

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

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

2014 CIAC BOYS AND GIRLS GOLF CHAMPIONSHIPS

Tournament Director – Boys

Jim Casagrande
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New England Tournament / CT Chairman

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PLAY AND RULES FOR 2014 GOLF SEASON

To maintain uniformity in interscholastic golf competition, the following stroke play format must be used by every CIAC member school which wishes to qualify for the 2014 CIAC State Golf Tournament.

1. Stroke play is to be used for all matches.
2. A maximum of four (4) players' scores count for any one match. This may include invitational tournaments where the entire team plays. Teams may play five (5) players and count the four (4) lowest scores towards state tournament qualification.
3. The CIAC Golf Committee recommends the use of the state qualifying format for all matches. Low score wins.

Dates to Remember

First Practice Date	Monday, March 24, 2014
First Match Date	Wednesday, April 9, 2014
Last Match Date for Girls / Boys	Wednesday, June 4, 2014
Tournament Forms Due for Girls / Boys	Wednesday, June 4, 2014
Girls Individual Entry Forms Due	Wednesday, June 4, 2014

State Tournament:

Girls Division	Tuesday, June 10, 2014
Boys Division – I – III	Monday, June 9, 2014
Boys Division – II – IV	Wednesday, June 11, 2014

New England Tournament	Monday, June 16, 2014
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Maximum Number of Playing Dates	16
Matches Per Week on Original Schedule	3

REMINDER: Proper golf attire, **spikeless** golf shoes, shirts with collars, golf shorts and slacks – is mandatory for all players. **Walking or Bermuda shorts are permitted. The inseam of the shorts must be at least four inches. Players may wear slacks or shorts at the individual's discretion. No tennis, gym, or cut-off shorts will be allowed. Denim is not considered appropriate attire. *HATS WITH VISORS MUST FACE FORWARD AT ALL TIMES.***

Advertising of beer, wine, liquor or tobacco products on golfer clothing or equipment WILL NOT BE PERMITTED.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

ALERT PAGE

1. **USGA HANDICAP FOR HIGH SCHOOL STUDENTS AND FACULTY** – The CIAC Golf Committee, in partnership with the Connecticut State Golf Association, is pleased to provide a USGA handicap system for students, teachers and administrators. Log on to www.csgalinks.org – click on “Become a Member,” fill out the profile information and it’s that easy. There is NO COST for students below the age of 18.
2. **Girls who participate on boys’ teams, because the school does not offer a girls program in that sport, may enter either the boys or the girls tournament, but not both. Girls who choose to participate on a boys’ team when the school offers a girls’ team in that sport, may only enter the boys’ tournament.**
3. **PLEASE READ !! -- ONLY SCORES ATTAINED DURING THE REGULAR SEASON MAY BE USED FOR TOURNAMENT QUALIFICATION. LEAGUE TOURNAMENT SCORES CANNOT BE USED FOR TOURNAMENT QUALIFICATION PER CIAC BY-LAWS.**
4. **INDIVIDUALS MAY QUALIFY FOR THE CIAC GOLF TOURNAMENT** – If a school’s team does not qualify, it may enter any golfer for individual honors, provided the golfer has attained an average score of the course rating, plus five (5) strokes or less per nine (9) holes for boys and ten (10) strokes or less for nine (9) holes for girls. This must be an average of the best ten (10) varsity scores attained on Connecticut State Golf Association approved courses, and must be attested to by the golf coach. This average must be certified by his/her principal. Of these, the top eight (8) will qualify as individuals. **Girls who play for a boys’ team from the boys’ tees, where a girls’ team does not exist, will have their average course rating adjusted using the women’s rating adjustment table from the USGA.**
5. **WEATHER DELAY / SUSPENSION / POSTPONEMENT** – Teams/individuals should come prepared to withstand weather delays. Further, it is to be clearly understood by all that the managers of the courses make the decisions about play or no play; the tournament director does not have control over any aspect of that decision.

