

NEW HAMPSHIRE INTERSCHOLASTIC ATHLETIC ASSOCIATION

2008-09

POLICIES AND PROCEDURES

FOR

**ICE HOCKEY
Boys and Girls**



NHIAA ICE HOCKEY COMMITTEE

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POINTS OF EMPHASIS

- I. PRESEASON CONTESTS: By-Law Article I, Section 28 indicates that “Member schools must use officials enrolled with the NHIAA for all interscholastic athletic varsity contests.” To ensure that preseason disqualifications are properly reported and submitted to the NHIAA, only enrolled officials should be used for preseason competition.**

- II. LAST DATE TO PLAY**
If the host team is not able to use their regular season arena on the last date to play, the school must make every attempt to find another arena. If unsuccessful, the visiting team will be given the option to host. If all avenues fail and efforts were made to secure a site, with the approval of the Chair of the Committee and Executive Director, the game may be played **NO LATER THAN** Monday.

- III. Girls and Boys Ice Hockey shall be treated as equal sports programs and played by the NFHS rules. No deviations such as shortened warm-ups, lack of introductions or length of periods.**

- IV. PRE-TOURNAMENT ICE HOCKEY MEETING IMPORTANT REMINDERS**
Coaches and Players
(Refer to page 13)

- V. TEAM SELECTION AND FORMAT FOR THE STATE TOURNAMENT:**
 - A. Boys: Twelve (12) teams will qualify for the Division I tournament. Eight (8) teams will qualify for the Division II and **Division III** tournament. **Girls:** Six (6) teams will qualify for the girls tournament.
 - B. Tournament team selection will be determined in accordance with the present classification system.
 - C. Tournament games will consist of three (3) fifteen (15) minute periods. Each game will be played straight through. In the event of a tie the following tournament overtime rule shall apply: For all tournament games there shall be fifteen (15) minute “Sudden Victory” overtime period(s). New ice will be made and teams will change ends for every overtime period. This procedure will continue until a winner is determined.
 - D. Mercy Rule: In the last period of any NHIAA game, regular season or tournament play, if a team is leading by six (6) or more goals, the clock will continue to run. If the lead is down to only four (4) goals, normal timing procedures will be instituted. The only time the clock will stop is to replace a goalie when the goalie change rules apply, or to administer to an injured player.

- VI. Officials shall make sure all mouth guards are properly inserted.**

VII. OFFICIAL TOURNAMENT SQUADS AND BENCH PERSONNEL: A TOTAL of twenty five individuals to include twenty (20) players (2 goalies recommended), four (4) non player personnel, and one (1) designated medical personnel shall be permitted to occupy the bench area. For those teams that do not have twenty players in uniform or a designated medical person, additional personnel may NOT be substituted. **These roster requirements also pertain to the number of athletes allowed participating in warm-ups. Penalty bench: The penalty bench is reserved for penalized players and not the overflow of players on the bench or the media personnel.**

VIII. Infectious Disease Notification:

In the event that a school has an athlete(s) that has been diagnosed with an infectious disease (i.e. MRSA/Staph infection), the Athletic Director must notify the school nurse, the NHIAA and all other opposing school teams on their schedule.

➤ **FORMS TO BE SUBMITTED:**

1. 2008-09 Boys Ice Hockey Roster – Due Wednesday, February 25, 2009
2. 2008-09 Girls Ice Hockey Roster – Due Wednesday, February 25, 2009

All forms can be accessed through a “Forms” link in the athletic directors administration area of the NHIAA website. Once accessed and filled out, please email the forms to dplumb@nhiaa.org. It is not necessary to follow up with hard copies. You will receive confirmation of receipt of your forms. If you do not receive confirmation please contact the NHIAA.

ICE HOCKEY POLICY AND PROCEDURES

REGULAR SEASON SCHEDULE INFORMATION

COMPLETED SCHEDULE AND FORFEIT:

All teams must complete their entire schedule submitted to the NHIAA. Any scheduled game(s) not played must be reported (in writing by both schools) to the NHIAA prior to the date of NHIAA pairings with an explanation. The Committee will determine if games not played will be considered a forfeit(s) or a no game(s). A team CANNOT forfeit a game to the other team under any circumstances.

