

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

***40th ANNUAL GIRLS SOFTBALL TOURNAMENT REGULATIONS  
2012 TOURNAMENT RULES***

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CIAC Coaches Committee Chairman

Scott Aresco, Maloney High School, Meriden  
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**THE SOFTBALL TOURNAMENT INFORMATION IS ARRANGED IN TWELVE (12) SECTIONS.**

- 1.0 DIVISIONS**
- 2.0 ENTRY PROCEDURES**
- 3.0 EXPENSES/TICKETS**
- 4.0 FORFEITS**
- 5.0 OFFICIALS**
- 6.0 PROTESTS**
- 7.0 QUALIFYING**
- 8.0 RANKING/SEEDING**
- 9.0 SITES/DATES**
- 10.0 SUPERVISION/SPORTSMANSHIP**
- 11.0 TIME OF GAMES/MEETS**
- 12.0 TOURNAMENT RULES/PROCEDURES**

**APPENDIX A -- LIST OF SCHOOLS BY DIVISION**

**APPENDIX B -- SCHEDULE FORM**

**APPENDIX C -- OFFICIALS FORM**

**APPENDIX D -- CHANGE OF DIVISION/SITE FORM**

**APPENDIX E -- ENTRY FORM**

**APPENDIX F -- CONCUSSION MANAGEMENT AND RETURN TO PLAY  
REQUIREMENTS**

**APPENDIX F -- HEAT STRESS AND ATHLETIC PARTICIPATION**

**ALERT**

**TICKETS MUST BE SOLD AT ALL QUARTER-FINAL GAMES. PLEASE SEE SECTION 3.5.**

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**NFHS 2012 Girls Softball Rules Changes**

- 1-3-1 The color “white” was removed from the list of permissible colors for softballs. All softballs used for competition must now be optic yellow.
- 1-5-2a The requirement that the bat knob protrude at a 90-degree angle from the handle was removed.
- 3-2-5 Headwear requirements were revised and clarified.
- 7-4-2 Penalty A more severe penalty was added when a batter uses an altered or non-approved bat.

**2012 Major Editorial Changes**

- 1-5-1c Clarified that shaving, rolling or artificially warming the bat barrel are prohibited.
- 2-4 The definitions of legal and illegal bats were revised and updated.
- 2-5-3; 3-5-6; 7-5 New; 7-4-12; 8-6-15; 8-6-16 New Several rules were updated and reorganized to clarify offensive interference.
- 3-2-13 Note The Note was revised to clarify that state associations may grant exceptions to NFHS playing rules for participants with disabilities, special needs and/or extenuating circumstances.
- 8-9-2 New Exception The courtesy-runner procedure was clarified.
- 10-1-2 New Note A note was added clarifying the administrative responsibilities of umpires through the completion of required reports.

**2012 Points of Emphasis**

(For a complete discussion of these points of emphasis, see pages 83-84.)

1. Pitching
2. Legal Apparel and Equipment
3. On-Deck Batter/Location

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

30 Realty Drive, Cheshire, Connecticut 06410

Telephone (203) 250-1111 / Fax (203) 250-1345

***40th ANNUAL 2012 GIRLS SOFTBALL TOURNAMENT***

1.0 **DIVISIONS**

1.1 Only institutional members of the Conference may enter this tournament which will be in four (4) divisions. Placement of schools has been based on the girl enrollment for 2010-11:

LL -- 662 - over	M -- 307 - 476
L -- 477 - 661	S -- Up to 306

2.0 **ENTRY PROCEDURE**

2.1 **SCHEDULE** -- Must be completed and submitted via the password-protected online eligibility center by February 6, 2012. Games cannot be added to the schedule after April 4.

2.2 **CHANGE OF DIVISION FORM** -- Optional, if filed via the password-protected online eligibility center by March 26, 2012.

2.3 **SITE AVAILABILITY FORM** -- Must be filed via the password--protected online eligibility center by March 26, 2012.

