

39th ANNUAL CIAC FIELD HOCKEY TOURNAMENT



2011 INFORMATION PACKET

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Tournament Director
 Dawn O’Neil
 10 Pinney Hill Road
 Willington, CT 06279
 Home (860) 429-5521
 E-mail: Pdeem@charter.net

Officials Coordinator
 Deborah Martin
 143 Harmony Hill Road
 Harwinton, CT 06791
 Home (860) 485-9879
 Cell (860) 307-4188
 E-mail: deborah-martin@sbcglobal.net

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

FIELD HOCKEY ALERT PAGE

Current ASTM eyewear standard – Please read!

The new 2011 NFHS Field Hockey rules require all field players to wear protective eyewear that meets the current ASTM standard identified as ASTM F2713-09. Because this is a player safety rule, it is effective immediately. The F803 standard is no longer acceptable for field hockey.

The memorandum below from the NFHS Rules Editor provides important information.

Memorandum

To: Interested Field Hockey Coaches, Parents and Players
From: B. Elliot Hopkins, MLD, CAA, NFHS Field Hockey Rules Editor
Re: Statement on various types of protective eyewear for field hockey

We have received numerous inquiries regarding the type of protective eyewear for field hockey. The new rule states that the field player shall wear protective eyewear that meets the current ASTM standard. The current ASTM standard is identified as ASTM F2713-09.

The protective eyewear is distinguished by two different construction types, polycarbonate lens style and a wire frame style. Both styles are acceptable for high school competition as long as they meet the ASTM F2713-09 standard. We suggest that you contact a local retailer to inquire about the various products they carry that meet the ASTM F2713-09 standard or search on the Internet for that type of protective eyewear products.

The NFHS does not do testing on any equipment. We rely on the scientific community, national standard writing bodies along with equipment manufacturers to develop products that protect our students. Specific questions should be directed to your local state athletic and activity association.

The protective eyewear products that meet the ASTM F2713-09 standard can be identified online by searching for “field hockey protective eyewear that meets ASTM F2713-09 requirements.”

NFHS Rule Clarification – Eyewear Protection and Molded Face Masks

All field hockey field players are required by NFHS rules to use eyewear protection which meets the current ASTM F2713-09 standard. The use of goggles with the face mask is permitted by NFHS rules. It should be noted that the current style of face masks do not meet any standard testing protocol and the manufacturers make no claim that the face masks will provide protection from injury. If a player chooses to use a face mask, she should read and follow the manufacturer’s instructions.

REGARDLESS OF WHETHER A PLAYER IS WEARING A FACE MASK OR NOT, THE NFHS REQUIREMENT FOR EYEWEAR PROTECTION REMAINS IN EFFECT.

2011 NATIONAL FEDERATION FIELD HOCKEY RULE CHANGES

1-2-4c	Deleted the alley markings on the field.
1-6-4	Clarified the weight of the stick.
1-6-5	Clarified mandatory eye protection for all field players.
1-6-6	Clarified how state associations may provide reasonable accommodations.
1-8	Clarified head coaches' responsibilities.
2-1-4	Clarified the amount of blood allowed on a player's uniform/equipment.
3-2-6	Clarified the legal strokes for a penalty corner.
3-3-10	Clarified the definition of dribbling as a basic technique.
8-1 PEN 7b and 7c	Clarified the suspension time for a player who is awarded a yellow card.
9-2 PEN 4	Clarified the field location when a violation of a 7-yard restriction occurs and the penalty award.
10-2-6	Clarified when a goal can be scored from a penalty corner.
12-2 PEN 3	Clarified the order and severity of the penalty administration.
Officials Guide VIII-G	Reorganized to accommodate penalizing player misconduct.

Editorial Changes

Field Diagram	Penalty stroke lines adjusted to better represent the true size of the 12-inch line.
2-1-1	Clarified the game officials' administrative responsibilities.
2-1-6	Editorial change to reflect 8-1 PEN 7b and 7c rule change.
4-2 PEN 1	Editorial change.
7-3-1	Editorial change.
9-1-4	Editorial change.
9-2-1d	Editorial change.
10 PEN 1	Editorial change.
10-PEN 3	Omission from previous publication
12-1 PEN 1-3	Editorial change.
Officials Guide VI-B-6a	Editorial change.

2011-12 Points of Emphasis (Refer to page 61)

1. Use of Cards
2. Penalty Corner
3. Coaching Responsibilities

NOTE: The rules and information in this book apply to all high school players, coaches and officials. For convenience and clarity, the feminine gender is used throughout this book.

Situations and rulings are included behind each chapter. New or revised situations and rulings are preceded by an asterisk (*).

CIAC FIELD HOCKEY COACHES CALENDAR 2011 - DON'T MISS A DATE

Dear Field Hockey Coach:

Enclosed herewith you will find the 2011 Field Hockey Tournament procedures, site information and officials selection forms. The following dates are listed for your ready reference and information.

Sat., August 27	Practice may begin
Thurs., September 1	Connecticut Field Hockey Association Officials Board Meeting – CIAC Office, Cheshire – 6:00 p.m.
Thurs., September 1	State Coaches Meeting - CIAC Office, Cheshire – 6:30 P.M.
Tues., September 13	First Contest Date
Fri., September 30	Site Information Form Due – via the password-protected online eligibility center
Thurs., October 27	Tournament Roster – via the password-protected online eligibility center – mail entry fee to CIAC office
Thurs., October 27	Officials Form Due – via the password-protected online eligibility center
Thurs., November 3	Last Date to Count – All scores not on entry form must be reported via the password-protected online eligibility center
Fri., November 4	Tournament pairings will be available on the web site (www.casciac.org).
Mon., November 7	Tournament Begins
Sat., November 19	Finals Rain date Sunday, November 20
Mon., November 28	Coaches Meeting – CIAC Office 5:00 p.m.
Fri., December 2	Head injury report due – via CIAC password-protected online eligibility center

* NOTE: Late Fees

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

2011 FIELD HOCKEY TOURNAMENT DIVISIONS

The 2011 Field Hockey Tournament will be conducted in three divisions. Placement of schools is based on the 9-12 girl enrollment in 2010-11 Membership Directory. See below for division in which your school has been placed.

