



2020

POLICY AND PROCEDURES

FOR

BOYS AND GIRLS SOCCER



NHIAA SOCCER COMMITTEE

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SOCCER COMMITTEE POINTS OF SPECIAL EMPHASIS

The Soccer Committee expects all flagrant physical fouls to result in red cards to protect the safety of all student athletes.

The Soccer Committee expects players who have consistent and excessive rule violations to be appropriately carded.

- The NHIAA mouthguard requirement is suspended for the 2020 season only. Coaches are asked to remind student-athletes who wear mouthguards to leave them in as much as possible to protect their safety and that of others.
- **2018-19 NFHS Rule Update 4-1-1; A, B:**
 - A. The home team shall wear dark jerseys and socks (dark is defined as any color which contrasts with white), and the visiting team shall wear solid white jerseys and solid white socks. Prior to and during the game, jerseys shall be tucked into the shorts, unless manufactured to be worn outside.
 - B. Both socks shall be the same color, with the home team wearing socks of a single dominant color, but not necessarily the color of the jersey and the visiting team wearing solid white sock. If tape or a similar material (stays/ straps) is applied externally to the socks, it must be of similar color as that part of the sock to which it is applied.
- Officials should have a pregame meeting with coaches of both teams to inform them of the mouthguard standards, educating the coaches that mouthguards that are cut too small will not provide much protection. IN ALL INTERSTATE CONTESTS, each participating school shall follow the contest rules of the state association of the host school hosting the event. The rules referred to are contest rules only and not rules applying to age, number of semesters of attendance, residency or academic accomplishments. **No school may violate its own state association rules.**
- **Interrupted Games: Regular Season or Tournament**

Per NFHS Rule 7-2 ART. 3 . . . In the event a game must be suspended because of conditions which make it impossible to continue play, the head referee shall declare it an official game if one complete half or more of the game has been played. If less than one-half of the game has been played, the game may be rescheduled from the start, or restarted from the suspension of play according to state association adoption (18-1-111).

Whenever a game is interrupted in the first half because of events beyond the control of the responsible administrative authorities, it shall be continued from the point of interruption. Both officials should sign the official scorebook and note the time on the clock and the period when the game was interrupted.
- **NFHS Guidelines for Management of Concussions:** The NHIAA mandates the following of the NFHS guidelines for management of Concussions.
 - Concussions: Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.
 - Please visit www.nhcaa.org; “What’s New” to view the NFHS Guidelines for Management of Concussions and the New Hampshire SB402 and its language as written.
- Athletic Directors are required to report all yellow and red cards via the soccer card report on the NHIAA website. Yellow card accumulation rules apply at all levels for soccer. Athletic Directors are required to report all tournament cards via the soccer card report on the NHIAA website.

SOCCER COMMITTEE POINTS OF SPECIAL EMPHASIS (cont.)

- Schools who receive high numbers of cards during the season shall receive a letter from the Soccer Committee using the following criteria:
 - **Tier 1:** Boys teams with eight (8) or more yellow cards or 2 red cards; Girls teams with four (4) yellow cards or 2 red cards.
 - **Tier 2:** Both boys and girls teams have met the criteria in Tier 1.
 - **Tier 3:** Schools with histories of high card totals that will be asked before the Sportsmanship Committee to explain their actions.

- All NFHS Soccer Rules Changes or Modifications can be found on the NFHS Website and in the NFHS Soccer Rule Book for 2020-21.

- It is requested that officials closely monitor athletes in regards to encroachment and personal infringement.

SOCCER POLICY AND PROCEDURES

1. DIVISIONAL ALIGNMENT OF SCHOOLS:

Teams will be aligned according to By-Law Article XXX: Soccer; Sect. 7: Divisional Alignment in the NHIAA Handbook.

Boys and girls will be placed in four divisions, I, II, III, and IV.

