

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

**32nd ANNUAL 2011 GIRLS SOCCER TOURNAMENT REGULATIONS**  
**63rd ANNUAL 2011 BOYS SOCCER TOURNAMENT REGULATIONS**  
*Sponsored by Subway and Bearingstar Insurance*



Tournament Director

Charles Sharos  
H - (860) 688-9940

Assistant Tournament Director

Joseph DelBuono  
H - (203) 879-5690  
C - (203) 808-8956

THE SOCCER TOURNAMENT INFORMATION IS ARRANGED IN ELEVEN (11) SECTIONS.

- 1.0 DIVISIONS
- 2.0 SITES/DATES
- 3.0 ENTRY PROCEDURES
- 4.0 EXPENSES/TICKETS
- 5.0 FORFEITS
- 6.0 OFFICIALS
- 7.0 PROTESTS
- 8.0 QUALIFYING
- 9.0 RANKING/SEEDING
- 10.0 SUPERVISION/SPORTSMANSHIP
- 11.0 TOURNAMENT RULES / PROCEDURES
- 12.0 CONCUSSION MANAGEMENT AND RETURN TO PLAY PROTOCOL
- 13.0 HEAT STRESS AND ATHLETIC PARTICIPATION

- APPENDIX A -- LIST OF SCHOOLS BY DIVISION
- APPENDIX B -- GAME RESULTS / TOURNAMENT ROSTER
- APPENDIX C -- CHANGE OF DIVISION
- APPENDIX D -- OFFICIALS FORM
- APPENDIX E -- OFFICIALS BOARDS
- APPENDIX F -- PENALTY REGULATION FOR YELLOW CARDS
- APPENDIX G -- PENALTY REPORT FORM
- APPENDIX H -- DUTIES OF SITE DIRECTOR
- APPENDIX I -- GENERAL INSTRUCTION REGARDING GAME MANAGEMENT
- APPENDIX J -- TEAM ROSTER FORM -- TO BE USED AT GAMES
- APPENDIX K -- TOURNAMENT FORMS & DUE DATES

**2011 Boys/Girls Soccer Championships**

**ALERT**

1. **SCORES OF GAMES ARE TO BE TELEPHONED IN TO THE TOURNAMENT DIRECTOR IMMEDIATELY AT THE CONCLUSION OF THE GAME BY THE HOME TEAM. TOURNAMENT DIRECTOR FOR SOCCER IS CHARLIE SHAROS -- (860) 688-9940.**
2. All teams are required to report any red and yellow cards they receive when the game results are reported. Additionally each team is required to report red and yellow cards received by their opponent and **to complete the CIAC Penalty Report Form (online) for all red and yellow cards issued during the season.**  
  
**All teams are required to post scores for ALL league tournament and CIAC tournament games and red and yellow cards received by their team and opponent via the password-protected, on-line eligibility center by 9:00 a.m. the day following the contest.**
3. Officials will no longer record cards on the official score book. **They will report all red and yellow cards online to CIAC after each game.** Each school assumes the responsibility of recording all penalty cards into their respective score books for every game and reporting both their own and their opponents red and yellow card when posting their score on line and the end-of-season composite red/yellow card report.
4. Change of division forms for any team desiring to move up in division are due by **September 9, 2011.**
5. Higher ranked team must wear white shirts (home uniform).
6. **Trainers** – The school should provide their own trainer. If the school does not have a trainer they **must** notify the tournament director
7. **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.**
8. Schools are required to complete the CIAC summation report of all red, yellow cards and disqualifications at the time of the infraction and not wait until the end of the season, but no later than November 20, 2011.
9. **If a tie exists at the end of regulation up through the semi-finals, two ten minute overtime periods will be used. After the first overtime period, a second ten minute overtime period will be held after which penalty kicks will be used. There will be no “sudden victory” used in the overtime period in 2011. IN THE FINALS ONLY, after two fifteen (15) minute overtime periods if the score remains tied, co-champions will be declared. There will be no sudden victory in the overtime periods. (See page 10 of the tournament document for details.)**
10. **CIAC highly recommends that all soccer fields used for the tournament be 65 yards wide by 110 yards long. The minimum requirement is 60 yards wide by 110 yards long. Fields that do not meet the minimum requirement cannot be used and the game must be moved to an approved site.**
11. **Yellow cards will be set to zero (0) at the start of the CIAC tournament. An athlete or coach who receives their second cumulative yellow card during the tournament must sit out the next game.**
12. The CIAC Board of Control has approved concussion management and return to play guidelines that conform to the new State statute that all coaches will be required to follow. See Section 12 of the tournament document for details.
13. **Postponements – If there is a weather related postponement in rounds one or two of the tournament the school will be required to play the next day.**

## NFHS SOCCER RULES CHANGES 2011-12

- 3-1-3 Each team shall submit a team roster, containing the first and last names and numbers of all players, all bench personnel and all coaches, to the officials at least five minutes prior to the start of the contest. The game shall not begin until this is complete. Players, bench personnel and coaches may be added to the roster after the start of play. Goalkeepers may have two numbers listed on the roster, a goalkeeper's number and a field player's number.
- 4-1-1i3 The jersey of the goalkeeper shall be distinctly different from that of any teammate or opponent, except the other goalkeeper. The shorts or pants and socks of the goalkeeper are not required to be the same color as his/her teammates, but must comply with 4-1-1f.
- 4-1-3 (New) It is recommended that substitutes wear distinguishing pinnies when warming up outside of the team area.
- 4-3 Each head coach shall be responsible for ensuring that each of his/her players is properly and legally equipped.  
**PENALTY: Illegally Equipped Players (18-1-1r)**  
The head coach shall receive the first caution issued (yellow card) for an illegally equipped player. All subsequent cautions (yellow cards) for illegally equipped player(s) shall be issued directly to the player(s) and not to the head coach.  
Illegally equipped player(s) shall be instructed to leave the field of play when the ball next ceases to be in play. Play shall not be stopped for an infringement of this rule except where the referee may stop play immediately where there is a dangerous situation. The player must be removed and may be replaced at the time of the caution to the coach or player(s).  
The removed player(s) may re-enter at the next legal substitution opportunity only after reporting to an official who shall be satisfied the player's equipment and uniform are in order.
- 12-8-1f(10) (New) A player, coach or bench personnel shall be cautioned (yellow card) for:
- a. Entering or leaving the field of play (except through the normal course of play) without the permission of an official;
  2. Persistent infringement of any of the rules of the game;
  3. Objecting by word of mouth or action to any decision given by an official (dissent);
  4. Any incidental use of vulgar or profane language;
  5. Any use of video or audio communication with players or other persons to assist in coaching during the game or any intervals. Examples: Amplifying devices, wireless communication devices such as cell phones, headphones, personal digital assistant, etc;
- NOTE: A coach may engage in verbal communications with his or her own team during play.
6. Unsporting conduct, including, but not limited to:
    1. coaching outside the team area;
    2. unnecessary delay (kicking, throwing the ball away on a free kick, etc.);
    3. holding a shirt, short, etc.;
    4. deliberate verbal tactics;
    5. encroachment;
    6. deliberate handball to stop an attack;
    7. deliberate tactical foul;
    8. faking an injury;
    9. simulating a foul;
    10. player who displays reckless play.
- 12-8-1f(11) A player, coach or bench personnel shall be cautioned (yellow card) for:
- a. Entering or leaving the field of play (except through the normal course of play) without the permission of an official;
  - b. Persistent infringement of any of the rules of the game;
  - c. Objecting by word of mouth or action to any decision given by an official (dissent);
  - d. Any incidental use of vulgar or profane language;
  - e. Any use of video or audio communication with players or other persons to assist in coaching during the game or any intervals. Examples: Amplifying devices, wireless communication devices such as cell phones, headphones, personal digital assistant, etc.;

NOTE: A coach may engage in verbal communications with his or her own team during play.