MAKE-UP GAMES:

Make-up games may not be scheduled into the last week of the season. The only games that can be played during the last week of the season are games on the original schedules submitted to the NHIAA.

Exception to Reschedule into the Last Week of the Season: If for some reason, a game must be moved into the last week of the season a letter, prior to the game being played, must be submitted to and received by the Chair of the Committee through the NHIAA Executive Director by both schools outlining the reason(s) for the request.

Please note that any game approved to be moved into the last week of the season must be played by the last date to play. No extension of the season will be granted. If the host team is not able to use their regular season arena on the last date to play, the school must make every attempt to find another arena. If unsuccessful, the visiting team will be given the option to host. If all avenues fail and efforts were made to secure a site, with the approval of the Chair of the Committee and Executive Director, the game may be played on Monday. In the event the game(s) are not played both teams will be issued forfeit losses.

SCHOOL INFORMATION

Advance planning by the school personnel will aid the school in handling the many responsibilities that are

involved when you have a team in the State Tournament. The purpose of this manual is to call your attention to a number of details that can be taken care of before you start your quest for the championship. Listed below are several suggestions to assist you in your planning. Please refer to page 9 for a special information sheet pertaining to neutral tournament sites.

1. **SPECIAL MEETING:**

It is recommended there be a meeting of the principal, athletic director, and the coach to discuss the following:

- a. Team policy and game administration
- b. Sportsmanship and conduct of players and coaches
- c. Sportsmanship and conduct of cheerleaders and spectators
- d. Review the responsibilities for student and spectator sportsmanship and conduct
- e. Transportation plans and departure times
- f. Other items as necessary

2. **SPORTSMANSHIP:** Member schools are expected to conduct their interschool relationships in a spirit of good sportsmanship in keeping with the philosophy of the NHIAA. The principal, as the administrative leader of the high school, has the responsibility of exhibiting the principles of good sportsmanship.

TAUNTING

Taunting in all sports is a flagrant unsportsmanlike foul, which shall result in the ejection of the participant from that day of competition, plus the next day of scheduled competition.

Taunting is defined as: "Any actions or comments by coaches, players, or other game personnel which are intended to bait, anger, embarrass, ridicule, or demean others, whether or not the deeds or words are vulgar or racist. Included is contact that berates, needles, intimidates, or threatens based on race, gender, ethnic origin or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs, or personal matters."

Examples of taunting that would lead to ejection include, but are not limited to "trash talk", physical intimidation outside the spirit of the game, reference to sexual orientation; "in the face" confrontations by one player to another; standing over/straddling a tackled or fallen player.

NOTE: This policy reinforces the responsibility of game officials, site managers, and game directors during regular season and NHIAA Tournament play.

DISQUALIFICATION FROM AN INTERSCHOLASTIC ATHLETIC EVENT

- A. Any player who is disqualified before, during or after any sanctioned event at the Freshmen, Sub-Varsity or Varsity level, for exhibiting unsportsmanlike conduct, shall not participate in the next scheduled interscholastic athletic event, including NHIAA Tournament contests. Any coach who is disqualified before, during or after a game at the Freshman, Sub-Varsity or Varsity level, for exhibiting unsportsmanlike conduct, shall not participate in the next two scheduled interscholastic athletic event, including NHIAA Tournament contests. Any player or coach who is disqualified from a game and participates in the next scheduled interscholastic athletic event(s), including NHIAA Tournament contests, will cause that school's game(s)/event(s) to be forfeited in the event of a win. In the event of loss (es), the matter will be referred to the Sportsmanship Committee for action. **
Note: During the period of disqualification, a coach shall not be in attendance at the game(s)/event(s) for which the disqualification is imposed. If there is a violation the contest shall be forfeited.
- B. If any player or coach receives a second game disqualification during the season, that individual will be required to forfeit any participation in that interscholastic sport, at any level, for the balance of that season. **
- C. If the game disqualification is administered in the final contest of the season (including tournament

play), the penalty shall be carried over in that sport and invoked at the first regular season game the following academic year. If a disqualification is administered to a graduating senior or coach in his final game of coaching for that school, it is the expectation that the school will take immediate and appropriate disciplinary action. **