2. TOURNAMENT QUALIFICATION:

In order to be considered for tournament play, each school must meet the following requirements:

- a. Minimum number of games - 10
- b. Maximum number of games - 16

3. 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 shall be scheduled on the next available date. The new date must also be entered on the NHIAA website. 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. In the event the game(s) are not played both teams may be issued forfeits.

4. MERCY RULE; Regular Season and Tournament

If a game reaches a goal differential of five (5) or more goals in the second half, the clock will continue to run and will only stop in the event of an injury.

5. REGULAR SEASON OVERTIME PROCEDURES:

When the score is tied at the end of regulation time, the referee will instruct both teams to return to their respective team benches. There will be a five (5) minute intermission during which both teams may confer with their coaches and the head referee will instruct both teams as to how the overtime periods will be conducted. A coin toss shall be held in accordance with Rule 5-2-2-d-3 of the National Federation Rules Book. The teams will play one ten (10) minute sudden-victory overtime period. If the score is still tied, the teams will change ends without leaving the field of play (Substitutions are allowed). A second ten (10) minute sudden-victory period will be played. The match will be considered a draw if the score is still tied after these two (2) periods. (CM 1.2016)

6. GAME OFFICIALS:

Schools may use the Diagonal System of Control (one referee and two linesman-NH SOA Certified) with the mutual consent of both coaches prior to game day.

NOTE:

If a game is to be officiated by the Diagonal System of Control and an official fails to show up for the game, the remaining two officials will work the game using the two-man system of officiating. If a game is to be officiated by the two-man system and an official fails to show up for the game, each school will select an adult to serve as a linesman and signal the official when the ball is out-of-bounds.

7. **DISQUALIFICATION: (Refer to By-Law Article IX: Sportsmanship; Sect. 6)**

Any player who is disqualified before, during or after any sanctioned event at the 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 sub-varsity or varsity level, for exhibiting unsportsmanlike conduct, shall not participate in the next two scheduled interscholastic athletic event, including NHIAA tournament contests and **MUST take the NFHS Teaching and Modeling Course for Disqualified Coaches prior to returning to coach in any capacity.** Any player or coach who is disqualified from a game and participates in the next scheduled interscholastic athletic event(s), including NHIAA tournament contests, shall 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. The school may request a hearing with the Executive Director and/or Sportsmanship Committee to explain the circumstances of the situation. The Executive Director, in consultation with the Sportsmanship Committee may modify consequences. It is the coach's responsibility to promptly notify the school of any disqualification and the school must immediately impose the stated sanctions regardless of when formal notification is received from the NHIAA.

- A disqualified student athletes **must** view the "NFHS Sportsmanship" video on the NFHS website under the supervision of a school official prior to returning to game action. A certificate of completion must be filed with the athletic director and reported to the NHIAA.
- 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.

8. **REGULAR SEASON ROSTERS:**

A sub-varsity and varsity roster of all players, with names and numbers, coaches and bench personnel, will be given to the game officials prior to the coin toss. Games will not begin until the line-up forms are presented.

9. **OFFICIAL TIME:**

The official nearest to the team benches shall keep the time on the field. An Official Timer may be used with the mutual consent of the officials and both coaches prior to the game.

10. **GAME BALLS:**

Each team is responsible for bringing three (3) leather hand-stitched game balls to the game. (The **WILSON Veza WTE9705XB** soccer ball, the official tournament ball of the NHIAA, will be used in all rounds of the tournament. The NHIAA will supply them for the semifinals and finals only). All game balls at all levels of play shall have the NFHS Authenticating Mark imprinted.

The following procedure is to be followed:

- a. 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.
- b. 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.

11. **PUBLIC ADDRESS SYSTEM:**

The public address system will be under the control of the NHIAA Game Director who will also be responsible for all announcements to be made over the sound system.

12. **RADIO/TELEVISION BROADCASTING:**

There is no NHIAA jurisdiction over regular season broadcasting of high school athletic competition. Sponsors of broadcasts must not be persons or businesses involved with tobacco or alcoholic beverages and related products.

