

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

Information Sheet and Entry Form
2012 Boys Tennis Tournament
Sponsored by Wilson

37th ANNUAL TENNIS TOURNAMENT BY CLASSES - AT CLASS SITES - LISTED BELOW

Wednesday, May 30, 2012	–	8:30 a.m.	Preliminary Round and Early Rounds (M Only)
Thursday, May 31, 2012	–	8:30 a.m.	Preliminary Round and Early Rounds
Friday, June 1, 2012	–	8:30 a.m.	Preliminary and Early Rounds Rain Date
Saturday, June 2, 2012	–	TBA	
Sunday, June 3, 2012	–	1:00 p.m.	(Rain Date Only)
Monday, June 4, 2012	–	TBA	
Tuesday, June 5, 2012	–	TBA	
Wednesday, June 6, 2012	–	4:00 p.m.	Finals - Yale University
Thursday, June 7, 2012	–	4:00 p.m.	(Rain Date - Finals)

* **INDIVIDUAL SITE DIRECTORS MAY ALTER SCHEDULE AS APPROPRIATE** *

** **PLEASE NOTE POSSIBLE DATE CONFLICT WITH S.A.T. ON JUNE 2, 2012.** **

The Committee suggests the taking of SAT on an earlier test date than June 2, 2012. **THE ACT TEST IS ON JUNE 9. COACHES MUST NOTE ON THE ENTRY FORM THOSE TAKING THE SAT/ACT OR RISK DEFAULT.**

A. **Thirty-seventh Annual Interscholastic Tennis Tournament by Classes:**

NOTE: Sites may be changed due to weather and for travel consolidation. Please check the CIAC web site.

<u>Classes</u>	<u>Dates</u>	<u>Playing Sites</u>	<u>Site Director Home Address/Telephone</u>	<u>School</u>
S (1-405)	5/31 - 6/5	– Conard High School West Hartford	Gary Meunier Cell (203) 605-0581 School E-mail: garymeunier@westonk12-ct.org	Weston High School
M (406-586)	5/30 6/2-6/5	– Yale University Tennis Center and Hamden High School	Rex Smith School Telephone (860) 828-6577 x 234 / Cell (860) 716-4913 School E-mail: rsmith@berlinschools.org	Berlin High School
L (587-760)	5/31 6/2-6/5	– Yale University Tennis Center and Wethersfield High School	Jeff Roets Cell (860) 324-8127 School Email: jroets@wethersfield.k12.ct.us E-mail: jroets@comcast.net	Wethersfield High
LL (761 & over)	5/31- 6/2-5 (See note)	– Wm. Hall High School W. Hartford and Yale University	Jim Solomon Cell (860) 716-7123 E-mail: jfsol@sbcglobal.net School E-mail: jim_solomon@whps.org	Wm. Hall High School

Tournament Director – Jim Solomon

B. FORFEITURE FOR TARDINESS AND COACHES' POOR WEATHER PROCEDURE:

In the absence of extenuating circumstances, players forfeit the match if they are not ready to play at the scheduled time, as determined by the site director. In case of poor weather conditions, the coach has the responsibility of checking the CIAC web site, contacting the proper tournament official, and/or site director.

C. SUPERVISION AND PRINCIPALS' RESPONSIBILITIES FOR BOTH CLASS AND OPEN TOURNAMENTS:

1. Each team must be accompanied and supervised by their head coach or assistant coach or appointed individual. In the event of an unforeseen emergency, the team can be accompanied and supervised by an individual appointed by a school officials.
2. ONLY the team's coach (or appointee) may coach his/her players during the odd-game change-over periods and after split sets.
2. The coach (or appointee) is responsible for supervising the entire team as well as its fans.
3. Contestants must conform to the eligibility rules of the CIAC.
4. **All Qualifiers for the State Open are expected to participate.** "Player of the Year" will be selected from State Open participants.

