

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
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12th ANNUAL CIAC BOYS VOLLEYBALL TOURNAMENT - 2012



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THE BOYS VOLLEYBALL TOURNAMENT INFORMATION IS ARRANGED IN TWELVE (12) SECTIONS.

- 1.0 DIVISIONS
- 2.0 SITES / DATES
- 3.0 ENTRY PROCEDURES
- 4.0 EXPENSES / TICKETS
- 5.0 FORFEITS
- 6.0 OFFICIALS
- 7.0 PROTESTS
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2012 CIAC BOYS VOLLEYBALL TOURNAMENT
ALERT

1. **Fan Behavior and Respect for the Game** – Good sporting conduct is an integral part of the interscholastic volleyball program. The rules of volleyball state that any type of cheering, yelling or other actions which are done in a manner to disconcert, be derogatory or taunting toward the opposing team or a specific player is considered inappropriate. Cheering and other support should always be positive. Inappropriate behavior, if not addressed, allows for a loss of respect for the game and players. (NF Volleyball Rule book, pg 48)
2. **Track the Libero** – The home team provides the tracking of the Libero for both teams, even if the home team does not use a libero.
3. **Libero Uniform** – The libero must wear a uniform top that is immediately recognized from all angles as being in sharp contrast to and distinct from the other members of the team. The primary color of the libero's uniform top must be different from any color that appears on more than 25% of the body of his/her teammates; uniform tops. In determining the body of the uniforms, the sleeves and collar should be ignored. The libero uniform must have a legal number. The style and trim of the libero's uniform top may differ from his teammates' uniforms, but his shorts must be like-colored as his teammates.
4. **Outside Tournament/Event** – CIAC member school athletes in the sport of volleyball may not participate in any outside tournament or event during the CIAC season. This includes two on two, three on three, beach volleyball or other similar events/tournaments. Participation in such events will result in loss of eligibility for the athlete and possible forfeits of games played by the school in which the athlete played after participating in an outside event.
5. **Coaches Apparel** – All team coaches are expected to dress appropriately for tournament competition. T-shirts, blue jeans and caps/hats are among the items prohibited during tournament play.
6. **For the 2013 season a red, white and blue ball will be used throughout the CIAC tournament.**

2011-12 National Federation Volleyball Rule Revisions

- | | |
|---------------------------------------|---|
| 1-3 new 3 | Outlines the procedure for scoring when a vacant position rotates to serve in the right back position due to the team playing with fewer than six players as a result of illness, injury or disqualification. |
| 2-1 new
9 and 10 | Adds the definitions for playable and non-playable areas and stipulates the first referee has the authority to identify other area(s) as unsuitable for play. |
| 3-1-1 | The overall width and length of the net may now fall within a range with the width being 36 inches to 39 inches and the length being 31 feet, 6 inches to 33 feet. |
| 3-1-1 | The plain white tape along the top of the net shall be 2 inches up to 2 3/4 inches wide. A white net sleeve, no wider than 3 3/8 inches, with the school name, insignia, school mascot and/or advertising may be installed along the top of the net. |
| 4-1-5 | Expands the style of items that may be worn in the hair to include unadorned flat barrettes no longer than 2 inches. |
| 5 -1-3 | Once the match is concluded, the referees continue to maintain administrative responsibilities through the completion of any required reports or correspondence related to action occurring during the match. If necessary, the state association may intercede due to unusual incidents after referees' jurisdiction ends or the match is terminated prior to conclusion of regulation play. |
| 5-2-1 new
NOTE 2 | The individual state association may make a temporary adjustment in the official's uniform and permit wearing of a white, long-sleeved, collared polo shirt or sweater to address cold conditions within competition facilities. |
| Volleyball
Signals #1
Case Book | The illegal alignment shall be used for a libero replacement after the whistle/signal for serve. It is also used to communicate a penalty being assessed for failing to submit an accurate lineup. |

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
12th ANNUAL BOYS 2012 VOLLEYBALL TOURNAMENT

1. Only games played against CIAC member school VARSITY teams and eligible out-of state schools are recognized for tournament qualification. Games scheduled with CLUB or non-CIAC member school teams cannot be counted toward tournament qualification, but are counted toward CIAC season and weekly limitations.
 2. Coaches who coach both CIAC girls and boys volleyball teams during the same year cannot permit team players to practice/participate/compete in any way on both teams.
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1.0 **DIVISIONS**

- 1.1 Only institutional members of the Conference may enter this tournament which will be in two (2) divisions. Placement of schools has been based on the boy enrollment as shown in the 2010-11 CIAC Membership Directory.

