

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



Information Sheet and Entry Form
2014 Boys Tennis Tournament

39th ANNUAL TENNIS TOURNAMENT BY CLASSES – AT CLASS SITES – LISTED BELOW

| | | |
|-------------------------|--------------|---|
| Saturday, May 31, 2014 | 8:30 a.m . – | Preliminary Round and Early Rounds |
| Sunday, June 1, 2014 | 12:00 p.m. – | Rain Date for Saturday |
| Monday, June 2, 2014 | 1:00 p.m. – | Middle Rounds |
| Tuesday, June 3, 2014 | TBA (p.m.) | Quarter-finals (if necessary) and Semi-finals |
| Wednesday, June 4, 2014 | 4:00 p.m. – | Finals |
| Thursday, June 5, 2014 | 4:00 p.m. -- | Rain Date (if needed) |

INDIVIDUAL SITE DIRECTORS MAY ALTER SCHEDULE AS APPROPRIATE

A. 39th Annual Interscholastic Tennis Tournament by Classes:

Note: Sites may be changed due to weather and for travel consolidation. Please check the CIAC web site – www.ciacsports.com

| <u>Classes</u> | <u>Dates</u> | <u>Playing Sites</u> | <u>Site Director</u> | <u>School</u> |
|----------------|--------------|---|---|------------------------|
| S | 5/31-6/4 | Conard High School West Hartford | Gary Meunier Cell (203) 605-0581 School email – garymeunier@westonps.org | Weston High School |
| M | 5/31-6/4 | Yale University | Rex Smith School (860) 828-6577 x 234 Cell (860) 716-4913 School email – rsmith@berlinschools.org | Berlin High School |
| L | 5/31-6/4 | Wm. Hall High West Hartford and Yale University | Jim Solomon Cell (860) 716-7123 School email – jim_solomon@whps.org Email – jfsol@sbcglobal.net | Wm. Hall High School |
| LL | 5/31-6/4 | Yale University | Dave Maloney Cell (860) 995-4690 School email – b11dmalo@manchesterct.gov | Manchester 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 official.
2. ONLY the team's coach (or appointee) may coach his/her players during the odd-game change-over periods and after split sets.
3. The coach (or appointee) is responsible for supervising the entire team as well as its fans.
4. Contestants must conform to the eligibility rules of the CIAC.
5. **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 29, 2014 it may send a maximum of nine (9) players, three singles and three doubles, or four singles and two doubles.
2. **For M, L and LL Divisions** – If a team wins at least 50% of its scheduled matches as of Thursday, May 29, 2014 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 or wins at least seven matches with a winning percentage of at least 50% as of May 29, 2014 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 or wins at least seven matches with a winning percentage of at least 50% as of May 29, 2014 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 29, 2014 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 win at least 50% of their scheduled seasonal matches or wins at least 7 matches with a winning percentage of at least 50% as of May 29, 2014 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 Tuesday, May 27, 2014 by 12:00 p.m.

If by May 27 a team or individual has not yet qualified for the tournament but could qualify by Thursday, May 29 (the final date allowed for regular season play), enter the individual or team as instructed by May 20 and submit the result of any later match by telephone to the appropriate site director ASAP.

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. **2014 Boys Tennis Game Results** – All regular season match 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 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 a school's athletic director.

Regardless of regular season postponed matches, the date of Thursday, May 29, 2014 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 30, 2014. 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. **2014 Boys Tennis 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 12:00 Noon, Tuesday, May 27, 2014.
5. The entry fee will be \$75.00, plus \$10 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. **2014 Boys Tennis Schedule** – Must be submitted via the password-protected online eligibility center. (Final submission due by February 5, 2014.) 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 9, 2014.

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.

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 winter sport championship that overlaps with a spring sport and would not be required to complete ten (10) practices prior to competition.

G. Pairings and Limits on Matches Played

1. **Class draws will be available online – www.ciacsports.com – by 8:00 p.m., Friday, May 30, 2014.**
2. The goal of the CIAC Tennis Committee is to provide the highest qualify post-season tournaments in the fairest possible manner. Although subjective decisions cannot be totally eliminated, they are minimized (see seeding #6). 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.

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

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. **All matches through the quarter-finals will be settled by two out of three sets with a ten point tiebreaker in lieu of a third set.**

In the semi-final and final matches, the third set will be played. However, in the preliminary round an 8-game pro set will be played.

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 five minute injury time out is allowed with an equitable and reasonable extension or reduction of the five minute injury time determined by the site director. **If a ten point tie break is being played in place of a third set, there will be a two-minute on-court break instead of the standard ten-minute break before a third set.**
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 10.0, in the 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. (Section 4.0 of the CIAC Handbook.)