D. QUALIFICATIONS BASED ON SEASONAL RECORD:

1. ***For S Division*** -- If a team wins at least 50% of its scheduled matches as of Thursday, May 24, 2012 it may send a maximum of nine (9) players, three singles and three doubles, or four singles and two doubles.
2. ***For M, L & LL Divisions*** -- If a team wins at least 50% of its scheduled matches as of Thursday, May 24, 2012 it may send a maximum of ten (10) players, five singles and two doubles or four singles and three doubles.
3. ***For Individuals*** (when the team does not win 50%) --
 - a. If your #1 or #2 singles players or the #1 doubles team wins at least 50% of their scheduled seasonal matches as of May 24, 2012 your school may enter one singles player or one doubles team.
 - b. If any two of your #1, #2, or #3 singles players win at least 50% of their scheduled seasonal matches as of May 24, 2012 your school may enter a maximum of three players in this possible arrangement: two singles players or one singles player and one doubles team.
(OR)
If one of your top two singles players and, in addition, one of your top two doubles teams wins 50% of their scheduled seasonal matches as of May 24, 2012 your school may enter one singles player and one doubles team.
 - c. If all three of your top three singles players or both of your #1 or #2 doubles teams wins at least 50% of their scheduled seasonal matches as of May 24, 2012 your school may enter a maximum of four players in this possible arrangement -- two singles players and one doubles team or two doubles teams, or three singles players.
 - d. Please contact the tournament director for questions about eligibility.

E. **ENTRY LIMITATIONS:**

No entrant may play in both singles and doubles.

F. **FEES, ENTRY FORM AND TEAM RECORD SHEET AND THEIR MAILING:**

1. Your entry form and tennis record sheet must be submitted via the password-protected online eligibility center -- no later than Friday, May 25, 2012 by 12:00 p.m.
2. CIAC Late Entry Policy
 - **No tournament entries will be accepted after the established deadline except those approved by the CIAC Board of Control.**
 - Corrections requested by a school to an entry form that was submitted by the established deadline but prior to seeding/pairing data being published on the web site, will be assessed a fee of \$50 per correction to a maximum of \$250.
 - All requests for corrections must be submitted on a support ticket via the online eligibility center. **No phone request will be considered.**

Tournament Regulations 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.

3. 2012 Boys Tennis Game Results – Match results must be submitted on a weekly basis (scores for all games through Saturday must be entered no later than the following Monday via the password-protected online eligibility center). Regardless of regular season postponed matches, the date of Thursday, May 24, 2012 is the final day to count for the tournament. All match results must be submitted no later than 12:00 p.m. on Friday, May 25, 2012. All matches canceled should be reported on the tournament entry in place of a score. Principals **MUST** file canceled game/forfeit form if match is to be counted.
4. 2012 Boys Tennis Tournament Rosters – Must be submitted via the password-protected online eligibility center by 12:00 Noon, Friday, May 25, 2012. Any request for changes after the initial roster is submitted must be made on a “support ticket” via the online eligibility center.
5. The entry fee will be \$75.00, plus \$10.00 per individual competitor. There is no additional fee for alternates. Make the check payable to the CIAC and mail it to the CIAC office, 30 Realty Drive, Cheshire, CT 06410. If a school needs an invoice in order to pay its tournament fee, one can be downloaded by using the “Generate Tournament Invoice” link under the boys tennis options in the password-protected online eligibility center.
6. **COACHES NOTE!! Please indicate the record of each player and his position on your team on the entry form and team record sheet. Comments concerning outstanding players are also requested. This information WILL HELP in determining seeded players.**
7. Alternates must fill in the spot vacated by the non-participating entries in the class tournament to avoid last minute shifting of line-ups on the draw sheet. **HIS NAME MUST APPEAR ON THE ENTRY FORM.**
8. 2012 Boys Tennis Schedule – Must be submitted via the password-protected online eligibility center. (Final submission due by February 6, 2012) Failure to submit schedule of games may result in disqualification from the tournament. All matches must be reported. Matches not reported may not be considered for tournament qualification. Games cannot be added to schedule after April 4, 2012.

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.

G. PAIRINGS AND LIMITS ON MATCHES PLAYED:

1. **Class draws will be available online (casciac.org) by noon, Wednesday, May 30, 2012.**
2. A participant may not play more than three doubles matches or two singles matches on any given day in the Class Tournaments.
3. The goal of the CIAC tennis committee is to provide the highest quality post-season tournaments in the fairest possible manner. Although subjective decisions cannot be totally eliminated, they are minimized (see seeding, #b). The following describes the process by which the tournament committee makes the draws for the Boys Class Singles and Doubles tournaments. To avoid conflict of interest and to guarantee fairness, members of the committee help each other in all phases of the draw. A minimum of two (2) members complete the mechanics, and all members take part in the seeding of each draw. The administrative head of the committee as well as the CIAC liaison are present. Here are the draw procedures:
 - a. Download entry forms from all teams in the division. Count all of the entries to determine the size of the singles and doubles draw, number of seeds and byes. Check the number of entries against the school record to make sure the appropriate number of individual entries are listed. Contact coach if discrepancies exist.
 - b. Determine seeds with input from all members of the committee and from representatives of the leagues in different parts of the state. Consider (in no order): head-to-head results this year, position on team, strength of schedule, overall record, past CIAC tournament performances. Use USTA results as backup information.
 - c. Place seeds in appropriate position on the draw to avoid teammates. Flip a coin when appropriate.
 - d. Separate seeds on the same team into different halves (or quarters, if more than two are seeded) of the draw.
 - e. Randomly divide all entries from a team into quarters (quadrants). Place the ones and twos of a team in separate halves of the draw. Try to balance each quadrant with all positions (1-5) so that all of the top entries do not appear in one quarter of the draw.
 - f. Feed preliminary matches into seeded positions.
 - g. For each quadrant, randomly draw the rest of the positions and complete the draw. Two individuals must draw the lots to insure fairness and to provide checks and balances.
 - h. Check and re-check for errors, then finalize draw and enter data onto web site.
 - i. Discuss any modifications of the procedures among the tournament committee.

