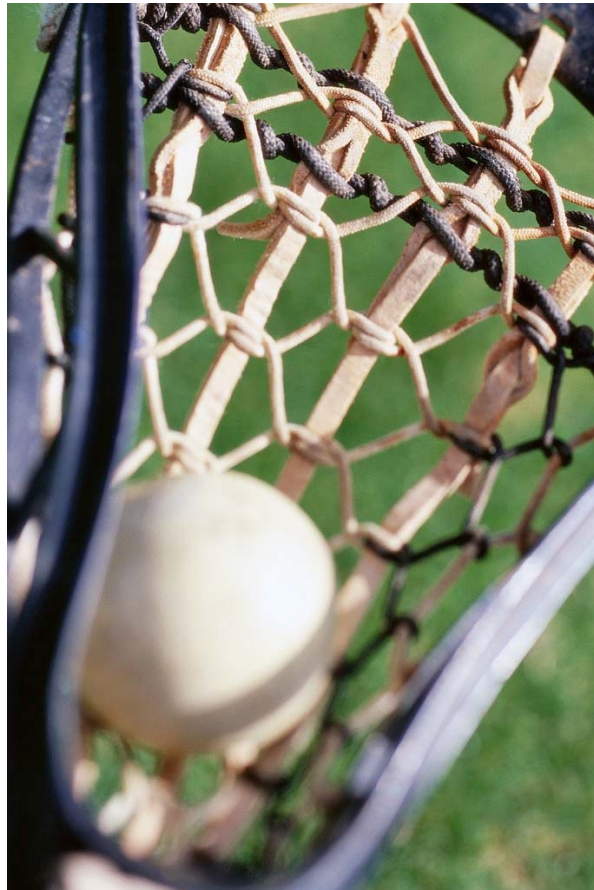


NEW HAMPSHIRE INTERSCHOLASTIC ATHLETIC ASSOCIATION
2010 POLICIES AND PROCEDURES MANUAL
FOR
BOYS LACROSSE



NHIAA LACROSSE COMMITTEE

Robert Royce, Chair, Pinkerton; William Ball, Supervisor, Exeter; Peter Bergeron, Merrimack;
Kevin Hebert, Somersworth; William Lawson, Manchester Central; Brian O'Reilly, Pinkerton;
Dave Pinkham, Gilford; Peter Wotton, Asst. Chair, Dover

This manual is published by the New Hampshire Interscholastic Athletic Association 251 Clinton Street Concord, NH 03301 – Neither the whole nor part of this publication may be copied or reproduced and/or translated without first obtaining written permission from the publisher.

TOPIC	PAGE #
REGULATIONS AND ADMINISTRATIONS	
Game Rules	5
Criteria of Play	5
Scrimmages, Jamborees, Out of Season Competition	6
Uniforms	6
Admissions	6
Postponements	16
Game Ball	8
PROTESTS	
Procedure Regular Season	8-9
Procedure at State Tournament	9
SAFETY	
Medical Coverage	9
Jewelry and Body Piercing Rule	10
TOURNAMENT INFORMATION	
Awards	16
Postponements	16
MISCELLANEOUS INFORMATION	
Pre Game Ceremony	17
Championship Post Game Awards Ceremony	18
Field Diagram	19
Boys Lacrosse Roster	20

POINTS OF SPECIAL EMPHASIS:

- **TRAINERS:** Schools requesting medical services are to provide the necessary supplies for the trainer at all regular season and tournament events.
- In response to concerns surrounding loss of instructional time, transportation, and availability of officials, the Boys Lacrosse Committee recommends that the following game times be used on weekdays during the regular season. If games are back to back, it is recommended that games be played at 4:30 p.m. and 6:00 p.m. If games are played simultaneously, it is recommended that games are to be played at 5:00 p.m.
- All ball persons shall be equipped with a protective helmet for all regular season games as well as tournament games.
- NHIAA member schools may compete against non-member schools at the JV and sub-varsity level in all sports and should make every effort to schedule member schools prior to scheduling non-member schools.

➤ **PROTEST PROCEDURE AT STATE TOURNAMENTS:**

During State Tournament play **AT NEUTRAL SITES**, there shall be no appeals of protests to the Executive Director. All protests shall be resolved at the game site at the time of the protest. During State Tournament Play at the home of the higher seed protests shall be resolved by consulting with the Supervisor of Officials who will be available via phone during prelim and quarterfinal contests.

<u>Sport</u>	<u>First Practice</u>	<u>First Contest</u>	<u>Last Date To Schedule</u>	<u>Last Date to Play</u>	<u>Length of Preseason</u>	<u>Length of Season</u>
Lacrosse	M (W38)	M (W41)	W (W47)	TH (W47)	3 weeks	6 weeks

➤ **Tournament Pre-Game Warm-Ups:**

For the first game of the day at a NEUTRAL tournament site the teams may get on the field once the facility opens. In subsequent games on that same day both teams will remain in the locker room until notified by the game manager, at which time 15 minutes will be put on the game clock. Teams will not be allowed back in the locker room after halftime of their game.

➤ **SEEDING BRACKETS:**

Once the official NHIAA Tournament Pairings have been released there will be no switching of bracket placements. Game times (not date) may be adjusted at tournament contests held at the home of the higher seed, if both teams are agreeable.

At neutral sites there shall be **NO** date or time changes with two (2) exceptions:

1. Graduation Exercises
2. Weather and/or facility issues

➤ **Tournament Format (By-Law Article XXIII, Section 5):**

Eight (8) teams will qualify for the Division I, and II tournaments. Twelve (12) teams will qualify for the Division III tournament.

➤ **GAME BALLS:**

Boys will use white game balls for day games and yellow game balls for night games (Games beginning 6 p.m. or later). There is no deviation from this policy unless both schools mutually agree to use a ball of a different color. This applies to both regular season and tournament games.