Teams/individuals should also be prepared for the tournament to be suspended from an 18 hole event to a nine hole event should conditions warrant that. Every effort will be made to complete play on the scheduled date – so come prepared.
6. **ACCOMMODATIONS** – The CIAC Golf Committee will make reasonable accommodations for disabled athletes in our tournament. Please alert the tournament director with such requests in advance of the tournament.
7. **DISTANCE MEASURING DEVICES** – The CIAC Golf Committee has voted to approve the use of distance measuring devices only in the 2014 state championships. Please see page 4 of the 2014 golf tournament packet for full details.

The use of distance measuring devices during the regular season is at the discretion of each league; however, leagues are encouraged to allow the use in preparation for the 2014 championship.
8. **COACHING ON THE COURSE AT THE STATE CHAMPIONSHIPS** – The CIAC Golf Committee has voted to allow one certified coach to be on the course during the championships to provide advice to their players. Please see page 4 of the 2014 golf tournament packet for full details.

Coaching on the course during the regular season is at the discretion of each league; however, leagues are encouraged to allow coaching using CIAC guidelines in preparation for the 2014 championships.

9. **“X RULE” REVISION – *Attention Girls’ Golf Coaches*** – Players who have not holed out by double the par on any given hole will pick up and apply a one stroke penalty. Example: Par 3 – A player not in the hole by 6 strokes will pick the ball up and apply a one stroke penalty for a 7. Par 4 – A player not in the hole by 8 strokes, will pick up for a score of 9. Par 5 – A player not in the hole by the 10th stroke, will pick up for a score of 11.

Please note that the X rule will be used in all regular season matches and conference tournaments. The X rule WILL NOT BE IN EFFECT FOR THE STATE TOURNAMENT.

10. **NEW FORMAT FOR THE 2014 CHAMPIONSHIPS** – The CIAC Golf Committee voted to use a shotgun start where allowed or to have golfers tee off at one and ten where the course will not allow for a shotgun start.
11. **SUBMITTING SCORES/FORMS** -- 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/match 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 the school’s athletic director.

12. **TOURNAMENT ROSTERS/ENTRY** – Can be submitted on the Eligibility Center or the “submit scores/forms” option under the CIAC for Coaches menu at CIACsports.com. Rosters must be submitted by June 5, 2014.

COACHING GUIDELINES AT GOLF STATE CHAMPIONSHIPS

Distance Measuring Devices – The CIAC Golf Committee, in accordance with USGA Rule 14-3 *will allow a player (not a coach) to use a distance measuring device at the 2014 state championships.*

Players may not use measuring devices, including smartphones, to measure other conditions that might affect their play (e.g. gradient, wind speed, temperature, etc.). A player using such a device in that manner is in breach of Rule 14-3 for which the penalty is disqualification. Cell phones and/or smart phones are not allowed during the competition.

If asked, a player using a distance measuring device shall provide yardage information to a fellow competitor provided that it does not slow the pace of play.

Note: Coaches must ensure that their players adhere to the above provisions for using distance measuring devices correctly.

Coaching on the Course – The following provisions for the CIAC Golf Championships are intended for coaches to provide as much support as possible while remembering that players compete themselves during competitions and to help improve the pace of play. The intent of coaching on the course is to allow coaches to support the players in competition. Golf is a game of honesty, integrity and honor. As a general rule, over-coaching has never been a good practice. The provisions are designed *for one certified coach* from each school entered in the state championship.

The USGA definition of “advice” will be adhered to in the state championship competition. “Advice is any counsel or suggestion that could influence a player in determining his/her play, the choice of club or method of making a stroke. Information on the rules or on matters of public information, such as position of hazards or the position of the flag stick on the putting surface is not advice.”

Coaching may begin once all players have completed teeing off. Coaches may continue to provide advice and support until play has reached the putting surface at which time coaching shall cease.

Players must proceed immediately to the next hole without delay – the pace of play in the state championship is of paramount importance to all the competitors. Any violation of USGA Rule 6-7 “Undue Delay” may be subject to a two-stroke penalty for the first offense and disqualification for the second offense. Coaches should assist in monitoring not only their own player(s), but all players in the competition.