- D. Any player who leaves the bench area during an interscholastic athletic event where an altercation is taking place in the playing area shall receive a one-game disqualification for the next scheduled game.
- **Any player involved in a fight shall receive a two (2) game suspension for the first offense. A second offense will lead to a disqualification in that sport for the balance of the sports season.**
- *E. This rule supersedes the NFHS Ice Hockey penalty rule 4-5: Game Misconduct Penalties. A player or coach who has received a game misconduct penalty for unsportsmanlike conduct shall be immediately removed from the game by the NHIAA Sportsmanship by-law invoked as stated above.
- *This decision cannot be appealed to the NHIAA Sportsmanship Committee, as it is considered to be a judgment call by a game official.

REMOVAL FROM THE GAME:

Please review NFHS Rule 4 Section 11:1 (page 31)

SPECTATOR CONDUCT

School administrators are required to identify any person(s) involved in throwing objects on the ice and remove them from the facility immediately. The offender(s) are to be banned from all NHIAA sanctioned ice hockey games for the balance of the season, including tournament play.

“Noisemakers will not be permitted at any time during regular season games and tournament games.”

The playing of musical instruments and/or amplified music while the game is in progress shall be prohibited. The only time that a game is not “in progress” after it has started is during a time-out or between periods.

Possession and/or the use of artificial noisemakers, amplifiers, horns, drums, etc... is prohibited at all time during the NHIAA regular season and tournament games.

REMINDER: Throwing objects on the ICE is PROHIBITED and the VIOLATORS will be requested to leave the arena and are to be banned from all NHIAA sanctioned ice hockey games for the balance of the season, including tournament play.

3. TICKET PROCEDURE:

PRELIMINARY: \$5.00 STUDENT & SENIOR CITIZENS* - \$7.00 ADULT
QUARTERFINALS: \$5.00 STUDENT & SENIOR CITIZENS* - \$7.00 ADULT
SEMIFINALS: \$5.00 STUDENT & SENIOR CITIZENS* - \$7.00 ADULT
FINALS: \$6.00 STUDENT & SENIOR CITIZENS* - \$8.00 ADULT (Verizon Wireless Arena)

Only official NHIAA passes will be honored. **All pass holders must utilize the Pass Gate.**

Tickets will go on sale at each tournament site, and the Gate will open one (1) hour prior to the start of the first game. No non-participant shall gain entrance to the arena at any time without the purchase of an admission ticket. *NOTE: A Senior Citizen is an individual who has reached the age of 65 or older.

4. POLICY FOR BANDS:

- A. The NHIAA Ice Hockey Committee will permit "Pep Bands" to play at the tournament games.
- B. Each "Pep Band" will be allowed a MAXIMUM of twenty (20) students. "Pep Bands" will be allowed free admission to the games in which their team is competing only when accompanied by an advisor. The bands should be seated and ready to play at least 30 minutes before the game.

All members in excess of the 20 student limit must purchase an admission ticket.

- C. "Pep Bands" will be assigned a seating location by the tournament director. An advisor MUST be with the band at all times they are playing.
- D. For game #1 of a two-game program, the band representing the team in LIGHT UNIFORMS will play prior to the game. The band representing the team in DARK UNIFORMS will play between periods 1 and 2, and each school will play between periods 2 and 3.
- E. The National Anthem will be played by the "Pep Band" from the "HOME" school wearing LIGHT uniforms, prior to Game #1 following the introductions.
- F. Bands may only perform before the game and between periods. No bands may play during the game. There will be NO National Anthem prior to Game #2.
- G. Members of bands are not allowed on the ice to play.
- H. If only one band shows - it may play before the game and between the periods.