2.4 **TOURNAMENT ROSTERS** -- Must be submitted via the password-protected online eligibility center by Friday, May 18, 2012. Any request for changes after the initial roster is submitted must be made before the first CIAC tournament game on a "support ticket" via the online eligibility center.

2.5 **GAME SCORES** -- Must be submitted on a weekly basis (scores for all games through a Saturday must be entered no later than the following Monday via the password-protected online eligibility center. **LIST SCORES FOR ENTIRE SCHEDULE INCLUDING FORFEITS AND CANCELLATIONS.**

**FINAL GAME SCORES** -- Regardless of regular season postponed games, the date of Thursday, May 24, 2012 MUST BE THE FINAL DAY TO COUNT FOR TOURNAMENT. **All games played on May 26 must be started by 4:00 p.m. The score of games played on that day must be reported via the password-protected online eligibility center immediately following the game.**

**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.**

2.6 **ENTRY FEE** -- There is a \$75 entry fee for softball. Entry fee should be mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410.

If a school needs an invoice in order to pay its tournament fee, one can be downloaded by using the "Generate Tournament Invoice" link under the girls softball options in the password-protected online eligibility center.

2.7 **QUALIFYING RECORD** -- Win 40% of games against member schools, and eligible out-of-state schools.

### 3.0 EXPENSES/TICKETS

- 3.1 Expenses for all first and second round games will be borne by the participating teams. The host team will pay all game expenses including officials and shall provide the site director who should be someone other than the coach. The visiting team will pay its own traveling expenses.
- 3.2 Schools will bear all traveling expenses.
- 3.3 The Softball Committee will pay a site director fee and the umpires for quarter-final games. In addition, the CIAC will reimburse each host school expenses for essential personnel (i.e. ticket seller, ticket taker, scorer, etc.) submitted on the game reporting form for each quarter-final game up to \$160.
- 3.4 Charges for admission to CIAC tournament games: (\*Subject to change depending on venue)  
 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)
- 3.5 If in the qualifying, first round, or second round games schools wish to charge admission they should notify the Principal and Athletic Director of the visiting school in advance. **The home team is required to sell tickets at all quarter-final games. If access cannot be controlled at the home field, an alternate home facility may be secured at the school's expense. In the event the home school cannot secure an alternate facility the tournament director will select a neutral site. Any site problems must be conveyed to the tournament director by 10:00 a.m. on the day after the second round game.**
- 3.6 During the 2012 Tournament, the following passes will be honored at all games where an admission is charged.
- a. CIAC Softball Pass (head varsity softball coach only must request from CIAC and provide a self-addressed stamped envelope)
  - b. All school administrators and athletic directors with proper identification. They must identify themselves to the site director and be willing to help with crowd control.
  - c. CIAC softball officials membership card
  - d. Press Card
- No other complimentary admissions will be permitted.

### 4.0 FORFEITS

- 4.1 Member schools will be required to submit regular season schedules for all sports controlled by CIAC in which member schools participate. Determination of forfeitures will be based on this schedule.
- A forfeit game shall count as a victory for the team declared the winner and as a loss for the team declared a loser in determining tournament qualifications and ratings. For tournament qualifications only the following reasons for a forfeit shall be accepted.
- 4.2 A team shall forfeit a game or games if through a violation it is required to do so under the CIAC Rules of Eligibility.
- 4.3 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.
- 4.4 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.

- 4.5 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.

## 5.0 **OFFICIALS**

- 5.1 By April 27, 2012, each varsity head coach, regardless of his won or loss record, should submit via the password-protected online eligibility center -- a list of up to four (4) umpires from the master list whose services you reject. From this list a MASTER LIST OF UMPIRES will be developed.
- 5.2 A MASTER LIST OF OFFICIALS will be distributed to participating schools via the CIAC password protected web site on Friday, May 25, 2012.
- 5.3 From the MASTER LIST OF UMPIRES, the higher ranked team will select the two umpires for qualifying, first round and second round games. IT IS STRONGLY RECOMMENDED THAT THE VISITING TEAM COACH CONTACT THE HOME TEAM COACH TO VERIFY OFFICIALS. In the event no agreement is reached, the Umpire Coordinator will decide, and that decision will be final.
- 5.4 Beginning with the quarter-final games, the umpire coordinator will assign umpires for all games, using the Master List of Umpires as the source.
- 5.5 Identity of the Umpires assigned games by the Umpire Coordinator will not be disclosed prior to the game.