- f. Unsporting conduct, including, but not limited to:
  - 1) coaching outside the team area;
  - 2) unnecessary delay (kicking, throwing the ball away on a free kick, etc.);
  - 3) holding a shirt, short, etc.;
  - 4) deliberate verbal tactics;
  - 5) encroachment;
  - 6) deliberate handball to stop an attack;
  - 7) deliberate tactical foul;
  - 8) faking an injury;
  - 9) simulating a foul;
  - 10) player who displays reckless play;
  - 11) illegally equipped player, per 4.3.

12-8-1f(12)

A player, coach or bench personnel shall be cautioned (yellow card) for:

- b. Entering or leaving the field of play (except through the normal course of play) without the permission of an official;
- g. Persistent infringement of any of the rules of the game;
- h. Objecting by word of mouth or action to any decision given by an official (dissent);
- i. Any incidental use of vulgar or profane language;
- j. Any use of video or audio communication with players or other persons to assist in coaching during the game or any intervals. Examples: Amplifying devices, wireless communication devices such as cell phones, headphones, personal digital assistant, etc.;

NOTE: A coach may engage in verbal communications with his or her own team during play.

- k. Unsporting conduct, including, but not limited to:
  - 1) coaching outside the team area;
  - 2) unnecessary delay (kicking, throwing the ball away on a free kick, etc.);
  - 3) holding a shirt, short, etc.;
  - 4) deliberate verbal tactics;
  - 5) encroachment;
  - 6) deliberate handball to stop an attack;
  - 7) deliberate tactical foul;
  - 8) faking an injury;
  - 9) simulating a foul;
  - 10) player who displays reckless play;
  - 11) illegally equipped player, per 4.3.
  - 12) any delayed, excessive or prolonged act(s) by which a player(s) attempts to focus attention upon himself/herself and/or prohibits a timely restart of the game.

18-1-1ff (New) RECKLESS PLAY – A player has acted with complete disregard of the danger to, or consequences for, the opponent. A player who displays reckless play shall be cautioned.

NFHS Official Soccer Signals  
The NFHS Official Soccer Signals have been modified to add “Goal” as an official signal.

### Points of Emphasis

- 1. Concussion Management
- 2. Elbows
- 3. Player Equipment
- 4. Handling
- 5. Online Education

## Major Editorial Changes 2011

- 1-4-1 If used on a football field, the front of the portable goals should be at least 2 yards in front of the base of the existing football goal posts.
- 3-3-1c2 A player, including the goalkeeper, who is injured and attended to on the field or who is deemed injured by the referee shall leave the field and may be replaced.
- 3-6-1 Change Section 6 title to Excessive Player Changes
- 4-1-1  
Situation D RULING: Legal. Striped jerseys are permissible for the visiting team as long as the predominant color is dark. Jerseys with equal sized stripes, that have both dark and white stripes, do not have a predominant dark color and would be illegal.
- 4-2-1f Knee braces which are altered from the manufacturer's original design/production. Knee braces that are unaltered are legal and do not require any additional padding;
- 4-2-1g Ankle braces which are altered from the manufacturer's original design/production. Non-metal ankle braces that are unaltered are legal and may be worn outside a sock. Ankle braces of metal or unyielding material that are unaltered are legal if covered by a sock.
- 4-2-1h Helmets, hats, caps or visors
- 4-2-5 All permissible artificial limbs must be padded with a closed-cell, slow recovery foam padding no less than a ½ inch thick. Note: Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, allow an otherwise illegal piece of equipment, create risk to the athlete/others or place opponents at a disadvantage.
- 5-3-2e Have the authority to suspend play or terminate the game whenever the elements, spectators or other causes require; (7-1-3)
- 5-3-2  
Situation B RULING: In (a), (b) and (c), no winner is declared by the official and all conditions regarding the incident shall be reported to the proper authorities in writing. (5-4-1)
- 6-3-2a Verify that each team's complete roster (first and last name and number of each player and substitute) is submitted at least five minutes prior to the kickoff;
- 12-8-3  
Situation E RULING: Illegal in (a) or (b) and the offending player is disqualified for serious foul play whether or not a goal is subsequently scored. Penalty in (a) will be a direct free kick and in (b) a penalty kick unless a goal was scored, in which case a kick off will be the restart.
- NFHS  
Official Soccer  
Signals, #8 Corner Kick (point to corner)
- Rules Comparison The 2011-12 rules book will contain an updated comparison of the major differences among NFHS and NCAA rules and FIFA laws.

**2011 CIAC GIRLS' AND BOYS' SOCCER TOURNAMENT**  
*Sponsored by Bearingstar Insurance, and Subway*

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 or boy 9-12 enrollment as shown in the 2010-11 CIAC Membership Directory.

Girls:

LL -- 664 and over  
L -- 470 - 663  
M -- 292 - 469  
S -- Up to 291

Boys:

LL -- 703 and over  
L -- 487 - 702  
M -- 347 - 486  
S -- Up to 346

- 1.2 The 2011 Girls' and Boys' Soccer Championships will be played using an Open Tournament format.

2.0 **DATES/SITES/TIMES**

- 2.1 Member schools may start practice on, but not before, Saturday, August 27, 2011.
- 2.2 Member schools may play the first game on, but not before, Tuesday, September 13, 2011.
- 2.3 The last date for games to count for the 2011 Girls and Boys Soccer Tournament will be Thursday, November 3, 2011.

2.4 **Scheduled Playing Dates for the 2011 Boys Soccer Tournament:**

Playdown (if necessary) – November 5, 2011  
First Round - LL, L, M, S -- November 8, 2011  
Second Round - LL, L, M, S -- November 10, 2011  
Quarter-Finals - LL, L, M, S -- November 12, 2011  
Semi-Finals - LL, L, M, S -- November 15-16, 2011  
Finals - LL, L, M, S -- November 18-19, 2011

**Scheduled Playing Dates for the 2011 Girls Soccer Tournament:**

Playdowns (if necessary) – November 5, 2011  
First Round - LL, L, M, S -- November 7, 2011  
Second Round - LL, L, M, S -- November 9, 2011  
Quarter-Finals - LL, L, M, S -- November 11, 2011  
Semi-Finals - LL, L, M, S -- November 14-15, 2011  
Finals - LL, L, M, S -- November 18-19, 2011

- 2.5 The sites and times of the semi-final and final games will be determined by the Tournament Director.