If your school is NOT listed and you plan to enter the 2011 Field Hockey Tournament please notify the CIAC Office, 30 Realty Drive, Cheshire, CT 06410.

L Division -- 675 and over (26)

Cheshire	740
Danbury	1412
Fairfield Ludlowe	801
Fairfield Warde	675
Glastonbury	1122
Greenwich	1294
Hamden	958
Middletown - Mercy	683
New Canaan	692
New Milford	749
Newington	731
Newtown	863
Norwalk	751
Norwalk - McMahon	876
Norwich Free Academy	1260
Ridgefield	874
Simsbury	740
South Windsor	713
Southington	1022
Stamford	892
Stamford - Westhill	1183
Trumbull	1138
W. Hartford - Conard	761
W. Hartford - Wm. Hall	767
Westport - Staples	902
Woodbridge - Amity Reg.	784

M Division -- 460-674 (26)

Avon	559
Bethel	495
Branford	576
Brookfield	500
Darien	669
East Lyme	615
Enfield - Enrico Fermi	539
Farmington	633
Guilford	567
Hamden - Sacred Heart	487
Madison - Daniel Hand	617
Meriden - Maloney	625
Monroe - Masuk	664
New Fairfield	503
North Haven	642
Redding - Joel Barlow	513
Southbury - Pomperaug	662
Storrs - E.O. Smith	611
Suffield	467
Wallingford - Lyman Hall	641
Wallingford - Sheehan	477
Waterford	460
Watertown	522
Wethersfield	583
Wilton	622
Windsor	622

S Division -- up to 459 (27)

Burlington - Lewis Mills	407
Canton	262
Clinton - Morgan School	270
Danbury - Immaculate	179
Deep River - Valley Reg.	316
Enfield	370
Falls Village - Hous. Val.	248
Granby Memorial	395
Hartford - Capital Prep	88
Higganum-Haddam/Killing	322
Killingly	419
Litchfield	189
Litchfield - Wamogo	216
Milford - Luralton Hall	437
North Branford	346
Old Saybrook	275
Somers	288
Stafford	283
Stonington	376
Thomaston	166
Washington - Shepaug	143
W. Hartford - N.W. Cath	337
Westbrook	145
Weston	412
Windham	363
Winsted - N.W. Reg.	435
Woodbury - Nonnewaug	454

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30 Realty Drive, Cheshire, CT 06410

ANNUAL 2011 FIELD HOCKEY TOURNAMENT

(Please note additions and changes in italics.)

1.0 PRACTICE & PLAYING DATES

- 1.1 Member schools may start practice on, but not before, Saturday, August 27, 2011.
- 1.2 The pre-season state coaches meeting will be on Thursday, September 1 at the CIAC Office, Cheshire (6:30 p.m.), the post-season coaches meeting will be on Monday, November 28 at CIAC, Cheshire at 5:00 p.m.
- 1.3 Member schools may play the first game on, but not before, Tuesday, September 13, 2011.
- 1.4 The last date for games to count for the 2011 Field Hockey Tournament will be Thursday, November 3, 2011. Games commencing after 7:30 p.m. on this date shall not count for tournament entry, regardless of the reasons for playing such games.

2.0 QUALIFYING

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.

- 2.1 To be eligible for consideration in the tournament, a team must play a minimum of ten (10) games AGAINST VARSITY OPPONENTS and have won 40% of its approved scheduled games played. Only the first two games played with any single opponent will be included in the ten (10) games.
- 2.2 Only games played with Conference member schools, American School for the Deaf, or Region I out-of-state schools who are members of their state athletic association shall be considered.
- 2.3 Games played with non-member Connecticut secondary schools shall not be considered in the rating of teams.
- 2.4 Only games listed on the original schedule will count for tournament purposes.

3.0 FORFEITS

- 3.1 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.
- 3.2 A team shall forfeit a game or games if through a violation it is required to do so under the CIAC Rules of Eligibility.
- 3.3 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.
- 3.4 Forfeitures will be honored by each CIAC sports 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 sports 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.

- 3.5 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 ratings 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 winning percentage as determined by the individual sports committee must be met under all circumstances.

4.0 **ENTRY PROCEDURE**

- 4.1 **SCHEDULE – Regular season schedule additions made after September 13, 2011 will not be counted for tournament qualification.**

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.

- 4.2 **GAME 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.
- 4.2 **SITE AVAILABILITY FORM –** Must be completed by September 30, 2011 via the password-protected online eligibility center.

ONCE A SCHOOL MAKES ITS FIELD HOCKEY FIELD AVAILABLE AS A NEUTRAL SITE FOR THE TOURNAMENT IT MUST REMAIN AVAILABLE THROUGHOUT THE TOURNAMENT.

- 4.3 **TOURNAMENT ROSTER –** Must be submitted via the password-protected online eligibility center no later than Thursday, October 27, 2011. Any request for changes after the initial roster is submitted must be made on a “support ticket” via the online eligibility center.
- 4.4 **ENTRY FEE -- \$75 ENTRY FEE SHOULD BE MAILED TO 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 field hockey options in the password-protected online eligibility center.
- 4.5 **FAILURE TO SUBMIT TOURNAMENT INFORMATION BY PRESCRIBED TIME LINES, OR FAILURE TO REPORT A SCORE OR CANCELLATION OF GAME, WILL RESULT IN FINES IN ACCORDANCE WITH CIAC POLICY.**
- 4.6 **FINAL SCORES --** Regardless of regular season postponed games, the date of November 3, 2011 **MUST BE THE FINAL DATE TO COUNT** for the tournament. All games played after the entry form has been submitted, must be completed and **scores reported via the password-protected online eligibility center prior to 10:00 p.m. Thursday, November 3, 2011.**

5.0 **OFFICIALS**

- 5.1 Coaches may submit via the password-protected online eligibility center the “officials form” by Thursday, October 27, 2011, up to fifteen (15) “preferred” officials and five (5) “non-preferred” officials may be selected.