## 6.0 **PROTESTS**

- 6.1 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.
- 6.2 **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.

## 7.0 **QUALIFYING**

- 7.1 To be eligible for consideration in the tournament, a team must play a minimum of twelve (12) 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 twelve (12) games.
- 7.2 Only games played with Conference member schools, or Region I out-of-state schools who are members of their state athletic association shall be considered.

7.3 Games played with non-member Connecticut secondary schools shall not be considered in the rating of teams.

8.0 **RANKING/SEEDING**

8.1 The rating of teams shall be determined by the percentage method: the number of games won divided by the number of games played.

8.2 When more than one team is undefeated, the team with the most wins WILL be ranked first.

8.3 In case of ties the Committee will determine the rankings in the following order:

- 1) most wins
- 2) by lot

8.4 A TEAM MAINTAINS ITS INITIAL PERCENTAGE RANKING THROUGHOUT THE TOURNAMENT.

8.5 In case more than thirty-two (32) teams qualify, a qualifying round game will be held on Saturday, May 26, 2012.

8.6 Order of play if more than 32 teams qualify for the tournament in any division.

If 33 teams	If 34 teams	If 35 teams	If 36 teams
32 vs 33	32 vs 33	32 vs 33	32 vs 33
	31 vs 34	31 vs 34	31 vs 34
		30 vs 35	30 vs 35
			29 vs 36

8.7 In case there are not thirty-two (32) teams that qualify, byes will be awarded to the appropriate number of higher ranked teams.

8.8 **Tournament Format:**

<u>First Round</u>	<u>Second Round</u>	<u>Quarter-finals</u>	<u>Semi-finals</u>	<u>Finals</u>
1 vs 32				
16 vs 17	1 vs 16			
8 vs 25		1 vs 8		
9 vs 24	8 vs 9		1 vs 4	
4 vs 29				
13 vs 20	4 vs 13			
5 vs 28		4 vs 5		
12 vs 21	5 vs 12			
2 vs 31				1 vs 2
15 vs 18	2 vs 15			
7 vs 26		2 vs 7		
10 vs 23	7 vs 10			
3 vs 30			2 vs 3	
14 vs 19	3 vs 14			
6 vs 28		3 vs 6		
11 vs 22	6 vs 11			

8.9 **Ranking and Pairing information will be distributed** to coaches via the CIAC web site -- [casciac.org](http://casciac.org) on Friday, May 25, 2012.

9.0 **SITES AND DATES**

9.1 Member schools may start practice on but not before Monday, March 19, 2012.

9.2 Member schools may play the first game on but not before Wednesday, April 4, 2012.

9.3 Scheduled Playing Dates for the 2012 Softball Tournament

Saturday, May 26	Qualifying Round
Tuesday, May 29	First Round
Wednesday, May 30	Second Round
Friday, June 1	State Quarter-finals
Saturday, June 2	State Quarter-finals (Rain date)
Monday, Tuesday, June 4, 5	State Semi-finals – DeLuca Field / West Haven
Friday & Saturday, June 8, 9	State Finals -- DeLuca Field / West Haven
Sunday, June 10	Rain date for State Finals

9.4 In the event of inclement weather, the site director has the authority to postpone the game. **THE SITE DIRECTOR MUST IMMEDIATELY NOTIFY THE TOURNAMENT DIRECTOR.** The postponed game will be played on the next day excluding Sunday, except in the case of the Final games.

