

## **62<sup>nd</sup> ANNUAL CIAC ICE HOCKEY INFORMATION**

### **GENERAL INFORMATION**

#### **CIAC 2020-21 WINTER SPORTS PLAN**

All event attendees including coaches, athletes, rink personnel, athletic trainers and spectators are required to wear face masks. Each facility will provide schools with specific procedures while using the facility, which must be follows.

In alignment with DPH requirements for moderate risk indoor sports, all ice hockey participants will wear a close-fitting face mask that covers the nose and mouth.

In ice hockey, a one (1) minute mask break will be instituted at the first stoppage of play at or after the 4-minute, 8-minutes, and 12-minute mark of each period. During a mask break, players will maintain greater than 6 feet of distance and may get water. Additionally, a game official has discretion to stop the game at any point during the contest to address mask concerns. Such concerns may include but are not limited to: a player's mask comes off during play, a player's mask is observed to have slipped below the player's nose, the official is experiencing an issue with his/her own mask, etc.

Players and officials should have multiple masks available during a game. A mask may need to be replaced due to a strap breaking or excessive sweat and moisture buildup. Players and officials are encouraged to change masks as needed during timeouts, mask breaks, or game stoppages so that they can maintain wearing a dry close-fitting mask that covers their nose and mouth.

#### **Ice Hockey Guidelines Players and Coaches**

1. Players' Benches (1-9-1)
  - Maintain social distancing as much as possible when on the bench.
2. Penalty Benches (1-10-1)
  - Limit to essential personnel and maintain social distancing from personnel and participating players.
3. Team Captains (2-2-1, 2-2-4, and 2-2-5)
  - Captains need to maintain social distancing when talking or conferring with a referee.
  - Maintain social distance during the pre-game meeting with captains and head coaches.
4. Protective Equipment
  - Face masks (3-4-2) – Face coverings are required.
5. Mask Timeout
  - A 1-minute mask time out will occur at the first stoppage after the 4-minute, 8-minute, and 12-minute mark of each period.

**Tooth and Mouth Protectors** (3-4-4) – State associations should develop statements instructing athletes to refrain from the removal of mouthguards while on the playing rink. If mouthguards are removed on the sidelines or bench area, the athlete should use hand sanitizer each time after touching the mouthguard.

### **Considerations for Officials**

1. On-ice Officials Uniform and Equipment
  - Electronic whistles are permissible (supplies are limited)
  - Choose a whistle whose tone will carry outside.
    - Fox 40 Mini
    - Fox 40 Unisex Electronic – 3 tone
    - Ergo-Guard – 3 tone – orange
    - Windsor – 3 tone – grey
    - Check the market for other choices
  - Face coverings are required.
  - Gloves are permissible
  - Do not share uniforms, towels, apparel, and equipment.
  - Bring your own water bottle.
2. Maintain social distancing for meetings with captains and coaches.
3. Essential off-ice officials should maintain social distancing and wipe down workspace before and after the contest.

### **General Ice Hockey Considerations**

1. Before, during and after the contest, players, coaches, game officials, team personnel and game administration officials should wash and sanitize their hands as often as possible.
2. Suspend pre-game protocol of shaking hands during introductions/pre-game meeting.
3. Suspend post-game protocol of shaking hands.
4. Maintain social distancing of 6 feet or greater on the bench when possible.
5. Everyone should have his/her own beverage container that is not shared.
6. Cloth face coverings are required for all coaches, team staff, and game administration officials.
7. Gloves are permissible for all coaches and team staff and for all game administration officials.
8. Try to limit the number of non-essential personnel who are at ice level and near participants throughout the contest.
9. If available, dressing facilities for game officials and teams should be large enough for them to use social-distancing protocols and should be properly cleaned and sanitized prior to arrival.
10. Disinfect equipment and uniform after use.

**Scrimmages** – Team 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 ten (10) day requirement.

**Sportsmanship** – In an effort to promote good sportsmanship a reminder of two CIAC rules: 4.0 Athletic Administration – 4.6.A. #3, #5 – Disqualification Rule.

- Upon receiving a second disqualification for initiating a fight or retaliating in a fight (as determined by the game official), that student-athlete will be declared ineligible for the remainder of the season.

**NFHS Ice Hockey Progressive DQ Penalties** – The NFHS hockey rule book includes a progressive DQ penalty structure that applies to all regular season games, and league tournaments.

- First Disqualification - That game plus the next game;
- Second Disqualification - That game plus the next two games
- Third Disqualification - That game plus the next three games, and so forth

Please read the complete disqualification/ejection rule in the online CIAC Handbook.

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

### **Regular Season Overtime Procedures**

- **Games / Tournaments Played in Connecticut Against In-state or Out-of-state Teams** – When Connecticut schools host in-state or out-of-state teams, the game is treated like all regular season games, and the CIAC regular season overtime procedure would apply (one 8 minute sudden victory period – first goal wins). If no team scores in this overtime period, the game is recorded as a tie. If your out-of-state opponent is prohibited from playing overtime by their state association, the game can be ended after regulation and recorded as a tie.
- **If it is a tournament played in Connecticut**, and no team scores in the first 8-minute overtime, the game is recorded as a tie for CIAC tournament purposes and rankings. Then, you are permitted to play extra overtime periods or participate in a shootout, but regardless of who wins, the game is recorded as a tie.

**Suspended Game – Regular Season** – If, before two periods have been completed, a game is interrupted because of events beyond the control of the responsible administrative authorities (i.e., not involving the players) it shall be continued from the point of interruption. By state adoption, if the interruption occurs after two or more periods, the game is considered completed and the score shall stand.

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

**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 should 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 referenced 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 judgment 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.