Guidelines For Coaching During the Championship

Coaches MAY:

- Talk to their player after all players have teed off and until his/her ball has arrived on the putting surface.
- Give advice to their player on matters such as club selection, wind direction, stance, grip, hole strategy, swing adjustments and mental adjustments.
- Talk to all players about rule options when asked by a player for advice.
- Answer public knowledge information to all players in the group when asked to do so.
- Help players look for a lost ball, provided that the USGA rules governing lost balls are adhered to. (USGA Rule 12)
- Inform spectators to remain at least 25 yards or more away from the players.

Additional Examples to Help Improve Pace of Play:

- Coaches may fix ball marks as needed on the putting surface when players are exiting the green.
- Coaches may rake the bunkers which would help the pace of play.
- Coaches may advise players where to leave their bag in proximity to the next tee.

Coaches MAY NOT:

- Provide advice to their player once the player's ball is on the putting surface.
- Read putts for a player at any time.
- Offer advice to players from another school.
- Caddy for their player.
- Keep the official scorecard for their player.
- Use a cell / smart phone except to contact the pro shop for a rule issue or in case of an emergency.
- Raise their voice in such a manner to interrupt play anywhere on the course.
- Expect to have a golf cart provided for them unless by special permission by the tournament committee.

The CIAC Golf Committee encourages leagues to adopt similar guidelines for measuring devices and “on the course advice”. Your feedback is welcomed as these guidelines are being implemented in this, the first year, as a trial basis.

2014 CIAC BOYS' AND GIRLS' GOLF TOURNAMENT

To help minimize the loss of school time for golfers and coaches, we recommend the following:

- All practice sessions (including before matches) should be after school hours.
- Establish starting times for home matches with the principal and athletic director. (These should be after school whenever possible.)
- Student-athletes are responsible for any and all work missed due to athletic events. Teachers should know if any early dates are required for athletic events.
- TEAMS SHOULD SCHEDULE TO MINIMIZE LOSS OF SCHOOL TIME FOR AWAY MATCHES

Example – Schedule three (3) matches the week of school vacation, league matches should be scheduled during daylight savings hour.

- Limit the number of tournaments the team may enter. This should be established between principal, coach and athletic director.
- Point out to all parties involved the problem of finding courses to play. Golf is one of the few, if not the only sport that is not played on school property. Schools are often subject to the rules and regulations of municipal or private clubs. Try to emphasize to coaches and golf course managers the problems we are faced with and urge them to make necessary adjustments to insure that later starting times when necessary for some schools be made available.
- Individual leagues determine the starting time for home matches.
- Playing in the state tournament is an all day affair, but it is also representing your school on a state level and the competition is the thrill of a lifetime and limited to the top twenty (20) teams for boys in Division I, II, III and IV and top fifteen (15) teams for girls.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

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

80th ANNUAL BOYS GOLF TOURNAMENT
10th ANNUAL GIRLS GOLF TOURNAMENT

**** Limited to Members of the Conference ****

<i>Division I –</i>	<i>Monday, June 9, 2014 –</i>	<i>Crestbrook Park, Watertown</i>
<i>Division III –</i>	<i>Monday, June 9, 2014 –</i>	<i>Tallwood Country Club, Hebron</i>
<i>Division II –</i>	<i>Wednesday, June 11, 2014 –</i>	<i>Fairview Farms, Harwinton</i>
<i>Division IV –</i>	<i>Wednesday, June 11, 2014 –</i>	<i>Timberlin Golf Club, Kensington</i>

<i>Girls Division –</i>	<i>Tuesday, June 10, 2014 –</i>	<i>Orange Hills Country Club</i>
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The Connecticut Interscholastic Athletic Conference Golf Championships will consist of four tournaments of eighteen (18) holes for boys and one 18-hole tournament for girls. The team with the lowest total score will be awarded the championship in each division. The second lowest score in each division will be considered the runner-up. In the event of a tie for first place, a three-hole playoff will be held to determine the championship team.

