

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
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***18th ANNUAL CIAC BOYS LACROSSE TOURNAMENT REGULATIONS - 2012***

Sponsored by Bearingstar Insurance

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THE LACROSSE TOURNAMENT INFORMATION IS ARRANGED IN FOURTEEN (14) SECTIONS

- 1.0 DIVISIONS
- 2.0 SITES/DATES/TIMES
- 3.0 ENTRY PROCEDURES/QUALIFYING
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**ALERT PAGE**

- **Out-of-State games** – All out-of-state games against teams that are members of their state association will count toward tournament qualification. Schools must complete the online out-of-state form. **\*NOTE: The rating points for out of state games will be calculated by the records posted on Lax Power by 12:00 Noon on May 24.**
- **Regular season games**, if interrupted (suspended) before the completion of three (3) full quarters, must be started from the beginning with the score 0-0. If ended after three (3) quarters of play, the game will be declared an official game. If the score is tied after three (3) full quarters, the game must be replayed from the beginning with the score 0-0.
- **By state adoption, in CIAC tournament play**, a game suspended either in the first half or the second half will be continued from the point of suspension with the score the same as when the game was suspended. A suspended game after three (3) full quarters of play have been completed may be ruled an “official game” by mutual agreement of both coaches.
- The host school in the playdown, first round and quarter-final games must call their Commissioner of officials and request that officials be assigned. Each Commissioner will be made aware of this request. The officials fees for the playdown through the quarter-final round is \$99.02.
- Expenses for playdown, first round and quarter-final games will be borne by the participating teams. The host team will pay game expenses including officials, and shall provide the site director who should be someone other than the coach and the trainer or other medical coverage.

**PROMOTING SPORTSMANSHIP**

Points of Emphasis – In an effort to continue to promote good sportsmanship the CIAC Lacrosse Committee would like to emphasize the following regulations which apply to all CIAC schools in all sports:

- Any team that accumulates five (5) or more disqualifications for unsportsmanlike acts such as, but not limited to flagrant misconduct, including taunting, initiating a fight, retaliating in a fight, or physically assaulting an official, coach, opposing player or spectator during the course of one season will be barred from CIAC post-season competition.
- Any athlete upon receiving two (2) disqualifications, either for initiating a fight or retaliating in a fight (as determined by the game official), will be dismissed from the team for the remainder of the season.
- In addition, if there is a pattern of unsportsmanlike conduct exhibited by a member school team or lacrosse program, at any level of play, the school’s principal, athletic director, and coach could be requested to meet with the CIAC Lacrosse Committee which may result in further sanctions. The school will be required to present a written action plan to the committee that addresses the conduct and sportsmanship of their team and program since the school administration is ultimately responsible for the conduct of their players, coaches, and team followers.

## 2012 NFHS Boys Lacrosse Rule Changes

- 1-2-1 Specifies a penalty for failure to have a clearly marked center line.
- 1-7-3 specifies that all hollow crosse handles must have an end cap.
- 4-3-3 Revises the set up position for the faceoff.
- 4-3-5 Stipulates parameters for play of the ball on a faceoff.
- 4-5-10 Defines an airborne player.
- 4-7-1 Specifies procedure when a player loses his stick with the ball in the head of the crosse.
- 4-11-3 Stipulates that a team with too few players at either end of the field is not offside if they have not gained an advantage because the player in question is off the field of play.
- 4-15-1 Revises the 10 second requirement to bring the ball into the goal area.
- 4-27-3 Revises the procedure for an injured player returning to play following an injury timeout.
- 4-34 Specifies situations when the official will administer a “Get it in / Keep it in” command.
- 5-3 Clarifies the rules regarding hits to the head/neck and body.
- 5-4 Adds a new section for rules involving hits to the head/neck.
- 5-11 Stipulates that a player who accumulates 5 minutes of personal fouls has fouled out.
- 6-6-3 Gives authority to the officials to call conduct fouls in the same way that they make unsportsmanlike conduct calls.
- 6-10-1 Specifies that the team in possession of the ball must attack the goal.
- 6-10-2 Specifies situations when the official can warn the offensive team to “Get it in / Keep it in.
- 7-1-1 Stipulates that a player entering the field following expiration of his penalty time must wait until possession is gained on a face-off.