5. POLICY FOR CHEERLEADING SQUADS:

- A. A cheerleader plays a very important role in the stimulation of enthusiasm in both the crowd and your team.
- B. Each participating school is allowed a maximum of ten (10) Cheerleaders (in uniform only) plus one advisor. The advisor is requested to sit with the cheerleaders. Requests for more than ten (10) cheerleaders may be granted on a case-by-case basis.
- C. Cheerleaders will be admitted free only to the session in which your team is playing. They should arrive 30 minutes prior to the game and should use the Pass Gate.
- D. No flammable material will be allowed in any of the arenas. Signs, posters, etc. are acceptable but no ticker tape, streamers or confetti. All signs and posters are to be in good taste. Noisemakers will not be permitted at any time.
- E. All cheers are to be in good taste or they will be asked to leave the arena. No booing officials or players and no inappropriate signs. PROMOTE GOOD SPORTSMANSHIP!
- F. Courtesy toward officials and opposing players is expected.
- G. THROWING OBJECTS ON THE ICE IS PROHIBITED AND CHEERLEADERS ARE ASKED TO ASSIST THE TOURNAMENT OFFICIALS IN ENFORCING THIS POLICY WITH THEIR SPECTATORS.

6. TOURNAMENT PROGRAMS:

An official tournament **roster and picture** must be submitted to the NHIAA Office prior to the start of the tournament. A TOTAL of twenty five individuals to include twenty (20) players (2 goalies recommended), four (4) non player personnel, and one (1) designated medical personnel shall be permitted to occupy the bench area. For those teams that do not have twenty players in uniform or a designated medical person, additional personnel may NOT be substituted. **These roster requirements also pertain to the number of athletes allowed to participate in warm-ups.**

This information will be published in the Ice Hockey programs, which will be on sale at the Ice Hockey tournament games.

C. GAME ADMINISTRATION AND INFORMATION

1. ELIGIBILITY: Players in this tournament must meet all the standards for athletic eligibility as established and enforced by the NHIAA and the Ice Hockey Committee.
2. OFFICIAL TOURNAMENT SQUADS AND BENCH PERSONNEL: A TOTAL of twenty five individuals to include twenty (20) players (2 goalies recommended), four (4) non player personnel, and one (1) designated medical personnel shall be permitted to occupy the bench area. For those teams that do not have twenty players in uniform or a designated medical person, additional personnel may NOT be substituted. **These roster requirements also pertain to the number of athletes allowed to participate in warm-ups. Penalty bench: The penalty bench is reserved for penalized players and not the**

overflow of players on the bench or the Press. For liability reasons Below Grade Nine (9) students/children are not allowed to be on the team benches or on the sidelines at any regular season and tournament contest.

3. **CHOICE OF GOALS AND BENCH:** The HOME team shall have choice of goal and must also occupy the bench nearest that goal for the first period. Goals will be changed for the second, third and any overtime periods, however the bench first occupied will remain throughout the entire game, including overtime.
4. **UNIFORMS:** Each participating team should have two (2) sets of uniforms, i.e. light and dark. The HIGHER seeded team will wear the light uniforms and the LOWER seeded team will wear the dark uniforms. The higher seeded team will be the HOME TEAM throughout the tournament. In the best interest of the tournament, it is recommended that each player wear the corresponding number as was submitted to the NHIAA on the Tournament Roster and is listed in the tournament program.
5. **EQUIPMENT:** Coaches are required to ensure their players are properly equipped.
6. **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.
7. **DRESSING ROOMS:** Dressing rooms will be assigned to each team by the Game Director at the site of each tournament. An attendant will be available to allow teams admittance to the locker room. After the game the attendant and coach will inspect the locker room to see that no damage has been incurred. Coaches should be prepared in case the media, radio broadcasters or television crews want to be in your dressing area. It is the coach's prerogative to say "NO" to this request. This advance notice will enable you to think about this procedure.
8. **NHIAA SITE SELECTION CRITERIA POLICY:**

NHIAA Sports Committees will make every effort to provide sites for the semi-finals and finals 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 ice 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
 - Ice charges – If applicable
 - Custodial
 - k. Receptivity and cooperativeness of personnel working at site.
 - l. Provide concessions (Facility keeps all sales).
 - m. Provide area for NHIAA memorabilia sales.
 - n. **Preliminary and Quarterfinal Round Games at Home of Higher Seed**

If the home team can not fulfill all the criteria listed above to host a preliminarily or quarterfinal round game, the home school shall locate another site or will play the game at the home of the

opponent. The game dates(s) set by the NHIAA Ice Hockey Committee will **NOT** be changed with the exception of weather related issues.