6.0 **RANKING / SEEDING**

- 6.1 Ranking of teams for inclusion and for the purpose of pairings shall be based upon the winning percentage:

Each WIN equals - 2 points / Each LOSS equals - 0 points / Each TIE equals - 1 point / Overtime - 1 point

Divide the total points by twice (2x) the number of games played. There must be at least TEN (10) games against eligible opponents.

6.2 In ranking teams percentage, ties will be broken by the following steps: (1) Total of wins; (2) Most wins and ties; (3) Head-to-head; (4) By-lot.

6.3 Qualifying and first round games will be held to determine the teams who will play in the quarter-finals.

6.4 The pairings will be made as follows:

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		

6.5 If fewer than 16 teams qualify under the highest ranked teams will draw byes for first round.

6.6 If more than 16 teams qualify, the qualifying pairings will be as follows:

If 17 teams	If 18 teams	If 19 teams
16 vs 17	15 vs 18	14 vs 19
	16 vs 17	15 vs 18
		16 vs 17

(Additional pairings will follow this pattern.)

6.7 **TEAMS WILL MAINTAIN ORIGINAL RANKING THROUGHOUT THE TOURNAMENT.**

6.8 **Ranking and Pairing information will be distributed via the CIAC web site on Friday, November 4, 2011 -- casciac.org**

CIAC LATE ENTRY

- **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 requests 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 impact 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.

2011 FIELD HOCKEY SCHEDULE / GAME RESULTS

All CIAC member schools are to report their 2011 schedule for field hockey via the password-protected online eligibility center. Regular season schedule additions made after September 13, 2011 will not be counted for tournament qualification. Game 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.

1. Scores of all games scheduled must appear on tournament entry form.
2. All games canceled should be reported on tournament entry form in place of score.
3. Games not reported here will not be considered for tournament qualification.
4. Failure to submit schedule of games may result in disqualification from tournament.

CIAC LATE ENTRY

- **No tournament entries will be accepted after the established deadline except those approved by the CIAC Board of Control**
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FIELD HOCKEY SITE INFORMATION

Used to determine suitability of field for all tournament games including sites of higher ranked teams.

In order to insure that fields are of tournament quality, officials will monitor them throughout the season. Schools with questionable fields will be contacted by the committee. Schools that cannot provide a tournament quality site may be denied a home site in games through the quarter-finals. Schools that can't charge admission for quarter-final games or cannot provide a quality tournament playing field will not be permitted to be a home site.

If your field meets the above specifications and you qualify for the tournament, your site may be considered for further tournament use. Regulation size field -- 100 yards by 60 yards. Five yard area free of obstructions for team bench and spectator area. Surface smooth, unevenness or irregular heights would cause the ball to rise in an unsafe manner or prohibit skillful play. Grass length shall be no more than 1 ½ inches. Note: All fields with overlapping infields will be prohibited for tournament play.

PLEASE NOTE: Once you commit your field, it must remain available.

ALL COACHES - FORM MUST BE SUBMITTED SITE INFORMATION VIA THE PASSWORD-PROTECTED ONLINE ELIGIBILITY CENTER BY SEPTEMBER 30, 2011.

NOTE: The CIAC Field Hockey Committee reserves the right to select all sites. Non-submission of this form may result in loss of home site advantage.

SELECTION OF FIELD HOCKEY OFFICIALS

Coaches may submit via the password-protected online eligibility center the "officials form" by Thursday, October 27, 2011, up to fifteen (15) "preferred" officials and five (5) "non-preferred" officials may be selected. These selections are not necessarily a guarantee but will assist in the assigning process.

FIELD HOCKEY TOURNAMENT ENTRY FORM / TOURNAMENT ROSTER

1. Game results must be submitted on a weekly basis via the password-protected online eligibility center. Entry fee of \$75 mailed to CIAC Office, 30 Realty Drive, Cheshire, CT 06410. Date of last game to count is November 3, 2011. All results must be submitted by 9:00 p.m.
2. Tournament rosters must be submitted via the password-protected online eligibility center by Thursday, October 27, 2011. Any request for changes after the initial roster is submitted must be made on a “support ticket” via the online eligibility center.
3. **Each school will be allowed not over THIRTY (30) girls in uniform.** There cannot be any alternates or substitutes to the original list of THIRTY SUBMITTED. (Disregard of this rule may lead to disqualification, probation or fine.)
4. The principal of a participating school is to:
 - a. See to it that an education program on proper crowd control behavior at games is conducted for the students over the intercom on a day when the team is scheduled for a tournament game.
 - b. Advise pupils and all spectators that the use of confetti, signs, placards, and streamers, balloons, bugles, horns, bells, drums or other obnoxious noisemakers will not be permitted under any circumstances, and that after one warning violators will be removed from the site of the game.
 - c. Be certain that at least one top level administrator or his designated representative attends each tournament game (principal, assistant and/or athletic director). This administrator is to identify him/herself to the site director who will seek his/her help if needed.
 - d. Encourage as many faculty members as possible to attend the game.

The principal certifies that the individuals listed on the Official Tournament Form have satisfied the State health statutes and local regulations regarding physical examinations and are physically fit to participate in the tournament.

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.

INFORMATION FOR TEAMS THAT QUALIFY FOR THE 2011 TOURNAMENT

7.0 TENTATIVE SCHEDULED PLAYING DATES FOR THE 2011 FIELD HOCKEY TOURNAMENT:

Qualifying Round –	S, M, L	Monday, November 7, 2011
First Round –	S, M	Tuesday, November 8
First Round –	L	Wednesday, November 9
Quarter-finals –	S, M	Thursday, November 10
Quarter-finals –	L	Friday, November 11
Semi-finals –	S, M, L	Tuesday / Wednesday, November 15, 16
Finals – Tentative --	Saturday, November 19, 2011 -- Wethersfield High School Field Turf Complex	
	Class S	- TBA
	Class M	- TBA
	Class L	- TBA

Final game(s) to be played on Sunday, November 20, if inclement weather causes postponement on Saturday.