### 2012 Major Editorial Changes

- 1-11-2 Grants authority to state associations to determine reasonable accommodations to individuals participants with disabilities and/or special needs.
- 2-6-1 Note Specifies the time frame that the officials maintain jurisdiction.

### Points of Emphasis

1. Players calling attention to themselves after a goal
2. Deliberately grabbing the ball with the hand on a face-off
3. Illegal checks
4. Equipment inspections

Note: Situations and rulings immediately follow the corresponding rule/section. New or revised situations and rulings are preceded by an asterisk (\*).

# 18th ANNUAL CIAC BOYS LACROSSE TOURNAMENT REGULATIONS - 2012

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## 1.0 DIVISIONS

- 1.1 Only members of the CIAC may enter this tournament which will be divided into three (3) divisions – L – 726 and over; M – 481 - 725 S – up to 480.

L Division 726 and over (26)		M Division 481-725 (27)		S Division Up to 480 (29)	
Cheshire	825	Avon	548	Bethel	465
Danbury	1471	Berlin	503	Burlington - Lewis Mills	418
Fairfield Prep.	907	Branford	552	Canton	270
Glastonbury	1081	Brookfield	500	Clinton - Morgan School	287
Greenwich	1438	Darien	669	Colchester - Bacon Ac.	456
Hamden	1004	East Lyme	589	Danbury - Immaculate	169
Middletown - Xavier	875	Fairfield - Ludlowe	703	Deep River - Valley Reg.	293
New Milford	761	Fairfield - Warde	655	Ellington	381
Newington	749	Farmington	674	Falls Village - Housatonic	258
Newtown	866	Groton - Fitch	630	Fairfield - Notre Dame	203
Norwalk	749	Guilford	546	Granby Memorial	391
Norwalk - McMahon	828	Hebron - RHAM	632	Ledyard	454
Norwich Free Academy	1124	Madison - Daniel Hand	587	Manchester - E. Catholic	309
Ridgefield	893	Monroe - Masuk	648	New Haven - Amistad	
Shelton	770	New Canaan	652	N. Stonington - Wheeler	124
Simsbury	855	New Fairfield	482	Old Lyme	223
South Windsor	833	New Haven - Wilbur Cross	628	Old Saybrook	265
Southington	1008	North Haven	597	Redding - Joel Barlow	461
Stamford	926	Southbury - Pomperaug	722	Rocky Hill	386
Stamford - Westhill	1208	Stratford	507	Somers	275
Trumbull	1014	Stratford - Bunnell	615	Stamford - Trinity Cath.	211
West Hartford - Conard	794	Vernon - Rockville	533	Stonington	407
West Hartford - Wm. Hall	793	Waterford	494	Suffield	406
West Haven	802	W. Haven - Notre Dame	619	Tolland	478
Westport - Staples	940	Wilton	657	Trumbull - St. Joseph	402
Woodbridge - Amity	868	Windsor	686	Uncasville - St. Bernard	161
		Woodstock Academy	524	Watertown	477
				W. Hartford - N. W. Catholic	286
				Weston	380

## 1.2 DIVISION PLACEMENT

CIAC member school teams will be placed into one of three divisions based on the preceding year enrollment for grades 9-12.

## 2.0 SITES / DATES / TIMES

- 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 Member schools may schedule and play three (3) games per week three times during regular season, excluding the first and last weeks.
- 2.4 Member schools may not schedule more than sixteen (16) games during the regular season.

- 2.5 The last date for games to count for the 2012 Boys Lacrosse Tournament will be Thursday, May 24, 2012. Games played after this date shall not count for tournament entry, regardless of the reasons for playing such games.

2.6 **Tournament Sites/Times**

**Sites** -- Qualifying round, first round and quarter-final games will be played at the home field of the higher ranked team. Sites for the semi-finals and final games will be determined by the tournament director.

