U, V, W; 10-1 PENALTIES 4 through 10

## 2020 Girls Lacrosse Points of Emphasis

**Starts and Restarts** – As the second year of allowing self-starts begins, the committee would like to clarify how starts and restarts will be administered at free positions in the midfield, in the critical scoring area and near the boundary. Officials need to be cognizant of not disadvantaging the ball carrier when unnecessarily resetting play, and players must show evidence of recognizing the call made by stopping within playing distance of the foul prior to the self-start outside the critical scoring area. When a whistle is required to start play and a player self-starts on her own, a false start penalty set up will be administered. Consistent and proper officiating in this area will provide smooth transition for starting and restarting play.

**Delay of Game – Self-Start** – As the pace of play has increased, the committee has identified both offensive and defensive delay of game outside the critical scoring area and with boundary restarts as a point of emphasis. Teams and players that attempt a self-start beyond a playing distance, fail to move when directed, make no attempt to move or engage and/or encroach on the ball carrier prior to her commencing play shall be penalized. Officials are encouraged to manage delays with a warning, upgrade to a major foul and the use of the green, green-yellow and yellow cards.

**Repeated Fouls** – Limiting repetitive fouls and managing illegal play are priorities of the NFHS/USL Girls Lacrosse Rules Committee, not only because they disrupt the flow of play, but they also place the player(s) at risk for injury. Any foul on the field is a warning to all participants. When a team and/or an individual player is recognized by the official(s) and continually committing a foul or a series of fouls, a warning shall be given and any consecutive foul may be carded. Officials must be aware of teams and players that continually foul in particular situations; for example, during transitions and stalls when players foul in order to breakdown and slow a team's movement. Consistent officiating of repetitive fouling will decrease the risk of injury, improve game management, maintain the pace of play and uphold the integrity of the game.

# 17<sup>th</sup> ANNUAL CIAC 2020 GIRLS LACROSSE PACKET

## 1.0 DIVISIONS

1.1 Only members of the CIAC may enter this tournament which will be divided into three (3) divisions based on the 9-12 girl enrollment for preceding year. A listing of tournament divisions are available on the girls lacrosse page at ciacsports.com.

Class L – 590 and over

Class M – 412-589

Class S – Up to 411

## 2.0 SITES / DATES / TIMES

2.1 Member schools may start practice on, but not before, Saturday, March 21, 2020.

2.2 Member schools may play the first game on, but not before, Saturday, April 4, 2020. Games cannot be added to the schedule after April 4, 2020.

2.3 The maximum games per week is two (2). However, member schools may schedule and play three (3) games per week four (4) times during the regular season.

2.4 Member schools may not schedule more than sixteen (16) games during the regular season.

2.5 The last date for games to count for the girls' lacrosse tournament will be Wednesday, May 27, 2020. Games played after this date shall not count for tournament entry, regardless of the reason for playing such games.

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

### **Tournament Game Dates / Times**

Playdown	Friday/Saturday, May 29, 30	TBA
First Round	Monday, June 1	5:00 p.m.
Quarter-finals	Thursday, June 4	5:00 p.m.
Semi-finals	Monday, June 8	Time – TBA
Finals	Saturday, June 13	Time – TBA
Finals – Rain Date	Sunday, June 14	Time – TBA

Any playdown game, with mutual agreement, can be moved from Saturday, May 30 to Friday, May 29.

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

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

2.7 **Inclement Weather** – In the event of inclement weather, the site director has the authority to postpone the game. **The site director will immediately notify the tournament director.** The postponed game will be played on the next day including Sunday. The rain date for the finals would be Sunday, June 14, 2020.



### 3.0 ENTRY PROCEDURE / QUALIFYING

- 3.1 **Game Results** – All regular season scores must be entered online on the day of the game as soon as possible following the game’s completion. Scores may be entered via the Online Eligibility Center, the “submit scores/forms” option of the “CIAC for Coaches” menu at ciacsports.com, or the “submit scores” button in our ciacmobile.com mobile site. Entering scores at ciacsports.com or ciacmobile.com requires either a coaches or scorekeeper’s access code, those codes are managed via the Online Eligibility Center and can be retrieved from a school’s athletic director. Regardless of regular season postponed games, Wednesday, May 27, 2020 is the final date to count games for tournament play.