8.0 **TIME OF GAMES**

- 8.1 All single weekday tournament games at fields without lights shall start promptly by 2:00 p.m. Play downs, first round and quarter-final games at fields with lights may start between the times of 2:00 p.m. - 7:00 p.m., and will be determined by the host school in conjunction with the tournament director. The times of games scheduled on Saturday or a holiday will be at the discretion of the tournament director. Semi-final and final game times will be determined by the tournament director.

9.0 **OFFICIALS ASSIGNMENTS AND DUTIES**

- 9.1 The Field Hockey Officials Coordinator will assign officials for all games, including Qualifying, First Round, Quarter-Finals, Semi-Finals and Finals.
- 9.2 Official fees will be paid by the host school in Qualifying and First Round games.
- 9.3 Official fees will be paid by CIAC for Quarter-Final, Semi-Final and Final games.
- 9.4 Prior to each game, officials will inspect the field for safe conditions and height of grass. Officials will meet with the head coach and captain(s) from each team to verify equipment and uniform requirements.
- 9.5 The names of officials assigned will be provided to home athletic directors on game day.
- 9.6 Officials are to use common sense when ruling on cold weather clothing. (The color of any long sleeve shirt worn under the game shirt must be consistent with the team color – dark with dark / light with light.)

10.0 **SITES**

- 10.1 Qualifying, first round and quarter-final games will be played on the home field of the higher ranked teams in the pairings. Semi-final and final games will be played at a neutral site.
- 10.2 In order to avoid delaying the tournament schedule, if the higher ranked team's field is unplayable, the tournament director will determine the game location and time.
- 10.3 If in the event the host team for a qualifying, first round or quarter-final game cannot provide a field hockey field that meets the specifications, 100 by 60 yards, grass cut, or artificial turf and of tournament quality, the game shall be played on the opponent's field, providing it does meet these standards. If neither school meets the standards, the tournament director will determine the game site. Fields with overlapping infield areas will not be scheduled for tournament play.

10.4 If weather or playing conditions cause a postponement, these games will be played on the next day. The site director will have the authority to postpone games in the event of inclement weather or poor playing conditions and will notify the Tournament Director, the Officials Coordinator, game officials and the visiting team(s) by 11:00 a.m. for a 2:00 p.m. game or three (3) hours prior to scheduled game time. Once the game has begun the officials have the sole authority in regard to postponement or suspension of play.

10.5 **Interrupted games** -- CIAC Field Hockey Tournament Rules -- Interrupted games will be postponed and play resumed at the point of interruption. Games interrupted during the second half may be decided "complete" by mutual agreement of both coaches.

Note: This does not apply to overtime games because the game was tied at the end of regulation play. If an overtime period is interrupted, the game shall be restarted at the beginning of that overtime period. Officials must not start an overtime period if not certain that overtime period will be concluded.

10.6 Schools that do not charge admission for quarter-final games will not be permitted to be a home site. ONCE A SCHOOL MAKES ITS FIELD HOCKEY FIELD AVAILABLE AS A NEUTRAL SITE FOR THE TOURNAMENT IT MUST REMAIN AVAILABLE THROUGHOUT THE TOURNAMENT OR THE SCHOOL WILL LOSE THE PRIVILEGE OF BEING A HOME SITE THE FOLLOWING YEAR.

11.0 ***TOURNAMENT RULES / PROCEDURES***

11.1 a. For all games except the finals, the higher ranked school shall provide six of the same Federation approved field hockey balls. (*Games under lights must have white **and orange** balls available. – Including neutral sites.*) *Officials will determine color of ball for game use.*

b. *For all games (except finals) played on artificial turf – Each team will provide three (3) ball retrievers. Six (6) pinnies will be provided by the home/higher ranked team.*

11.2 Only players and coaches on the official team roster can be on the field prior to or during the game. **All players must wear protective equipment during warm-ups for regular season and tournament games.**

11.3 a. **FOR ALL GAMES EXCEPT THE FINALS, THE HOME OR HIGHER RANKED TEAM SHALL SUPPLY THE OFFICIAL TIMER AND OFFICIAL SCORER. THE HOST SCHOOL WILL PROVIDE ADULT SUPERVISION FOR ANY STUDENT TIMERS OR SCORERS.**

b. The official scorekeeper at the finals will be the scorekeeper of the higher ranked team. CIAC will provide the official timer. Both teams score keepers can sit at the scoring table to assist each other. Adult supervision for the score keepers will be provided by the host school. The scorer must be at the table ten minutes prior to the start of the game.

11.4 **ALL GAMES INCLUDING THE FINALS** the lower ranked team will wear dark shirts and dark socks and the higher ranked team will wear light shirts and light socks. If there is a conflict in colors, the lower ranked team must change shirts or wear pinnies.

11.5 For all games, coaches must list in the score book their starting players, their first and last names, and uniform number. Substitutes must also be listed, first and last name and uniform number.

11.6 The higher ranked team will have the choice of sideline bench.

11.7 All contests shall be governed by National Federation Rules.

11.8 **Tie Breaking Procedure: SEE page 11 FOR THE DETAILS.**

11.9 **Final Game** -- If a tie exists after two consecutive "sudden victory" 10 minute overtime period with seven versus seven, co-champions will be declared.

- 11.10 Scouting is permitted at regular season and CIAC tournament games only. Scouting of scrimmages, practices and jamborees is prohibited.
- 11.11 CIAC rules state that video taping or filming by spectators be for personal use and not for the purpose of scouting or coaching.
- 11.12 The decision of the Field Hockey Committee relative to the operation of the tournament shall be final.
- 11.13 ***THE COACH OF THE WINNING TEAM MUST TELEPHONE RESULT TO THE TOURNAMENT DIRECTOR, DAWN O'NEIL (860) 429-5521, BY 8:00 P.M. ON THE DAY OF THE GAME.***

12.0 **PROTESTS**

- 12.1 **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.
- 12.2 On the eve of a tournament when there is not sufficient time for normal administrative procedures and Board of Control hearings, if a question of 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.