Radio and television stations are requested to contact the Game/Site Director directly regarding permission for broadcasting of NHIAA tournament events. Radio broadcasting fees are set at \$50.00 per event. The fee is applicable for stations who pick up feeds from another station.

For televising a NHIAA tournament event, forms will accompany the Game Director Kit and must be completed and returned to the NHIAA Office upon completion of the game. Tournament events under contract with a television station will have exclusive rights to the "live" telecast. No other "live" events may be telecast simultaneously.

13. **PRE-GAME CEREMONY:** (Introduction)

The introduction of the starting line-ups will be as follows:

- A. Both starting line-ups will follow single file behind one linesman or referee to the center of the field. They will then face the sideline (parallel to the sideline), after which each team will be introduced in order. Alternates will be introduced as the teams are walking to the center of the field. Game will start immediately after introduction.
- B. The National Anthem will be played.

14. **YELLOW CARDS:**

➤ Sportsmanship – **By-Law Article IX Sportsmanship, Sect. 6, G: Soccer Yellow/Red Card Violations**

***Soccer Yellow/Red Card Violations**

1. Any team, whose players/coaches receive 4 (four) red cards or a collective total of 12 cards during the **regular** season, will be required to attend a hearing with the Soccer Committee (Preseason yellow cards are not counted towards your season total. Preseason red cards will be counted towards your season total).
2. If a player/coach receives his/her third yellow card of the regular or post-season a, one (1) game disqualification will be given.
3. Any team whose players/coaches receive a collective total of five (5) cards in a game will result in immediate termination of the game and result in forfeiture by the offending team. If both teams receive the collective total of five (5) at the same time both teams will receive a forfeiture loss. This will include regular season and tournament play.
4. Game officials must report all yellow and red card infractions to the NHIAA Office via the Arbiter following their games.
5. Athletic Directors are required to report all yellow and red cards via the the soccer card report on the NHIAA website.

Notes:

- a. Preseason yellow cards are not counted towards your season total. Preseason red cards will be counted towards your season total.
- b. An athlete or coach, who receives two (2) yellow cards, resulting in a red card, will only be counted for the red card disqualification.
- c. Any team (member school) attending a hearing with the Soccer Committee may result in a hearing with the Sportsmanship Committee for additional sanctions.

NOTE:

- 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.

* This decision cannot be appealed to the NHIAA Sportsmanship Committee, as it is considered to be a judgment call by a game official.

➤ Yellow card Reporting:

1. Cards should be reported to the Athletic Director on a game by game basis by the varsity coaches.
2. Athletic Directors are responsible to report ALL cards via the NHIAA website. (i.e. Under login; team schedules; boys/girls soccer; edit the game; soccer card icon will appear.)
3. The final report should include all cards administered to your players.

➤ **Steps for Schools to Enter Yellow/Red Cards On NHIAA Website (Athletic Director or Coach)**

1. Go to www.nhiaa.org; go to Administrative Log in; Choose appropriate school; Use e-mail and password to sign in.
2. Go to Team Schedules on the left; Choose soccer schedule; Boys/Girls
3. After entering the score of the game, there is an option to enter yellow cards
4. You will need to choose school; gender; coach or athlete and enter the reason and the color of the card.

NOTES:

- You should enter **your** cards ONLY – not the other schools
- Remember 2 yellows = a Red

15. **INTERRUPTED GAMES: Regular Season or Tournament**

Per NFHS Rule 7-2 **ART. 3 . . .** In the event a game must be suspended because of conditions which make it impossible to continue play, the head referee shall declare it an official game if one complete half or more of the game has been played. If less than one-half of the game has been played, the game may be rescheduled from the start, or restarted from the suspension of play according to state association adoption (18-1-111).

Whenever a game is interrupted in the first half because of events beyond the control of the responsible administrative authorities, it shall be continued from the point of interruption. Both officials should sign the official scorebook and note the time on the clock and the period when the game was interrupted.

16. **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.