All weekday tournament games shall start promptly at 2:00 p.m. **Home team option to play either at 2:00 or at 4:00 p.m. if they have lights – if the game is started after 4:00 p.m. it must be by mutual agreement.** If a later start is mutually agreed upon the tournament director must be informed of the new starting time. Games played on Saturday or a holiday, starting time will be at the mutually agreed time of the teams involved. The tournament director will determine the starting time if no mutual agreement is reached. From semi-final games on, the Tournament Director has the authority to schedule night games, consent from the participating schools is not required.

**IF THERE IS A WEATHER RELATED POSTPONEMENT IN ROUNDS ONE OR TWO OF THE TOURNAMENT THE SCHOOLS WILL BE REQUIRED TO PLAY THE NEXT DAY.**

TOURNAMENT GAMES WILL BE PLAYED WITH TWO EQUAL HALVES OF 40 MINUTES DURATION FOR A TOTAL OF 80 MINUTES OF REGULAR PLAY.

- 2.6 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 Championship Final games.
- 2.7 All 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 and game supervisors. **The higher ranked team will be responsible for providing an athletic trainer and securing and paying for officials up through the quarter-finals.**
- 2.8 The Tournament Director will determine the sites and times for all semi-finals and finals. Night games may be scheduled. The Tournament Director will designate the site director.
- 2.9 In the event the host team does not have an available soccer field that meets the CIAC Soccer Committee recommended field of 65 yards by 110 yards long, the host site must contact the tournament director to seek permission to use their site. If the site is determined to be unacceptable the game will be moved to a neutral site or if a neutral site is not available to the site of the lower ranked team. All fields used in the tournament must be a minimum of 60 yards wide by 110 yards long. If the school field fails to meet minimum standards the game must be moved to an approved site or to the site of the lower ranked team.

### 3.0 **ENTRY PROCEDURE**

- 3.1 **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, the date of THURSDAY, November 3, 2011 MUST BE THE FINAL DAY TO COUNT for the tournament. All games played after the entry form has been submitted, must be completed, and scores and cards reported to the CIAC office via the password-protected online eligibility center by Thursday, November 3, 2011.

Note: Schools may set up access codes in the eligibility center to allow coaches to submit scores via the web site without requiring the school's main eligibility center password. Game scores are the only information that may be submitted in this manner.

- 3.2 **CHANGE OF DIVISION FORM** -- Optional, if filed must be by September 9, 2011 for the 2011 season. **Once a school is approved for a change of division, this status remains in effect for three (3) years.**
- 3.3 **OFFICIALS FORM** -- Must be completed and submitted via the password-protected online eligibility center by October 15, 2011.
- 3.4 **TOURNAMENT ROSTERS** – Must be submitted via the password-protected online eligibility center by Friday, October 28, 2011. Any request for changes after the initial roster is submitted must be made on a “support ticket” via the online eligibility center. **A team roster is limited to 30 players.**
- 3.5 **ENTRY FEE** -- There is a \$75 entry fee for both the girls and boys soccer tournament which 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 boys soccer and girls soccer options in the password-protected online eligibility center.
- 3.6 **QUALIFYING RECORD FOR BOYS AND GIRLS** -- Win 40% of games against member schools, eligible out-of- state schools and the American School for the Deaf. Must have a minimum of ten (10) games against varsity opponents.
- 3.7 **CIAC LATE ENTRY POLICY**
- **No tournament entries will be accepted after the established deadline except those approved by the CIAC Board of Control.**

- Corrections requested by a school to an entry form that was submitted by the established deadline but prior to seeding/pairing data being published on the web site, will be assessed a fee of \$50 per correction to a maximum of \$250.
- All requests for corrections must be submitted on a support ticket via the online eligibility center. **No phone request will be considered.**
- All season penalty reports (including league tournament games) must be electronically filed on the CIAC web site by 9:00 a.m., Thursday, November 3, 2011. Late fees will apply.
- **All red/yellow cards for league and CIAC tournament games must be posted along with the results of the game on the CIAC web site.**

3.8 **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.

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

4.1 The higher ranked team will host first round, second round and quarter-final games and the host team will pay all game expenses for these games, **including officials**. **The higher ranked team must also assign an athletic trainer to the event and contact their commissioner for officials.** Schools may charge admission if they wish and keep the gate in rounds 1 and 2. Admission will be charged at all quarter-final games and gate receipts sent to CIAC. For quarter-final games, the host school will be reimbursed **up to \$350** for all costs **which includes officials**. If the host site cannot effectively charge and collect tickets at their site the game will be moved to a neutral site that can accommodate ticket sales or the site of the lower ranked team will be used.

4.2 If in first and second round play schools wish to charge admission they should notify the Principal and Athletic Director of the visiting school in advance.

4.3 Schools will bear all traveling expenses.

4.4 The CIAC Soccer Committee will pay all game expenses directly associated with the staging of the semi-finals and final tournament games, including officials.

4.5 Charges for admission for quarter-finals, semi-finals and finals will be: \*

- Free – Children five (5) and under
- \$5.00 -- Senior Citizens (Age 65 and older)
- \$5.00 -- Students (Grades 1 - 12)
- \$8.00 -- Adults (All others not in the above categories)

\* Subject to change

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

- a. CIAC Soccer Pass (**head varsity soccer** coaches must request from CIAC and provide a self-addressed stamped envelope)
  - b. Principal (or designee) of participating schools
  - c. CIAC **Soccer** Officials Association membership card
  - d. Press Card
- No other complimentary admissions will be permitted.

## 5.0 FORFEITS

- 5.1 Member schools will be required to submit regular season schedules for all sports controlled by CIAC in which member schools participate. Determination of forfeitures will be based on this schedule.

A forfeit game shall count as a victory for the team declared the winner and as a loss for the team declared a loser in determining tournament qualifications and ratings. For tournament qualifications only the following reasons for a forfeit shall be accepted.

- 5.2 A team shall forfeit a game or games if through a violation it is required to do so under the CIAC Rules of Eligibility.
- 5.3 A team shall forfeit a game if the game official declares the game a forfeit as a result of a National Federation rule violation, or a team refuses to play after being instructed to do so by the game official.
- 5.4 Forfeitures will be honored by each CIAC 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.
- 5.5 **Member schools must make very 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.**

## 6.0 OFFICIALS

- 6.1 By October 15, 2011, each varsity head coach, is requested to submit via the password-protected online eligibility center -- a list of SIX (6) officials who in their opinion would be competent to officiate tournament games. In addition they may indicate TWO (2) officials whose services they reject.
- 6.2 **The host school in the first round, second round and quarter-final games must call their commissioner of officials and request that officials be assigned. Each commissioner has been made aware of this.**
- The semi-final and final game officials will be assigned by the tournament and assistant tournament director from the approved list submitted by each board. Three (3) officials will be used from the quarter-finals on in all games.**
- 6.3 Identity of the Officials assigned games by the Officials Coordinator will not be disclosed prior to the game.