H. TENNIS ATTIRE AND TENNIS BALLS:

1. Appropriate tennis attire is mandatory and is subject to the director's or coordinator's approval.
2. **The CIAC will supply tennis balls FOR THE CLASS TOURNAMENT BUT NOT FOR THE OPEN c/o Wilson Sporting Goods.** A new can will only be available for the third set in the later rounds.

I. **TEAM SCORING:**

1. In the class tournaments, points for the team score will be awarded for each event (singles and doubles) on the following basis: one point for each match won (including preliminary round). In the case of a bye in the opening or first round, no point shall be awarded unless the player or doubles team wins the next round match and will then be awarded two points. The Preliminary Round is considered a bye for any First Round match that does not involve opponents from the Preliminary Round in a draw that exceeds 64 teams. In this instance the First Round winner earns two points, one for the Preliminary Round “bye” and one for the First Round match. Consult your site or tournament director if necessary.
2. Preliminary Round and First Round matches (Round of 64) will be settled by two out of three sets, with a twelve-point tie-break at 6-6 for each set. A 10 point tie-break in lieu of a third set will be played in these two rounds. After the First Round, all matches will be two out of three sets with a full third set, unless modified by the site director.

J. **AWARDS:**

For Class Tournaments:

1. **By Schools** -- In each class, the school that accumulates the highest number of combined points in singles and doubles will receive a winner's award for the school. The school that acquires the next highest number of combined total points will receive the runner-up award. (Total of eight (8) awards).
2. **By Individuals** -- In both singles and doubles, the individual winners and runners-up will merit and receive corresponding medals. (Total of 24 awards)

K. **RULES OF CONDUCT, PLAY AND INJURY:**

1. The game will be governed by the USTA Code of Conduct, including the point penalty system, with modifications as specified by the CIAC Tennis Committee. In case of any controversy the decision of the site director shall be final. Warm-ups will be a maximum of ten minutes. Up to a ten (10) minute break will be allowed between second and third sets. One 5 minute injury time out is allowed with an equitable and reasonable extension or reduction of the 5 minute injury time determined by the site director.
2. Participants will follow all of the rules in the Class and Open Tournaments of this information sheet and entry form.

L. **UNATTACHED STATUS** – COACHES – Review the CIAC regulation to “unattached status” with your team prior to the season.

“Outside” Participation / USTA Tournaments – Any student requesting to participate in a non-CIAC tennis match must receive approval from the member school principal, coach and parents. CIAC weekly limitations must be observed. (See Section 12.0, page 1 in CIAC Handbook for weekly game limitation regulation for two and three day matches.) Non-CIAC events include those sponsored by tennis clubs, USTA, or other private and public recreational programs. Note: Tennis players must participate as “unattached” individuals (not representing the school or an outside team), in a maximum of four (4) “outside meets per season.

Weekly limitation rules are in effect from the official start of competition (4/4/12) through the end of CIAC competition (6/14/12).

C.I.A.C. BOYS TENNIS STATE TOURNAMENT

COACHES CHECKLIST

FINAL SUBMISSION FOR TEAM SCHEDULE DUE VIA THE PASSWORD-PROTECTED ONLINE ELIGIBILITY CENTER WAS WEDNESDAY, FEBRUARY 6, 2012

BEFORE SUBMITTING YOUR ENTRY FORM, PLEASE CHECK THE FOLLOWING INFORMATION.