9.5 All qualifying, first round, second round and quarter-final games will be played on the field of the higher ranked team based on the ORIGINAL PERCENTAGE RANKINGS. The host school shall provide a site director who should be someone other than the coach. In the event of consecutive day postponed preliminary, first round, second round and quarter-final games, the tournament director has the authority to select another site if the higher ranked field is not playable, and the higher ranked team cannot find a suitable site.

9.6 **The Tournament Director will determine the sites and times for all state semi-finals and state finals. Night games may be scheduled. The Tournament Director will designate the site director. Sites are subject to change due to unforeseen circumstances.**

10.0 SUPERVISION/SPORTSMANSHIP

10.1 **IN THE INTEREST OF CROWD CONTROL AND PROPER SUPERVISION THE CIAC BOARD OF CONTROL HAS APPROVED THE TOURNAMENT REGULATION REQUIRING THE PRINCIPAL OF THE PARTICIPATING SCHOOLS OR HIS/HER DESIGNEE TO ATTEND ALL TOURNAMENT GAMES. THE SCHOOL ADMINISTRATOR MUST IDENTIFY HIM/HERSELF TO THE SITE DIRECTOR.**

10.2 When a member school's coach is ejected from a game for an infraction as prescribed by the rules, the game may not continue until the member school 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.

10.3 ***Video Taping by spectators may be done for personal use only and shall not be used for coaching or scouting.*** (Refer to CIAC Handbook)

10.4 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.

10.5 **Banners, signs and noisemakers are NOT permitted at any games.**

10.6 **Bench and Field Conduct**

Personnel -- Only coaches, players, other team members, statisticians, managers and trainers will be allowed in the dugout or bench area.

Conduct -- The above identified personnel shall not be outside the vicinity of the designated dugout (bench) or bull pen area if not a batter, runner, on-deck batter, in the coach's box or one of the nine players on defense.

Violations will be subject to the penalties cited in National Federation Rule 3-3-1 and 3-3-2.

## 11.0 TIME OF GAMES

- 11.1 **Whenever possible, all first round, second round and quarter-final games will start at 4:00 p.m., except by mutual agreement. Night games may be played. All changes in game start times must be approved by the tournament director and no game should be started earlier than the announced time unless there is threatening weather.** If a team's arrival is delayed due to transportation problems the site director should be called and the team will be given a minimum of 30 minutes for warm-up. If rain causes a postponement, games will be played on the next day (excluding Sunday). The site director will have the authority to postpone games in the event of inclement weather, and in the case of a POSTPONED GAME HE/SHE WILL IMMEDIATELY NOTIFY THE TOURNAMENT DIRECTOR.

## 12.0 TOURNAMENT RULES / PROCEDURES

- 12.1 The official National Federation Fast Pitch Rules will prevail for the tournament with the following clarifications or state option.
- 12.2 **Double Base** – If there is a double base, the white (inside) base will be used exclusively.
- 12.3 A CIAC tournament game must be seven (7) innings, or if tied after seven innings must be completed to constitute a legal game. In the event of rain or any other cause which prevents the game from continuing the game will be resumed at the exact point where it left off and will be completed at the first opportunity. **FOR CIAC TOURNAMENT PLAY ONLY (NOT REGULAR SEASON) -- AFTER 4.5 OR 5 INNINGS OF PLAY AND ONE TEAM IS 15 OR MORE RUNS AHEAD, THE MERCY RULE WILL BE INVOKED.**
- 12.4 Beginning with the semi-final games, the umpire must consult with the site director before a game is called because of inclement weather.
- 12.5 ***BALL -- The official ball for the 2012 Tournament will be the Dudley Thunder Heat WT12YFP NFHS Leather - with a labeled 375 compression and 47 core.***
- EACH SCHOOL SHALL PROVIDE TWO (2) DUDLEY Thunder Heat WT12YFP NFHS LEATHER BALLS FOR THE QUALIFYING GAMES THROUGH SEMI-FINALS GAMES.***
- 12.6 The Softball Committee will provide balls only at the State Finals.
- 12.7 The higher ranked team has the privilege of choosing dugouts or benches. The higher ranked team is the team with the higher percentage ranking in its division.
- 12.8 During qualifying, first round, second round and quarter-final games, the higher ranked team will bat last. During the state semi-finals and finals, the team to bat last will be determined by the higher ranked team. The pre-game meeting shall take place at least 30 minutes before game time by the site director or umpire. In the event of a postponed or suspended game, all conditions described herein shall prevail when the game is played or resumed.
- 12.9 **Pre-game procedures** - During infield practice pitchers may be on the mound only to practice fielding, they may not be practicing pitching. The home team will take infield practice for 10 minutes starting 30 minutes prior to game time. The visiting team will take infield practice for 10 minutes starting 20 minutes before game time. No team will be allowed to take batting practice on the infield prior to any tournament game.