Weekly limitation rules are in effect from the official start of competition (4/9/14) through the end of CIAC competition (6/9/14).

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

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

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

CIAC BOYS STATE TENNIS TOURNAMENT

COACHES CHECKLIST

FINAL SUBMISSION FOR TEAM SCHEDULE DUE VIA THE PASSWORD-PROTECTED ONLINE ELIGIBILITY CENTER WAS WEDNESDAY, FEBRUARY 5, 2014.

Before submitting your entry form, please check the following information.

- 1. **Call the site director immediately if there is any change in status for either your team or an individual player on your team.**
- 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.

85th ANNUAL BOYS STATE OPEN TENNIS TOURNAMENT AT SITE TBA

| | | |
|--------------------|-----------|---|
| Saturday, June 7 | 1:30 p.m. | Round of 16, quarter-finals (singles); quarter-finals and semi-finals (doubles) |
| Monday, June 8 | 4:00 p.m. | Semi-finals of singles |
| Tuesday, June 9 | 4:00 p.m. | Finals; rain date semi-finals |
| Wednesday, June 10 | 4:00 p.m. | Rain date – Finals |

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

Tournament Director Jim Solomon, Wm. Hall High School, 975 N. Main St., W. Hartford 06117
Cell (860) 716-7123
Email – Jim.Solomon@whps.org or jfsol@sbcglobal.net

A. Qualifications for Entry into the State Open Tournament

1. All contestants must have conformed to the rules of the CIAC Class Tennis Tournaments.
2. All singles and doubles champions 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.
3. The qualifying players' coach or designee must contact the tournament director to confirm the player's participation in the Open.
4. 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.
5. 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.
6. 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 Singles and Doubles

1. **Format** – Singles and doubles will consist of a single elimination draw each (4 singles / 4 doubles).
2. **Scoring** – The semi-finals and finals will both 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.

C. Awards

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

2013-14 CIAC BOYS TENNIS TOURNAMENT DIVISIONS

Note: This listing of divisions is accurate based on information as of December, 2013. The listing in the packet will not be updated throughout the year as schools add or delete teams. The current listing reflecting changes made after the packet was published can be found on the Boys Tennis page of the CIAC website.

Class LL – 745 and Over (28)

| | |
|-----------------------------------|------|
| Bridgeport Central | 923 |
| Cheshire | 798 |
| Danbury | 1468 |
| East Hartford | 836 |
| Fairfield Prep. | 896 |
| Glastonbury | 1077 |
| Greenwich | 1366 |
| Hamden | 944 |
| Hartford – Bulkeley/Htfd Public * | 1299 |
| Manchester | 889 |
| Middletown – Xavier | 870 |
| New Britain | 1338 |
| Newtown | 904 |
| Norwalk | 770 |
| Norwalk – Brien McMahon | 793 |
| Norwich Free Academy | 1071 |
| Ridgefield | 906 |
| Shelton | 779 |
| Simsbury | 832 |
| Southington | 1009 |
| Stamford | 989 |
| Stamford – Westhill | 1039 |
| Trumbull | 1049 |
| Waterbury – Crosby | 746 |
| West Hartford – Conard | 773 |
| West Haven | 794 |
| Westport – Staples | 953 |
| Woodbridge – Amity Reg. | 844 |

Class L – 600 – 744 (28)

| | |
|--------------------------|-----|
| Bristol Central | 681 |
| Bristol Eastern | 640 |
| Darien | 659 |
| Fairfield Ludlowe | 737 |
| Fairfield Warde | 726 |
| Farmington | 678 |
| Hebron – RHAM | 615 |
| Madison – Daniel Hand | 617 |
| Meriden – Maloney | 618 |
| Meriden – Platt | 619 |
| Middletown | 674 |
| Monroe – Masuk | 620 |
| Naugatuck | 683 |
| New Canaan | 629 |
| New Haven – Wilbur Cross | 653 |
| New Milford | 726 |
| Newington | 719 |
| North Haven | 625 |
| South Windsor | 723 |
| Southbury – Pomperaug | 652 |
| Storrs – E.O. Smith | 602 |
| Waterbury – Kennedy | 717 |
| Waterbury – Wilby | 702 |
| West Hartford – Wm. Hall | 725 |
| West Haven – Notre Dame | 616 |
| Wethersfield | 617 |
| Wilton | 689 |
| Windsor | 637 |

No Team - L

| | |
|----------------------|-----|
| Bridgeport – Bassick | 645 |
| Bridgeport – Harding | 685 |

No Team - M

| | |
|----------------------------|-----|
| Killingly – Ellis Tech. | 417 |
| Manchester – Cheney Tech. | 534 |
| Middletown – Vinal Tech. | 450 |
| Norwich Tech. | 424 |
| Torrington – Wolcott Tech. | 417 |