17. **OUTDOOR ENVIRONMENTAL SAFETY**

LIGHTNING:

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.**

- e. 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.

18. **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. Due to the equipment and uniform needed in football, most of the heat problems have been associated with football. During the 1998 season, there were four heat stroke deaths in football. There are no excises for deaths if the proper precautions are taken. During hot weather, the athlete is subject to the following:

HEAT CRAMPS—Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating.

HEAT SYNOCOPE—Weakness, fatigue, and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heat stroke.

HEAT EXHAUSTION (WATER DEPLETION)—Excessive weight loss, reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headaches and sometimes unconsciousness.

HEAT STROKE—An acute medical emergency related to thermoregulatory 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 (heat stroke 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. According to the American Academy of Pediatrics Committee on Sports Medicine, heat related illnesses are all preventable. (Sports Medicine: Health Care for Young Athletes, American Academy of Pediatrics, 1991). The following practices and precautions are recommended:

- A. 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.
- B. 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
- C. Along with physical conditioning, the factor of acclimatizing to heat is important. Acclimatization is the process of becoming adjusted to the heat and it is essential to provide for **GRADUAL ACCLIMITIZATION 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 percent acclimatization can be expected to occur after the first seven to 10 days. Final states of acclimatization can be expected to occur after the first seven to 10 days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.

HEAT ACCLIMATIZATION:

- A minimum of three (3) days before interscholastic scrimmaging
- A minimum length of time between practices (3 hours)

- D. The old idea that water should be withheld from athletes during workouts has NO SCIENTIFIC FOUNDATION. The most important safeguard to the health of an athlete is the replacement of water. Water must be on the field and readily available to athletes at all times. It is recommended that a minimum of 10 minutes be scheduled for a water break every half hour of heavy exercise in the heat. WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES. Check and be sure athletes are drinking the water. Cold water is preferable. Drinking ample water before practices and games has also been found to aid performance in the heat.
- E. Salt should be replaced daily. Modest salting of foods after practice or games will accomplish this purpose. Salt sables are not recommended. ATTENTION MUST BE DIRECTED TO REPLACING WATER—FLUID REPLACEMENT IS ESSENTIAL.
- F. Know both the TEMPERATURE and the HUMIDITY. The greater the humidity, the more difficult it is for the body to cool itself. Test the air prior to practice or game using a wet bulb, globe, relative humidity index (WBGT Index) that 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 64...unlimited activity
 65-72.... moderate risk
 74-82.... high risk
 82+...very high risk

- G. There is also a weather guide for activities that last for 30 minutes or more (Fox Matthews, 1981), which involves knowing the relative humidity and air temperature.

AIR TEMP	DANGER ZONE	CRITICAL ZONE
70 F	80% RH	100% RH
75 F	70% RH	100% RH
80 F	50% RH	80% RH
85 F	40% RH	68% RH
90 F	30% RH	55% RH
95 F	20% RH	40% RH
100 F	10% RH	30% RH

RH = Relative Humidity

One other method of measuring the relative humidity is the use of a sling psychrometer, which measures the 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 60 F...safe but always observe athletes
 61-65 F.....observe players carefully
 66-70 F.....caution
 71-71 F.....shorter practice sessions and more frequent water and rest breaks
 75 + F.....danger level and extreme caution

- H. 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.
- I. Athletes should weight in each day before and after practice and WEIGHT CHARTS CHECKED. Generally, a 3% weight loss through sweating is safe and over a 3% weight loss is in the danger zone. Over a 3% weight loss that athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions. Do not allow athletes to practice until they have adequately replaced their weight.

- J. Observe athletes carefully for signs of trouble; particularly athletes who lose significant weight and the eager athlete who constantly competes are his/her capacity. Some trouble signs are nausea, incoherence, fatigue, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness.
- K. Teams that encounter hot weather during the season through travel or following and 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.
- L. Know what to do in case of an emergency and have your emergency plans written with copies to all of your staff. Be familiar with immediate first aid practice and prearranged procedures for obtaining medical care, including ambulance service.