9. **WARM-UP PROCEDURES BOYS AND GIRLS:** The teams will come out on new ice and have a 10-minute warm-up. The HOME team will be the first team on the ice.

GAME #1: 10 minutes will be set on the scoreboard and the clock will run down. When the horn sounds signaling the end of the warm-up, (at 9 minutes) the teams will go to their benches and prepare for the INTRODUCTIONS.

GAME #2: At the conclusion of Game #1, the ZAMBONI will make ice as quickly as the rink is cleared. As soon as the ice is made, the teams will come out for a 10 minute warm-up following the same procedure as Game #1. The HOME team goes on the ice first.

10. **TEAM INTRODUCTION:**

GAME #1 and the CHAMPIONSHIP GAME - advise your players not to wear their helmets or face masks for the introduction. Each team will be introduced in numerical order, beginning with the visiting team. As each team member is introduced, he will skate to the blue line and face center ice. This will allow spectators and radio and television cameras to get a good look at each player.

Upon the announcement of the National Anthem, the players should turn and face the American Flag. The teams will return to their benches briefly following the National Anthem and the game will begin.

GAME #2.... When the horn sounds indicating the end of the 10-minute warm-up, the teams will go to their benches. The Visiting team will be introduced first in numerical order. Each player will skate to the blue line and face center ice. They will return to their bench after the introduction is completed. The HOME team will then be introduced in numerical order. Each player will skate to the blue line and face center ice. At the conclusion of their introduction, they will return to their bench and Game #2 will begin.

The National Anthem will be sung in game one only in a venue when two games are played back to back. Exception: At the State Championships the Anthem will be played before each game.

11. **TIME BETWEEN PERIODS:** 10 minutes will be allowed between periods. Teams should be on the ice at 10 minutes. HOME team continues to go out first. **NOTIFICATION** will be given to each dressing room, with 3 minutes remaining.

For Tournament games: 12 Minutes will be allowed between periods.

12. **TOURNAMENT OVERTIME RULE:** For all tournament games there shall be fifteen (15) minute "Sudden Victory" overtime period (s). New Ice will be made and teams will change ends for every overtime period. This procedure will continue until a winner is determined.

13. **MERCY RULE:** In the last period of any NHIAA game, regular season or tournament play, if a team is leading by six (6) or more goals the clock will continue to run. If the lead is down to only four (4) goals, normal timing procedures will be instituted. The only time the clock will stop is to replace a goalie, when the goalie change rules apply, or to administer to an injured player. **"At no other time shall running time be used."**

14. **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.

15. **AWARDS AND PRESENTATION:** Official NHIAA championship and runner-up plaques, in addition to twenty-four (24) individual medals, will be awarded to the respective champion and runner-up teams

in each division. Awards will be presented by the NHIAA Ice Hockey Committee immediately following the championship game. Both teams will line up on the blue lines to receive the awards. The runner-up team will receive their awards first, followed by the championship team.

16. **MEDICAL COVERAGE:** 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 medical personnel only. Their decision is final and cannot be overturned by the coach, coaching staff, parents/guardians, or any non-designated personnel.
17. **TRAINERS:** Trainers shall be required to be on duty at neutral tournament sites one half (1/2) hour before the contest begins. Schools requesting medical services are to provide the necessary supplies for the trainer at both regular season games and tournament events.
18. **PRESS BOX:** During NHIAA events the press box shall be used exclusively by members of the press only.
19. **GOAL JUDGES** will be used at the semifinal and final rounds.
20. **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 using the same procedure used during the regular season.
21. **TOURNAMENT EVENT POSTPONEMENTS (WEATHER):**
 - **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) or to call the NHIAA and listen to the Game Conditions line (call: 228-8671 and select the Game Conditions option.) The NHIAA will notify Game Directors, Supervisor of Officials, Police and Trainers. **TEAMS SHOULD NOT LEAVE FOR THE TOURNAMENT SITE UNTIL THE NHIAA WEBSITE AND GAME CONDITIONS LINE HAS BEEN CHECKED.**
22. **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

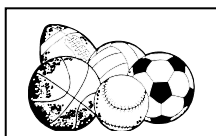
other disinfectant labeled as *virucidal*, *Tuberculocidal*, *staphylocidal* is useful. Allow the disinfectant to stand wet for a minimum of one minute to start killing pathogens and disinfecting the area (10 minutes of disinfection time guarantees surface sterility). Whenever possible, disposable towels, tissues, and gloves should be used and properly discarded and mops should be rinsed in disinfectant.