- To take advantage of good weather days, it is recommended that schools schedule their extra games early in their schedule. It is also important that schools reschedule postponed games on the next available date to prevent a build up of games at the end of their schedule.
- **SCRIMMAGES, JAMBOREES, OUT OF SEASON COMPETITION:**
All pre-season jamborees must be sanctioned by the NHIAA in accordance with By-Law Article I, Section 9.
- **RECONSIDERATION OF A DECISION TO PLAY:** Once a decision to play has been made or once the game has begun, if weather conditions or any other emergency occurs that could jeopardize starting or continuing the game, reconsideration of the decision to play or to interrupt the game will be made by the Game Manager.
 - The Game Manager shall consult with the administrators from both schools, Athletic Directors and/or Principals, and the referee before making a decision.
 - The game will be played or continued at the point of interruption on the following day unless otherwise approved by the Chairman of the Lacrosse Committee.
 - In the case of an interrupted game with one school ahead, and if both the administrators of both schools agree, the game will stand as final at the point of interruption.

PREVIOUS POINTS OF SPECIAL EMPHASIS

- To take advantage of good weather days, it is recommended that schools schedule their extra games early in their schedule. It is also important that schools reschedule postponed games on the next available date to prevent a build up of games at the end of their schedule.
- Regularly scheduled games cannot be forfeited by the individual schools (Principals, Athletic Directors, Coaches and others).
- Schools that issue equipment to athletes for out-of-season use assume the liability for its use. Such equipment should be inspected prior to the season for reconditioning and safety.
- The NHIAA Lacrosse Committee must sanction any club teams wishing to play NHIAA member schools.
- Boys Varsity Lacrosse games will have four 12-minute periods; sub-varsity will have four 10-minute periods and there will be a 10-minute halftime.
- **SUB-VARSITY GAMES:** No sub-varsity (freshmen, sophomore or junior varsity) games may be played after the last date to play.

Rosters are now to be submitted on-line utilizing the AD's Admin login.

2010 Boys Lacrosse Roster – **Due Monday, MAY 24, 2010**

Each school will be allowed a maximum of forty (40) individuals, with no more than thirty-five (35) of them being players in uniform. The remainder of the roster will include one (1) head coach, two (2) assistant coaches, and two (2) managers. Please list all players who are presently varsity squad.

NHIAA LACROSSE COMMITTEE
REGULATIONS AND ADMINISTRATION

1. **AUTHORIZATION:** The NHIAA Council authorizes the NHIAA Lacrosse Committee to establish by-laws, approved by the Council, for the classification and playing of lacrosse in New Hampshire, and to establish a New Hampshire High School Lacrosse tournament.
2. **MANAGEMENT:** The NHIAA and its Lacrosse Committee will manage and control the New Hampshire State High School Lacrosse Tournament, under By-Law Article XXIII, Lacrosse - Boys.
3. **GAME RULES:** The National Federation Lacrosse Rules will govern play for Boys Lacrosse. Overtimes shall be played for boys lacrosse. No games shall end in a tie.
4. **ELIGIBILITY:** The eligibility rules of the NHIAA will apply to all student athletes.
5. **DUE PROCESS PROCEDURE:** The Lacrosse Committee will follow all due process procedures outlined by NHIAA By-Laws.
6. **SCHOOL RESPONSIBILITY:** Crowd control, safety and good sportsmanship are major concerns. It is the responsibility of the school officials to insure that these concerns are addressed. Guidelines for sportsmanship and a Code of Ethics for Spectators are provided by the Sportsmanship Committee.
7. **PRE-SEASON AND PRACTICE REQUIREMENTS:** A player must participate in five (5) calendar practice days before participating in a lacrosse game, scrimmage or jamboree. There will be a three (3) week pre-season before the start of any regular season games. This regulation applies to all sub-varsity and varsity teams.
8. **CRITERIA OF PLAY:**
 - A. The Committee will annually approve schedules of teams participating in Lacrosse.
 - B. All teams must complete their entire schedule, which was submitted to the NHIAA. To be eligible for tournament play and seeding, the Lacrosse Committee will consider completed schedules only. Any scheduled game not played will be forfeited by both teams unless the circumstances are made known to the Executive Director of the NHIAA prior to the seeding meeting.
 - C. If a regular season game is postponed, the schools involved are to reschedule the game on the next available date. No make-up games may be scheduled during the final week of the season unless they are games that were regularly scheduled for that week. Games postponed prior to the final week must have been made up before that date. Exceptions to this will be made only with prior approval of the NHIAA Lacrosse Committee through the Executive Director.
 - D. Boys varsity lacrosse games will have four 12-minute periods; sub-varsity will have four 10-minute periods and there will be a 10-minute halftime.
 - E. The games with NHIAA member schools in your division will be the only contests used in determining seeding for the NHIAA Lacrosse Tournament. The remaining contests may be played against NHIAA teams in another division or other high school teams from bordering states.
 - F. Lacrosse schools may play an NHIAA member school three times with only the first two (2) games played with the same school counting toward standings.
9. **SCRIMMAGES, JAMBOREES, OUT OF SEASON COMPETITION:** All pre-season jamborees must be sanctioned by the NHIAA in accordance with By-Law Article I, Section 9. The NHIAA Lacrosse Committee recommends all interschool scrimmages (varsity and sub-varsity) be officiated by at least one (1) certified lacrosse official. Each coach should be familiar with NHIAA By-Law Article II Section 10; out-Of-Season Competition.
10. **UNIFORMS:** All boys lacrosse schools are to have two (2) uniforms - home (light) and away (dark).