**Game Dates / Times**

Qualifying Round (if necessary)	Saturday, May 26*	TBA
First Round	Wednesday, May 30	4:30 p.m.
Quarter-finals	Saturday, June 2	3:00 p.m.
Semi-finals	Wednesday, June 6	Time TBA
Finals	Saturday, June 9	Time TBA
Finals – Rain Date	Sunday, June 10	

\* Qualifying round game can be played on Friday, May 25, 2012 by mutual agreement and approval of the tournament director.

Semi-final and final games will be held at pre-determined sites.

2.7 **Inclement Weather/Tournament Games**

In the event of inclement weather, the Site Director has the authority to postpone the game. **THE SITE DIRECTOR WILL IMMEDIATELY NOTIFY THE TOURNAMENT DIRECTOR.** The postponed game will be played on the next day excluding Sunday, except in the case of the Championship Final games. The rain date for the championship final would be Sunday, June 10, 2012.

- 2.8 **NO SCHEDULE OR TIME CHANGES WILL BE PERMITTED WITHOUT THE EXPRESSED APPROVAL OF THE TOURNAMENT DIRECTOR OR THE CIAC STAFF.**

3.0 **ENTRY PROCEDURES / QUALIFYING**

- 3.1 **Tournament Roster Form** -- 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 on a “support ticket” via the online eligibility center before the first tournament game.

**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.

Regardless of regular season postponed games, Thursday, May 24, 2012 is the final day to count games for tournament play. All games must be completed and scores submitted via the password-protected online eligibility center by Thursday, 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.**

- 3.2 **Entry Fee** - An entry fee of \$75.00 payable to CIAC must be mailed to the CIAC, 30 Realty Drive, Cheshire, CT 06410. If a school needs an invoice in order to pay its tournament fee, one can be downloaded by using the “Generate Tournament Invoice” link under the boys lacrosse options in the password-protected online eligibility center.

- 3.3 To qualify for the CIAC boys lacrosse tournament, a team must play a minimum of TEN (10) games AGAINST VARSITY OPPONENTS and have a winning percentage of 40%.
- 3.4 All varsity games against CIAC member schools and **out-of-state games whose schools are members of their respective state association shall count for tournament qualification.** Only the first two (2) games against an opponent during the regular season shall count toward CIAC tournament qualification.
- 3.5 The CIAC disqualification rules shall prevail throughout the Tournament for team players and coaches.

#### 4.0 **EXPENSES / TICKETS**

- 4.1 Expenses for playdown, first round and quarter-final games will be borne by the participating teams. The host team will pay game expenses including officials, and shall provide the Site Director who should be someone other than the coach.
- 4.2 Schools will bear all traveling expenses.
- 4.3 Host schools may charge admission fees during any qualifying, first or quarter-final round game. If an admission is charged, the host school should notify the Principal and Athletic Director of the visiting school in advance. The monies collected may be used by the host school to defray game expenses. Any monies collected will not be sent to the CIAC.
- 4.4 The CIAC Boys' Lacrosse Committee will pay all game expenses directly associated with the staging of the State Semi-Finals and State Final tournament games.
- 4.5 Charges for admission for tournament games: \* (Subject to change)
- 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)

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.

- 4.6 During the 2012 tournament, the following passes will be honored at all games where admission is charged.
- a. CIAC complimentary boys lacrosse tournament pass (head boys varsity lacrosse coaches must request a pass from the CIAC and provide a self-addressed envelope.)
  - b. Principal (or designee) and Athletic Director of the competing schools.
  - c. Gold Pass (retirees and lifetime CIAC).
  - d. Press Card
  - e. CIAC Officials Association Membership Card – Lacrosse Officials ONLY
  - f. No other complimentary admissions will be permitted.

#### 5.0 **FORFEITS / DISQUALIFICATIONS**

- 5.1 Member schools will be required to submit regular season schedules the same as 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 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 High School rule violation, or a team refuses to play after being instructed to do so by the Game Officials.
- 5.4 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 relative to the status of the game 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.
- 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 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.
- 5.6 CIAC ejection/expulsion and disqualification rules for players and coaches shall be in effect for all games.