Division I	Schools with 674 and over
Division II	Schools with 465 – 673
Division III	Schools with 309 – 464
Division IV	Schools with up to 308

(Based on the October 1, 2013 boy enrollment - grades 9-12)

Girls Division	One division -- Schools listed
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1. **A TEAM MUST PLAY A MINIMUM SCHEDULE OF TEN (10) VARSITY PLAYING DATES AGAINST CIAC MEMBER SCHOOLS.**
2. A team consists of five (5) players, each of which is considered an individual honors entrant. If a team wishes, they may bring only four (4). **Champions in each division shall be determined by the best four of five scores.**
3. a. **A boys team must be one of a maximum of 20 ranked teams** whose rankings will be determined as follows: Teams meeting qualification 1 and 2 above will be ranked on the basis of their average difference of strokes from the average rating of courses played from APRIL 9, 2014 THROUGH JUNE 4, 2014. **Only scores attained during the regular season may be used for tournament qualification. League tournament scores cannot be used for tournament qualification unless the league tournament is one of the school's sixteen (16) allowed matches and it is listed on the school's original schedule per CIAC bylaws.** The team with the lowest average difference from its average rating will be ranked #1; the team with the next lowest average difference #2, etc. Teams tying for the twentieth place will qualify.

b. **A girls team must be one of a maximum of fifteen (15) ranked teams** whose rankings will be determined as follows: Teams meeting qualification 1 and 2 above will be ranked on the basis of their average difference of strokes from the average rating of courses played from APRIL 9, 2013 THROUGH JUNE 4, 2014. **Only scores attained during the regular season may be used for tournament qualification. League tournament scores cannot be used for tournament qualification unless the league tournament is one of the school's sixteen (16) allowed matches and it is listed on the school's original schedule per CIAC By-laws.** The team with the lowest average difference from its average rating will be ranked #1; the team with the next lowest average difference #2, etc. Teams tying for 15th place will qualify.

Note: **An individual girl** may play as a non-scoring member of her home school's boys' team if granted permission to do so by the coach of that team. In such cases, the girl would play with the team's #5 boy player and have her score attested accordingly. The purpose is to provide an additional opportunity for individual girl players to participate in matches for tournament qualifying.

“X Rule” – Attention Girls’ Golf Coaches – Players who have not holed out by double the par on any given hole will pick up and apply a one stroke penalty. Example: Par – A player not in the hole by 6 strokes will pick the ball up and apply a one stroke penalty for a 7. Par 4 – A player not in the hole by 8 strokes, will pick up for a score of 9. Par 5 – A player not in the hole by the 10th stroke, will pick up for a score of 11. **This applies to regular season matches and league tournaments only and not the CIAC State Championships.**

4. Matches played after June 4 for girls and boys will not count toward qualification for the tournament. No exception will be made for postponed matches.
5. The last date to count for tournament ranking purposes will be the day prior to the pairings. Pairings will be held on Thursday, June 5, 2014.
6. The scores made in any match **during the regular season will count only once** for the tournament. FOR QUALIFICATION, ALL MATCHES PLAYED WITHIN THE SEASONS LIMITATIONS DATES MUST BE REPORTED. ONE SCORE PER DATE – MAXIMUM 16 DATES / MINIMUM 10 DATES FOR QUALIFICATION. League tournament scores CANNOT be used for tournament qualification.
7. **Qualification will be based on the BEST TEN (10) varsity scores during the regular season. Teams that play 18 hole matches must submit scores for the first 9 holes played only. ALL TEAM SCORES MUST BE SUBMITTED.**
8. **Outside Play During the Season** – Golfers have the opportunity to participate in a maximum of four (4) matches as “unattached players” during the season. These matches must conform to weekly limitations and all other “CIAC unattached” regulations as stated in the CIAC Handbook.
9. **Scrimmages** – Teams must have a minimum of three (3) days of practice prior to scheduling a full team scrimmage. All sports teams **will have a minimum of fourteen (14) practice days** before the date of the first scheduled competition. Sundays do not count as a day of practice. Saturdays and holidays may be used as practice days unless prohibited by local board policy or the CIAC committee on seasons limitations. **An individual athlete must participate in a minimum of ten (10) practices** prior to competition unless the athlete has been participating in a sport the previous season that overlaps with the present season's sport.