- A. Regular Season -The boys HOME teams shall wear light colored uniforms and the VISITORS will wear dark colored uniforms. Teams should have pinnies available in case both teams are wearing the same color.
- B. Tournament Games - the higher seeded school shall wear LIGHT uniforms and the lower seeded school shall wear DARK uniforms for each game of the Lacrosse Tournament.

Changes/Updates

- All varsity team shirts shall be of one color eliminating the “yoke” part of a shirt.

11. **ADMISSIONS:** Admission to the Lacrosse Tournament will be by complimentary tickets, paid admissions, players, band members and NHIAA passes only.
 - A. Complimentary Tickets:
School Administrators from each participating school will be issued complimentary passes in accordance with NHIAA policy.
 - B. Players, Coaches, and Bench Passes:
NO competitor passes will be issued. All players must be in uniform and only Varsity and Junior Varsity players will be admitted to the bench. Each school will be allowed forty (40) individuals with no more than thirty-five (35) of them being players in uniform. Only certified lacrosse coaches of the participating schools will be permitted on the field and will be eligible to take part in the contest. Coaches of non-participating schools may not take part directly or indirectly in the Lacrosse Tournament games.
 - C. Paid Admissions:
The host school will pay expenses for the preliminary and quarterfinal round games hosted by the higher seeded team. Schools may choose to charge admission using the amounts set for NHIAA tournament games. Tickets purchased but not used WILL NOT be refunded.

12. **GAME MAKE-UPS:** If a regular season game is postponed, the schools involved are to reschedule the game on the next available date. Remember, a school cannot schedule earlier postponed games during the final week of the season.
 - No make-up games may be scheduled during the final week of the season unless they are games that were regularly scheduled for that week. Games postponed prior to the final week must have been made up before that date. Exceptions to this will be made only with prior approval of the NHIAA Lacrosse Committee through the Executive Director.
 - A maximum of three (3) three games per week shall be scheduled, with make-up games playing no more than four (4) games per week. A week constitutes Sunday through Saturday.

13. **INTERRUPTED/SUSPENDED/CALLED GAMES**

REGULAR SEASON GAMES:
Games that are interrupted or suspended by weather, unsportsmanlike conduct or other conditions beyond the control of the responsible administrative authority shall be continued from the point of interruption or suspension at a mutually agreed upon date, time and place unless the principals of the schools agree to terminate the game with the existing score, including ties.

TOURNAMENT GAMES:

 - A. Games that are interrupted or suspended by weather or other conditions beyond the control of the responsible administrative authority EXCEPT FOR UNSPORTSMANLIKE CONDUCT, shall be continued from the point of interruption or suspension on the same date or the scheduled postponement date as determined by the Game Manager after conferring with game officials and officials from both schools. The Chairman of the Lacrosse Committee, Supervisor of Lacrosse Officials and the Executive Director of the NHIAA shall be notified by the Game Manager, unless the principals of the schools agreed to terminate the game with the existing score. If the score is tied, the Chairman of the Lacrosse Committee shall make a determination of further play as

described below. Such games not rescheduled as described above shall be rescheduled by the Chairman of the Lacrosse Committee after conferring with the Supervisor of Lacrosse Officials, Executive Director of the NHIAA and the Principals of both schools.

- B. Games that are called by the game referee for unsportsmanlike conduct shall be terminated or continued as determined by the Chairman of the Lacrosse Committee after conferring with the Supervisor of Lacrosse Officials, Executive Director of the NHIAA and the Principals of both schools.
- C. All matters relative to unsportsmanlike conduct shall be referred to the Sportsmanship Committee and Sports Officiating Committee for review and any further action as described under current by-laws.
- D. **Boys Lacrosse – Suspended Play Rule**
During an interrupted or suspended play game, play will be continued in the following manner: when possession can be determined, that team will be awarded the ball in the same relative position, when a loose ball situation occurs, the ball will be awarded according to the alternate possession rule.

14. **RECONSIDERATION OF A DECISION TO PLAY:** Once a decision to play has been made or once the game has begun, if weather conditions or any other emergency occurs that could jeopardize starting or continuing the game, reconsideration of the decision to play or to interrupt the game will be made by the Game Manager.
- The Game Manager shall consult with the administrators from both schools, Athletic Directors and/or Principals, and the referee before making a decision.
 - The game will be played or continued at the point of interruption on the following day unless otherwise approved by the Chairman of the Lacrosse Committee.
 - In the case of an interrupted game with one school ahead, and if both the administrators of both schools agree, the game will stand as final at the point of interruption.
15. **POSTPONEMENT:** The Game Manager, having visited the site when appropriate, and in consultation with the Game Director, or when possible with representatives of both schools, will make any decisions regarding postponement of any game of the Lacrosse Tournament. The Game Manager shall notify the participating schools and officials of the decision.

A decision to postpone will be made as early as possible. It is important for the Game Manager to have the telephone numbers of the administrators to be contacted from each school and the Supervisor of Officials so that they can be contacted as soon as a decision to postpone is made.

16. **REPORTING GAME SCORES:** It is the responsibility of **ALL TEAMS** to enter scores on the web site immediately following games to insure standings are accurate.
17. **TIE BREAKER PROCEDURE:** The NHIAA Tie Breaking Procedure, By-Law Article XI, will be used to resolve all ties for positions in the Lacrosse Tournament. If tie breaking procedure has been exhausted, and the teams are still tied, the winner of the second game (between the two teams) shall be the higher seed as determined by the Lacrosse Committee, after going through steps 1-8.