L Division -- 750 and over
M Division -- Up to 749

- 1.2 The 2012 boys volleyball championships will be played using a single elimination format.

2.0 **DATES / SITES / MEET DIRECTORS**

- 2.1 Member schools may start practice on, but not before, Monday, March 19, 2012.
- 2.2 Member schools may play the first game on, but not before, Wednesday, April 4, 2012.
- 2.3 The last date for games to count for the 2012 boys volleyball tournament will be Thursday, May 24, 2012.

2.4 **Scheduled Playing Dates for the 2012 Boys Volleyball Tournament**

First round	Tuesday, May 29, 2012
Quarter-finals	Friday, June 1, 2012
Semi-finals	Tuesday, June 5, 2012
Finals	Friday, June 8 or Saturday, June 9, 2012

- 2.5 For first round and quarter-final matches the higher ranked school will provide the site. Home teams will provide athletic trainers through the quarter-finals.
- 2.6 CIAC established expenses beginning with the quarter-final round will be paid by CIAC.
- 2.7 If the higher ranked school does not have a site which conforms to National Federation Rules the tournament director will decide where the match will be played, in which event match expenses and officials fees will be paid by the CIAC. All gate receipts are to be forwarded to the CIAC office.
- 2.8 **For semi-final and final games** -- site selection priority for semi-final matches will be at a neutral site as centrally located as possible. **Site for finals TBA.** No consideration will be given to previous experience at the facility. Gate receipts are to be forwarded to the CIAC office. The higher ranked team will be declared the home team in all situations.

3.0 **ENTRY PROCEDURE**

- 3.1 **Schedule Form** -- Must be submitted via the password-protected online eligibility center by Monday, February 6, 2012. Games cannot be added to the schedule after April 4.
- 3.2 **Game Results** – Must be submitted on a weekly basis (scores for all games through a Saturday must be entered no later than the following Monday) via the password-protected online eligibility center. Regardless of regular season postponed games, the date of Thursday, May 24, 2012, must be the final day to count for the tournament. All games played after the entry form has been submitted must be completed and scores submitted via the password-protected online eligibility center by May 24, 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.

- 3.3 **Change of Division Form** -- Optional, if filed must be submitted via the password-protected online eligibility center by Monday, March 19, 2012. **Schools electing to move up a division must remain in that division for a period of three (3) years. The boys volleyball committee has the authority to approve or deny all requests.**
- 3.4 **Site Availability Form** -- Must be submitted via the password-protected online eligibility center by Monday, March 19, 2012
- 3.5 **Tournament Roster** -- Must be submitted via the password-protected online eligibility center by Friday, May 18, 2012. Any request for changes after the initial roster is submitted must be made before the first CIAC tournament game on a “support ticket” via the online eligibility center. **Each school will not be allowed over eighteen (18) boys on the official tournament roster. There cannot be any alternates or substitutes to the original list of eighteen submitted after the first game played in the tournament. Any necessary changes before the first game must be made by a “support ticket.”**
- 3.6 **Entry Fee** -- There is a \$75.00 entry fee per school. Checks are to be made payable to CIAC and must be mailed to the CIAC, 30 Realty Drive, Cheshire, CT 06410. If a team does not qualify for the tournament, the entry fee will be returned. 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 volleyball options in the password-protected online eligibility center.
- 3.7 **Qualifying Record** -- **WIN 40% OF GAMES AGAINST CIAC MEMBER SCHOOLS AND ELIGIBLE OUT-OF-STATE SCHOOLS.**

4.0 **EXPENSES / TICKETS**

- 4.1 Expenses for all first round matches will be borne by the participating teams. The host team will pay all game expenses including officials and shall provide the site director who should be someone other than the coach. The visiting team will pay its own traveling expenses.
- 4.2 Expenses for quarter-final, semi-final and final matches will be paid by CIAC. CIAC requires admission to be charged at quarter-final games and gate receipts are to be forwarded to the CIAC office. CIAC tickets for the quarter-final games will be delivered to the school prior to the game by CIAC.
- 4.3 Schools will bear all traveling expenses.