TIE BREAKING PROCEDURE FOR ALL TOURNAMENT GAMES 2011

ALL OVERTIME PLAY: All game rules, including substitutions, shall apply except as specified below
A team may use unused time-outs during the overtime period.

At the end of regulation play, there shall be a five (5) minute intermission. The officials shall meet with the team captains for a coin toss. The HIGHER ranked team shall call the coin in the air. **In subsequent tie-breaking procedures requiring a coin toss, the call of the toss shall be alternated between teams.** The winner of the coin toss shall choose whether or not to take possession of the ball. **Direction of play remains the same as the second half for the first overtime period. Possession and direction will alternate on subsequent overtime periods.**

- a) A 10-minute “sudden victory” overtime period shall be played with 7 v 7.
 - Each coach shall select six (6) field players and a goalkeeper.
 - On penalty corners four defenders including the goalkeeper may be behind the end-line.
 - Substitutions will be allowed.
- b) If a tie still exists, there will be a two-minute rest and a second ten-minute “sudden victory” overtime period.
- c) If a tie still exists, there will be a two-minute rest and a third ten-minute “sudden victory” overtime period.
- d) If a tie still exists, there will be a 5-minute rest and a penalty strokes series of five shall take place. There will be a coin toss called by the lower-ranked team. The winner will choose to stroke or to defend first. Each coach will select five strikers and a goalkeeper from the roster. The players must stroke in the order listed. Coaches have the option to substitute strikers and goalkeeper and/or change the order of the strikers after each set of five.
- e) If a tie still exists after the first set of penalty stroke series, there shall be two-minute rest and a penalty strokes sudden victory shall take place. The team that strokes first in the first set of strokes will defend first in the second set. The first team scoring after an equal number of strokes wins.

REGULATION

Two 30-minutes halves – 11 v 11

Halftime Intermission no more than 10 minutes

OVERTIME SEQUENCE

Five (5) Minute Intermission: Captains shall meet with officials for the coin toss with the higher ranked team calling the toss, the winner of the toss will choose whether or not to take possession of the ball. Thereafter, possession and direction will alternate in each 10-minute 7 v 7 series of overtimes.

- 1. Overtime: 10 minute 7 v 7 “Sudden Victory”**
2-minute Intermission
- 2. Overtime: 10 minute 7 v 7 “Sudden Victory”**
2-minute Intermission
- 3. Overtime: 10 minute 7 v 7 “Sudden Victory”**
5-minute Intermission. Coin toss, lower ranked team calling toss. Winner of coin toss chooses to stroke or defend.
- 4. Penalty Strokes 5 v 5 – Series of Five**
2-minute Intermission. Team defending first in the first set shall stroke first in the second series.
- 5. Penalty Strokes 1 v 1 – “Sudden Victory”**

1. For a game ending with an overtime period, the score is the total of all goals scored in regulation and overtime.
2. For a game ending with penalty strokes, the winning team’s score is the total of goals scored prior to the strokes plus one (1). The losing team’s score is the total of goals scored prior to penalty strokes.

Full games are required in tournament play. Interrupted games will be postponed and play resumed at the point of interruption. Games interrupted during the second half may be decided “complete” by mutual agreement of both coaches.

For Tied Games During Tournament Finals

There will be a 10-minute “sudden victory” period played with 7 v 7 followed, if needed, by a second 10-minute “sudden victory” 7 v 7 period. If a tie still exists, co-champions will be declared.

- * If co-champions occur, at the conclusion of the contest, the winner of a coin-toss (called by higher ranked team) will receive the team gold plaque and the other co-champion will receive the individual gold medals. CIAC will be notified of the co-champions and each team will be sent the additional gold team plaque and the individual engraved gold medals.

13.0 ***SUPERVISION/SPORTSMANSHIP***

- 13.1 In the interest of crowd control and proper supervision the CIAC Board of Control has approved the tournament regulation requiring the principal of the participating schools or his/her designee to attend all tournament games. The school administrator should identify him/herself to the site director and to the game officials.
- 13.2 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 replaces 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.
- 13.3 Use of tobacco products or possession of alcoholic beverages of any kind, including champagne, are not permitted on the field of play, including dugouts, or within the field or park at which a tournament game is scheduled. Many towns, or fields which we use have local ordinances prohibiting use of tobacco products or possession of alcoholic beverages. The principal or his/her designee at the game shall see that this rule is enforced and adhered to by the teams.

13.4 **Bench and Field Conduct**

Personnel -- Only coaches, team members, statisticians, managers and trainers will be allowed in the bench area. Only players and coaches on the official team roster can be on the field prior to or during the game. **All players must wear protective equipment during warm-ups for regular season and tournament games.**

Conduct -- The above identified personnel shall not be outside the vicinity of the designated bench area.

- 13.5 Team members in uniform, coaches, managers and up to 20 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 game, and banners, balloons or streamers are prohibited and each school principal is responsible for compliance with this regulation.

14.0 ***EXPENSES/TICKETS***

- 14.1 **Expenses for qualifying and first round games will be borne by the participating teams. The CIAC Tournament Committee will assign the officials and the host school will pay the officials.**
- 14.2 The semi-final and final games will be played at a neutral site. CIAC will pay the game officials fee. CIAC admission tickets will be delivered to the host school. All ticket proceeds and accompanying documentation are to be sent to CIAC.
- 14.3 If a qualifying, or first round game is played at a neutral site both competing schools will share equally the game official's fees and site expenses. Each school is responsible for their own transportation costs.
- 14.4 Charges for admission to tournament games:
- Free – Children five (5) and under
 - \$5.00 -- Senior citizen (age 65 and older)
 - \$5.00 -- Students (grades 1-12)
 - \$8.00 – Adults (all others not in the above categories)

Pre-sale tickets will be available for events which require advanced sales for proper management of the event. All pre-sale tickets will be sold at the above prices. There will be no discounting of pre-sale tickets.

14.5 During the 2011 Tournament, the following passes will be honored at all games where an admission is charged.

- a. CIAC Head Varsity Field Hockey Coach Pass (field hockey head varsity coaches must request from CIAC and provide a self addressed stamped envelope)
- b. Principal (or designee) of participating schools
- c. Press Card
- d. CIAC Officials Association **Field Hockey membership pass**
- d. No other complimentary admissions will be permitted.