INDIVIDUALS MAY QUALIFY

If a school's team does not qualify, it may enter any golfer for individual honors, provided the golfer has attained an average score of the course rating, plus five (5) strokes or less per 9 holes. For girls, 10 strokes or less for 9 holes. This must be an average of the best ten (10) varsity scores attained on Connecticut State Golf Association approved courses, and must be attested to by the golf coach. This average must be certified by his/her principal. Of these, the top eight (8) will qualify as individuals. **Girls who play for a boys' team from the boys tees will have their average course rating adjusted using the women's rating adjustment table from the USGA.**

A school should enter either a team or as many individuals that qualify. Each of the team entries is eligible for individual honors.

Plaques will be given to the winning school and the runner-up school in each division. Medals will be awarded to the winning team members and the winning individual player and the runner-up in each division. In the event of a tie for a team championship, a three-hole aggregate score playoff will be used to determine the champion. If this does not resolve

the championship, **co-champions will be declared**. In the event of a tie for individual honors, duplicate medals will be awarded to each individual involved in the tie.

Teams must have a certified coach or bona fide faculty member as an advisor with them. COACHES OR OTHER FACULTY MEMBERS WILL NOT BE ALLOWED TO PLAY THE COURSE. COACHES OR OTHER FACULTY MEMBERS ACCOMPANYING TEAMS SHALL ACCEPT MARSHALING ASSIGNMENTS AS ASSIGNED BY THE CHAIRMAN OF THE COMMITTEE / SITE DIRECTOR IF THEY ARE NOT COACHING ON THE COURSE. Only one certified coach will be allowed to coach on the course during the championships.

Any individual entering the tournament shall have a faculty member with him as an advisor. Another advisor from a school in competition may act in this capacity as long as the tournament chairman is so advised in writing in advance. Unaccompanied teams or individuals will be disqualified.

Contestants must conform in every respect to the eligibility rules of the Conference and be vouched for by the signature of the principal of the school. FINAL RESPONSIBILITY FOR THE TRANSMITTING OF THE COMPLETED ENTRY FORM RESTS SOLELY WITH THE COACH.

Schools will bear their own expenses going to and from the tournament.

CONTESTANTS MUST REPORT AT THE PRESCRIBED TIME FOR EACH SITE – TIMES WILL BE POSTED ON THE CIAC WEB SITE.

U.S.G.A. and local rules will govern the tournament.

No practice or play will be allowed on the tournament course, except on the putting green or practice fairway (if available) on the day of the tournament. No caddies or caddy wagons are allowed unless granted a waiver by the CIAC Golf Committee.

BOYS NEW ENGLAND INDIVIDUAL GOLF TOURNAMENT

To Qualify – The top three (3) boys from CIAC Division I, II, III and IV will represent Connecticut in the New England Individual Golf Tournament. If one or more cannot participate, we will select the next boy from that division.

The New England Individual Golf Tournament will be held at Bretwood Golf Club North Course, Keene, New Hampshire on Monday, June 16, 2014 at 8:00 a.m. All information pertaining to the New England's will be handed to the individual golfers representing Connecticut at their division tournament.

GIRLS NEW ENGLAND INDIVIDUAL GOLF TOURNAMENT

Eligibility – Girls listed on the school's golf team eligibility form will be eligible to compete in the Girls New England Tournament which will be conducted in conjunction with the Division I, II, III and IV CIAC Golf Tournaments. **The top seven (7) from the CIAC girls' championship will qualify.**

To Qualify – Any girl competing in the CIAC Division I, II, III or IV golf tournament on a boys' team will have her score considered for possible advancement to the New England Tournament. Individuals may qualify provided she has attained an average score of the course rating, plus ten (10) strokes or less per 9 holes for all dates played. ***This must be an average of at least ten (10) scores attained on Connecticut State Golf Association approved courses, and must be attested to by the golf coach.*** Of these the top seven (7) will qualify as individuals and play in this New England qualifier. **NOTE: The plus ten strokes per nine holes calculated using the women's tees. Girls using men's tees will be granted additional strokes in accordance with the course ratings for men versus women (3.0).**

All girls wishing to participate in the New England Tournament **MUST** enter their scores by June 4, 2014 on the girls' golf individual entry form. Last date to count – Wednesday prior to pairings. State tournament qualifies first seven (7) positions. Next five (5) entries will be from entry form.