18. **GAME MANAGER:** A member of the NHIAA Lacrosse Committee or a designate will serve as Game Manager for each game of the Lacrosse Tournament held at a neutral site. For games played at the higher seed, the Game Director will assume the duties of the Game Manager. The Game Manager will serve as liaison between the Lacrosse Committee and the participating schools and shall be responsible for ensuring that the policies and regulations are followed. The Game Manager will make any decisions regarding the postponement of a game and notify the participating schools and the officials. For the Final Game, the Game Manager shall inform the coaches of both teams of the procedures to be used in the post-game ceremony.
19. **GAME DIRECTOR:** The Athletic Director, Faculty Manager, or other administrator appointed by the Principal of the higher seeded school will serve as Game Director for the Lacrosse Tournament Games. The Game Director will be directly in charge of the game and is responsible for hiring and supervising all personnel necessary for the administration of the game. The Game Director will clear all matters of policy or regulation interpretations with the Game Manager and will be paid by the NHIAA at the current rate for services rendered.
20. **GAME BALLS:** All game balls at all levels of play shall have the NFHS Authenticating Mark imprinted. The following procedure is to be followed:
- Prior to the start of the game the head official is to inspect the game ball(s) to ensure the NFHS Authenticating Mark is imprinted. If the home team's ball does not have the mark the visiting team's ball with the Authenticating Mark is to be used.
 - In the event neither ball has the mark, the game is to be played and the head game official is to report the matter to the Supervisor of Officials, who in turn will notify the NHIAA office.
 - Boys will use white game balls for day games and yellow game balls for night games (Games beginning 6pm or later). There is no deviation from this policy unless both schools mutually agree to use a ball of a different color. This applies to both regular season and tournament games.
21. **OVERTIME PROCEDURES:** In the event of a tie at the end of the regulation game, play shall be continued, after a two-minute intermission, with sudden-victory overtime. In sudden-victory overtime, the teams shall play periods of four minutes each until a goal is scored. The game ends upon the scoring of the first goal. There will be a two-minute intermission between sudden-victory periods.

PROTESTS

1. **PROTEST PROCEDURE FOR REGULAR SEASON:**

The following is the procedure, which must be followed in protesting a lacrosse game:

- A. Only protests involving violations of a specific rule will be considered. A team may not protest decisions of judgment.
- B. The protest must be made verbally by the coach of the protesting team at the time of the misinterpretation to the game officials and to the opposing coach.
- C. Upon completion of the contest, the protesting team must notify the game officials to file a written statement of the incident with the Executive Director of the NHIAA within twenty-four (24) hours of the incident.
- D. The Principal of the protesting school must notify the Executive Director of the NHIAA within twenty-four (24) hours of the incident.
- E. A request of written statements from schools involved in the protest must be signed by both the Principal and coach. Copies of this correspondence must be sent to the Principals of the school involved.
- F. All contests are to be completed under any conditions of protest. A school that withdraws from the contest shall be considered forfeiting to the opponent and the protest will be disallowed.

G. If a protest is upheld and the contest is directed to be replayed, it shall be replayed at the expense of the schools involved.

2. **PROTEST PROCEDURE AT STATE TOURNAMENTS:**

During State Tournament play **AT NEUTRAL SITES**, there shall be no appeals of protests to the Executive Director. All protests shall be resolved at the game site at the time of the protest. During State Tournament Play at the home of the higher seed protests shall be resolved by consulting with the Supervisor of Officials who will be available via phone during prelim and quarterfinal contests.

SAFETY

1. **DUTY TO WARN:** There is an obligation to provide a safe playing environment and to warn student athletes of potential dangerous conditions. For lacrosse, these include proper fitting of helmets and pads. Integral to this aspect of warning is the establishment of procedures for safety rules and regulations.

2. **MEDICAL COVERAGE – By-Law Article I, Sect. 17:**

The importance of the long-range safety of high school athletes cannot be overstated. Consequently, the NHIAA and its member schools will favor medical safety over any other countervailing concerns including competitive advantage. Every high school in New Hampshire must make provisions for **licensed** medical personnel at all practices and contests. The types of provisions that are acceptable are (the provisions are in alphabetical order, not preferential order):

- A. Athletic Trainer
- B. Emergency Medical Technician
- C. Nurse
- D. Nurse Practitioner
- E. Physical Therapist
- F. Physician
- G. Physician Assistant
- H. Systems developed to call medical personnel to the site of the athletic event.

At the athletic competitions where medical coverage is either provided or mandated by the NHIAA, injuries sustained by athletes will be evaluated by the designated medical personnel. The clearance to re-enter competition after an injury will be made by the designated medical personnel only. Absent unanimous agreement between the designated medical personnel to allow continued participation, an injured player will not be allowed to return to the game. Their decision is final and cannot be overturned by the coach, coaching staff, parents/guardians, or any non-designated personnel.

When the NHIAA provides qualified medical personnel and member schools also provide qualified medical personnel, it is expressly understood that the NHIAA provider shall defer to the school designated qualified medical personnel if requested. If the member school does not provide qualified medical personnel or if no deferral is requested, the NHIAA provider will act as the primary care provider. In choosing who should act as the primary provider, all medical personnel are expected to act in the best interests of the student athletes and participate to the extent that his or her expertise will increase the quality of the care delivered. Prior to the start of the event the NHIAA assigned medical personnel, in conjunction with the designated site manager, should review this requirement and determine the procedures/chain of command to be identified during the event to ensure compliance with the provisions stated in this by-law.

Note: Student trainers, high school or college, cannot be used to meet the provisions of this by-law.

3. **JEWELRY AND BODY PIERCING RULE:**

No jewelry, which includes body-piercing objects, shall be worn. Religious or medical alert medals must be properly secured under the uniform.

4. **BLOOD SPILLAGE AND BODY FLUIDS:**

The NHIAA Sports Medicine Committee suggests that each school develop a local policy in cooperation with their local medical personnel, on how to handle blood spillage.