Each school in all divisions is allowed ten (10) complimentary passes to each game in which the school participates. The passes are to be given to the principal for distribution to such people as the superintendent, assistant principal, athletic director, faculty advisor, bus driver, chaperones, etc.

14.6 Schools will bear all traveling expenses.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
2011 Field Hockey Tournament

Dawn O'Neil
Tournament Director
10 Pinney Hill Road
Willington, CT 06279
Home (860) 429-5521
E-mail: pdeem@charter.net

Deborah Martin
Officials Coordinator
143 Harmony Hill Road
Harwinton, CT 06791
Home (860) 485-9879
Cell (860) 307-4188
E-mail: deborah-martin@sbcglobal.net

PLEASE PASS THIS ON TO THE PERSON WHO WILL SERVE AS SITE DIRECTOR AT YOUR SCHOOL.

MEMORANDUM TO ALL SITE DIRECTORS

The Connecticut Interscholastic Athletic Conference appreciates the use of your facilities and the following is offered with the idea of assisting those who have been designated as Site Director. SITE DIRECTOR MUST BE IN ATTENDANCE FOR THE DURATION OF THE CONTEST and identify him/herself to team coaches and officials.

In case of inclement weather, the Athletic Director/Site Director must call the Tournament Director, the Officials Coordinator (game officials) and the visiting team(s) BY 11:00 a.m. for a 2:00 p.m. game and at least three (3) hours prior to scheduled game start.

Preparation of Playing Field

1. Line and groom the field according to Rule 1-1. (Grass cut)
2. Obtain and place corner flags.
3. Secure goal cages.
4. Provide team benches, scoring tables, four chairs, horn and clock.
5. Rope off spectator area.
6. Dark solid color 18" boards are required for tournament play.
7. Quick Dry Compound must be available at all sites.
8. Provide cones to mark the team substitution area.

Officials and Game Staff

The Field Hockey Committee will assign officials for ALL games. Do not include officials fees on expense sheet. For qualifying and first round games the home school will pay each official.

For all games except the finals, the higher ranked team must provide one scorer, one timekeeper, clock, stop watch and horn and six of the same game balls. (The timers and scorers are not to be provided by the site director, and therefore will not be paid.) **If students serve as scorers or timers adult supervision must be provided.**

NOTE: Service rendered must be stated in order for payment to be made.

The Tournament Director will assign all personnel for the final games.

Admission Charges

Responsibility to charge admission and submit receipts and expense totals to CIAC office, 30 Realty Drive, Cheshire, CT 06410, by one week after contest.

Admission **WILL NOT** be charged for qualifying or first round games.
Admission **MUST** be charged for the quarter-finals, semi-finals and finals --

Tickets -- Free -- Children five (5) and under
\$5.00 -- Senior citizen (age 65 and older)
\$5.00 -- Students (grades 1-12)
\$8.00 -- Adults (all others not in the above categories)

Memorandum to Site Directors

Tickets must be sold at the host site in order to insure reimbursement for expenses.

Admission fees must be collected at all quarter, semi and final sites. If a school cannot collect admission fees, it will not be considered as a site.

Each school in all divisions is allowed ten (10) complimentary passes to each game in which the school participates. The passes are to be given to the principal for distribution to such people as the superintendent, assistant principal, athletic director, faculty advisor, bus driver, chaperones, etc.

Accommodations and Crowd Control

All spectators and players must remain at least 5 yards from the sidelines and team areas. *Where the facility permits spectators should be on the opposite side of the field from the teams.* Spectators may not stand on the end lines.

Lavatory facilities MUST be available. School buildings should be open if games are played on non-school days.

School bands are NOT PERMITTED on or near team benches. Other noise apparatus MAY NOT be used. See to it that an education program on proper crowd control behavior at games is conducted for the students over the intercom on a day when the team is scheduled for a tournament game.

It is recommended that seating be available.

Responsibilities of Competing Schools

The higher ranked school shall provide six Federation approved game balls. (The Tournament Director will provide game balls for the final games.)

Athletic trainer will be provided by CIAC at final site only. Teams that cannot provide an athletic trainer at other tournament games will contact the tournament director.

Supply three (3) voluntary ball retrievers from each team for games played on artificial turf (except for finals).

The higher ranked team will provide six (6) pinnies in contrasting colors for ball retrievers.

Expenses

Game officials fees will be paid directly by CIAC except for the Qualifying and First round games. (See Tournament Procedures)

Site directors for the quarter-finals, semi-finals and finals will be paid directly by CIAC.

SITE DIRECTORS SHOULD SEND ITEMIZED EXPENSE BILLS AND INCOME STATEMENT DIRECTLY TO THE CIAC SO THAT THEY MAY BE PROCESSED FOR PAYMENT.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410
Telephone (203) 250-1111 / Fax (203) 250-1345
web site: casciac.org

TO: Athletic Directors, Field Hockey Coaches
Certified Athletic Trainers

FROM: CIAC Field Hockey Committee

RE: Field Hockey Injury Report Form (Appendix A)

The CIAC Field Hockey Committee is presently collecting data on the number and severity of head injuries by member school teams. You are required to complete the attached survey for the 2011 season, and return it to the CIAC office not later than December 2. The data collected will provide the committee with an expanded knowledge of any possible safety regulations which may be needed in the future.