## 7.0 DISPUTES

- 7.1 DECISIONS BY GAME OFFICIALS -- Disputes 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.

7.2 On the eve of a tournament when there is not sufficient time for normal administrative procedures and Board of Control hearings, if a question of interpretation of tournament regulations or the operation of the tournament arises, the Chairman of the CIAC Board of Control, the Executive Director of CIAC, and the Chairman of the Tournament Committee in question will make an appropriate ad hoc decision in consideration of the best interest of the tournament as a whole.

## **8.0 QUALIFYING**

- 8.1 To be eligible for consideration in the tournament, a team must play a minimum of ten (10) games AGAINST VARSITY OPPONENTS and have a winning percentage of 40%. Only the first two games played with any single opponent will be included in the ten (10) games.
- 8.2 Only games played with Conference member schools, American School for the Deaf, or approved out-of-state schools who are members of their state athletic association shall be considered.
- 8.3 Games played with non-member Connecticut secondary schools shall not be considered in the rating of teams.

## **9.0 RANKING/SEEDING**

- 9.1 a. Ranking of teams for inclusion and for the purpose of pairings shall be based upon the winning percentage.
- Each WIN equals - 2 /      Each LOSS equals - 0 /      Each TIE equals - 1
- b. Divide the total points by two (2) times the number of games played against teams as specified in 8.2. There must be at least TEN (10) games against eligible opponents. (See Section 8)
- c. Resolving Ties for Tournament Qualification: Whenever ties exist among the first round teams, they shall be resolved in the following order.
- 1) Win/loss records of teams in competition with one another in regular season play.
  - 2) The team with the greatest number of combined wins and ties will be ranked higher in cases where the percentage is identical.
  - 3) Toss of the coin or by lot (computer generated).
- 9.2 When more than one team is undefeated, the team with the most wins WILL be ranked first.
- 9.3 A TEAM MAINTAINS ITS INITIAL PERCENTAGE RANKING THROUGHOUT THE TOURNAMENT.
- 9.4 In case more than thirty-two (32) teams qualify, a qualifying round playing date will be established.
- 9.5 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    |
- 9.6 In case there are not thirty-two (32) teams that qualify, byes will be awarded to the appropriate number of higher ranked teams.

9.7 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 27		3 vs 6		
11 vs 22	6 vs 11			

9.8 ***Ranking and Pairing information will be posted on the CIAC web site on Friday, November 4, 2011 at -- [www.casciac.org](http://www.casciac.org)***

10.0 **SUPERVISION/SPORTSMANSHIP**

10.1 Players and coaches disqualified in a game will be required to serve the additional penalty as outlined in the CIAC Regulation on "Disqualification".

10.2 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 must identify him/herself to the site director.**

10.3 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.

10.4 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 **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.

10.6 Up to thirty (30) 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 large banners or streamers are prohibited and each school principal is responsible for compliance with this regulation.

## 11.0 TOURNAMENT RULES / PROCEDURES

### 11.1. Ties:

- a. In all tournament games prior to the "finals" the following shall be the procedure to resolve a tie score. After a five minute time out –
    1. Two 10 minute overtime periods shall be played.
    2. After the first overtime the teams will change direction without a time out. A second ten minute overtime period shall be played.
    3. If tied after two ten minutes overtime periods, penalty kicks will be used to determine the winner.
    4. First Round Penalty Kicks -- Five players from each team kick once alternately or until the lead is insurmountable.
    5. Second Penalty Kicks -- Five different players from each team kick once alternately or until the lead is insurmountable.
    6. If a tie remains, repeat step 3 and if necessary, step 4.
    7. There is no sudden victory – both ten (10) minute overtime periods must be played to completion.
  - b. After each set of ten kickers from each team, players may be repeated. **If a tie exists in the finals after the two fifteen (15) minute overtime periods, co-champions will be declared. Penalty cards shall carry over into overtime periods.**
  - c. There will be no sudden victory during any penalty kick rounds.
  - d. Yellow card penalties will carry over into all overtime periods. Players receiving yellow cards that carry over into the first penalty kick tie breaking round will be eliminated from participating in the first round of penalty kicks. Players receiving yellow cards during any penalty kick round will be eliminated from any additional penalty kick rounds during the match.
- 11.2 **The tournament soccer ball for the 2011 tournament will be the BADEN Lexum SX 551, SX 651 or SX751CPL. This ball shall be used for all tournament games including first and second round games. The higher ranked team shall provide at least four (4) official tournament balls for all games.** Officials must report to CIAC any school hosting a game who does not use the CIAC designated ball. The CIAC Board of Control will take appropriate action with the school.
- 11.3 Higher ranked team must wear white shirts (home uniform). The visiting team shall wear dark jerseys .
- 11.4 **The Site Director must provide a minimum of two (2) "ball persons" for each tournament game.**
- 11.5 In all cases where a toss of coin may be required, the higher ranked team will have the privilege of call on the coin.
- 11.6 Entering schools are reminded that in the event of severely inclement weather it may be necessary to play the soccer FINALS on Sunday afternoon, November 20, 2011. The game may not start before 12:30 p.m.
- 11.7 **Suspended Games:** Regular season games if suspended in the first half, must be restarted from the beginning with the score 0-0. If suspended after one full half of play the game will be declared an official game.

11.8 In CIAC tournament play a game suspended either in the first half or the second half will be rescheduled and play continued from the point of suspension with the score the same as when the game was suspended.

11.9 **Terminated Games:** Definition – “When a game has been ended by the referee for actions of the participants or spectators such as refusal to play or disorder.”

In such cases the status of the game during the regular season may include forfeiture and is resolved by proper authority – the principals of the two schools, league rules and procedures.

During the CIAC tournament the Executive Director or his/her designee will determine the status of any terminated game along with the chair of the committee and the tournament director(s)

11.10 SEE APPENDIX F FOR THE REGULATION AND PENALTIES FOR YELLOW CARDS.

11.11 SEE APPENDIX G FOR THE PENALTY REPORT FORM THAT MUST BE SUBMITTED WITH THE ENTRY FORM. IF YOU DO NOT QUALIFY FOR THE TOURNAMENT, THE PENALTY REPORT FORM MUST BE SUBMITTED AFTER YOUR LAST REGULAR SEASON GAME. FAILURE TO DO SO MAY RESULT IN PROBATION OR PROHIBITION.

CIAC Soccer Committee recommends all schools post their red/yellow card infractions after each game to avoid confusion at the end of the season. A completed report must be submitted by November 20 for all regular season and league championships games. Schools must continue to report all red/yellow cards issued during the CIAC tournament when they post their scores.