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

- 3.2 **Tournament Rosters** – Can be submitted on the Online Eligibility Center or the “submit scores/forms” option under the CIAC for Coaches menu at ciacsports.com. Rosters must be submitted by Monday, May 25, 2020.
- 3.3 **Entry Fee** – An entry fee of \$100, payable to CIAC, must be mailed to CIAC, 30 Realty Drive, Cheshire, CT 06410. If a school needs an invoice in order to pay its tournament fee, one can be downloaded by using the “Generate Tournament Invoice” link under the girls lacrosse options in the password-protected online eligibility center.
- 3.4 To qualify for the CIAC tournament, a team must play a minimum of ten (10) varsity games and have a **winning percentage of 40% or better** against CIAC member teams or out-of-state schools who are members of their respective state association. If more than 16 teams qualify, a playdown round will occur.
- 3.5 All varsity games against CIAC member schools and out-of-state games whose schools are members of their respective state association shall count for CIAC tournament qualification. Only the first two (2) games against an opponent during the regular season shall count toward CIAC tournament qualification.
- 3.6 The NFHS disqualification rules and CIAC rules shall prevail throughout the tournament for team players and coaches.

### 4.0 EXPENSES / TICKETS

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

- 4.5 Charges for admission to the semi-final and final games will be: \*(Subject to change)  
\$5.00 – Senior Citizens (age 65 and older) / Students (grades 1-12)  
\$10.00 – Adults (all others not in the above categories)  
Free – Children five (5) and under  
Free – Military in uniform or with I.D.
- 4.6 During the 2020 tournament, the following passes will be honored at all games where admission is charged:
- CIAC head varsity girls lacrosse coaches pass (must send written request)
  - Principal or designee and athletic director of competing schools
  - Press Card
  - CAAD Membership Card
  - CIAC Officials Association membership card – Lacrosse officials ONLY
  - No other complimentary admissions will be permitted

## 5.0 FORFEITS / DISQUALIFICATIONS PER CIAC HANDBOOK

- 5.1 Member schools will be required to submit regular season schedules via the Online Eligibility Center. Determination of forfeitures will be based on this schedule.

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

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

## 6.0 OFFICIALS

- 6.1 By Wednesday, May 20, 2020 each head coach must submit via online eligibility center or the “submit scores/forms” option under the CIAC for coaches menu at [ciacsports.com](http://ciacsports.com) a list of eight (8) officials who in her/his opinion are tournament caliber officials. At the same time you may select two (2) officials whose services you prefer not to have.

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

Two officials will be assigned to playdown and first round games.  
Three officials will be assigned to quarter-finals, semi-finals and finals.

6.3 **The home team will pay the officials fees through the quarter-final round. The fee is \$110.55.**

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

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

## 7.0 **PROTESTS – CIAC**

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

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

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

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

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

## 8.0 **RANKING / SEEDING**

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

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

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

Seeding ties will be broken based on:

1) Head-to-head (two teams only)

2) Most regular season wins

3) The team with the highest rating number calculated as follows:

- Two (2) points will be awarded for each regular season victory and one (1) point for each regular season tie by all in-state opponents you defeated during the regular season.
- The number of rating points a CIAC member school will receive for defeating an out-of-state opponent that is a member of its state association is based on 10 wins x 2 = 20 rating points.

4) By lot

8.2 **Tournament Format** – (See 3.4 for specific qualifying standards)

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

8.3 Rankings and pairings will be available via the CIAC web site on Thursday, May 28, 2020.

9.0 **SUPERVISION / SPORTSMANSHIP**

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

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

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

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

9.5 **Bench and Field Conduct**

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

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

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

10.0 **TOURNAMENT RULES / PROCEDURES**

10.1 **CIAC Late Entry Policy**

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

**Tournament Regulations Violations** – If a school fails to comply with tournament regulations which requires the CIAC tournament sports committee, central office staff, or the CIAC Board of Control to redo any portion of the tournament pairings or such non-compliance adversely impacts the management of the tournament, an administrative violation fee of \$500 will be imposed upon the school before entry into the tournament will be allowed.