1. _____ **SAT CONFLICTS ARE NOTED. FAILURE TO INDICATE SAT PARTICIPATION AS DIRECTED MAY RESULT IN A DEFAULT.**
2. _____ **Note changes in packet**
3. _____ WINS AND LOSSES OF SINGLES AND DOUBLES PLAYERS ARE INCLUDED. I HAVE IDENTIFIED KEY WINS OR LOSSES UNDER "COMMENTS".
4. _____ I HAVE LISTED THE BEST PLAYERS I HAVE SEEN THIS SEASON AND HAVE NOTED OTHER INFORMATION TO HELP WITH THE SEEDING.
5. _____ PLAYERS' RECORD AND POSITION ON THE TEAM ARE PROPERLY RECORDED.
6. _____ THE ALTERNATE PLAYERS ARE LISTED.
7. _____ THE ENTRY FEE OF \$75 PLUS \$10 PER COMPETITOR MAILED TO CIAC OFFICE, 30 Realty Drive, Cheshire, CT 06410
8. _____ THE COACH OR PRINCIPAL'S DESIGNEE (IN WRITING) WILL ACCOMPANY OUR PARTICIPANTS.
9. _____ COMMENTS BY THE COACH ARE INCLUDED.

83rd ANNUAL BOYS STATE OPEN TENNIS TOURNAMENT AT HAMDEN HIGH SCHOOL

Saturday, June 9	– 10:00 a.m.	Round of 16, quarter-finals (singles); quarter-finals and semi-finals (doubles)
Sunday, June 10	– 1:30 p.m.	Rain date
Monday, June 11	– 3:30 p.m.	Semi-finals of single
Tuesday, June 12	– 3:30 p.m.	Finals; rain date semi-finals
Wednesday, June 13	– 3:30 p.m.	Rain date - Finals

Site Director Rex Smith, Berlin High School, 139 Patterson Way, Berlin, CT 06037
 School telephone (860) 828-6577 (x 234) / Cell (860) 716-4913
 E-mail: Rsmith@berlinschools.org

Tournament Director Jim Solomon, Wm. Hall High School, 975 No Main Street, W. Hartford 06117
 Cell (860) 716-7123
 E-mail: Jim.Solomon@whps.org or jfsol@sbcglobal.net

A. QUALIFICATIONS FOR ENTRY INTO THE STATE OPEN TOURNAMENT

- All contestants must have conformed to the rules of the CIAC Class Tennis Tournaments.
- All singles **semi-finalists** and doubles finalists, in all Class tournaments, qualify for the Open and **are expected to participate**. If a qualifier cannot participate, his coach must inform the tournament officials immediately upon qualifying. The directors will select a substitute.
- The qualifying players' coach or designee must contact the tournament director to confirm the player's participation in the Open.
- In the Open, only the team's coach or his/her designee may coach his/her players during the odd game change over periods and rest periods during the ten minutes of split sets.
- All players must be accompanied by the team coach or school official's designee. The coach/designee is responsible for the conduct of all players and team fans.
- A player must participate in the Open to qualify for the New England Championships and to receive the **Player of the Year** award.

B. THE OPEN FORMAT AND SCORING FOR SINGLE AND DOUBLES:

- Format**
Singles and doubles will consist of a single elimination draw each (16 singles / 8 doubles).
- Scoring**
The round of 16 and quarter-finals will be two out of three sets with a twelve point tie break at 6-6. If the first two sets are split, then a 10 point tie-break may be played instead of the third set to determine the winner. The Director will determine this before the round is played.

The Semi-finals and Finals will be two out of three sets with a twelve point tie-break at 6-6. The tournament director may modify the scoring depending on weather conditions.

- EACH ENTRY MUST BRING A CAN OF WILSON CHAMPIONSHIP BALLS.**

C. AWARDS

For State Open Tournament -- The winners and runners-up in singles and doubles will receive awards. (Six awards)

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

2011-12 BOYS TENNIS TOURNAMENT DIVISIONS

Class LL -- 761 and Over (28)

Bridgeport Central	1202
Cheshire	825
Danbury	1471
East Hartford	882
Fairfield Prep.	907
Glastonbury	1081
Greenwich	1438
Hamden	1004
Manchester	958
Middletown - Xavier	875
New Britain	1420
New Milford	761
Newtown	866
Norwalk - Brien McMahon	828
Norwich Free Academy	1124
Ridgefield	893
Shelton	770
Simsbury	855
South Windsor	833
Southington	1008
Stamford	926
Stamford - Westhill	1208
Trumbull	1014
West Hartford - Conard	794
West Hartford - Wm. Hall	793
West Haven	802
Westport - Staples	940
Woodbridge - Amity Reg.	868

No Team

Hartford Public 777

Class L -- 587 - 760 (30)