## 12.0 CONCUSSION MANAGEMENT AND RETURN TO PLAY REQUIREMENTS

### 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>
- 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)

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.

### 13.0 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 Fall 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	73-82 .....	High risk
65-73 .....	Moderate 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>

APPENDIX A

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

**2011 BOYS SOCCER TOURNAMENT DIVISIONS**

LL -- 703 and over (40)

Bridgeport Central	1202
Bridgeport - Warren Harding	729
Bristol Central	711
Bristol Eastern	729
Cheshire	825
Danbury	1471
East Hartford	882
Fairfield Ludlowe	703
Fairfield Prep.	907
Farmington * (2011-3rd yr)	674
Glastonbury	1081
Greenwich	1438
Guilford * (2011-1 <sup>st</sup> yr)	546
Hamden	1004
Hartford Public	777
Manchester	958
Middletown - Xavier	875
New Britain	1420
New Milford	761
Newington	749
Newtown	866
Norwalk	749
Norwalk - Brien McMahon	828
Norwich Free Academy	1124
Ridgefield	893
Shelton	770
Simsbury	855
South Windsor	833
Southbury - Pomperaug	722
Southington	1008
Stamford	926
Stamford - Westhill	1208
Trumbull	1014
Waterbury - Crosby	748
Waterbury - Kennedy	709
West Hartford - Conard	794
West Hartford - Wm. Hall	793
West Haven	802
Westport - Staples	940
Woodbridge - Amity	868

L -- 487 - 702 (42)

Avon	548
Berlin	503
Branford	552
Bridgeport - Bassick	650
Brookfield	500
Darien	669
East Haven	489
East Lyme	589
Enfield - Enrico Fermi	563
Fairfield - Warde	655
Hartford - Bulkeley	697
Hartford - University / AI Prince **	592
Hebron - RHAM	632
Groton - Fitch	630
Madison - Daniel Hand	587
Manchester - Cheney Tech.	510
Meriden - Maloney	599
Meriden - Platt	528
Meriden - Wilcox Tech.	500
Middletown	699
Milford - Jonathan Law	487
Milford - Platt Tech	579
Monroe - Masuk	648
Naugatuck	699
New Canaan	652
New Haven - Career / Hillhouse **	600
New Haven - Wilbur Cross	628
New London	540
North Haven	597
Storrs - E.O. Smith	596
Stratford	507
Stratford - Bunnell	615
Torrington	567
Vernon - Rockville	533
Wallingford - Lyman Hall	509
Waterbury - Wilby	686
Waterford	494
West Haven - Notre Dame	619
Wethersfield	503
Wilton	657
Windsor	686
Woodstock Academy	524

\* Requested higher division

\*\* Co-op team

M -- 347 - 486 (42)

Ansonia	404
Ansonia - Emmett O'Brien	384
Beacon Falls - Woodland Reg.	398
Bethel	465
Bridgeport - Bullard Havens	426
Burlington - Lewis Mills	418
Colchester - Bacon Academy	456
Danbury - Abbott Tech.	441
Ellington	381
Enfield	440
Granby Memorial	391
Griswold	356
Hartford - Weaver	347
Higganum - Haddam-Killingworth	360
Killingly	371
Killingly - Ellis Tech	417
Ledyard	454
Middletown - Vinal Tech.	424
Milford - Foran	473
Montville	410
New Britain - Goodwin Tech.	374
New Fairfield	482
Norwich Tech.	408
Plainfield	378
Plainville	398
Redding - Joel Barlow	461
Rocky Hill	386
Stonington	407
Suffield	406
Tolland	478
Torrington - Wolcott Tech.	472
Trumbull - St. Joseph	402
Wallingford - Sheehan	481
Waterbury - Holy Cross	378
Waterbury - Kaynor Tech.	443
Watertown	477
Weston	380
Windham	467
Windham Tech.	371
Winsted - Northwestern Reg.	377
Wolcott	454
Woodbury - Nonnewaug	405

S -- Up to 346 (48)

Bloomfield	308
Bolton	144
Bridgeport - Kolbe-Cathedral	143
Bristol - St. Paul	168
Canton	270
Chaplin - Parish Hill	69
Clinton - Morgan School	287
Coventry	277
Cromwell	289
Danbury - Immaculate	169
Deep River - Valley Reg.	293
Derby	215
Durham - Coginchaug	273
East Granby	145
East Haddam - Hale Ray	178
East Hampton	276
East Windsor	194
Fairfield - Notre Dame	203
Falls Village - Housatonic Valley	258
Groton - Grasso Southeastern	337
Hamden - Eli Whitney	289
Hartford - Classical	161
Hartford - Sport & Medical Science	203
Lebanon - Lyman Memorial	239
Litchfield	170
Litchfield - Wamogo	169
Manchester - East Catholic	309
North Branford	340
No. Stonington - Wheeler	124
Old Lyme	223
Old Saybrook	265
Oxford	324
Portland	201
Putnam	176
Seymour	322
Somers	275
Stafford	259
Stamford - Trinity Catholic	211
Terryville	286
Thomaston	174
Thompson - Tourtellotte	173
Uncasville - St. Bernard	161
Washington - Shepaug Valley	183
Waterbury - Sacred Heart	186
W. Hartford - N.W. Catholic	286
Westbrook	156
Windsor Locks	279
Winsted - Gilbert School	146

*Contact CIAC if your school sponsors boys soccer but has been left off the list -- or if you are listed and no longer sponsor the sport.*

SCHOOLS NOT SPONSORING TEAMS

Hartford - Capital Prep.	82
New Haven - Hyde Leadership	163
Stamford Academy	85

## 2011 GIRLS SOCCER TOURNAMENT DIVISIONS

### LL -- 664 and over (38)

Bridgeport Central	1166
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	1260
Ridgefield	874
Shelton	779
Simsbury	740
South Windsor	713
Southington	1022
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 -- 470 - 663 (38)

Avon	559
Berlin	518
Bethel	495
Branford	576
Bristol Central	646
Brookfield	500
Colchester - Bacon Academy	534
East Haven	570
East Lyme	615
Enfield - Enrico Fermi	539
Farmington	633
Groton - Fitch	651
Guilford	567
Hamden - Sacred Heart Academy	487
Hartford - Bulkeley	515
Hebron - RHAM	542
Ledyard	477
Madison - Daniel Hand	617
Meriden - Maloney	625
Meriden - Platt	554
Milford - Foran	507
New Fairfield	503
New Haven - Cross/Hillhouse/Career**	630
North Haven	642
Redding - Joel Barlow	513
Southbury - Pomperaug	662
Storrs - E.O. Smith	611
Stratford	521
Stratford - Bunnell	606
Torrington	521
Vernon - Rockville	544
Wallingford - Lyman Hall	641
Wallingford - Sheehan	477
Watertown	522
Wethersfield	583
Wilton	622
Windsor	622
Woodstock Academy	580

\*\* Co-op

**M – 292 - 469** (38)

Ansonia	350
Beacon Falls - Woodland Reg.	387
Burlington - Lewis Mills	407
Cromwell	311
Deep River - Valley Reg.	316
Durham - Coginchaug	296
Ellington	406
Enfield	370
Granby Memorial	395
Griswold	354
Hartford - Weaver	316
Higganum - Haddam-Killingworth	322
Killingly	419
Manchester - East Catholic	371
Meriden - Wilcox Tech.	292
Milford - Jonathan Law	467
Milford - Lauralton Hall	437
Montville	357
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
Waterbury - Kaynor Tech.	301
Waterford	460
West Hartford - N.W. Catholic	337
Weston	412
Winsted - N.W. Reg.	435
Windham	363
Wolcott	449
Woodbury - Nonnewaug	454

---

**No Team** -- If your school has a girls soccer team and is listed below or if you are listed in a division and do not have girls soccer this year, please notify the CIAC.