No Team – S

| | | | |
|-------------------|-----|---------------|-----|
| Ansonia | 323 | O’Brien | 386 |
| Bloomfield | 276 | Eli Whitney | 277 |
| Kolbe Cathedral | 131 | Amistad | 134 |
| St. Paul | 194 | Hyde | 161 |
| Parish Hill | 82 | Plainfield | 371 |
| Coventry | 248 | Putnam | 163 |
| Derby | 188 | Stafford | 218 |
| East Windsor | 192 | Terryville | 262 |
| Hale Ray | 201 | Tourtellotte | 160 |
| Achievement First | 27 | Windham Tech. | 374 |
| SMSA | 194 | Windham Tech | 371 |
| University | 275 | | |

*Cooperative team

Class M – 401 - 599 (38)

| | |
|----------------------------|-----|
| Avon | 540 |
| Berlin | 497 |
| Bethel | 502 |
| Branford | 531 |
| Brookfield | 433 |
| Burlington – Lewis Mills | 409 |
| Colchester – Bacon Academy | 448 |
| Danbury – Abbott Tech. | 423 |
| East Haven | 468 |
| East Lyme | 542 |
| Ellington / Somers * | 484 |
| Enfield – Enrico Fermi | 499 |
| Groton – Fitch | 593 |
| Guilford | 551 |
| Killingly | 440 |
| Ledyard | 465 |
| Meriden – Wilcox Tech. | 438 |
| Milford – Foran | 491 |
| Milford – Jonathan Law | 466 |
| Milford – Platt Tech. | 554 |
| New Fairfield | 521 |
| New Haven – Hillhouse | 510 |
| New London | 536 |
| Redding – Joel Barlow | 487 |
| Stratford | 556 |
| Stratford – Bunnell | 590 |
| Suffield | 410 |
| Tolland | 437 |
| Torrington | 590 |
| Trumbull – St. Joseph | 440 |
| Vernon – Rockville | 497 |
| Wallingford – Lyman Hall | 468 |
| Wallingford – Sheehan | 437 |
| Waterbury – Kaynor | 411 |
| Waterford | 440 |
| Watertown | 467 |
| Wolcott | 427 |
| Woodstock Academy | 514 |

Class S – Up to 400 (53)

| | |
|------------------------------------|-----|
| Beacon Falls – Woodland | 363 |
| Bolton | 182 |
| Bridgeport – Bullard-Havens | 388 |
| Canton | 286 |
| Clinton – Morgan | 308 |
| Cromwell | 270 |
| Danbury – Immaculate | 184 |
| Deep River – Valley Reg. | 297 |
| Durham – Coginchaug | 279 |
| East Granby | 151 |
| East Hampton | 241 |
| Enfield | 380 |
| Fairfield – Notre Dame Catholic | 215 |
| Falls Village – Housatonic Valley | 195 |
| Granby Memorial | 390 |
| Griswold | 311 |
| Groton – Grasso Southeastern Tech. | 340 |
| Higganum – Haddam-Killingworth | 309 |
| Hartford – A.I. Prince Tech. | 359 |
| Hartford – Capital Prep. | 89 |
| Hartford – Classical | 161 |
| Hartford – Weaver | 243 |
| Lebanon – Lyman Memorial | 177 |
| Litchfield | 164 |
| Litchfield – Wamogo | 196 |
| Manchester – East Catholic | 339 |
| Montville | 372 |
| New Britain – Goodwin Tech. | 380 |
| New Haven – Career | 281 |
| North Branford | 312 |
| North Stonington – Wheeler | 97 |
| Old Lyme | 235 |
| Old Saybrook | 262 |
| Oxford | 289 |
| Portland | 186 |
| Plainville | 370 |
| Rocky Hill | 345 |
| Seymour | 303 |
| Stamford – Trinity Catholic | 227 |
| Stonington | 398 |
| Thomaston | 138 |
| Uncasville – St. Bernard | 125 |
| Washington – Shepaug Valley | 177 |
| Waterbury – Holy Cross | 325 |
| Waterbury – Sacred Heart | 181 |
| West Hartford – Northwest Catholic | 300 |
| Westbrook | 148 |
| Weston | 395 |
| Windham | 379 |
| Windsor Locks | 288 |
| Winsted – Gilbert | 170 |
| Winsted – N.W. Reg. | 372 |
| Woodbury – Nonnewaug | 353 |

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*.
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)

| <u>Rehabilitation stage</u> | <u>Functional exercise at each stage of rehabilitation</u> | <u>Objective of each stage</u> |
|------------------------------------|---|---|
| 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:

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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*.
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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.