HEAT STROKE – *This is a medical emergency- DELAY COULD BE FATAL.*

Immediately cool the body while waiting for transfer to the hospital. Remove clothing and place ice bags on the neck in the axilla (armpit) and on the groin area. An increasing number of medical personnel are now using a treatment for heat illness that involves applying either alcohol or cool water to the victim's skin and vigorously fanning the body. The fanning causes evaporation and cooling. (Source, The First Aider – September 1987).

HEAT EXHAUSTION – *OBTAIN MEDICAL CARE AT ONCE.* Cool the body as you would for heat stroke while waiting for transfer to the hospital. Give fluids if athlete is able to swallow and is conscious.

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 per hour is better than one break an hour. Probably the best method is to have water available at all times and allow athletes 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 foods at meals. Talk to your medical personnel concerning emergency treatment plans.

19. **SOCCKER MOUTH PROTECTOR RULE**

The NHIAA mouthguard requirement **is suspended for the 2020 season only**. Coaches are asked to remind student-athletes who wear mouthguards to leave them in as much as possible to protect their safety and that of others.

- All field players shall wear mouth protectors that must cover all molars as well as front teeth
- Mouth protectors must be worn in all practices and games. This includes preseason scrimmages, jamborees as well as the state tournament.
- Mouth protectors are required of all participants at **all** levels of interscholastic competition (Freshman, Sub-Varsity, Varsity)
- There is no color requirement for mouth protectors.

ADMINISTRATION

- Coaches shall assume the responsibility to make certain each player is provided with and is properly wearing a mouth protector.
- In the event a player is participating without a mouth protector the game official shall remove the player from the match and cannot return until the next dead ball whistle. There will be **no** substitution for the removed player.
- If a player is found to (1) have cut down the mouth protector (2) hides the mouth protector in a part of the uniform (i.e. socks) or (3) discards the mouth protector on the field of play - **A YELLOW CARD WILL BE ADMINISTERED ONLY TO THE PLAYER.**

WAIVERS

Waivers can only be granted by the Sports Medicine Committee upon receipt of documentation provided by a physician (as defined by NH RSA 329). A player must wear the mouth protector until clearance and waivers of liability have been signed by the physician, parents and school.

20. **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.

“Glitter and paint is prohibited on the body (i.e. face and hair)”

Per the NFHS, Dermal Piercings are considered jewelry and are not allowed. These piercings are inserted into the skin and require a medical procedure to remove them. The decorative part screws onto the pin or screw that protrudes from the skin. Even with a bandage over it would seem to pose a potential hazard to the athlete. Coaches will be asked if their athletes are properly equipped, which includes no jewelry. If discovered, the athlete will be removed from the competition until rectified.

21. **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.

22. **Bench Personnel:**

For liability reasons, Below Grade Nine students/children are not allowed to be on the team benches or on the sidelines at any regular season and tournament contest.

*The only exception is ball persons in soccer, field hockey, baseball/softball (with a worn helmet), lacrosse (with a worn helmet)

23. **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.

24. **NFHS Guidelines for Management of Concussions:** The NHIAA mandates the following of the NFHS guidelines for management of Concussions.

Concussions: Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.

Please visit www.nhiaa.org; "What's New" to view the NFHS Guidelines for Management of Concussions and the New Hampshire SB402 and its language as written.

TOURNAMENT INFORMATION

1. **TOURNAMENT SELECTION:**

A. **Girls Soccer-**

The maximum number of teams allowed per By-Law Article IV: Classification; Sect10; Tournament Selection Requirements will qualify for the tournament in girls' soccer.
(CM 5.2016)

B. **Boys Soccer-**

The maximum number of teams allowed per By-Law Article IV: Classification; Sect10; Tournament Selection Requirements will qualify for the tournament in boys' soccer.
(CM 5.2016)

2. **TOURNAMENT PAIRINGS:**

- Please review By-Law Article I; Policy; Sect. 16

3. **TOURNAMENT ROSTERS:**

- All tournament teams will be limited to a maximum of 25 players, two (2) coaches and two (2) managers. Rosters shall be completed via the NHIAA website. If a team is going to make the tournament, a team photo in uniform (no warm-ups and no mascots allowed) must be submitted with a photo lineup. If no photo is received a logo will be supplemented.