Housekeeping Procedures for Blood and Body Fluids

Disposable latex gloves should be worn to avoid contamination of the hands of the person cleaning spillages involving blood or other body fluids and secretions. Persons involved in cleaning contaminated surfaces should avoid exposure of open skin lesions or mucous membranes to blood or body fluids. A freshly prepared solution of dilute household bleach (one quarter cup of bleach diluted in one gallon of water) or other disinfectant labeled as *virucidal*, *Tuberculocidal*, *staphylocidal* is useful. Allow the disinfectant to stand wet for a minimum of one minute to start killing pathogens and disinfecting the area (10 minutes of disinfection time guarantees surface sterility). Whenever possible, disposable towels, tissues, and gloves should be used and properly discarded and mops should be rinsed in disinfectant.

5. **INTERPRETATION OF EXCESSIVE BLEEDING:**

National Federation Rules call for a player, who is bleeding, has an open wound or excessive blood on the uniform, to leave the court/field.

The NHIAA interprets "excessive blood on the uniform" to mean that part of the uniform is saturated with blood. Saturated does not mean a wet spot. Saturated means a major portion of the garment is covered and soaked with blood. For this to occur, significant bleeding would have had to take place.

For any blood on uniform less than "saturated", the uniform does not have to be changed. School personnel have the responsibility of treating the blood area with the appropriate disinfecting solution before the athlete may participate. If the uniform is "saturated" with blood, the uniform must be changed before the athlete may participate. This interpretation is to be followed in the conduct of all NHIAA athletic events.

6. **OUTDOOR ENVIRONMENTAL SAFETY LIGHTNING AND THUNDER:**

Lightning is the most consistent and significant weather hazard that may affect outdoor athletics. Within the United States, the National Severe Storm Laboratory (NSSL) estimates that 100 fatalities and 400-500 injuries requiring medical treatment occur from lightning strikes every year. The existence of blue sky and the absence of rain are not protection from lightning. Lightning can, and does, strike as far as 10 miles away from the rain shaft. It does not have to be raining for lightning to strike. Additionally, thunder always accompanies lightning, even though its audible range can be diminished due to background noise in the immediate environment, and its distance from the observer.

The following guidelines are recommended:

- A. All athletic staff and game personnel are to monitor threatening weather. Establish a chain of command as to who makes the decision to remove a team or individual from athletic sites or events (athletic/site/event director, game officials/umpires, sports medicine staff?). An emergency plan should include planned instructions for participants as well as spectators.
- B. Be aware of potential thunderstorms that may form during scheduled athletic events or practices. Included here should include National Weather Service – issued (NWS) thunderstorm “watches” and “warnings” as well as signs of thunderstorms developing nearby. A “watch” means conditions are favorable for severe weather to develop in an area; a “warning” means that severe weather has been reported in an area and for everyone to take proper precautions.
- C. Know where the closest “safe structure or location” is to the field or playing area, and know how long it takes to get to that safe structure or location.

Safe structure or location is defined as:

- Any building normally occupied or frequently used by people, i.e., a building with plumbing and /or electrical wiring that acts to electrically ground the structure. Avoid using shower facilities for safe shelter and **do not use** the showers or plumbing facilities during a thunderstorm.
- In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled up windows can provide a measure of safety. A vehicle is certainly better than remaining outdoors. It is not the rubber tires that make a vehicle safe shelter, but the hard metal roof, which dissipates the lightning strike around the vehicle.
DO NOT TOUCH THE SIDES OF THE VEHICLE!

D. WHEN YOU FIRST HEAR THUNDER OR SEE LIGHTNING, SUSPEND ACTIVITIES AND GO TO A SAFE SHELTER OR LOCATION. “**IF YOU CAN SEE IT (LIGHTNING), FLEE IT (TAKE SHELTER). IF YOU CAN HEAR IT (THUNDER) CLEAR IT (SUSPEND ACTIVITIES).**” WAIT UNTIL 30 MINUTES AFTER THE LAST OBSERVED LIGHTNING OR THUNDER BEFORE RESUMING ACTIVITIES.

If no safe structure or location is within a reasonable distance, find a thick grove of small trees surrounded by taller trees or a dry ditch. Assume a crouched position on the ground with only the balls of the feet touching the ground, wrap your arms around your knees and lower your head. Minimize contact with the ground, because lightning current often enters a victim through the ground rather than by a direct overhead strike. **MINIMIZE YOUR BODY’S SURFACE AREA, AND MINIMIZE CONTACT WITH THE GROUND! DO NOT LIE FLAT!** Stay away from the tallest trees or objects (such as light poles or flag poles), metal objects (such as bleachers or fences), individual trees, standing pools of water, and open fields. Avoid being the highest object in a field. Do not take shelter under a single, tall tree.

7. NHIAA GUIDELINES ON OZONE POLLUTION AND PHYSICAL ACTIVITY

School Administrators and coaches as well as other appropriate staff are to use this document in making decisions regarding indoor and outdoor activities during periods of high ozone pollution.

CHARTING AIR QUALITY

Local officials use a simple scale to forecast and report on smog levels and other air pollution. Depending on where you live, it might be called Air Quality Index (AQI) or Pollutant Standards Index (PSI).

Current air quality is reported as a percentage of the federal health standard for a pollutant. If the current index is above 100, air pollution exceeds the level considered safe.

At Ozone smog levels above 100, children, asthmatics and other sensitive groups should limit strenuous exercise. Even otherwise healthy people should consider limiting vigorous exercise when ozone levels are at or above the health standard.

If the index is above 200, corresponding to an ozone pollution level of .20 parts per million (ppm), the pollution level is judged unhealthy for everyone. At this level, air pollution is a serious health concern. Everyone should avoid strenuous outdoor activity, as respiratory tract irritation can occur.