Ansonia - O'Brien Tech	150
Bridgeport - Bassick	524
Bridgeport - Bullard Havens	441
Bridgeport - Warren Harding	676
Danbury - Abbott Tech	201
Hamden - Eli Whitney Tech.	251
Hartford - A.I. Prince Tech.	400
Killingly - Ellis Tech..	141
Manchester - Cheney Tech.	148
New Britain - Goodwin Tech.	222
New Haven - Hyde Leadership	45
Norwich Tech.	238

**S -- Up to 291** (45)

Baltic - Academy of Holy Family	56
Bloomfield	291
Bolton	184
Bridgeport - Kolbe-Cathedral	168
Bristol - St. Paul Catholic	161
Canton	262
Chaplin - Parish Hill	78
Clinton - Morgan	270
Coventry	281
Danbury - Immaculate	179
Derby	178
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	245
Hartford - Capital Prep.	88
Hartford - Classical	219
Hartford - Sport & Medical Science	221
Hartford - University	141
Lebanon - Lyman Memorial	288
Litchfield	189
Litchfield - Wamogo	216
Middletown - Vinal Tech	181
Milford - Platt Tech.	290
No. Stonington - Wheeler	102
Old Lyme	231
Old Saybrook	275
Portland	166
Putnam	137
Somers	288
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 - Sacred Heart	163
Westbrook	145
Windsor Locks	282
Winsted - Gilbert School	179

---

Stamford Academy	55
Waterbury - Crosby	644
Waterbury - Kennedy	652
Waterbury - Wilby	628
Windham Tech	203

See the end of this packet for worksheets you can use to collect the information which needs to be submitted.

## APPENDIX B

### 2011 GIRLS' / BOYS' SOCCER GAME RESULTS / TOURNAMENT ROSTER

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, the date of Thursday, November 4 must be the final day to count for the tournament.

Tournament rosters must be submitted via the password-protected online eligibility center by Friday, October 28, 2011. Any request for changes after the initial roster is submitted must be made on a "support ticket" via the online eligibility center.

- Up to thirty (30) eligible players may be used.
- Games that are postponed or suspended (except finals) shall be played on the next available date (excluding Sundays). Postponed or suspended FINAL games shall be played on the next available date including Sunday.
- Entry fee of \$75 must be sent to CIAC, 30 Realty Drive, Cheshire, CT 06410.

#### 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 VIOLATION – If a school fails to comply with tournament regulations and such requires the CIAC tournament sports committees, 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 C

### FORM FOR APPLYING FOR A HIGHER DIVISION IN THE 2011 BOYS' OR GIRLS' SOCCER TOURNAMENT

Must be submitted via the password-protected online eligibility center by September 9, 2011 for the 2011 tournament. **Once a school has been approved for a change of division, this status will remain in effect for three (3) school years.** Placement of schools has been based on the 9-12 boy or girl 2010-2011 enrollment.

---

## APPENDIX D

### SELECTION OF OFFICIALS FORM

Must be submitted via the password-protected online eligibility center by October 15, 2011.

Schools may list up to six (6) officials they would wish to officiate their games and may list up to two they would not wish to officiate their games.

A master list of soccer officials will be drawn up by the tournament director. In quarter-finals, semi-finals and finals, the best officials available will be assigned from this list.

## APPENDIX F

### ***YELLOW CARD RULE***

1. Each player who is issued a yellow card is to be removed from the game (placed on "hold out") for ten minutes. A player who is on "hold out" may return to the game after ten minutes but must do so in accordance with the rules pertaining to substitution. When a game officially ends, overtime periods are part of a regulation game, a player on "hold out" is removed from "hold out" status even though there may be less than ten minutes to play. When a player is placed on "hold out" the team may substitute for the player, a team will not be required to play one down for this infraction.
- 2.a. A player or coach is ineligible to participate in any soccer contest until withheld from the next soccer contest at that level of play when the player or coach has been issued a third (cumulative) yellow card of the regular season, not the game. The rule also becomes operative for the same player or coach at the sixth, ninth etc. yellow card during the regular season. The game in which the third, sixth, ninth etc. cumulative yellow card is given determines the level of play. A player or coach receiving a yellow card in a sub-varsity game and a yellow card in a varsity game has accumulated two for the regular season. **Any player or coach who receives a third cumulative yellow card will be required to sit out the next game at that level of play. The player or coach may not participate in a game at any level until he/she has sat out the required game at the appropriate level of play.**
- b. In the event a player or coach receives their third, sixth, ninth, etc., yellow card at the last scheduled regular season game, or league playoff game, the player/coach shall be disqualified from participating in the next contest (league playoff game or CIAC tournament game).

**Note:** Any player/coach who is issued the third (cumulative) yellow card and a red card in the same game will be disqualified for the next two games and is ineligible to play until the next two games at that level of play have occurred. A player/coach receiving a combination yellow card/red card in a game has been issued the second yellow card for that game as well as a red card. The issuance of a red card only, does not count as one yellow card.

3. Each CIAC member school must maintain an official soccer score book. The issuance of each yellow and red card must be immediately recorded in that team's score book when the incident occurs. Each member school must report to the CIAC a summation of all red and yellow card penalties on the CIAC Penalty Report Form after each game. Failure to do so may lead to a team's disqualification from post season play.
4. A player rendered ineligible through a disqualification will be determined to be an ineligible player according to CIAC eligibility regulations. The use of an ineligible player will lead to a game forfeiture.
5. Yellow card penalties will carry over into all overtime periods. Players receiving yellow cards that carry over into the first penalty kick tie breaking round will be eliminated from participating in the first round of penalty kicks. Players receiving yellow cards during any penalty kick round will be eliminated from any additional penalty kick rounds during that match.
6. **Yellow cards will be set to zero (0) at the start of the CIAC tournament. A player or coach who receives their second cumulative yellow card during the tournament must sit out the next game in the tournament.**

TEAM YELLOW / RED CARD RULE  
CIAC SOCCER COMMITTEE POLICY ON TEAM PROBATION / DISQUALIFICATION

1. **Any team that accumulates five (5) or more red cards during the regular season, including league tournaments, will be disqualified from the CIAC state tournament:**

Additionally:

- the program will be placed on probation
- the school will be required to appear before the CIAC Soccer Committee
- the school will be required to file a written action plan for improvement with the committee and
- the maximum number of red cards the soccer team can accumulate during the next regular season, including league tournaments, will be reduced to three (3). If the team exceeds three (3) red cards they will be disqualified from the CIAC tournament.