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.



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.

Pre-Tournament Ice Hockey Meeting IMPORTANT REMINDERS Coaches and Players

Congratulations and welcome to the NHIAA Tournament competition. I am sure you are proud to represent your school and community. They are certainly proud of you. Our goal is to promote fair play and quality competition so that students under competitive conditions can develop and display a high caliber of hockey as well as good sportsmanship. Listed below are **reminders** that the NHIAA Ice Hockey Committee would ask each coach to review with their teams prior to Tournament Competition. Although Coaches may assume team members are knowledgeable about the reminders listed below the Committee

feels it is a worthwhile endeavor to review them prior to the State Tournament. **Please take a couple minutes to address these reminders with your team. Thank you.**

1. Referees will meet the captains from both teams on the ice prior to the end of warm-ups.
2. **Players Properly equipped** - to include: mouthpieces, chin straps, protective equipment, breezers fastened and not torn, no jewelry.
3. **NFHS Rulebook -Points of Emphasis.** hits to the head, reckless use of the stick, checking from behind, chippy play – especially after the whistle,.
4. **Multiple Majors** – if a player receives 2 major penalties in the game a game- misconduct penalty will be assessed.
5. Any combination of **5** minors/majors will result in a game disqualification
6. **Taunting** will not be tolerated and will result in ejection. This includes but is not limited to verbal and physical taunting.
7. A TOTAL of twenty five individuals to include twenty (20) players (2 goalies recommended), four (4) non player personnel, and one (1) designated medical personnel shall be permitted to occupy the bench area. For those teams that do not have twenty players in uniform or a designated medical person, additional personnel may NOT be substituted. **These roster requirement also pertain to the number of athletes allowed to participate in warm-ups.**
8. A TOTAL of twenty five individuals to include twenty (20) players (2 goalies recommended), four (4) non player personnel, and one (1) designated medical personnel shall be permitted to occupy the bench area. For those teams that do not have twenty players in uniform or a designated medical person, additional personnel may NOT be substituted.
9. **10 minute** warm-up with team introductions to follow. Reminder: helmets off during the national anthem and face the flag – players on bench or on own blue line – do not turn backs to opposing team during introductions.
10. **Leaving/Entering** the ice procedures – hold team furthest from exits or if teams must cross paths – skate directly to bench to start each period – Look for officials signal to leave ice.
11. **Overtime procedures** – For all tournament games there shall be fifteen minute “Sudden Victory” overtime period(s). New Ice will be made and teams will change ends for every overtime period. This procedure will continue until a winner is determined.
12. **End of Game rules – For Championship Game ONLY** – After brief celebration be sure to have team line up on blue line nearest team bench. Listen for Post Game announcements. Acknowledge and be polite toward Runner-up during presentation of medals and toward Champion during presentation of their medals. Each player will be announced, come forward and receive medal.
13. Good luck

2008-09 NHIAA ICE HOCKEY ROSTER

HIGH SCHOOL: _____ NICKNAME: _____

SCHOOL COLORS: _____

A TOTAL of twenty five individuals to include twenty (20) players (2 goalies recommended), four (4) non player personnel, and one (1) designated medical personnel shall be permitted to occupy the bench area. For

those teams that do not have twenty players in uniform or a designated medical person, additional personnel may NOT be substituted. **These roster requirements also pertain to the number of athletes allowed to participate in warm-ups.**

Please provide the NHIAA office with a PHOTOGRAPH of your entire Ice Hockey team and identify EVERYONE in the picture on your roster sheet (LEFT TO RIGHT). If picture is not received by the due date it will NOT be included in the tournament program.

This form MUST be EMAILED TO jjackson@nhiaa.org!