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

Boys and Girls Soccer Rosters and Photos Due: October 19, 2020

4. **UNIFORMS – TOURNAMENT GAMES:**

The higher seeded team will be considered the home team at all NHIAA Tournament games and will bring alternate shirts and stockings in the event a uniform change is necessary. This is to avoid both participating schools from wearing similar colored uniforms.

5. **TOURNAMENT PASSES:**

No competitor passes will be distributed. School administrators will receive passes for his/her use. Players, managers, and coaches will use the players' entrance.

6. **TOURNAMENT OFFICIALS:**

The selection of tournament officials will be made in accordance with NHIAA By-Law Article I, Sect. 15: Tournament Officials Selection.

NOTE: It is the hopes that every assigned official will have officiated five regular season games, with the chair of the committee having reservations to make changes under extenuating circumstances.

7. **TOURNAMENT SITES:**

The tournament sites for the preliminary and quarterfinal rounds will be determined by the seeding position of each team with the highest seeded teams playing at their home field. Selected sites will be determined by the Soccer Committee for the semifinal and final games that are held at neutral sites.

8. **PRACTICE SESSIONS:**

A. In accordance with By-Law Article I: Policy; Sect. 24: Practice at State Tournament Events, "No practice is allowed at the site of the state tournaments ten days prior to the start of the tournament except when that site is the HOME site of a participating school. The home team may practice according to their usual home schedule."

B. At tournament games, a team is allowed to warm up with soccer balls twenty five (25) minutes prior to the kick off while another game is going on. However, jogging and stretching is allowed more twenty five (25) minutes prior to the kick off.

9. **ADMISSION PRICES:**

Please refer to By Law Article I: Policy; Sect. 18 for all admission prices.

10. **BANDS:**

Schools have been allowed the privilege of bringing their school bands to the Soccer Tournament. A maximum of twenty (20) band members will be admitted to the tournament game without charge. An adult supervisor must be with the band members at all times at the tournament site. The band will not be allowed on the playing field prior to, between, or after the game.

11. **CHEERLEADERS:**

Twelve (12) cheerleaders and one advisor will be admitted to the tournament game free of charge. The cheerleading advisor must be with the cheerleaders at all times during the tournament game. Cheerleaders must be in uniform to be admitted free.

12. **SPORTSMANSHIP:**

Every administrator and coach whose school participates in a tournament is charged with the important role of teaching the highest principles and standards of behavior. The school administration should never overlook any opportunity to remind and emphasize the need and value of proper respect for the opponents with regard to their organized cheering activities and any banners or placards which they might display, the decisions of the game officials, and the importance of desirable and proper conduct both at home and away. Every administrator and coach should hold in mind that every tournament coach must rely on the conduct and sportsmanship of the students and fans from all schools. Your influence and prompting will be reflected by the actions of your followers.

- You are urged to give the officials your utmost cooperation in helping them to keep rowdiness and unsportsmanship to a minimum, or if there are some who desire to view the game while under the influence of intoxicating beverages, they will be evicted from the playing site.

13. **TOURNAMENT TIE-BREAKING PROCEDURES (Including Championships)**

When the score is tied at the end of regulation time, the referee will instruct both teams to return to their respective team boxes. There will be five minutes during which both teams may confer with their coaches and the head referee will instruct both teams as to proper procedure. A coin toss shall be held as in Rule 5-2-2-d-3 of the National Federation Rules Book. (CM 1.2016)

A. Sudden Victory Overtime Procedure:

1. The teams will play one ten (10) minute sudden-victory overtime period.
2. If the score is still tied, the teams will change ends after a 2 minute intermission (substitutions are allowed) and a second ten (10) minute sudden-victory period will be played.
3. If the score still remains tied, all coaches, officials and team captains shall assemble at the halfway line to review the procedure for participating in penalty kicks.