U.S. EPA Air Quality Index

Index Value	Descriptor	Color	1 hr. Ozone ppb
0 – 50	Good	Green	---
51 – 100	Moderate	Yellow	---
101 – 150	Unhealthy for Sensitive Groups	Orange	125 – 164
151 – 200	Unhealthy	Red	165 – 204
201 – 300	Very Unhealthy	Purple	205 – 404
301 – 500	Hazardous	Maroon	405 – 604

OBSERVING AIR QUALITY

1. Watch the Calendar
Ozone smog tends to be worst during the May – to – September “smog season.” Be especially conscious of smog levels during warm weather. In warm areas, smog can be a problem at any time of the year. Carbon monoxide pollution levels also are related to the weather, as well as to altitude. In the western U.S., the highest carbon monoxide levels are found in the winter months.
2. Watch the Clock
Since sunlight and time are necessary for ozone smog formation, the highest levels of ozone typically occur during the afternoon. Since carbon monoxide is produced primarily by motor vehicles, the highest carbon monoxide levels usually occur during rush hour or during other traffic congestion situations.
3. Watch the News

GUIDELINES FOR PARTICIPATION

1. Observe appropriate physical activity restrictions represented above.
2. If an ozone exceedance is expected, but has not yet occurred at the time an interscholastic practice or contest is scheduled to begin, that event may begin as scheduled.
3. If an interscholastic practice or contest is scheduled to begin and an E.P.A. warning is in effect (PSI 201 or higher), the event shall be cancelled, delayed or rescheduled.

When ozone levels reach a national PSI level of 201 (.201 parts per million), exercising indoors or outdoors may cause significant respiratory tract irritation and a decline in lung function. Therefore, strenuous exercise indoors and outdoors is to cease.

RECOMMENDED RESTRICTION OF PHYSICAL ACTIVITY

The following limits on activity for each type of episode are as follows:

- A. Level Orange, PSI 101-150 (Unhealthy for Sensitive Groups)
 1. Active children and adults and people with heart or respiratory disease, such as asthma or allergies, should limit prolonged outdoor exertion.
 2. Healthy individuals with noticeable health effects associated with existing conditions should minimize outdoor activity.
- B. Level Red, PSI 151-200 (Unhealthy)
 1. All athletes should discontinue prolonged, vigorous exercise indoors and outdoors.
 2. Sensitive individuals, primarily children who are active outdoors and people with heart or respiratory disease such as asthma or allergies, should avoid indoor and outdoor activity.
 3. Indoor and outdoor activities that should be avoided include, but are not limited to, calisthenics, basketball, baseball, running, field hockey, soccer, football, tennis, swimming and diving.
- C. Level Purple, PSI 201-300 (Very Unhealthy)
 1. All athletes shall discontinue vigorous indoor and outdoor activities, regardless of duration.
 2. All indoor and outdoor physical education classes, sports practices and athletic competitions shall be rescheduled.

Note: Indoor practices may be held if an air-conditioned facility is available.

**The NHIAA Sports Medicine Committee suggests the following
as options for mouthguards
(updated 2/09)**

Mouth Guards Options by Sports Medicine Committee		
<u>Name</u>	<u>Contact Information</u>	<u>Price</u>
CustMbite	www.custmbite.com	\$34.99 plus shipping of \$5.00
Pro-Tekt	www.protektmouthguards.com customerservice@protektinc.com	\$39.99 - \$84.99 w/ shipping and handling
Sport Guard International Gladiator Custom Mouth Guards	www.customguards.com 1-877-8guards	\$42 - \$88 w/ shipping and handling
Opro	www.opro.com/opd CustomerCareUS@opro.com	\$61.95 - \$94.95
Custom Fit Mouth Guards/Ifit Mouth Guards	Heather Chase, RDH LeeAnn Grandmasion, RDH Destinee Diprina, DA Atkinson, NH 1-603-362-5582	\$55 - They may be able to go to you for larger groups
Sports Guard Labs	www.sportsguard.com customerservice@sportsguard.com 1-800-401-1776	\$55



BRAIN INJURY IN ATHLETICS

Brain injury is the most frequent direct cause of death in athletics.

GENERAL INFORMATION

- An estimated 300,000 sports related traumatic head injuries occur each year.
- Some athletes with a traumatic brain injury will never have suffered unconsciousness or have signs of neurological deficit.
- Football, gymnastics, wrestling and ice hockey have the greatest risk per 100,000 participants of catastrophic head injury.
- Those who sustain one concussion are at a sixfold risk of suffering another.

FOOTBALL

- In any given season, 10% of all college players and 20% of high school football players sustain brain injuries.
- 70% of football players who are "knocked out" return to play that same day.
- From 1985 to 1994 there were 26 reported head related fatalities in organized high school football in the United States.
- From 1984 to 1995 there were 43 cases of high school football players with permanent cerebral injuries.
- Yearly, in the US, there are at least 250,000 cases of mild brain injury reported in football alone -many more go unreported.

OTHER SPORTS

- Soccer players can receive a brain injury from head-to-head contact, falls or being struck on the head with a ball.
- Heading the ball repeatedly in soccer can cause a concussion, especially when a small child uses too large a ball.
- Brain injury accounts for 46% of all winter sports injuries including skiing, ice hockey, sledding, and ice-skating.
- The head is involved in more baseball injuries than any other part of the body.
- Collisions, being hit with the ball, and sliding head first in baseball can cause serious brain injury.