- 4.4 The host school will pay all official and lines person fees for first round matches. CIAC will pay all official and lines person expenses for quarter-final, semi-final and final matches.
- 4.5 Charges for admission for quarter-final, semi-final and final games will be:
Free – Children five (5) and under
\$5.00 – Senior Citizens (Age 65 and older)
\$5.00 – Students (Grades 1-12)
\$8.00 – Adults (All others not in the above categories)
- 4.6 If in the first round games schools wish to charge admission they should notify the principal and/or athletic director of the visiting school in advance. (Charge would be same as in 4.5 above.)
- 4.7 During the 2012 tournament, the following passes will be honored at all games where an admission is charged.
- CIAC Volleyball Pass (head varsity boys volleyball coaches must request from CIAC and provide a self-addressed stamped envelope)
 - Principal (or designee) of participating schools with CAS membership card
 - CIAC volleyball officials membership card
 - Press Card
- 4.8 Complimentary admissions will be afforded teams that qualify from the quarter-finals on. Teams must arrive as a group and the coach must present a list of players who are to gain free admission. The list is to be checked as the players enter as a group. Each school competing in the tournament will receive ten (10) complimentary tickets AT THE SITE, to be given to school personnel only -- such as supervisors, bus drivers, administrators, etc.

5.0 FORFEITS

- 5.1 Member schools will be required to submit regular season schedules for all sports controlled by CIAC in which member schools participate. Determination of forfeitures will be based on this schedule.
- A forfeit game shall count as a victory for the team declared the winner and as a loss for the team declared a loser in determining tournament qualifications and ratings. For tournament qualifications only the following reasons for a forfeit shall be accepted.
- 5.2 A team shall forfeit a game or games if through a violation it is required to do so under the CIAC Rules of Eligibility.
- 5.3 A team shall forfeit a game if the game official declares the game a forfeit as a result of a National Federation rule violation, or a team refuses to play after being instructed to do so by the game official.
- 5.4 Forfeitures will be honored by each CIAC sport committee when there is mutual agreement between the principals of the two schools involved in the game not played. Each principal must submit on the official CIAC Canceled Game - Forfeiture Form his/her decision and it must be received in the CIAC office within 72 hours following the time of the scheduled contest. On the eve of a tournament when there is not sufficient time for normal administrative procedures (72 hours) if a question of team forfeiture arises the Executive Director or his designee, in consultation with the chairman of the sport committee affected and the principals of the two schools will make an appropriate ad hoc decision in consideration of the best interests of the tournament as a whole.

- 5.5 All games listed on the original schedule and submitted to the CIAC which are not played and have not been forfeited in accordance with this policy will be considered by each sport committee as No Contest and shall not count for tournament qualification and rating unless it affects the minimum number of games required to qualify for tournament participation. In this instance the sport committee shall review the evidence submitted by the teams involved and may grant an exception from the minimum game number requirement. The minimum winner percentage as determined by the individual sport committee must be met under all circumstances.

6.0 **OFFICIALS**

- 6.1 By Friday, May 11, 2012, each varsity head coach, regardless of won or loss record is invited to submit a list, via the password-protected online eligibility center, of three (3) officials who are judged to be tournament caliber. In addition three officials may be listed who should not work tournament games. From the suggestions a Master List of Officials will be developed which will be used to hire officials, provided they are available.
- 6.2 The CIAC Officials Coordinator will hire game officials for all tournament games including first round, quarter-final, semi-final and final matches. Each school will provide one lines person for the first round games. The CIAC Officials Coordinator will hire lines persons for the quarter-final, semi-final and final matches. **LINES JUDGES FOR ALL GAMES MUST BE QUALIFIED AND EXPERIENCED.**
- 6.3 Each team must bring competent scorers for each match. Certified volleyball officials will be used as linesmen for all quarter-final, semi-final and final matches. The CIAC Volleyball Assistant Tournament Director is Ruth Hewston -- Home (203) 269-0351 / Cell (203) 915-4683.

