



2023 Girls Soccer Handbook

Published August 1, 2023

*Subject to change

TABLE OF CONTENTS

	Page Number
Girls Soccer Sport Standards 2023	3
MMHSAA League Meetings	3
MMHSAA Playoffs	3
Coaches' Responsibilities for MMHSAA	3
Site Chairperson Responsibilities	4
SUPERVISORS	4
Special Responsibilities of Site-Chairperson	4
Soccer Rules Changes - 2023-24	5
Definition of a Scrimmage for Girls soccer	6
For Girls soccer	6
MMHSAA Card Policy	6
Reporting of scores and recording statistics	8
MMHSAA Classifications for 2023 Girls soccer	8
Playoff Tournament	8
League Standings and Playoff Seeding	8
MMHSAA CHAMPIONSHIP SOCCER TOURNAMENT	9
MMHSAA Regular Season and Playoff Details	9
Selection of Officials for MMHSAA Competition	9
MMHSAA Policy Contingency Plan for Sectional Competition	10
Media	10
MMHSAA Policies	11
Regulations Regarding Senior All-Star & Outside Agency Contest	11
ALL-WNY Scholar Athlete	11
Jewelry Rule	11
MMHSAA Thunder and Lightning Policy	12
Sportsmanship Philosophy	12
Code of Conduct Philosophy	12
Sportsmanship Pledge	13
Health Related Guideline	13
MMHSAA AED	13
Concussion Management	13
Athletic Trainers	13
APPENDIX	14
Concussions: The Invisible Injury	15
HEAT INDEX PROCEDURES	18
WIND CHILL PROCEDURES	20
Tornado Policy	21

Girls Soccer Sport Standards 2023

Rules: NFHS

Maximum Number of games: 22

Practice Requirements: Number of practices to represent school: 6 (individual)

First Practice: Monday, August 21

Nights rest between contests/scrimmages: 1 night

Scrimmage limitations per day: 1 scrimmages

First Scrimmage: Monday, August 28

Individual contests limitation per day: 1 contests

First Game: Monday, August 28

Last League Game: Saturday, October 21

Final Rosters deadline: Friday, September 15

ALL-WNY Scholar Athlete Form: TBD

MMHSAA League Meetings

- League Pre-Season - The soccer committee chairperson or representative will attend all league coaches' pre-season meetings.
- League post-season - Each division must meet on or before Monday, October 24, if necessary..

MMHSAA Playoffs

Note: Start times for MMHSAA contests are standardized, however, if a legitimate need for a time change arises within a school, a request must be submitted in writing to the Executive Director 48 hours before the scheduled league match. Afterwards, time changes will only be considered in extenuating circumstances and must be approved by the Executive Director and the Sport Chairperson.

- Semi-finals Tuesday, October 27 at the higher seeds at 3:00 PM unless otherwise arranged
- Finals Saturday, November 5 at Canisius College, Tentative

NOTE: Days, times, and sites are tentative, based upon field and officials' availability. Higher seed is always the home team and could possibly play at home through the semi-finals.

State Championship

- Friday, November 10-12, 2023 in New York City

Coaches' Responsibilities for MMHSAA

1. Read Girls Soccer Handbook carefully; it contains a detailed list of coach and school responsibilities.
2. EVERY COACH/SCHOOL is asked to:
 - a. Complete the official league Google Roster form with ALL REQUIRED INFORMATION as soon as teams are finalized.

- b. ALL ROSTERS ARE DUE before your first game. Finalized rosters are due by September 15, 2023. Games played without a COMPLETED roster will be forfeited.
3. The home team coach in ALL MMHSAA matches is required to submit the score of the game, using the official google score form, immediately following their game.
4. All coaches are responsible for reporting all cautions and ejections issued to any member of their team using the official google caution ejection form (see cards below). Make sure referees verify all cautions and ejections before they leave the game site.
5. Teams should arrive at the site no later than thirty minutes prior to the scheduled match.
6. All players must wear jerseys numbered on the front and back, with no duplicate numbers.
7. Participating teams must bring:
 - a. Practice balls. To be secured during the match.
 - b. Personal towels, locks, med. kit, etc.
 - c. Team roster - A copy must be given to both the officials and the opposing coach. The winning team is responsible for reporting match results.
8. NFHS Rules will govern play.
9. Be responsible for the behavior of all persons listed on your roster. This includes behavior on the bench, in the locker rooms, and anywhere else on the MMHSAA site.
10. Protests: In the event of a protest, stop play and report to Site Chairperson. A protest committee will decide at the site.

Site Chairperson Responsibilities

The Site Chairperson will:

Make himself/herself accessible and visible to supervisors, coaches, players, spectators, and officials.

Station all supervisory personnel assigned to the match.

Greet supervisors at the door and make assignments immediately.

Assign the following adults:

1. Scorekeeper/timer
2. Supervisor (if necessary)
3. Announcer

NOTE: MMHSAA will provide ticket sellers/takers for playoff games unless schools are otherwise notified.

Cooperate with the MMHSAA crew handling the gate/purse for all playoff games.