SECOND IMPACT SYNDROME (SIS)

- Second Impact Syndrome occurs when a second brain injury is sustained before the initial injury has had time to heal.
- This second blow may be extremely minor, a light head tapping or even a blow to the body that causes the head to jerk.
- One half of those with SIS die as a result of the injury.
- The time from second impact to brainstem failure may be rapid, taking as little as two to five minutes-
- Between 1980 and 1993, there were 17 confirmed and 18 probable cases of SIS among American football players.
- Ice hockey, downhill skiing, and boxing have also reported cases of SIS.

RECOMMENDATIONS FOR PREVENTION

- Encourage athletes to report any and all head injury no matter how minor they think it might be. Emphasize the potential seriousness of head trauma.
- Refer to a physician if concussion is greater than a grade 1 or if symptoms persist (see attached concussion guidelines).
- Strictly follow the recommendations outlined for concussion management.
- Be conservative when evaluating "when to return to play".
- Adhere to proper equipment, conditioning, and fundamental skills training guidelines.
- National Federation of State High School Associations require written physician releases before a football player who has suffered loss of consciousness is allowed to resume practice or competition.

Note: All of the above information was taken from published medical literature. A reference list is available upon request from the Injury Prevention Center at Dartmouth Medical School, 603/653-1135. **Permission to copy is granted.** 07/00

RECOGNIZING POSSIBLE BRAIN INJURY

A guide for parents, coaches, and athletes

Head injuries can have permanent consequences or can be fatal especially if they go undetected. Therefore, recognition of the injury is crucial. Any individual that has suffered a head injury and continues to exhibit any of the signs and symptoms listed below may suffer a severe life-threatening brain injury if a subsequent blow to the head (or body) is sustained. This is referred to as Second Impact Syndrome.

Second Impact Syndrome can occur even with mild head injuries, therefore it is essential to identify when an individual has received any type of brain injury so that further, more serious injury can be avoided.

It is crucial that athletes, parents and coaches be aware of signs and symptoms of a head injury. Ignoring a head injury, no matter how mild it might appear, can be dangerous. Please refer to the guidelines listed below for signs of possible brain injury.

SIGNS OF TROUBLE -contact your physician or go to the Emergency Department if you see any of these following a head injury. Sometimes signs might not appear for several days or weeks.

- Slurred or incoherent speech
- Vacant stare or befuddled facial expression
- Delayed verbal or motor response
- Difficulty focusing attention
- Observable lack of coordination (stumbling, inability to walk a straight line)
- Disorientation (walking in the wrong direction, unaware of time, date, or place.)
- Memory deficits
- Any loss of consciousness
- Persistent or severe headache
- Dizziness or vertigo
- Nausea and vomiting
- Easily fatigued or drowsy
- Irritability or anxiety
- Intolerance of bright lights and loud noises, possible vision difficulty and ringing in the ear
- Seizures or convulsions
- Bleeding or clear fluid from the nose or ears

***It is okay to sleep following a brain injury as long as the injured person is awakened every two to four hours. If the person is difficult to wake or is confused, contact a doctor immediately.

Remember that trauma to the brain no matter how mild can have severe consequences. DO NOT IGNORE THE SIGNS OR SYMPTOMS. If there is any question, seek medical assistance immediately.

**For additional information please contact the
New Hampshire Brain Injury Association at (603) 225-8400.**

**The above information has been adapted from the American Academy of Pediatricians, American Academy of Neurology, and the DHMC Emergency Department by the Injury Prevention Center, (603) 653-1135.

Permission to copy is granted.

TOURNAMENT INFORMATION

1. **NHIAA SITE SELECTION CRITERIA POLICY:**

NHIAA Sports Committees will make every effort to provide sites with the following criteria in mind. The criteria are not listed in order of priority.

- A. If the home team cannot fulfill all criteria necessary to host a tournament game, including charging an admission fee for the preliminary or quarterfinal games, the school shall locate another site or forfeit the home advantage.
- B. Health and safety of participants.
- C. Comfort and safety of spectators (including adequate seating and parking, and restrooms).
- D. Handicapped accessible for spectators.
- E. Relative travel requirements of participating schools.
- F. The ability to sell, collect and account for ticket sales.
- G. Playing surfaces must meet the requirements as established for that sport.
- H. Facility rental charge (if applicable).
- I. Sufficient parking.
- J. Other costs associated with running the event.
 - Public Safety – Approximate costs
 - Facility Charges – If applicable
- K. Custodial
- L. Receptivity and cooperativeness of personnel working at site.
- M. Provide concessions (Facility keeps all sales).
- N. Provide area for NHIAA memorabilia sales.

2. **SPONSORSHIP:**

The NHIAA will sponsor, conduct and underwrite the New Hampshire State High School Lacrosse Tournament and will receive all proceeds realized.

3. **FIELD PREPARATION EXPENSES:**

The Lacrosse Committee will only approve field preparation expenses when a Lacrosse Tournament Game is played at a neutral site

4. **RESTRAINING BARRIERS:**

At games of the Lacrosse Tournament held at neutral sites, there shall be a restraining barrier which runs the entire length (110 yards) of the sidelines, and shall be at least six yards (preferably more) from the boundaries. No one is permitted within the sidelines except coaches, players, officials, and persons officially connected with the teams. The Ball Person is the only person allowed in the endlines.

5. **GAME OFFICIALS:**

- A. NHIAA registered officials will be used to officiate all games of the NHIAA Lacrosse Tournament.
- B. The selection of officials for all NHIAA tournament games will be the responsibility of the NHIAA Lacrosse Committee.
- C. Two officials will be used to officiate each preliminary and quarterfinal game. These games will be at the site of the top seed. The responsibility of payment of officials will be the host team.
- D. Three officials and a certified bench official will officiate at the semifinal and championship games, which will be held at a selected site. Payment for these officials will be made by the NHIAA.

6. **OFFICIALS' ROOMS:**

A waiting room and dressing room will be provided for the officials. These areas will be "off limits" to all others.