7.0 **PROTESTS**

- 7.1 Each sport committee will establish a protest committee whose purpose will be to adjudicate all protests relating to the operation of the tournament, including the application and administration of tournament regulations. National Federation or CIAC game rule interpretations and judgments by the game officials cannot be protested. The protest committee for each sport shall consist of the Assistant Executive Director for CIAC, the Chairman of the tournament committee, an administrator member of the sport committee, the tournament director and the coaches' chairman on the sport committee. All protest committee decisions are appealable to the CIAC Board of Control as provided in the CIAC by-laws.
- 7.2 On the eve of a tournament when there is not sufficient time for normal administrative procedures and Board of Control hearings, if a question on interpretation of tournament regulations or the operation of the tournament arises, the Chairman of the CIAC Board of Control, the Executive Director of CIAC, and the chairman of the tournament committee in question will make an appropriate ad hoc decision in consideration of the best interest of the tournament as a whole.
- 7.3 **Decisions by Game Officials** -- Protests arising from the decisions, interpretations and misapplication of the National Federation or CIAC game rules by officials during the contest will not be considered. The decisions and interpretations of the rules by the officials are final.

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

Any team leaving the contest area before the conclusion of the contest because of dissatisfaction with the officiating will render the school liable to disciplinary action by the Conference.

8.0 QUALIFYING

- 8.1 **To be eligible for consideration in the tournament, a team must play a minimum of twelve (12) matches against CIAC member school VARSITY opponents or eligible out-of-state schools and have won 40% of its approved scheduled games played.** Only the first two games played with any single opponent will count for tournament purposes.
- 8.2 Only matches played with Conference member schools, or Region I out-of- state schools who are members of their state athletic association shall be considered.
- 8.3 Matches played with non-member Connecticut secondary schools shall NOT be considered in the rating of teams.

9.0 RANKING AND SEEDING

- 9.1 a. The rating of teams shall be determined by the percentage method. The number of matches won divided by the number of matches played.
- b. Ties will be resolved in the following order:
- 1) Record in head-to-head competition
 - 2) Total matches played
 - 3) By lot.
- 9.2 When more than one team is undefeated, the team with the most wins will be ranked first.
- 9.3 A team maintains its initial percentage ranking throughout the tournament.
- 9.4 The tournament will be conducted in traditional single elimination format.

<u>First Round</u>	<u>Quarter-finals</u>	<u>Semi-finals</u>	<u>Finals</u>
1 vs 16			
8 vs 9	1 vs 8		
		1 vs 4	
4 vs 13			
5 vs 12	4 vs 5		1 vs 2
2 vs 15			
7 vs 10	2 vs 7		
		2 vs 3	
3 vs 14			
6 vs 11	3 vs 6		

- 9.5 ***Ranking and pairings information will be distributed to coaches via the CIAC web site on Friday, May 25, 2012.***

10.0 SUPERVISION / SPORTSMANSHIP

- 10.1 In the interest of crowd control and proper supervision the CIAC Board of Control has approved the tournament regulation requiring the principals of the participating schools or his/her designee to attend all tournament matches. The school administrator or designee MUST identify him/herself to the site director and follow the CIAC Tournament Handbook Guidelines concerning crowd control.
- 10.2 When a member school's coach is ejected from a game for an infraction as prescribed by the rules, the game may not continue until the member school replaced the ejected coach with a certified coach. If this cannot be accomplished within 15 minutes after the ejection, the official in charge will declare a forfeit win for the opposing team.
- 10.3 Use of tobacco products or possession of alcohol beverages of any kind, including champagne, are not permitted at any of the sites. The principal or his/her designee at the match shall see that this rule is enforced and adhered to by the teams.
- 10.4 **Bench Conduct**
- Personnel -- Only coaches, players, other team members, statisticians, managers and trainers will be allowed in the bench area.
- Conduct -- The above identified personnel shall not be outside the vicinity of the designated bench area.
- 10.5 Team members in uniform as well as sub-varsity members identified by the coach, coaches, managers and cheerleaders accompanying the team will be admitted free of charge to each game. Bands and other musical groups, noisemakers that might interfere with the performance of the match, and banners or streamers are prohibited and each school principal or his/her designee is responsible for compliance with this regulation.