Tournament rosters must be submitted to the CIAC by June 5, 2014.

The New England Individual Golf Tournament will be held at Bretwood Golf Club North Course, Keene, New Hampshire on Monday, June 16, 2014 at 8:00 a.m. All information pertaining to the New England's will be handed to the individual golfers representing Connecticut at their division tournament.

Individuals who qualify for the New England Championship but opt NOT TO PLAY must call Walter Beck at (860) 752-9020 so that alternates can be invited to play.

CIAC GOLF COMMITTEE

Neil Sullivan, Simsbury High School - Chair

Coaches:

Ed Lynch, Simsbury High School
Robert McPhail, Norwich Free Academy
Rich Condon, Newington High School
Bob Zadrozny, New Britain High School
Julie Jenkins, Trumbull High School
John Williams, Cheshire High School
Ed Malczyk, Plantsville – Ex officio

Consultants:

Jim Casagrande, Oxford – Tournament Director – Boys
Carrie Gettings, Bunnell High School – Tournament Director – Girls
Tom Malin, East Catholic High School, Manchester – CAAD
Ray DeAngelis – CAAD
Jiggs Cecchini, East Granby - CHSCA
Walter Beck, West Suffield – New England Championship Coordinator
Mike Moraghan, CSGA

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

2014 CIAC GOLF TOURNAMENT DIVISIONS

Division I – 674 and Over (41)

Bridgeport Central	923
Bridgeport – Warren Harding	685
Bristol Central	681
Cheshire	798
Danbury	1468
East Hartford	836
Fairfield Ludlowe	737
Fairfield Prep.	896
Fairfield Warde	726
Farmington	678
Glastonbury	1077
Greenwich	1366
Hamden	944
Hartford – Bulkeley/Hartford Public *	887
Manchester	889
Middletown	674
Middletown – Xavier	870
Naugatuck	683
New Britain	1338
New Milford	726
Newington	719
Newtown	905
Norwalk	770
Norwalk – Brien McMahon	793
Norwich Free Academy	1071
Ridgefield	906
Shelton	779
Simsbury	832
South Windsor	723
Southington	1009
Stamford	989
Stamford – Westhill	1039
Trumbull	1049
Waterbury – Crosby	746
Waterbury – Kennedy	717
Waterbury – Wilby	702
West Hartford – Conard	773
West Hartford – Wm. Hall	725
Westport – Staples	953
Wilton	689
Woodbridge – Amity	844

Division II – 465 – 673 (41)

Avon	540
Berlin	497
Bethel	502
Branford	531
Bridgeport – Bassick	645
Bristol Eastern	640
Darien	659
East Haven	468
East Lyme	542
Enfield – Enrico Fermi	499
Groton – Fitch	593
Guilford	551
Hebron – RHAM	615
Ledyard	465
Madison – Daniel Hand	617
Manchester – Cheney Tech.	534
Meriden – Maloney	618
Meriden – Platt	619
Milford – Jonathan Law	466
Milford – Foran	491
Milford – Platt Tech.	554
Monroe – Masuk	620
New Canaan	629
New Fairfield	521
New Haven – Hillhouse	510
New Haven – Wilbur Cross	653
New London	536
North Haven	625
Redding – Joel Barlow	487
Southbury – Pomperaug	652
Storrs – E.O. Smith	602
Stratford	556
Stratford – Bunnell	590
Torrington	590
Wallingford – Lyman Hall	468
Vernon – Rockville	497
Watertown	467
West Haven – Notre Dame	616
Wethersfield	617
Windsor	637
Woodstock Academy	514

No Team

West Haven	794
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*Cooperative Team

Division III – 309 – 464 (41)