- 12.10 The home team scorer will be considered the official scorer through the semi-finals.
- 12.11 In the event of any situation not covered in the rules, the decision of the Committee or its representatives shall be final. Selection of teams and sites by the Committee is final.
- 12.12 **REPORTING OF TOURNAMENT GAMES**

Immediately following a first or second round tournament game:

Coaches of winning LL and L schools will telephone game scores to BARBARA STARTUP (Manchester) – (860) 646-7552 / (860) 331-3672 - Cell

Coaches of winning M and S schools will telephone game scores to JUDY DEEB (East Lyme) -- (860) 739-2067 / (860) 326-9199 - Cell.

**BARBARA STARTUP MUST BE CALLED IMMEDIATELY AFTER ALL OTHER GAMES.**

In the event the winning coach cannot make contact with the Committee member named above, for his/her division he/she should call the other committee member.

12.13 **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 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 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.

## APPENDIX A

**2012 SOFTBALL DIVISIONS****LL Division - 662 and Over (40)**

Bridgeport Central	1166
Bridgeport - Warren Harding	676
Bristol Eastern	685
Cheshire	740
Danbury	1412
Darien	669
East Hartford	863
Fairfield - Ludlowe	801
Fairfield - Warde	675
Glastonbury	1122
Greenwich	1294
Hamden	958
Hartford Public	728
Manchester	940
Middletown	664
Middletown - Mercy	683
Monroe - Masuk	664
Naugatuck	666
New Britain	1279
New Canaan	692
New Milford	749
Newington	731
Newtown	863
Norwalk	751
Norwalk - Brien McMahon	876
Norwich Free Academy	1264
Ridgefield	874
Shelton	779
Simsbury	740
Southbury - Pomperaug	662
Southington	1022
South Windsor	713
Stamford	892
Stamford - Westhill	1183
Trumbull	1138
West Hartford - Conard	761
West Hartford - Wm. Hall	767
West Haven	758
Westport - Staples	902
Woodbridge - Amity Reg.	784

**L Division - 477 - 661 (40)**

Avon	559
Berlin	518
Bethel	495
Branford	576
Bridgeport - Bassick	524
Bristol Central	646
Brookfield	500
Colchester - Bacon Academy	534
East Lyme	615
Enfield - Enrico Fermi	539
Farmington	633
Groton - Fitch	651
Guilford	567
Hamden - Sacred Heart Ac.	487
Hartford - Bulkeley	515
Hebron - RHAM	542
Ledyard	477
Madison - Daniel Hand	617
Meriden - Maloney	625
Meriden - Platt	554
Milford - Foran	507
New Haven - Wilbur Cross	575
New Fairfield	503
North Haven	642
Redding - Joel Barlow	513
Storrs - E.O. Smith	611
Stratford	521
Stratford - Bunnell	606
Torrington	521
Vernon - Rockville	544
Wallingford - Lyman Hall	641
Wallingford - Sheehan	477
Waterbury - Crosby	644
Waterbury - Kennedy	652
Waterbury - Wilby	628
Watertown	522
Wethersfield	583
Wilton	622
Windsor	622
Woodstock Academy	580