- **Numbers:** Numerical order; DO NOT ALTER OR DUPLICATE YOUR UNIFORM NUMBERS
- **Name:** First Last (Title Case)
- **Height:** ex. 6'0"
- **Weight:** ex. 210
- **Position:** The player's positions should be abbreviated in UPPERCASE letters and multiple positions should be separated as follows: ex. F/D
- **Grade:** 9, 10, 11, 12
- DO NOT ADD OR DELETE ROWS OR ALTER INDIVIDUAL CELLS. THE ROSTERS ARE SET UP TO ACCOMMODATE THE EXACT NUMBER OF PLAYERS AND COACHING STAFF.
- **PLEASE E-MAIL THIS ROSTER SHEET BACK TO OUR OFFICE.**

**ICE HOCKEY ROSTERS ARE DUE IN NHIAA OFFICE NO LATER THAN
Wednesday, FEBRUARY 25, 2009!**

2008-09 NHIAA Boys Ice Hockey Roster

SCHOOL NAME

YOUR TEAM PHOTO WILL BE INSERTED HERE.

PLEASE FORWARD YOUR PHOTO ASAP. YOU MAY SEND IT VIA E-MAIL TO

jjackson@nhiaa.org

Front Row:
 Second Row:
 Third Row:
 Fourth Row:
 Fifth Row:

No.	Name	LINEUP			Grade	Mascot
		Height	Weight	Position		
						SCHOOL NAME
						PRINCIPAL:
						A.D.:
						COACH:
						ASST. COACH:
						MANAGERS:

DUE IN NHIAA OFFICE NO LATER THAN FEBRUARY 25, 2009!

2008-09 NHIAA ICE HOCKEY ROSTERS

A TOTAL of twenty five individuals to include twenty (20) players (2 goalies recommended), four (4) non player personnel, and one (1) designated medical personnel shall be permitted to occupy the bench area. For those teams that do not have twenty players in uniform or a designated medical person, additional personnel may NOT be substituted. **These roster requirements also pertain to the number of athletes allowed to**

participate in warm-ups.

Penalty bench: The penalty bench is reserved for penalized players and not the overflow of players on the bench or the Press.

Please provide the NHIAA office with a PHOTOGRAPH of your entire Ice Hockey team and identify EVERYONE in the picture on your roster sheet (LEFT TO RIGHT). If picture is not received by the due date it will NOT be included in the tournament program.

ROSTERS MUST be EMAILED TO jjackson@nhiaa.org.

- **Numbers:** Numerical order; DO NOT ALTER OR DUPLICATE YOUR UNIFORM NUMBERS
- **Name:** First Last (Title Case)
- **Height:** ex. 6'0"
- **Weight:** ex. 210
- **Position:** The player's positions should be abbreviated in UPPERCASE letters and multiple positions should be separated as follows: ex. F/D
- **Grade:** 9, 10, 11, 12
- DO NOT ADD OR DELETE ROWS OR ALTER INDIVIDUAL CELLS. THE ROSTERS ARE SET UP TO ACCOMMODATE THE EXACT NUMBER OF PLAYERS AND COACHING STAFF.
- **PLEASE E-MAIL THIS ROSTER SHEET BACK TO OUR OFFICE.**

**ICE HOCKEY ROSTERS ARE DUE IN NHIAA OFFICE NO LATER THAN
Wednesday, FEBRUARY 25, 2009!**

2008-09 NHIAA GIRLS ICE HOCKEY ROSTER

SCHOOL NAME:

YOUR TEAM PHOTO WILL BE INSERTED HERE.

**PLEASE FORWARD YOUR PHOTO ASAP. YOU MAY SEND IT VIA E-MAIL IT TO
jjackson@nhiaa.org.**

PLEASE BE SURE TO COMPLETE YOUR TEAM PHOTO I.D. BELOW **BEFORE YOU
E-MAIL THIS TO OUR OFFICE!**

Front Row:
 Second Row:
 Third Row:
 Fourth Row:
 Fifth Row:

GIRLS ICE HOCKEY					
No.	Name	Height	Weight	Position	Grade
Mascot					
SCHOOL NAME					
PRINCIPAL:					
A.D.:					
COACH:					
ASST. COACH:					
MANAGERS:					

DUE IN NHIAA OFFICE NO LATER THAN Wednesday, FEBRUARY 25, 2009!