Ansonia – O'Brien Tech.	386
Beacon Falls – Woodland Reg.	363
Bridgeport – Bullard Havens	388
Brookfield	433
Burlington – Lewis Mills	409
Colchester – Bacon Academy	448
Danbury – Abbott Tech.	423
Ellington	370
Enfield	380
Granby Memorial	390
Griswold	311
Groton – Grasso Tech.	340
Hartford – A.I. Prince	359
Higganum – Haddam-Killingworth	309
Killingly	440
Killingly – Ellis Tech.	417
Manchester – East Catholic	339
Meriden – Wilcox Tech.	438
Middletown – Vinal Tech.	450
Montville	372
New Britain – Goodwin Tech.	380
North Branford	312
Norwich Tech.	424
Plainfield	371
Plainville	370
Rocky Hill	345
Stonington	398
Suffield	410
Tolland	437
Torrington – Wolcott Tech.	417
Trumbull – St. Joseph	440
Wallingford – Sheehan	437
Waterbury – Holy Cross	325
Waterbury – Kaynor Tech.	411
Waterford	440
Weston	395
Windham	379
Windham Tech.	374
Winsted – N.W. Reg.	372
Wolcott	427
Woodbury – Nonnewaug	353

No Team

Ansonia	323
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Division IV – Up to 308 (46)

Bloomfield	276
Bolton	182
Bristol – St. Paul	194
Canton	286
Chaplin – Parish Hill	82
Clinton – Morgan School	308
Coventry	248
Cromwell	270
Danbury – Immaculate	184
Deep River – Valley Reg.	297
Derby	188
Durham – Coginchaug	279
East Granby	151
East Haddam – Hale Ray	201
East Hampton	241
East Windsor	192
Fairfield – Notre Dame Catholic	215
Falls Village – Housatonic Valley	195
Hartford – Capital Prep.	89
Hartford – Classical	161
Hartford – SMSA	194
University, Hartford	275
Hartford – Weaver	243
Lebanon – Lyman Memorial	177
Litchfield	164
Litchfield – Wamogo	196
New Haven – Career	281
North Stonington – Wheeler	97
Old Lyme	235
Old Saybrook	262
Oxford	289
Portland	186
Putnam	163
Seymour	303
Somers	284
Stafford	218
Stamford – Trinity Catholic	227
Terryville	262
Thomaston	138
Thompson – Tourtellotte	160
Uncasville – St. Bernard	125
Washington – Shepaug Valley	177
Waterbury – Sacred Heart	181
West Hartford – N.W. Catholic	300
Windsor Locks	288
Winsted – Gilbert School	170

No Team

Kolbe Cathedral, Bridgeport	131
Eli Whitney, Hamden	277
Achievement First, Hartford	27
Amistad, New Haven	134
Hyde, New Haven	161
Westbrook	148

Girls Division (53)

Avon
Berlin
Brookfield
Canton
Cheshire
Colchester – Bacon Academy
Danbury
Danbury – Immaculate
Darien
Durham – Coginchaug
East Hartford
East Lyme
Fairfield Ludlowe
Fairfield Warde
Farmington
Glastonbury
Greenwich
Hamden – Sacred Heart Academy
Hartford - SMSA
Higganum – Haddam-Killingworth
Ledyard
Madison – Daniel Hand
Manchester
Manchester – East Catholic
Meriden – Maloney
Middletown
Middletown – Mercy
Milford – Luralton Hall
Milford – Jonathan Law
Monroe – Masuk
New Britain
New Canaan
Newington
Norwalk – Brien McMahon
Norwich Free Academy
Plainville
Redding – Joel Barlow
Ridgefield
Rocky Hill
Simsbury
Storrs – E.O. Smith
Stratford – Bunnell
Suffield / East Granby *
Trumbull
Uncasville – St. Bernard
West Hartford – Conard
West Hartford – Wm. Hall
West Hartford – N.W. Catholic
Weston
Westport – Staples
Wethersfield
Wilton
Woodstock Academy

2014 Golf Schedule – Must be submitted via the password-protected online eligibility center. All regular season 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. Regardless of regular season postponed matches, the date of Wednesday, June 4, 2014 must be the final day to count for the tournament for both boys and girls golf teams.

Minimum number of varsity playing dates is ten (10) in order to qualify for CIAC tournament -- both team and individuals. **League tournament scores cannot be used for tournament qualification unless the league tournament is one of the sixteen matches and it is listed on the school's original schedule per CIAC by-laws.**

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.

CIAC Late Fee Policy

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

Tournament Regulation 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.