11.0 TIME OF GAMES

- 11.1 All tournament matches will start at 5:00 or 7:00 p.m. The starting times for final matches will be announced. The time of the matches scheduled on Saturday or a holiday will be at the discretion of the tournament director.

12.0 TOURNAMENT RULES / PROCEDURES

- 12.1 All contests shall be governed by the 2011-12 National Federation Volleyball Rules. All matches will be the best three-out-of-five in duration -- winners advance. Rally scoring will be in place for all matches.
- 12.2 Each team qualifying for the tournament will be required to furnish a Spalding TF 5000 all white leather ball. No other ball may be used for tournament play. **(For the 2013 season, a red, white and blue ball will be used throughout the tournament.)**
- 12.3 The decisions of the volleyball committee relative to the operation of the tournament shall be final.
- 12.4 Padding, as specified in the National Federation Rules, must be on standards, wall cables and referee's platform.
- 12.5 Teams in the tournament may tape or film matches in which they participate. No other teams may tape matches for scouting purposes.

12.6 Signs and Noisemakers -- The use of banners, placards, streamers, bugles, drums, whistles, etc., will not be allowed at tournament games.

12.7 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.

12.8 **ALL TOURNAMENT GAME SCORES MUST BE CALLED INTO THE TOURNAMENT DIRECTOR IMMEDIATELY FOLLOWING THE MATCH BY THE WINNING COACH.**

12.9 **OUTSIDE TOURNAMENT OR EVENTS** – CIAC member school athletes in the sport of volleyball may not participate in any outside tournament or event during the CIAC season. This includes two on two, three on three, beach volleyball or other similar events/tournaments. Participation in such events will result in loss of eligibility for the athlete and possible forfeits of games played by the school in which the athlete played after participation in an outside event.

13.0 **Coaches Apparel** – All team coaches are expected to dress appropriately for tournament competition. T-shirts, blue jeans and caps/hats are prohibited during tournament play.

APPENDIX A

2012 BOYS VOLLEYBALL TOURNAMENT DIVISIONS

Placement of schools has been based on the boy enrollment as shown in the 2010-11 Membership Directory. If your school is not listed and you have a boys volleyball team, or if your team is listed and you have dropped boys volleyball, please call the CIAC office (203) 250-1111.

Division L (750 and over) (19)

Bridgeport Central	1202
Cheshire	825
Danbury	1471
East Hartford	882
Fairfield - Warde/Ludlowe *	991
Glastonbury	1081
Greenwich	1438
Middletown - Xavier	875
Norwich Free Academy	1124
Ridgefield	893
Shelton	770
Simsbury	855
South Windsor	833
Southington	1008
Trumbull	1014
W. Hartford - Conard	794
W. Hartford - Wm. Hall	793
Westport - Staples	940
Woodbridge - Amity Reg.	868

Division M (Up to 749) (21)

Bloomfield	308
Bridgeport - Bassick	650
Bridgeport - Kolbe-Cathedral	143
Bridgeport - Warren Harding	820
Burlington - Lewis Mills	418
Darien	669
Enfield	440
Enfield - Enrico Fermi	563
Farmington	674
Hartford - Bulkeley	697
Madison - Daniel Hand	587
Meriden - Maloney	599
Monroe - Masuk	648
New Canaan	652
Newington	749
Oxford	324
Redding - Joel Barlow	461
Torrington - Wolcott Tech.	472
Trumbull - St. Joseph	402
Vernon - Rockville	533
Wethersfield	593

* Cooperative team

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.

- **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
- **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)

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)
5. 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.