## **CIAC Ice Hockey Committee**

### Administrators

Ken Henrici, Superintendent, Reg. #11 – Chair  
John Barile, Superintendent, Brookfield Public Schools  
Neil Cavallaro, Superintendent, West Haven Public Schools  
Marc Balanda, Brookfield High School  
Timothy Viens, Eli Whitney Tech. High School, Hamden

### Coaches

Greg Maxey, Trumbull High School  
Dean Diamond, Housatonic Valley Reg. High School, Falls Village  
Mac Budd, Darien High School  
Sal Follo, Foran High School – Ex officio

### Athletic Directors

Jeff Pinney, Simsbury High School – CAAD  
Steve Trifone, Cheshire High School – CAAD

### Consultants

George Hall, Southington  
Tom Malin, Vernon  
Steve Richetelli – Officials

## **2020-21 NFHS Ice Hockey Rule Changes**

- 3-2** Changed penalty structure for when a skate is deemed dangerous per rule. Penalty: Game Misconduct.
- 3-4-2** Added “laceration” to the recommended equipment section. Throat/neck laceration protectors are a recommended piece of equipment.
- 7-6-1** Clarified that if a hand makes direct contact to the head, a major penalty is an option for an official to assess. No player shall make contact from any direction with an opposing player’s head or neck area. In any manner, including, but not limited to, with the shoulder, stick, elbow, hand, etc.
- 7-13-3** Added specific pieces of equipment that a player shall not kick, throw, hold or knock from an opponent. No player shall kick, throw, hold or knock an opponent’s stick, glove, tooth and mouth protector or any other piece of equipment for the purpose of keeping it from the possession of an opponent.
- 9-13** By state association adoption, state association authorized video replay may be used in games for reviewing goals and undetected goals, determining correct time on the clock and to review infractions that may affect the ejection of a student-athlete. Procedures for video replay shall be determined by state association policy and procedures.

### **2020-21 Points of Emphasis**

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

#### **Health and Safety**

**Coach Safety** – It is recommended that all members of the coaching staff wear a HECC-certified helmet while on the ice for practice.

**Player Safety / Dangerous Hits** – The purpose of a body-check is to gain possession of the puck, not to injure, punish or intimidate another player.

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

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

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

## Mouthguards

- Commercially manufactured mouthguards are widely accepted as effective and provide oral protection. This applies to all levels of contact sports. NFHS rules require mouthguards for no other reason than oral protection for student-athletes.
- For this concept to work, it requires buy-in from all constituents within education-based athletics.
- This includes students, parents, coaches, officials and school administrators.
- Enforcement of mouthguard rules primarily rests with the coaches and officials working cooperatively, emphasizing player safety.

## **Sportsmanship**

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

## **Officials**

## Game Management

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

## **Coaches and Administrators**

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

## **Coaches Code of Ethics**

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

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

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

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

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

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

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

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

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

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

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

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



## Certifications / Coaching Certifications

### Required Coaching Certifications

- Required coaching certifications, including medical certifications, can be found at this link: <http://www.ctcoachinged.org/>
- Temporary coaching permit application can be found at this link: [http://ctcoachinged.org/ed\\_186.pdf](http://ctcoachinged.org/ed_186.pdf)
- 5 year coaching permit application can be found at this link: [https://portal.ct.gov/-/media/SDE/Certification/Forms/ed\\_185.pdf](https://portal.ct.gov/-/media/SDE/Certification/Forms/ed_185.pdf)
- Information on concussion training and certification can be found at this link: <http://www.ctcoachinged.org/concussionpage.html>
- Information on Coaching Permit Renewal for the State of Connecticut can be found at: <https://portal.ct.gov/SDE/Certification/Coaching-Permit-Renewal>
- Concussion training for coaches: [https://portal.ct.gov/-/media/SDE/Certification/Coaching/student\\_and\\_parent\\_concussion\\_informed\\_consent\\_form.pdf?la=en](https://portal.ct.gov/-/media/SDE/Certification/Coaching/student_and_parent_concussion_informed_consent_form.pdf?la=en)
- Connecticut Coaching Education Program: <http://www.ctcoachinged.org/concussionpage.html>
- Coaching Education Overview: <http://www.ctcoachinged.org/>
- Coaching Course Registration: <http://ctcoachinged.org/Permit.html>
- Sudden Cardiac Arrest Renewal: [https://portal.ct.gov/-/media/SSDE/Certification/Coaching/coaches\\_sudden\\_cardiac\\_arrest\\_awareness\\_annual\\_review.pdf?la=en](https://portal.ct.gov/-/media/SSDE/Certification/Coaching/coaches_sudden_cardiac_arrest_awareness_annual_review.pdf?la=en)
- Concussion Renewal Form: [https://portal.ct.gov/-/media/SDE/Certification/Coaching/Concussion\\_and\\_Head\\_Injury\\_Annual\\_Review\\_for\\_Coaches\\_2019-20.pdf?la=en](https://portal.ct.gov/-/media/SDE/Certification/Coaching/Concussion_and_Head_Injury_Annual_Review_for_Coaches_2019-20.pdf?la=en)
- Mandated Reporter Training: <https://portal.ct.gov/DCF/Mandated-Reporter-Training/Home>
- EpiPen Training: <https://www.redcross.org/take-a-class/preview-kits/anaphylaxis-epinephrine-auto-injector>
- Coaches Guide to Dehydration and Other Heat Illnesses: <https://www.nata.org/sites/default/files/heat-illness-parent-coach-guide.pdf>

**Volunteer Coaches** – The State of Connecticut Department of Education does not distinguish between volunteer or paid coaches when considering certifications or responsibilities. All coaches who are responsible for, or instruct students in any way must follow Connecticut State Law for certifications and responsibilities. Therefore, volunteer coaches are required to obtain the same certifications as all other coaches.