2. **Any team that accumulates a combination of sixteen (16) or more red or yellow cards during the regular season, including league tournaments, will be disqualified from the CIAC state tournament.**

Additionally:

- the program will be placed on probation
- the school will be required to appear before the CIAC Soccer Committee
- the school will be required to file a written action plan for improvement with the committee and
- the maximum number of cards the soccer team can accumulate during the next regular season, including league tournaments, will be reduced to twelve (12). If the team exceeds twelve (12) cards during the regular season, including league tournaments, they will be disqualified from the CIAC State Tournament.

3. **All schools that accumulate between thirteen (13) and fifteen (15) red and/or yellow cards during the regular season and tournaments will be placed on probation for the next season.**

Additionally:

- the school will be required to appear before the CIAC Soccer Committee
- the school will be required to file a written action plan for improvement with the committee and
- the maximum number of cards the soccer team can accumulate during the next regular season, including league tournaments, will be reduced to twelve (12). If the team exceeds twelve (12) but less than sixteen (16) cards during the regular season, including league tournaments, they will remain on probation for a second year.

4. **If the team accumulates between thirteen (13) and fifteen (15) red and/or yellow cards WHILE ON PROBATION**

- the team will remain on probation
- the school will reappear before the Soccer Committee with an updated action plan and
- the maximum number of cards the team can accumulate during the **SECOND YEAR OF PROBATION** will be reduced to twelve (12). If the team exceeds twelve cards during the regular season, including league tournaments, they will be **disqualified** from the CIAC state tournament.

5. ALL RED CARDS accumulated during CIAC tournament play shall carry over to the next season.

6. Schools that fail to submit the required red / yellow card information will be subject to a fine as prescribed by the CIAC fine policy as well as probation or prohibition from tournament play.

7. All red / yellow cards must be recorded by BOTH SCHOOLS at the time the scores are required to be submitted electronically to the CIAC. **Scores and cards for all games including league tournament and the CIAC State Tournament games must be submitted electronically to the CIAC.**

**APPENDIX G -- CIAC SOCCER PENALTY REPORT FORM**

**This report (including those with zero penalties) must be submitted to the CIAC office by all schools playing soccer at the conclusion of each season. A copy of this form must accompany all tournament entry forms.**

Must be submitted via the password-protected online eligibility center by 9:00 p.m., Thursday, November 20, 2011

\* Central CT = CC; Coastal Valley = CV; Eastern CT = CT; Greater New Haven = NH;  
Southern CT = C; Western = WC

Attach a copy of this penalty report form in your soccer score book inside the back cover. Each school assumes the responsibility of recording all penalty cards into their respective score books for every game. Your score book must be available at each game. At the conclusion of each contest at all levels, each coach is required to initial the opposing team's score book penalty form. Failure to have it available may result in either probation or prohibition for your team. A copy of this form must be submitted to the CIAC on the day after your last regular season game regardless of tournament qualification and/or zero penalties. This form is to be executed for frosh, sub-varsity, and varsity levels of play.

**YELLOW CARD CODE**

1. Entering or leaving the field of play without permission of an official.
2. Persistent infringement of rules.
3. Objecting by word of mouth or action to official's ruling.
4. Any incidental use of vulgar or profane language.
5. Use of video or audio communication with players or other persons to assist in coaching.
6. Coaching outside team area.
7. Unnecessary delay (kicking, throwing ball away free kick)
8. Holding a shirt or short.
9. Deliberate verbal tactics.
10. Encroachment.
11. Deliberate handball to stop an attack.
12. Deliberate tactical foul.
13. Faking an injury.
14. Simulating a foul.
15. Use of any tobacco products at the game site.
16. Other unsportsmanlike conduct.
17. Coach for illegal player equipment.

**YELLOW / RED CARD CODE**

- (Player can be replaced -- no field player reduction)
1. Any delay, excessive or prolonged act by a player focusing attention on themselves and/or prohibits a timely restart.
  2. Second Yellow Card

**RED CARD CODE**

1. Exhibiting violent conduct.
2. Taunting.
3. Subsequent caution for coach or bench personnel.
4. Exhibiting other violent conduct or committing other serious foul play.
5. Spitting at an opponent.
6. Spitting at a teammate or game officials
7. Using insulting, offensive or abusive language or gesture.
8. Leaving the team area to enter the field where a fight or altercation is taking place, unless summoned by an official.

## APPENDIX H

### **DUTIES OF 2011 BOYS OR GIRLS SOCCER TOURNAMENT SITE DIRECTOR**

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:

1. **THE SCORE OF GAME MUST BE TELEPHONED TO THE TOURNAMENT DIRECTOR BY THE HOME TEAM IMMEDIATELY AT THE CONCLUSION OF THE GAME. CALL NO LATER THAN 7:00 P.M. -- TOURNAMENT DIRECTOR - CHARLES SHAROS - (860) 688-9940**
2. 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.)
3. The field should be freshly lined, following official dimensions with field markings in agreement with the most recent National Federation Soccer Rule book rules. Corner flags are to be in place and each goal should be provided with the customary net.
4. A restraining barrier of some sort should be in place to keep spectators at least fifteen feet from the playing surface at all points. In most cases crowd ropes will be considered suitable.
5. An ADULT scorer and an ADULT 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.
6. A suitable timing device -- the conventional time-clock -- and a loud horn or other loud noise-making device (not a whistle) will be available to signal the expiration of playing time. A loud horn should be used to signal the end of the game. **The official time is kept by the official(s) on the field.**
7. SUFFICIENT SECURITY PERSONNEL AS MAY BE DEEMED NECESSARY WILL BE ON DUTY TO CONTROL THE ANTICIPATED CROWD.
8. Emergency medical procedures should be established for the game.
9. Suitable benches and drinking water should be provided for the players. If a request is made, dressing facilities should be provided for any team which has more than twenty miles to travel.
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. During the 2011 Tournament the following passes will be honored at all games where a fee is charged:
  - a. Official CIAC **Head Varsity Soccer** Coaches and Committee pass
  - b. Principal (or designee) and athletic directors of the two competing schools
  - c. Gold Pass (retirees and lifetime CIAC pass)
  - d. Press card
  5. CIAC **Soccer** Officials Association membership card
  - f. No other complimentary admissions will be permitted.
12. Up to 30 team members, coaches, managers and up to 20 cheerleaders accompanying the team will be admitted free of charge to each game. Noisemakers that might interfere with the performance of the game and large banners or streamers are prohibited and each school principal is responsible for compliance with this regulation.
13. **Site Director must provide a minimum of two (2) "ball persons" for each tournament game.**