## 6.0 OFFICIALS

- 6.1 By May 16, 2012, each varsity head coach MUST submit via the password-protected online eligibility center a list of EIGHT (8) officials who are tournament caliber officials. At the same time, they may indicate TWO (2) officials whose services they prefer not to have. From this list, a MASTER LIST OF OFFICIALS will be developed.
- 6.2 The Tournament Director will coordinate the assignment of officials to all tournament games.
- 6.3 The host school in the playdown, first round and quarter-final games must call their Commissioner of Officials and request that officials be assigned. Each Commissioner will be made aware of this request. **The host school will pay all officials fees through the quarter-final round.**
- 6.4 The Officials Coordinator will assign officials for all games, using the Master List of Officials as the source. Only Regular Status Officials will be used in tournament games.
- 6.5 **All officials who expect to work the quarter-final, semi-final and/or final games MUST attend a mechanics meeting for three-man officiating that will be held on the Tuesday, May 29, 2012 at the CIAC office at 7:00 p.m.. Failure to attend the meeting would eliminate the official from consideration for those games.**
- 6.6 Identity of the officials assigned games by the Officials Coordinator will not be disclosed prior to the game.
- 6.7 The Tournament Director will notify the Officials Assigning Commissioner(s) of any changes in scheduled tournament games. Schools failing to follow the proper game change procedures outlined in 2.7 and 2.8 are expected to pay the FULL officials fees.

## 6.8 **OFFICIALS ASSIGNMENTS**

- 1) **First Round / Qualifying Round(s)**
  - a. Two officials will be used for each game.
  - b. Site of the higher ranked team will decide the team of officials.
  
- 2) **Quarter-finals**
  - a. Three officials will be used for each game.
  - b. Site of the higher ranked team will decide the team of two (2) officials and the visitor's team section - one (1) official.
  
- 3) **Semi-finals**
  - a. If two teams in the same section are involved, a team of two (2) officials from the same section will be selected and one (1) official from the opposite section.
  - b. If teams are from different sections, officials will be assigned using the following "FINALS" formula.
  
- 4) **Finals**
  - a.. Teams of three (3) officials and one (1) alternate will be used for the championship game in all divisions.

**Even Year** – The WCLOA will supply teams of two (2) officials for each of the championship games.

The CLOA will supply one (1) official for each of the championship games and one (1) alternate official.

**Odd Year** – On odd years the reverse procedure will be used to assign the officials teams.
  - c. The selection of officials will be made by the game assignor from the WCLOA and CLOA Officials Associations and the Tournament Director. The officials selected will be made from those nominated by the head lacrosse coaches.

## 7.0 **PROTESTS**

- 7.1 Each sports 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 game 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, Administrative Member of the Sports 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 game 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.
  
- 7.3 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.

- 7.4 DECISIONS BY GAME OFFICIALS--PROTESTS ARISING FROM THE DECISIONS, INTERPRETATIONS AND MISAPPLICATION OF THE NATIONAL FEDERATION HIGH SCHOOL LACROSSE 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.
- 7.5 ANY TEAM LEAVING THE CONTEST AREA BEFORE THE CONCLUSION OF THE CONTEST BECAUSE OF DISSATISFACTION WITH THE OFFICIATING WILL FORFEIT THE GAME AND RENDER THE SCHOOL LIABLE TO DISCIPLINARY ACTION BY THE CONFERENCE.

## 8.0 **RANKING/SEEDING**

- 8.1 Teams will be seeded by won / loss percentage. Seeding ties will be broken based on:

- 2) Head-to-head (2 teams only)
- 3) Most regular season wins
- 4) The team with the highest rating number calculated as follows:
  - Two (2) points will be awarded for each regular season victory by all opponents you defeated during the regular season. (Double the points for opponents you defeated twice during the regular season.)
- 4) By lot

### 8.2 **Tournament Format**

- a. If MORE than sixteen (16) teams qualify, teams will play off in a qualifying round.
- b. If LESS than sixteen (16) teams qualify, byes in the first round will be assigned starting with the top seed on down.