**M Division - 307 - 476 (40)**

Ansonia	350
Beacon Falls - Woodland Reg.	387
Bridgeport - Bullard Havens	441
Burlington - Lewis Mills	407
Cromwell	311
Deep River - Valley Reg.	316
East Haven	470
Ellington	406
Enfield	370
Granby Memorial	395
Griswold	354
Hartford - Prince Tech.	400
Hartford - Weaver	316
Higganum - Haddam-Killingworth	322
Killingly	419
Manchester - East Catholic	371
Milford - Jonathan Law	467
Milford - Luralton Hall	437
Montville	357
New Haven - Career	425
New Haven - Hillhouse	472
New London	451
North Branford	346
Oxford	307
Plainfield	409
Plainville	421
Rocky Hill	379
Seymour	324
Stonington	376
Suffield	467
Tolland	449
Trumbull - St. Joseph	403
Waterbury - Holy Cross	349
Waterford	460
W. Hartford - N.W. Catholic	337
Weston	412
Windham	363
Winsted - N.W. Reg.	435
Wolcott	449
Woodbury - Nonnewaug	454

**S Division - Up to 306 (54)**

Ansonia - Emmett O'Brien	150
Bloomfield	291
Bolton	184
Bridgeport - Kolbe/Cathedral	168
Bristol - St. Paul	161
Canton	262
Chaplin - Parish Hill	78
Clinton - Morgan	270
Coventry	281
Danbury - Abbott Tech.	201
Danbury - Immaculate	179
Derby	178
Durham - Coginchaug	296
East Granby	131
East Haddam - Hale Ray	209
East Hampton	275
East Windsor	185
Fairfield - Notre Dame Catholic	213
Falls Village - Housatonic Valley	248
Groton - Grasso-Southeastern	245
Hamden - Eli Whitney	251
Hartford - SMSA	221
Hartford - University	141
Killingly - Ellis Tech.	141
Lebanon - Lyman Memorial	288
Litchfield	189
Litchfield - Wamogo	216
Manchester - Cheney Tech.	148
Meriden - Wilcox Tech	292
Middletown - Vinal Tech.	181
Milford - Platt Tech.	290
New Britain - Goodwin Tech.	222
No. Stonington - Wheeler	102
Norwich Tech.	238
Lyme-Old Lyme	231
Old Saybrook	275
Portland	166
Putnam	137
Somers	288
Sprague - Ac. Holy Family	56
Stafford	283
Stamford - Trinity Catholic	195
Terryville	241
Thomaston	166
Thompson - Tourtellotte	188
Torrington - Wolcott Tech.	237
Uncasville - St. Bernard	139
Washington - Shepaug Valley	143
Waterbury - Kaynor Tech.	301
Waterbury - Sacred Heart	163
Westbrook	145
Windham Tech.	203
Windsor Locks	282
Winsted - Gilbert School	179

## APPENDIX B

**2012 SOFTBALL SCHEDULE** -- Must be completed and submitted via the password-protected online eligibility center by February 6, 2012. Games cannot be added to the schedule after April 4.

Game scores must be submitted on a weekly basis (scores for all games through a Saturday must be entered no later than the following Monday via the password-protected online eligibility center. **LIST SCORES FOR ENTIRE SCHEDULE INCLUDING FORFEITS AND CANCELLATIONS.**

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.

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## APPENDIX C

**SOFTBALL TOURNAMENT UMPIRES LIST** – By April 27, 2012, each varsity head coach, regardless of his/her won or loss record, should submit via the password-protected online eligibility center – a list of up to FOUR (4) umpires from the master list whose services you reject. From this list a MASTER LIST OF UMPIRES will be developed.

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## APPENDIX D

**CHANGE OF DIVISION** -- Any principal desiring a change to a higher division must make the request no later than March 26, 2012 via the password-protected online eligibility center. Schools electing to move up a division must remain in that division for a period of three (3) years.

**SITE FORM** -- Must be submitted by March 26, 2012 via the password-protected online eligibility center.

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## APPENDIX E

**TOURNAMENT ROSTERS** – 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.

Final game scores, regardless of regular season postponed games, the date of Thursday, May 24, 2012 must be the final day to count for tournament. All games played on May 24 must be started by 4:00 p.m.. The score of games played on that day must be reported via the password-protected online eligibility center immediately following the game.