B. Penalty Kick Procedure:

1. The head referee shall choose the goal at which all of the kicks from the penalty line shall be taken.
2. Each coach will select any five (5) players, including the goalkeeper, on or off the field (except those who may have been disqualified) to take the kicks.
3. A coin toss shall be held. The team winning the toss shall have the choice of kicking first or second.
4. Teams will alternate kickers. There is no follow-up on the kick.
5. Following five (5) kicks for each team, the team scoring the greatest number of these kicks shall be declared the winner.
6. Add one goal to the winning team score and credit the team with a victory. An asterisk (*) may be placed by the team advancing to indicate the advancement was the result of a tiebreaker system.

C. If the score remains tied after each team has had five kicks:

1. Each coach will select five different players than the first five who already have kicked, to take the kicks in a sudden victory situation, wherein if one team scores and the other team does not score, the game is ended without more kicks being taken.
2. If the score remains tied, continue the sudden victory kicks with the coach selecting any five players to take the next set of alternating kicks.
3. If a tie still remains, repeat C-1.

14. **AWARDS:**

Official NHIAA championship and runner-up plaques, in addition to twenty nine (29) individual medals will be awarded to the respective champion and runner-up teams in each division for boys and girls.

15. **TOURNAMENT EVENT 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 THE NHIAA WEBSITE HAS BEEN CHECKED.**

16. **FIFTY-FIFTY RAFFLE:**

Fifty-fifty raffles 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. Students will not sell tickets.

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

During State Tournament play, 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.

18. **NHIAA SITE SELECTION CRITERIA POLICY**

Soccer Specific: If a school or local parks and recreation group is interested in hosting part of the NHIAA soccer tournaments, the following field specifications should be met, with a letter of interest sent to the NHIAA Office.

- Minimum field dimensions (65' X 110')
- Field must be lighted
- Adequate parking
- Appropriate seating capacity
- Locker room facilities
- Restroom facilities
- List of approximate expenses per game must be submitted including any field preparation charges and security personnel

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
 - Custodial
- k. Receptivity and cooperativeness of personnel working at site.
- l. Provide concessions (Facility keeps all sales).
- m. Provide area for NHIAA memorabilia sales.



New Hampshire Interscholastic Athletic Association
 251 Clinton Street
 Concord, New Hampshire 03301
 Phone (603) 228-8671 Fax (603) 225-7978

*This list does not preclude athletes from wearing mouth guards in other sports.

The Sports Medicine Committee has been trying to facilitate the availability of proper fitting mouth guards for the student athletes of the state. Although unsuccessful to date in attempts to get clinics provided around the state, they have compiled a list of vendors and companies that provide form fitted mouth guards. Please understand that the information provided is for your use as a reference and decisions must be made by the individual school and/or student athlete. Neither the NHIAA nor the Sports Medicine Committee is in any way recommending or endorsing the following vendors or service providers supplied in this list.

<u>Name</u>	<u>Contact Information</u>	<u>Price</u>
CustMbite	www.custmbite.com monroe@custmbite.com	\$19.99 Wholesale pricing is available to schools, sports teams, and other organizations.
Pro-Tekt	www.protektmouthguards.com customerservice@protektinc.com	\$49.99 - \$89.99
Sport Guard International	www.customguards.com 1-877-8guards	\$45.00 - \$82.00
Opro	www.opro.com/opd CustomerCareUS@opro.com	\$61.95 - \$94.95
Custom Fit Mouth Guards/Ifit Mouth Guards	Heather Chase, RDH LeeAnn Grandmason, 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
Mouth Guards and More	mouthguardsandmore@comcast.net	\$40-\$45
Defender Mouth Guards	www.defendermouthguards.com 1-888-65-defender	\$57-\$93