16 @ 1	12 @ 5
15 @ 2	11 @ 6
14 @ 3	10 @ 7
13 @ 4	9 @ 8

- 8.3 **Ranking and pairings information will be distributed via the CIAC web site -- [casciac.org](http://casciac.org) -- on Friday, May 25, 2012. QUALIFYING ROUND TEAMS WILL BE NOTIFIED IN ADVANCE.**

## 9.0 **SUPERVISION/SPORTSMANSHIP**

- 9.1 Players and coaches disqualified in a game will be required to serve the additional penalty as outlined in the CIAC Regulation on "Disqualification".
- 9.2 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.
- 9.3 When a member school's coach is ejected from a game for an infraction as prescribed 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.
- 9.4 Use of tobacco products or possession of alcoholic beverages of any kind, including champagne, are not permitted on the field of play, 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.

9.5 **Bench and Field 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.

9.6 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 or streamers are prohibited. Each school principal and athletic director are responsible for compliance with this regulation.

10.0 **TOURNAMENT RULES/PROCEDURES**

10.1 **The home team must provide FOUR "BALL PERSONS" WITH HELMETS for each tournament game. Each team will provide two ball persons if the game is played at a neutral site. No ball people should be behind the goal.**

10.2 In all cases where a coin toss may be required, **the higher ranked team** will have the privilege of call on the coin.

10.3 Entering schools are reminded that in the event of severely inclement weather, it may be necessary to play the Lacrosse FINALS on Sunday afternoon, June 10, 2012. The game may not start before 12:30 p.m.

10.4 By state adoption, in CIAC tournament play, a game suspended either in the first half or the second half will be continued from the point of suspension with the score the same as when the game was suspended.

10.5 **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.

10.6 CIAC tournament terminated games not covered by CIAC tournament rules or NFHS lacrosse rules will be resolved by the CIAC.

10.7 **Awards** -- Winning and runner-up team plaques will be presented at final games. Medals will be awarded to each member of these two teams.

L Division	45 medals
M Division	45 medals
S Division	45 medals

10.8 Winning and runner-up teams in all divisions are asked to submit a team picture for publication in the BULLETIN.

10.9 In the event of any situation not covered in these rules, the decision of the Lacrosse Committee or its representatives shall be final.

## 11.0 **RESPONSIBILITY OF TOURNAMENT SITE DIRECTORS**

It shall be the duty of the Site Director to see that the following facilities are available well in advance of the start of the game.

- 11.1 The field should be freshly lined, following official dimensions with field markings in agreement with the most recent National Federation High School Rule Book. Corner, mid-line, tables and markers, are to be in place and each goal should be provided with a playable net.
- 11.2 A restraining barrier of some sort should be placed to keep spectators at least fifteen feet from the playing surface at all points. Only properly equipped ball persons shall be allowed behind the goals. In most cases crowd ropes will be considered suitable.
- 11.3 A scorer, an ADULT timer and an adult penalty timer will be provided by the site director and a sufficiently large scorer's and timer's table with bench or chairs will be made available for the game.
- 11.4 Suitable timing devices--the conventional time-clock and air-horn will be available to signal the start and expiration of playing time and appropriate substitutions.
- 11.5 Sufficient security personnel as may be deemed necessary will be on duty to control the anticipated crowd AND PROVIDE FOR THE SAFETY OF THE GAME OFFICIALS.
- 11.6 THE CIAC WILL ARRANGE FOR ATHLETIC TRAINER/MEDICAL SERVICES AT ALL SEMI-FINAL AND FINAL GAMES ONLY WHEN THE PARTICIPATING SCHOOLS CANNOT PROVIDE THEM. HIGHER SEEDED TEAMS SHALL PROVIDE ATHLETIC TRAINER SERVICES UP THROUGH THE QUARTER-FINAL GAMES.
- 11.7 Suitable benches and drinking water should be provided for players. If a request is made, dressing facilities should be provided for any team which has more than fifteen miles to travel.
- 11.8 In the event that a field is absolutely unfit for play because of excessive water, the tournament director should be notified as soon as possible. (After a rain most fields may not be perfectly dry, but yet would be suitable for play.)
- 11.9 The scores of tournament games will be telephoned to the tournament director immediately at the conclusion of the game.
- 11.10 All monies collected at the site along with ticket accountability should be sent to: CIAC, 30 Realty Drive, Cheshire, CT 06410. For accountability purposes (and for your records) payment (of all monies collected) to CIAC should be made by check (school/central office check). A list of expenses which includes all fees should accompany the check so the CIAC may then be able to make payment by check.
- 11.11 Team members, coaches, manager and up to 20 cheerleaders accompanying the team will be admitted free of charge to each game.