**Each school will be allowed not over eighteen (18) girls in uniform.** List all girls with uniform number and grade level.

Entry fee of \$75 must be mailed to the CIAC, 30 Realty Drive, Cheshire, CT 06410

## CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

### CONCUSSION MANAGEMENT AND RETURN TO PLAY REQUIREMENTS

#### “WHEN IN DOUBT – SIT IT OUT”

*A concussion is a type of traumatic brain injury or (TBI), “that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost” (Centers for Disease Control and Prevention, 2009).*

#### **PART I -- SIGNS AND SYMPTOMS OF A CONCUSSION**

**– A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure.**

##### **1. Signs of a concussion may include (what the athlete looks like):**

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

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

- Headache or dizziness
- Nausea or vomiting
- Blurred or double vision
- Over sensitivity to sound / light / touch
- Ringing in ears
- Feeling foggy or groggy

**Note: Public Act No. 10-62 requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who (A) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or (B) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred.**

#### **PART II – RETURN TO PARTICIPATION (RTP)**

**– Currently, it is impossible to accurately predict how long concussions will last. There must be full recovery before someone is allowed to return to participation. Connecticut Law now requires that no athlete may resume participation until they have received written medical clearance from a licensed health care professional (Physician, Physician Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.**

#### **Concussion management requirements:**

1. No athlete SHALL return to participation (RTP) on the same day of concussion.
2. Any loss of consciousness, vomiting or seizures the athlete MUST be immediately transported to the hospital.
3. Close observation of an athlete MUST continue following a concussion. This should be monitored for an appropriate amount of time following the injury to ensure that there is no escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated from a licensed health care professional (Physician, Physicians Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.
5. The athlete MUST obtain written clearance from one of the licensed health care professionals mentioned above directing them into a well defined RTP stepped protocol similar to one outlined below. If at any time signs or symptoms should return during the RTP progression the athlete should cease activity\*.

- After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals mentioned above for them to fully return to unrestricted participation in practices and competitions.

**Medical Clearance RTP Protocol (Recommended one full day between steps)**

<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:

- NFHS. Concussions. 2008 NFHS Sports Medicine Handbook (Third Edition). 2008: 77-82.  
<http://www.nfhs.org>
- McCrory, Paul MBBS, PhD; Meeuwisse, Willem MD, PhD; Johnston, Karen MD, PhD; Dvorak, Jiri MD; Aubry, Mark MD; Molloy, Mick MB; Cantu, Robert MA, MD. Consensus Statement on Concussion in Sport 3rd International Conference on Concussion in Sport held in Zurich, November 2008. Clinical Journal of Sport Medicine: May 2009 - Volume 19 - issue 3 - pp 185-200  
[http://journals.www.com/cjsportsmed/Fulltext/2009/05000/Consensus\\_Statement\\_on\\_Concussion\\_in\\_Sport\\_3rd.1.aspx](http://journals.www.com/cjsportsmed/Fulltext/2009/05000/Consensus_Statement_on_Concussion_in_Sport_3rd.1.aspx)
- Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports*.  
[http://www.cdc.gov/NCIPC/tbi/Coaches\\_Tool\\_Kit.htm](http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm).
- U.S. Department of Health and Human Services Centers for Disease Control and Prevention. *A Fact Sheet for Coaches*. (2009). Retrieved on June 16, 2010. [Http://www.cdc.gov/concussion/pdf/coaches\\_Engl.pdf](http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf)
- American Academy of Pediatrics - Healthychildren. *Symptom Check: Head Injury*. Retrieved on June 16, 2010. [Http://www.healthychildren.org/english/tips-tools/symptom-checker/pages/Head-Injury.aspx](http://www.healthychildren.org/english/tips-tools/symptom-checker/pages/Head-Injury.aspx)

Resources:

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

## 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
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>