Bristol Central	711
Bristol Eastern	729
Darien	669
East Lyme	589
Fairfield - Ludlowe	703
Fairfield - Warde	655
Farmington	674
Groton - Fitch	630
Hartford - Bulkeley	697
Hebron - RHAM	632
Madison - Daniel Hand	587
Meriden - Maloney	599
Middletown	699
Monroe - Masuk	648
Naugatuck	699
New Canaan	652
New Haven - Wilbur Cross	628
Newington	749
North Haven	597
Norwalk	749
Southbury - Pomperaug	722
Storrs - E.O. Smith	596
Stratford - Bunnell	615
Waterbury - Crosby	748
Waterbury - Kennedy	709
Waterbury - Wilby	686
West Haven - Notre Dame	619
Wethersfield	593
Wilton	657
Windsor	686

No Team

Bridgeport - Bassick 650
Bridgeport - Harding 729

2012 Boys Tennis

Class M -- 406 - 586 (39)

Avon	548
Berlin	503
Bethel	465
Branford	552
Bridgeport - Bullard-Havens	426
Brookfield	500
Burlington - Lewis Mills	418
Colchester - Bacon Academy	456
Danbury - Abbott Tech.	441
East Haven	489
Ellington / Somers *	513
Enfield	440
Enfield - Enrico Fermi	563
Guilford	546
Ledyard	454
Meriden - Platt	528
Meriden - Wilcox Tech.	500
Milford - Foran	473
Milford - Jonathan Law	487
Milford - Platt Tech.	579
Montville	410
New Fairfield	482
New Haven - Hillhouse	449
New London	540
Redding - Joel Barlow	461
Stonington	407
Stratford	507
Suffield	406
Tolland	478
Torrington	567
Vernon - Rockville	533
Wallingford - Lyman Hall	509
Wallingford - Sheehan	481
Waterbury - Kaynor	443
Waterford	494
Watertown	477
Windham	467
Wolcott	454
Woodstock Academy	524

No Team

Killingly - Ellis Tech.	417
Manchester - Cheney Tech.	510
Middletown - Vinal Tech.	424
Norwich Tech.	408
Torrington - Wolcott Tech.	472

Class S -- Up to 405 (47)

Beacon Falls - Woodland	398
Bolton	144
Canton	270
Clinton - Morgan School	287
Cromwell	289
Danbury - Immaculate	169
Deep River - Valley Reg.	293
Durham - Coginchaug	273
East Hampton	276
Fairfield - Notre Dame Catholic	203
Falls Village - Housatonic Valley	258
Granby Memorial	391
Griswold	356
Groton - Grasso/Southeastern	337
Higganum - Haddam-Killingworth	360
Hartford - A.I. Prince Tech.	326
Hartford - Capital Prep.	82
Hartford Classical	161
Hartford - Weaver	347
Killingly	371
Lebanon - Lyman Memorial	239
Litchfield	170
Litchfield - Wamogo	169
Manchester - East Catholic	309
New Britain - Goodwin Tech.	374
New Haven - Career	244
North Branford	340
Old Lyme	223
Old Saybrook	265
Oxford	324
Portland	201
Rocky Hill	386
Seymour	322
Stamford - Trinity Catholic	211
Thomaston	174
Trumbull - St. Joseph	402
Uncasville - St. Bernard	161
Washington - Shepaug Valley	183
Waterbury - Holy Cross	378
Waterbury - Sacred Heart	186
West Hartford - N.W. Catholic	286
Westbrook	156
Weston	380
Windsor Locks / East Granby *	303
Winsted - Gilbert School	146
Winsted - N.W. Reg.	377
Woodbury - Nonnewaug	405

No Team

Ansonia	404	University	266	Terryville	286
O'Brien Tech.	384	Eli Whitney	289	Tourtellotte	173
Bloomfield	308	Faith Prep		Windham Tech	
Kolbe Cath.	143	Amistad			371
St. Paul	168	Hyde	163		
Parish Hill	69	Wheeler	124		
Coventry	277	Plainfield	378		
Derby	215	Plainville	398		
East Windsor	194	Putnam	176		
Hale Ray	178	Stafford	259		
SMSA	203	Stamford Ac	85		

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

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

- Headache or dizziness
- Nausea or vomiting
- Blurred or double vision
- Over sensitivity to sound / light / touch
- Ringing in ears
- 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*.

- 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:

- NFHS. Concussions. 2008 NFHS Sports Medicine Handbook (Third Edition). 2008: 77-82.
<http://www.nfhs.org>
- 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
- Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports*.
http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm.
- 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)
- American Academy of Pediatrics - Healthychildren. *Symptom Check: Head Injury*. Retrieved on June 16, 2010. [Http://www.healthychildren.org/english/tips-tools/symptom-checker/pages/Head-Injury.aspx](http://www.healthychildren.org/english/tips-tools/symptom-checker/pages/Head-Injury.aspx)

Resources:

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