## 12.0 **RESPONSIBILITIES OF TOURNAMENT COACHES**

Coaches check the following items with each other:

- 12.1 Directions how to reach field.
- 12.2 All weekday games to START AS OUTLINED - Section 2.6
- 12.3 The higher ranked team is required to supply twelve (12) official white game balls. If a game is played at a neutral site, each team provides six (6) balls at their end.
- 12.4 The higher ranked team shall wear light colored jerseys.

- 12.5 WHEN GAMES ARE PLAYED AT NEUTRAL SITES, EACH TEAM WILL PROVIDE TWO (2) BALL PERSONS.
- 12.6 Visiting teams arrange and pay for busses.
- 12.7 Games to be played on home field of the higher ranked team in the pairings unless the home field is not a minimum of 53 1/3 x 110 yards, or cannot be secured to collect gate receipts.
- 12.8 **Home team must call in scores to Tournament Director, at the conclusion of the game.**
- 12.9 Coaches are requested to inform all site directors to honor the special game passes which are issued to Lacrosse Committee Members who will act as observers during the tournament.

12.10 **BEFORE A GAME**

Arrive in adequate time with your team. Stay with your players at all times during the pre-game period.

12.11 **DURING A GAME**

Conduct yourself (and assistants) as gentlemen at all times. Set a good example for your players and followers. Do not engage in theatrics or unsportsmanlike conduct of any type that might tend to incite your fans to bad behavior.

12.12 **AFTER A GAME**

Escort your team as a group from the playing surface to your assigned locker room. Stay with them in the locker room to see that all is well, win or lose. Accompany players (and any other personnel) to the bus. Travel back with them to your school.

- 12.13 Coaches and officials by the very nature of their positions exert a tremendous influence over the control of a game. This influence on the game must be exerted in a most positive manner by showing a complete respect for all official judgment calls and interpretations.
- 12.14 Although most of you have the situation well under control with your student/athletes, alcohol has shown up on the field after some championship games (brought in by spectators, but nonetheless, on the field). A word from you prior to the game to your athletes may be enough to control this situation and avoid embarrassing the team and tainting their achievement.
- 12.15 **No coach should make negative comments to the media regarding the officials. Public criticism of officials is unethical.**

13.0 **RESPONSIBILITIES FOR TOURNAMENT ATHLETIC DIRECTORS**

13.1 **BEFORE A GAME**

Arrange the ticket sales to students and adults at his/her school if there is an advance sale. Make a report of this ticket sale to the Site Director. Return any unsold tickets and a check (payable to CIAC) to Site Director well before game time.

Announce and/or publish directions for getting to the game site through local media and announce same over the school intercom.

Arrange for transportation for the team, cheerleaders and spectators from his/her school.

Cooperate with your Principal and other School Administrators in briefing and educating the Student Body about proper behavior and good sportsmanship at Tournament Games.

The Athletic Director and/or his/her Designated Representative shall arrive at the game site well in advance of the game time and identify him/herself to the Site Director and confer with him as to the game-to-be. An identifying badge or tag may be issued.

### 13.2 **DURING A GAME**

Sit strategically where the conduct of your coach(es), team and students can be observed. Be alert for any disruptive acts or potential trouble and do all you can to aid the Site Director in such a case.

### 13.3 **AFTER A GAME**

Stay afterward long enough to make certain, and satisfy yourself, that your team, coaches, cheerleaders, students, etc. are safely off the playing field and out of the building.