Your cooperation is appreciated.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
CIAC Field Hockey Head Injury Surveillance Report
2011 Season

This report must be completed and returned by December 2 to the CIAC office immediately following the 2011 field hockey season. Only indicate injuries serious enough to require a player to miss one or more regular scheduled or tournament games. **This form is online under Field Hockey Options.**

School _____ Town _____ Division _____ # of players (9-12) _____

Medical coverage during varsity games -- ___ physician ___ certified athletic trainer
___ other _____

Total number of head injuries on natural grass _____
Total number of head injuries on artificial turf _____

Specific injury data:

1. **Head** (Indicate #) _____ (___ JV ___ V)

- * _____ Examined by medical professional
- * _____ Surgery required
- * _____ Hospitalization required
- * _____ Broken bone(s)

Resulted from collision with:

- * _____ Player(s)
- * _____ Stick
- * _____ Ball
- * _____ Other _____

_____ Total number of games missed

2. **Face / Jaw/ Nose** (Indicate #) _____ (___ JV ___ V)

- * _____ Examined by medical professional
- * _____ Surgery required
- * _____ Hospitalization required
- * _____ Broken bone(s)

Resulted from collision with:

- * _____ Player(s)
- * _____ Stick
- * _____ Ball
- * _____ Other _____

_____ Total number of games missed

3. **Teeth / Mouth** (Indicate #) _____ (___ JV ___ V)

- * _____ Examined by medical professional
- * _____ Surgery required
- * _____ Hospitalization required
- * _____ Broken bone(s)

Resulted from collision with:

- * _____ Player(s)
- * _____ Stick
- * _____ Ball
- * _____ Other _____

_____ Total number of games missed

4. **Eye** (Indicate #) _____ (___ JV ___ V)

- * _____ Examined by medical professional
- * _____ Surgery required
- * _____ Hospitalization required
- * _____ Broken bone(s)

Resulted from collision with:

- * _____ Player(s)
- * _____ Stick
- * _____ Ball
- * _____ Other _____

_____ Total number of games missed

Comments:

Signed _____ Position _____ Date _____

Please return to:

CIAC
30 Realty Drive, Cheshire, CT 06410
Fax (203) 250-1345

APPENDIX B

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)

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

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

References:

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

Resources:

- 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.

APPENDIX C

HEAT STRESS AND ATHLETIC PARTICIPATION

Early fall football, cross country, soccer and field hockey practices are conducted in very hot and humid weather in many parts of the United States. This can lead to heat-related illnesses. Most of the heat-related problems have been associated with football, due to the special equipment and uniforms needed. From 1995 through the 2005 football season there have been 19 high school heat stroke deaths in football. This is not acceptable. Heatstroke deaths are fully preventable in high school sports if the proper precautions are taken.

During hot weather conditions the athlete is subject to the following:

HEAT CRAMPS – HEAT CRAMPS ARE A MILD HEAT ILLNESS THAT CAN BE EASILY TREATED. These intense muscle spasms usually develop after an athlete has been exercising for a while and has lost large amounts of fluid and salt from sweating.

HEAT SYNCOPE – Weakness, fatigue and fainting due to loss of salt and water in sweat and exercise in the heat.

HEAT EXHAUSTION – Heat exhaustion is a moderate heat illness that occurs when a child continues to be physically active even after he or she starts suffering from ill effects of the heat, like dehydration. The child's body struggles to keep up with the demands, leading to heat exhaustion.

HEAT STROKE – Heat stroke is a severe heat illness that occurs when an athlete's body creates more heat than it can release, due to the strain of exercising in the heat. This results in a rapid increase in core body temperature, which can lead to permanent disability or even death if left untreated. An acute medical emergency related to thermo-regulatory failure, associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and a hot dry skin (heatstroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above-mentioned heat stress problems can be controlled provided certain precautions are taken. The following practices and precautions are recommended:

1. Each athlete should have a physical exam with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State high school association's recommendations should be followed.
2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the **PHYSICAL CONDITION** of their athletes and set practice schedules accordingly.
3. Along with physical conditioning, the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for **GRADUAL ACCLIMATIZATION TO HOT WEATHER**. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80% acclimatization can be expected to occur after the first 7 to 10 days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.
4. The old idea that water should be withheld from athletes during workouts has **NO SCIENTIFIC FOUNDATION**. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum ten minute water break be scheduled for every twenty minutes of heavy exercise in the heat. Athletes should rest in a shaded area during the break. **WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES**. Check and be sure athletes are drinking the water.
5. Replacement by thirst alone is inadequate. Test the air prior to practice or game using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. The following precautions are recommended when using the WBGT Index: (ACSM's Guidelines for the Team Physician, 1991)

Below 65 Unlimited activity
 65-73 Moderate risk

73-82 High risk
 82-plus Very high risk

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

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

One other method of measuring the relative humidity is the use of a sling psychrometer, which measures wet bulb temperature. The wet bulb temperature should be measured prior to practice and the intensity and duration of practice adjusted accordingly. Recommendations are as follows:

Under 60F	Safe but always observe athletes
61 - 65F	Observe players carefully
66 - 70F	Caution
71 - 75F	Shorter practice sessions and more frequent water and rest breaks
75 plus F	Danger level and extreme caution

6. Cooling by evaporation is proportional to the area of the skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. **NEVER USE RUBBERIZED CLOTHING.**
7. Athletes should weight each day before and after practice and **WEIGHT CHARTS CHECKED.** Generally a three percent weight loss through sweating is safe and over a three percent weight loss is in the danger zone. Over a three percent weight loss the athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions. **Do not allow athletes to return to practice until they have adequately replaced their weight from fluid loss.**
8. Observe athletes carefully for signs of trouble, particularly athletes who lose significant weight and the eager athlete who constantly competes at his/her capacity. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness.
9. Teams that encounter hot weather during the season through travel or following an unseasonably cool period, should be physically fit, but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.
10. Know what to do in case of an emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practice and prearranged procedures for obtaining medical care, including ambulance service.
11. Parents' and Coaches' Guide to Dehydration and Other Heat Illnesses in Children
<http://www.nata.org/consumer/docs/parentandcoachesguide.pdf>

HEAT STROKE – THIS IS A MEDICAL EMERGENCY – DELAY COULD BE FATAL. ACTIVATE YOUR EMERGENCY ACTION PLAN BY CALLING – 911.

A rectal temperature not oral, aural, or temporal is diagnostic of heatstroke. Other methods of temperature have given false core body temperatures and caused delay in care. If you are unable to obtain a rectal temperature it is safer to cool the athlete then delay. **Immediately cool the athlete while waiting for transfer to a hospital.** Remove equipment and immerse body in ice cold water and keep cooling athlete.