7. **PROGRAMS:**

Programs for all games of the Lacrosse Tournament shall be provided by the NHIAA and all program rights are reserved by the Lacrosse Committee and the NHIAA. Rosters are due to the NHIAA on

May 14, 2010.

8. **FIFTY/FIFTY (50/50) RAFFLES:**

Fifty/Fifty drawings are permitted by the New Hampshire Interscholastic Athletic Association (NHIAA); at the site of an NHIAA member school hosting any round of an NHIAA tournament event(s). Fifty-fifty raffles will not be permitted at "neutral sites" that are not NHIAA Member School sites.

9. **TOURNAMENT PRE-GAME WARM-UPS:**

For the first game of the day at a NEUTRAL tournament site the teams may get on the field once the facility opens. Subsequent games on that same day 15 minutes will be placed on the clock to be started once both teams are on the game field. After game one, an alternate practice site will be provided prior to the game field warm-up of 15 minutes.

10. **OFFICIAL PLAYING TIME:**

During Semis and Finals the visual score clock will be the official clock except when there is a mutual agreement between both coaches and the officials. The game clock will not be turned off for the last two minutes of the game.

11. **AWARDS:**

Boys: Official NHIAA championship and runner-up plaques, in addition to forty (40) individual medals, will be awarded to the respective champion and runner-up teams in each division.

12. **POSTPONEMENTS:**

- **Home of Higher Seed:** The decision to postpone a tournament game held at the home of the higher seed will be left to the discretion of the home site Game Director to make the decision to postpone and reschedule games to the next day. The officials and the NHIAA must be notified of the postponement and the reschedule date and time.
- **Neutral Site – During the Week:** The decision to postpone a tournament event during the week will be made by the NHIAA. Schools, Supervisor of Officials, Game Directors, Police and Trainers will be notified by the NHIAA.
- **Neutral Site – Weekends & Holidays:** The decision to postpone a tournament event on weekends and holidays will be made by the NHIAA. SCHOOLS WILL NOT BE NOTIFIED. It will be the responsibility of the schools playing to check the NHIAA website (visit www.nhiala.org and click on the "tournament info" link). The NHIAA will notify Game Directors, Supervisor of Officials, Police and Trainers. TEAMS SHOULD NOT LEAVE FOR THE TOURNAMENT SITE UNTIL THEY CHECK THE NHIAA WEBSITE.

PRE-GAME CEREMONY

The NHIAA Lacrosse Committee recommends the following procedures be used as part of the pre-game ceremonies for the semifinal and final games of the Lacrosse Tournament.

1. Five (5) minutes prior to the designated game time, teams will assemble in their bench area.
2. The following Sportsmanship Message is to be given over the public address system:

"Good ____ (afternoon/evening) everyone and welcome to the NHIAA (semifinal or championship) lacrosse game.

The NHIAA Boys Lacrosse Committee and the staff here at _____ (site) realize what a special moment this is for the players, coaches and fans to have your school playing in a state championship event. We ask your cooperation in making this event as meaningful as possible for the students involved.

Let us be positive in every aspect of this game:

Sportsmanship from the players and the fans, positive cheering only, and respect by everyone for the officials working the game.

We also ask that you please stay off the field at the end of the game.

And now let us meet the players."

3. Each team will have their starting players introduced. (List grade, name, number, and position.)

The visiting team or lower seed will be introduced first.

The player will go out to the field 25-30 feet in front of his/her bench when introduced.

The Assistant Coach(es) then the head coach will be introduced.

The National Anthem should be played or sang for each game.

4. The officials will call the captains of the participating teams to the center of the field, for the flip of the coin during pre-game warm-ups.

CHAMPIONSHIP POST GAME AWARDS CEREMONY

An announcement should be made a few times during the fourth period:

"The post game NHIAA Awards Ceremony will be conducted on the field immediately following the end of this game. All spectators must remain off the field."

AWARDS CEREMONY

TEAMS ARE REQUESTED TO REMAIN AT THEIR RESPECTIVE TEAM BOXES. YOUR ATTENTION IS DRAWN TO THE CENTER OF THE FIELD WHERE A REPRESENTATIVE OF THE NHIAA LACROSSE COMMITTEE WILL PRESENT THE CHAMPIONSHIP AWARDS.

REPRESENTING THE NHIAA LACROSSE COMMITTEE IS: _____.
(Committee Member Name(s))

1. WOULD THE HEAD COACH AND CAPTAINS OF _____
Runner-up team

COME FORWARD TO RECEIVE THE RUNNER-UP PLAQUE FROM

Presenter (Committee Member or Game Director)

2. WOULD THE HEAD COACH AND CAPTAINS OF THE CHAMPIONSHIP TEAM,
_____ COME FORWARD TO RECEIVE THE
Winning team

CHAMPIONSHIP PLAQUE FROM: _____.
Presenter (Committee Member or Game Director)

3. THIS CONCLUDES THE AWARDS PRESENTATION CEREMONY. WE THANK
YOU FOR SUPPORTING YOUR LOCAL TEAMS. HAVE A SAFE TRIP HOME.

LINING OF A BOYS AND GIRLS LACROSSE FIELD USING THE SAME FIELD

- 1) Line the field for boys' lacrosse (as pictured below - also page 5 of Boys Lacrosse Rulebook).
- 2) Add the girls' lacrosse crease 10 yards behind the boys lacrosse crease (center to center). Refer to page 7 - diagram 1 - rule 3 of the Girls Lacrosse Rulebook in order to design fan section of the goal area.
- 3) Add the girls' center circle. Refer to page 9 - diagram 3 - rule 3 of the Girls Rulebook.
- 4) It is recommended that the boys' line be marked in white and the extra girls' line be marked in blue.