## 14.0 **LACROSSE CALENDAR**

March 19	(Monday) - First day of practice
April 4	(Wednesday) - First regular season game day.
May 16	(Wednesday) - Officials Tournament Selection via password-protected online eligibility center
May 18	(Friday) - Completed Tournament Roster due via password-protected online eligibility center
May 24	(Thursday) - Last regular season game to count for state tournament.
May 25	(Friday) Ranking and Pairings will be distributed to the competing schools via the CIAC web site – (Possible qualifying round games)
May 26*	(Saturday) - Qualifying Round (*Can be played on Friday, May 25 by mutual agreement)
May 30	(Wednesday) - First Round
June 2	(Saturday) - Quarter-Finals
June 6	(Wednesday) - Semi-Finals
June 9	(Saturday) - Finals (Rain Date - June 10)
September	Annual Lacrosse Committee Meeting - TBA

### *Boys Lacrosse Committee 2011-12*

Ralph Mayo - Eastern MS – CHAIR	(203) 698-6001
John Cusson - Ac. Dean, N.W. Catholic, W. Hartford	(860) 236-4221
Eric Barbarito - AP, Wilbur Cross HS, New Haven	(203) 946-6983
James Wygonik - Old Lyme High School	(860) 434-1651
Matt Pace - AP, Conard High School, W. Hartford	(860) 231-5002
Gary Cotzin, Somers High School	(860) 749-2270

### Coaches

Mike Epstein - Brien McMahon HS, Norwalk	(203) 852-9488
Rich Pulisciano - Cheshire High School	(203) 250-2511 - S / (203) 699-8165
Chris Gallagher, N.W. Catholic HS, W. Hartford	(860) 236-4221

### Athletic Directors

Carl Charles - Ridgefield High School	(203) 431-2882 - School
Jake Jarvis - Guilford High School	(203) 453-2741 x 222

### Consultants

David Leete - Tournament Director	(860) 742-1128 - Home (860) 742-1315 - W (860) 424-2694 - Cell
John Hackett - Officials	(860) 647-0508 - Home (860) 648-5000 - W
Ralph Baldelli - Officials	(203) 746-6555 - Home (203) 417-8079 - Cell

## APPENDIX A

**2012 BOYS LACROSSE TOURNAMENT ROSTER** -- Due May 18, 2012 via the password-protected online eligibility center.

The final date to count for tournament play is Thursday, May 24, 2012 -- all games **MUST** be submitted via the password-protected online eligibility center by Thursday, May 24.

Roster -- Any number of eligible players may be used.

Schools will bear their own transportation expenses. All games will be played according to National Federation High School Lacrosse Rules. Games that are postponed or suspended shall be played on the next available date (excluding Sundays). Postponed or suspended **FINAL** games shall be played on Sunday.

All varsity games vs CIAC member schools and out-of-state games whose schools are members of their respective state association shall be considered for tournament qualification. Team must play a minimum of ten (10) games and have a winning percentage of 40%. Games played with non-CIAC member schools will not count toward tournament play. Only the first two games against any opponent shall count for CIAC tournament qualification.

List size of home field (Width / Length) -- Minimum field is 53  $\frac{1}{3}$  x 110 yards.

List condition of field for tournament play -- Excellent / Good / Fair / Poor / Lights

Location or name of field if other than high school field.

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## APPENDIX B

**TOURNAMENT OFFICIALS SELECTION** -- Due May 16, 2012 via the password-protected online eligibility center. A master list of lacrosse officials will be drawn up by the Tournament Director.

List eight officials considered by the coach to be most qualified to work tournament games. Include the officials board. If you list less than eight, the Tournament Director will assign from the Master List. You may also list two officials whose services you prefer not to have.

# 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)**

<b>Rehabilitation stage</b>	<b>Functional exercise at each stage of rehabilitation</b>	<b>Objective of each stage</b>
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](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](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.

## HEAT STRESS AND ATHLETIC PARTICIPATION

Early fall football, cross country, soccer, field hockey and spring track and lacrosse 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
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

RH = Relative Humidity

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>