Despite the many ways athletes can be cooled, immersion therapy has the best cooling rates. Ice water immersion should be your choice of cooling. A plastic kiddie pool or large plastic tub filled with water and with ice on stand-by should be available at all practices and games. Continue cooling efforts until EMS arrives. Recommendation is to continue cooling the athlete until core temperature is <100 degrees Fahrenheit.

HEAT EXHAUSTION – CONTACT LICENSED HEALTH CARE PROVIDER. Cool body as you would for heat stroke while waiting for medical personnel. Activate your emergency action plan.

SUMMARY – The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete unrestricted access to water. Water breaks two or three times every hour are better than one break an hour. Probably the best method is to have water available at all times and to allow the athlete to drink water whenever he/she needs it. Never restrict the amount of water an athlete drinks, and be sure the athletes are drinking the water. The small amount of salt lost in sweat is adequately replaced by salting food at meals. Talk to your medical personnel concerning emergency treatment plans. Athletes that appear to have heat stroke or heat exhaustion should be cooled by ice water immersion.

RECOMMENDATIONS FOR HYDRATION TO PREVENT HEAT-RELATED ILLNESS

Types of Sports Drinks

- **Fluid Replacers**
 - Examples: Water, Gatorade, Powerade, 10K, Quickkick, Max
 - These non-water carbohydrate containing drinks are absorbed quickly and typically are used for activities lasting more than an hour.
- **Carbohydrate loaders**
 - Examples: Gatorlode, Exceed High, Carboplex, etc.
 - These drinks replace more muscle glycogen to enhance greater endurance.
 - They should be used after ultra-endurance events to increase muscle glycogen resynthesis after exercise.
- **Nutrition Supplements**
 - Examples: Chocolate milk, Gatorpro, Exceed Sports, Ultra Energy, etc.
 - These supplements are fortified with vitamins and minerals and they help athletes maintain a balanced diet.
 - They help restore muscle glycogen stores after exercise.
 - They provide extra calories for athletes beyond a proper balanced diet.

What Not to Drink

- Drinks with carbohydrate (CHO) concentrations of greater than eight percent can cause upset stomach due to high carbohydrate load and delay water absorption.
- Fruit juices, CHO gels, sodas, and sports drinks that have a CHO greater than six to eight percent are not recommended during exercise as sole beverages.
- Beverages containing caffeine will effect hydration since urine production will increase compared to non-caffeinated beverages.
- Carbonated beverages are found to cause decreased voluntary fluid intake.
- Alcoholic beverages are inappropriate for high school athletes.

Hydration Tips and Fluid Guidelines

- Drink according to a schedule based on individual fluid needs.
- Drink before, during and after practices and games.
- Drink 17-20 ounces of water or sports drinks with six to eight percent CHO, two to three hours before exercise.
- Drink 7-10 ounces of water or sport drink 10 to 20 minutes before exercise.
- Drink early – By the time you're thirsty, you're already dehydrated.
- In general, every 10-20 minutes drink at least 7-10 ounces of water or sports drink to maintain hydration, and remember to drink beyond your thirst.
- Drink fluids based on the amount of sweat and urine loss.
- Within two hours, drink enough to replace any weight loss from exercise.
- Drink approximately 20-24 ounces of sports drink per pound of weight loss.
- Dehydration usually occurs with a weight loss of two percent of body weight or more.

What to Drink During Exercise

- If exercise lasts more than 50 minutes, a sports drink should be provided during the session.
- The carbohydrate concentration in the ideal fluid replacement solution should be in the range of six to eight percent CHO
- During events when a high rate of fluid intake is necessary to sustain hydration, sports drinks with less than seven percent CHO should be used to optimize fluid delivery. These sports drinks have a faster gastric emptying rate and fluid absorption rate, thus aid in hydration.
- Sports drinks with a CHO content of 10 percent have a slow gastric emptying rate and should be avoided during exercise.
- Fluids with salts (sodium chloride, potassium chloride) are beneficial to increasing thirst and voluntary fluid intake as well as offsetting the small amount of salts lost with water.
- Salts should never be added to drinks, and salt tablets should be avoided, because they lead to slower gastric absorption.
- Cool beverages at temperatures between 50 to 59 degrees Fahrenheit are recommended for best results with fluid replacement.

Dehydration, Its Effects on Performance, and Its Relationship to Heat Illness

- Dehydration can affect an athlete's performance in less than an hour of exercise. Sooner if the athlete begins the session dehydrated.
- Dehydration of just one to two percent of body weight (only 1.5-3 lbs., for a 150-pound athlete) can negatively influence performance.
- Dehydration of greater than three percent of body weight increases an athlete's risk of heat illness (heat cramps, heat exhaustion, heat stroke).
- High body fat athletes can have a harder time with exercise and can become dehydrated faster than lower body fat athletes working out under the same environmental conditions.
- Poor acclimatization to heat or lower fitness levels can greatly contribute to an athlete's dehydration problems. This is important with the first practices of year, especially in the summer.
- Certain medications or fevers can greatly affect an athlete's hydration status.
- Environmental temperature and humidity both contribute to dehydration and heat illnesses.
- Clothing, such as dark, bulky, or rubber protective equipment can drastically increase the chance of heat illness and dehydration.
- Wet bulb globe temperature measurements should be taken 10-15 minutes before practice, and the results should be used with a heat index to determine if practices or contests should be started, modified or stopped.
- A Heat Index chart should come from a reputable source like the National Oceanic and Atmospheric Association, or National Athletic Trainers Association.
- A relative humidity of greater than 40 percent and a temperature of 90 degrees Fahrenheit are likely to cause heat illness, extreme caution should be used.
- A relative humidity of 80 percent and a temperature of 84 degrees Fahrenheit are likely to cause heat illness, extreme caution should be used.
- A relative humidity of 80 percent and 90 degrees Fahrenheit are likely to cause heat stroke and these conditions are considered dangerous.
- <http://www.weather.gov/om/heat/heatindex.shtml>