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

#### 11.0 RESPONSIBILITIES OF TOURNAMENT SITE DIRECTORS

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

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

- 11.1 The field should be freshly lined, following official dimensions with field markings in agreement with the 2020 Rulebook. A field diagram can be accessed on the girls’ lacrosse page on the ciacsports.com web site. Each goal (properly padded) should be provided with a playable net. For semi-finals and finals, the distance between goals shall be 100 yards.
- 11.2 A restraining barrier of some sort should be placed to keep spectators at least fifteen feet from the playing surface at all points. Only properly equipped ball persons shall be allowed behind the goals. In most cases crowd ropes will be considered suitable.
- 11.3 An experienced scorer and adult timer will be provided by the Site Director, and a sufficiently large scorer and timer’s table with bench or chairs will be made available for the game. **Also, a visible scoreboard is required. An air horn is required.**
- 11.4 Suitable timing devices – The conventional time clock will be available to signal the start and expiration of playing time. If the facility has a scoreboard clock, the clock will remain in use during the entire playing time (25 minutes of each half and all overtime periods).
- 11.5 Sufficient security personnel as may be deemed necessary will be on duty to control the anticipated crowd, and provide for the safety of the game officials.
- 11.6 **The CIAC will arrange for athletic trainer/medical services at all semi-final and final games only when the participating schools cannot provide them. The school must contact the tournament director if they cannot obtain a trainer. Home seeded teams shall provide athletic trainer services up through the quarter-final games.**

- 11.7 Suitable benches and drinking water should be provided for players. If a request is made, dressing facilities should be provided for any team that has more than fifteen miles to travel.
- 11.8 In the event that a field is absolutely unfit for play because of excessive water, the tournament director should be notified as soon as possible. (After a rain most fields may not be perfectly dry, but yet be suitable for play.
- 11.9 **The scores of tournament games will be telephoned immediately after the conclusion of the game by the winning coach to the tournament director.**

## 12.0 RESPONSIBILITIES OF TOURNAMENT COACHES

- 12.1 Directions on how to reach the field.
- 12.2 All weekday games to start as outlined. (Section 2.6)
- 12.3 The higher ranked team will wear white jerseys unless agreed upon.
- 12.4 Home team secures officials for playdown, first round and quarter-final games by contacting Pat Javorski (860) 841-8531 / Email: [patjav33@hotmail.com](mailto:patjav33@hotmail.com) .
- 12.5 Visiting teams arrange and pay for busses.
- 12.6 Games are to be played on home field of the higher ranked team in the pairings unless the field is not regulation by NFHS rule book.
- 12.7 **Before a Game** – Arrive in adequate time with your team. Stay with your players at all times during the pre-game period.
- 12.8 **During the Game** – Conduct yourself (and assistants) in a proper manner at all times. Set a good example for your players and followers. Do not engage in theatrics or any unsportsmanlike conduct of any type that might tend to incite fans to behave badly.
- 12.9 **After the Game** – Escort your team as a group from the playing surface. Make sure nothing is left behind and the area is cleared of trash.
- 12.10 Coaches and officials by the very nature of their positions exert a tremendous influence over the game. This influence on the game must be exerted in a most positive manner by showing complete respect for officials.
- 12.11 Alcohol for celebration (usually brought by spectators) is prohibited. A word from you to your athletes, prior to the game, may be enough to control this situation and avoid embarrassing the team and tainting their achievement.
- 12.12 No coach should make negative comments to the media regarding the officials. Public criticism of officials is unethical and contrary to CIAC rules.

## 13.0 RESPONSIBILITIES FOR TOURNAMENT ATHLETIC DIRECTORS

- 13.1 **Before a Game** – Arrange for ticket sales to students and adults at his/her school if there is an advance sale. Make a report of this ticket sale to site director.