Tournament Rosters – Can be submitted on the Eligibility Center or the submit scores/forms option under the CIAC for Coaches menu at CIACsports.com. Rosters must be submitted by June 4, 2014 for both boys and girls teams and/or individuals.

Scores of varsity matches played and rating of courses played on June 4 must be reported via the password-protected online eligibility center by June 5, at 8:30 a.m.

The golf committee will meet on Thursday, June 5 at 3:00 p.m. to draw up pairings for the girls and boys tournaments. All pairings will be put on the CIAC web site for all teams on Thursday, June 5, 2014. All qualifiers will be given a starting time, individual and team.

If the school team does not qualify and any team member does qualify, please indicate under entry – individual the golfer(s) to participate as individuals. The appropriate entry fee will be taken from the team entry fee and the balance returned to the school.

Girls who participate on boys' teams, because the school does not offer a girls' program in that sport, may enter either the boys' or girls' tournament, but not both. Girls who choose to participate on a boys team when the school offers a girls team in that sport, may only enter the boy's tournament. Boys may not participate on girls teams. Individual entry forms must be submitted by Wednesday, June 4, 2014 for girls participating on boys teams, where a girls team does not exist, indicating which tournament (boys or girls) they intend to participate in.

An individual girl may play as a non-scoring member of her home school's boys team if granted permission to do so by the coach of that team. In such cases, the girl would play with the team's #5 boy player and have her score attested accordingly. The purpose is to provide an additional opportunity for individual girl players to participate in matches for tournament qualifying.

List varsity matches played in order of play – Use course rating for specific 9 holes played – Minimum of 10 playing dates required to qualify for CIAC tournament. List scores for ALL playing dates. **League tournament scores cannot be used for tournament qualification.**

It is recommended that for any individual that has a course rating average differential of 5.0 or less an individual entry form should be included with the team entry form.

Entry Fee -- \$150 per team or \$30 per individual qualifier. Entry fee should be mailed to the 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 golf options in the password-protected online eligibility center.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

CONCUSSION MANAGEMENT AND RETURN TO PLAY REQUIREMENTS

“WHEN IN DOUBT – SIT IT OUT”

A concussion is a type of traumatic brain injury or (TBI), “that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost” (Centers for Disease Control and Prevention, 2009).

PART I -- SIGNS AND SYMPTOMS OF A CONCUSSION

– A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure.

1. Signs of a concussion may include (what the athlete looks like):

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

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

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

Note: Public Act No. 10-62 requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who (A) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or (B) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred.

PART II – RETURN TO PARTICIPATION (RTP)

– Currently, it is impossible to accurately predict how long concussions will last. There must be full recovery before someone is allowed to return to participation. Connecticut Law now requires that no athlete may resume participation until they have received written medical clearance from a licensed health care professional (Physician, Physician Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.

Concussion management requirements:

1. No athlete SHALL return to participation (RTP) on the same day of concussion.
2. Any loss of consciousness, vomiting or seizures the athlete MUST be immediately transported to the hospital.
3. Close observation of an athlete MUST continue following a concussion. This should be monitored for an appropriate amount of time following the injury to ensure that there is no escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated from a licensed health care professional (Physician, Physicians Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.

5. The athlete MUST obtain written clearance from one of the licensed health care professionals mentioned above directing them into a well-defined RTP stepped protocol similar to one outlined below. If at any time signs or symptoms should return during the RTP progression the athlete should cease activity*.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals mentioned above for them to fully return to unrestricted participation in practices and competitions.

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

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

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

References:

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

Resources:

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

HEAT STRESS AND ATHLETIC PARTICIPATION

Early fall 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	73-82	High risk
65-73	Moderate risk	82-plus	Very high risk

There is also a weather guide for activities that last 30 minutes or more (Fox and Mathews, 1981) which involves knowing the relative humidity and air temperature.

Air Temp	Danger Zone	Critical Zone	RH = Relative Humidity
70F	80% RH	100% RH	
75F	70% RH	100% RH	
80F	50% RH	80% RH	
85F	40% RH	68% RH	
90F	30% RH	55% RH	
95F	20% RH	40% RH	
100F	10% RH	30% RH	

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>