## APPENDIX I

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

TO: All Boys and Girls Soccer Coaches  
RE: General Instructions Regarding Game Management

Coaches check the following items with each other:

- a. Directions how to reach field.
- b. All weekday tournament games will START at 2:00 p.m., or 4:00 p.m. if the school has lights, unless a night game is mutually agreed upon. Time for Saturday or holiday games will be by mutual consent. If not agreed to by both schools the tournament director will make the final decision.
- c. **The higher ranked team is required to supply four (4) official tournament game balls. The official game ball is the BADEN Lexum SX 551 or SX651 or SX751CPL.** Officials must report to CIAC and school hosting a game who does not use the CIAC designated ball. The CIAC Board of Control will take appropriate action with the school.
- d. The higher ranked team must wear white and lower ranked team a dark color shirt.
- e. Be certain of dressing arrangements if needed.

#### NOTE:

First round, second round and quarter-final games will be played on the home field of the higher ranked team. Home team secures and pays officials for first round, second round and quarter-final games and for the services of a trainer. Tournament director will assign officials for the semi-final and final games.

Visiting teams arrange for busses.

CIAC highly recommends that all soccer fields used for the tournament be 65 yards wide by 110 yards long. The minimum requirement is 60 yards wide by 110 yards long. Fields that do not meet the minimum requirement must be moved to an approved site or to the site of the lower ranked team. If home field does not meet minimum standards, the CIAC must be notified by September 30, 2011.

Inclement Weather -- Play the next day (excluding Sunday). If the field is still unplayable, the game may be played at the lower ranked team's field.

**Home team must call in scores to Tournament Director Charles Sharos, H - (860) 688-9940 at the conclusion of the game.**

#### SPECIAL NOTE:

Coaches are requested to inform all site directors to honor the special game passes which are issued to Soccer Committee members who will act as observers during the tournament.

ATTENTION: (Check list)

- The field should be freshly lined. Each goal provided with the customary net.
- A restraining barrier should be in place to keep spectators from the playing field at all points. In most cases crowd ropes will be considered suitable.
- Suitable benches should be provided for all players.
- A sufficiently large scorer's and timer's table with bench or chairs will be provided.
- See Official Tournament Rules for admission prices and complimentary tournament entrance procedures.
- Although most of you have the situation well under control with your students/athletes, alcohol has shown up on the field after some championship games (brought in by spectators, but nonetheless, on the field). The proper word by your athletes might be enough to control this situation and avoid embarrassing the team and tainting their achievement.

THE CIAC BOARD OF CONTROL HAS ADOPTED THE FOLLOWING PLAYER - COACH EJECTION / DISQUALIFICATION POLICY. THIS POLICY IS EFFECTIVE AS OF JULY 1, 1995

THE FOLLOWING POLICIES FOR DISQUALIFICATION SHALL APPLY IN ALL SPORTS.

1. Any student-athlete who physically assaults an official, coach, opposing player or spectator, will be immediately dismissed from the team for the remainder of the season.
2. When an athlete or coach is ejected from a contest for unsportsmanlike behavior or fighting, including taunting, the athlete or coach is ineligible to participate in the next contest at the same level of play (even if the next contest does not occur until league or CIAC tournament play or next year). If one or more different-level contests are scheduled prior to the next contest at the same level of play, the athlete or coach shall be ineligible to participate in the next (but no more than one) contest at all other levels of play.
3. Upon the second disqualification, if that violation is for initiating a fight or retaliating in a fight (as determined by the game official), that student-athlete will be dismissed from the team for the remainder of the season. Otherwise #2 remains applicable.
4. A school's first incidence of non-compliance will result in forfeiture and a \$250 fine; a school's second incidence of non-compliance will prohibit the school from entry in the next CIAC tournament for that sport, or from the remainder of the current tournament if the disqualification occurs during a CIAC tournament or during the last regular season contest/day of competition.
5. Any CIAC team that accumulates five (5) or more disqualifications for flagrant misconduct, unsportsmanlike conduct, including taunting, 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. The number of disqualifications must be completed on all tournament forms. Disqualification from the team under #1 constitutes one disqualification in team totals.
6. Disqualifications from the last contest of one season carry over to the next season in that sport for undergraduates and coaches, or the next season of participation in any sport for seniors.
7. If the playing rules for a sport specify an additional penalty, the additional penalty will apply. The CIAC disqualification rule applies to all disqualifications with the exception of reaching the limit of personal fouls in basketball and lacrosse; reaching the limit of technical violations in wrestling; or being disqualified by the rules in ice hockey and lacrosse, which does not require a next game disqualification.
8. Any misconduct or disqualification of a coach will count towards the team's total number of disqualifications.
9. Each game official will notify the Assigner for that game who will notify the CIAC office (203) 250-1111 immediately following the game of all disqualifications. The CIAC will notify the affected school administration prior to 12 noon on the following day of the game suspension. It will also be the responsibility of the Assigner for that game to notify the athletic director of the offending school the morning of the next school day. The Athletic Director or Principal of the school having the disqualified player or coach must notify their next opponent.

In soccer, an accumulation of two yellow cards in one game against the coaching personnel or team bench will constitute a red card against the head coach and will restrict that coach from coaching his/her team in any contest until withheld from the next contest at that level of play.



## APPENDIX K

### 2011 BOYS AND GIRLS SOCCER TOURNAMENT FORMS LISTING

All tournament forms must be submitted via the online eligibility center section of the CIAC web site. This area of the site requires the school's user name and password for entry.

Worksheets for collecting the information needed to submit the online forms can be found on the following pages. These worksheets are intended for giving to coaches to provide information for submission to the school officials who will be filing the information online. Under no circumstances will printed forms be accepted in lieu of submissions via the eligibility center.

The following forms must be submitted for the sport of boys and girls soccer.

1. Officials Selection - Due October 15, 2011
2. Tournament Roster - Due October 28, 2011 \*
3. Game Results - Must be submitted weekly
4. Change of Division -- Optional -- **if being submitted due September 9, 2011 for 2011 tournament.**
5. Penalty Report Form – Due November 20, 2011

\* For these forms, you may find it easier to print out a copy of the actual web form, instead of using the worksheet, since the web form will be filled in with your eligible players and/or game schedule. Any form in the online eligibility center can be printed without being submitted.

& If schools choose to do so, they may set up access codes which will allow coaches to enter game results without having the main school eligibility center password. Access codes can be set up in the online eligibility center by selecting the appropriate option from the "Administrative Actions" menu. Once the code is setup and the schedule is entered in the eligibility center, results may then be entered at [http://www.casciac.org/scripts/submit\\_scores.cgi](http://www.casciac.org/scripts/submit_scores.cgi).