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

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

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

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

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

#### 14.0 **2020 GIRLS LACROSSE CALENDAR**

- \* March 21 (Saturday) First practice date
- \* April 4 (Saturday) First game date
- \* May 20 (Wednesday) Tournament officials selection form due via Online Eligibility Center
- \* May 25 (Monday) Tournament entry form due via Online Eligibility Center
- \* May 27 (Wednesday) Last date for regular season games to count for state tournament
- \* May 28 (Thursday) Rankings and pairings distributed via CIAC web site
- \* May 29/30 (Fri/Sat) Playdowns
- \* June 1 (Monday) First round
- \* June 4 (Thursday) Quarter-finals
- \* June 8 (Monday) Semi-finals
- \* June 13 (Saturday) Finals
- \* June 14 (Sunday) Finals – Rain Date

Any playdown game with mutual agreement can be moved from Saturday, May 30 to Friday, May 29.

#### 15.0 **CIAC GIRLS LACROSSE COMMITTEE**

Margaret Williamson, Principal, St. Mary's School, Simsbury – CH

##### Coaches

Lori Connelly, North Branford High School – Ch  
Kris Cofiel – Glastonbury High School  
Phil Schneider, East Lyme High School

##### Consultants

VJ Sarullo, Jonathan Law High School, Milford  
Cindy Dysenchuk, Glastonbury High School – Tournament Director  
Pat Javorski, Windsor Locks – Coordinator of Officials  
Tim McCluskey, Ellington High School – CAAD  
Todd Zenczak, Tolland High School – CAAD  
Jenn Whelan, Rocky Hill – Officials

## APPENDIX A

### **2020 Girls Lacrosse Tournament Roster / Game Results**

Tournament roster is due Monday, May 25, 2020 via the online eligibility center. Tournament rosters can be submitted on the eligibility center or the “submit scores / forms” option under the CIAC for coaches menu at ciacsports.com.

The final date to count for tournament play is Wednesday, May 27, 2020 – ALL GAMES MUST BE SUBMITTED 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.

Roster – Any number of eligible players may be used.

Games that are postponed or suspended shall be played on the next available date (excluding Sundays). Postponed or suspended FINAL games shall be played on Sunday.

All varsity games vs CIAC member schools and out-of-state schools who are members of their respective state association shall be considered for tournament qualification. Teams must play a minimum of ten (10) games and have a winning percentage of 40%. Games played with non-CIAC Connecticut schools will not count toward tournament play. Only the first two games against any opponent shall count for CIAC tournament qualification.

## APPENDIX B

### **Tournament Officials Selection**

Due May 20, 2020 via the Online Eligibility Center or the “submit scores/forms” option under the CIAC for coaches menu at ciacsports.com. A master list of lacrosse officials will be drawn up by the Tournament Director.

List eight (8) officials considered by the coach to be most qualified to work tournament games. Include the officials board. If you list less than eight, the Tournament Director will assign from the master list. You may also list two (2) officials whose services you prefer NOT to have.



**Connecticut State Department of Education and the Connecticut Interscholastic Athletic Conference**  
**Concussion and Head Injury Annual Review 2019-20**  
**Required for ALL School Coaches in Connecticut**

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

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

**What is a Concussion?**

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

**Section 1. Concussion Education Plan Summary**

The [Concussion Education Plan and Guidelines for Connecticut Schools](http://portal.ct.gov/SDE/Publications/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 Concussion Education Plan. The complete document is accessible on the CSDE web site at <http://portal.ct.gov/SDE/Publications/Concussion-Education-Plan-and-Guidelines-for-Connecticut-Schools>

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

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

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

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

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

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

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

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

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

**Upon removal of the athlete, a qualified school employee (principal, teacher, licensed athletic trainer, licensed physical or occupational therapist employed by a school district, coach or school paraprofessional) must notify the parent or legal guardian within 24 hours that the student-athlete has experienced a head injury and has exhibited signs and symptoms of a concussion.**

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

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

#### **Concussion Management Requirements:**

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

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

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

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

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

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

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

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## HEAT STRESS AND ATHLETIC PARTICIPATION

Early fall and spring 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.

<u>Air Temp</u>	<u>Danger Zone</u>	<u>Critical Zone</u>	
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**

#### **1) 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.

#### **2) 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.

#### **3) 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>