SUPERVISORS

All supervisors are to report to the Site Chairperson for supervisory assignments. This includes supervisors from both participating teams, as well as the host school supervisors. It is strongly suggested that supervisors wear a ribbon that will make them readily visible, identifiable, and accessible to the crowd and to the Site Chairperson.

Special Responsibilities of Site-Chairperson

1. The Site-Chairperson will inform participating coaches that there are 30 minutes for pre-game warm-up. No one should take the playing surface sooner.
2. Provisions should be made for a simple flag ceremony or Star-Spangled Banner prior to the match.
3. Starting teams and officials should be introduced to the spectators.
4. Have phone numbers of local ambulance, police, and rescue squad/fire department.
5. Any additional expenses MUST be approved by the Executive Director PRIOR TO THE EVENT.
6. For the officials' pay schedule, refer to the Officials Contract.
7. Admission policy: There will be an admission charge for the league playoffs, not to exceed \$15.

Soccer Rules Changes - 2023-24

3-3-2b (2,3) (NEW): Permits the referee to stop the clock to review game situations at any time without negatively impacting a player's ability to remain in the game.

Rationale: This rule change affords the ability for the referee to stop the clock and review situations without negatively affecting a player's ability to remain in the game. However, once the referee beckons medical professional or coach onto the field to further assess, the player must leave the field of play.

3-3-7: Clarifies where a player should re-enter the game to avoid confusion.

Rationale: This rule change clarifies that a player should re-enter the game from the official area at midfield. This avoids potential confusion as to who is or is not in the game.

3-4-1e (NEW): Clarifies players should exit the field on the bench side unless unable to do so due to injury.

Rationale: To assist the officials in the managing of substitutions, players should exit the field from the bench side when the substitute(s) are beckoned on by the referee unless the player(s) is unable to do so because of an injury. This avoids unnecessary interaction with opposing teams and fans and minimizes the potential for unsporting behavior.

4-2-12 (NEW): Defines how wearable technology devices may be worn.

Rationale: Sets a national standard for wearable technology. This change clarifies that these devices may be worn as a part of the shoe and/or under the uniform but not worn on the arm. Coaches and players are still not permitted to utilize technology to communicate during the game.

Rule 4 Reorganization: Adjusts the structure of the uniform rule to offer clarity.

Rationale: The reorganization of the uniform rule breaks up the rule into bite-size pieces that are easier for coaches and officials to apply.

11-1-5 (NEW): Defines deliberately playing the ball to clarify the existing rules.

Rationale: Defines the criteria for deliberately playing the ball when determining an offside infraction.

12-1-1 thru 3 (NEW), 18-1-1: Clarifies various foul categories and defines the seven direct free kick fouls to provide consistency.

Rationale: The new article in Rule 12 and added definitions to Rule 18 define the seven direct free kick fouls and provide consistency for officials interpreting misconduct.

12-3-2, 3 (NEW): Clarifies that neither accidental nor deliberate hand/arm contact can result in a goal.

Rationale: The new articles eliminate the necessity for the referee to determine if the hand/arm contact was accidental or deliberate. Now, neither accidental nor deliberate contact with the hand/arm result in a goal for greater consistency and ease of interpretation.

12-8-5 (NEW): Offers clarity regarding goalkeeper handling not permitted outside and inside the penalty area.

Rationale: Adding language and direction for officials regarding goalkeeper handling outside the penalty area and inside the penalty area when they are not permitted to handle the ball.

12-9-4(NEW), 12-8-1f(14, 15), 12-8-2d (3,4): Defines considerations of denying an obvious goal-scoring opportunity (DOGSO).

Rationale: This rule defines the considerations of an obvious goal-scoring opportunity to provide additional consistency and clarity for referees.

2023-24 Editorial Changes

9-1-1a

2023-24 Points of Emphasis

1. Wearable Technology
2. Coaching and Team Area Decorum
3. Denying an Obvious Goal-Scoring Opportunity (DOGSO)
4. Substitutions

Definition of a Scrimmage for Girls soccer

- A scrimmage is a practice that is a SIMULATED CONTEST. In scrimmages:
- both squads use the same field simultaneously with both coaches making corrections and giving instructions
- GAME RULES MUST BE ALTERED
- no official score is kept
- time period(s) are defined
- no admission is charged.
- The use of officials would be permitted and encouraged whenever possible for the purpose of instruction regarding the rules and proper application of rules.

For Girls soccer

1. A soccer scrimmage may not exceed a total of 100 minutes and unlimited substitutions are permitted.
2. The length of time for the periods of play is to be determined by the coaches, not to exceed 40-minutes in any one period: halves, three-quarters or quarters.
3. Scoreboards may be used for timekeeping only.
4. The clock will begin with the goal keeper in possession of the ball. When a goal is scored, play will be restarted with goalie possession.
5. The goalie can restart play with a goal kick, goalie throw or goalie punts.

MMHSAA Card Policy

This policy will be used for all levels of play. All Coaches and officials are required to report their red and yellow cards. All coaches are required to report their red and yellow cards as listed in the coach's responsibilities.

Red and Yellow Cards will be reported using the [MMHSAA Soccer Card Reporting Form](#). This form will assist the MMHSAA office and the Soccer Chairman in keeping track of the cards that are assessed. Junior Varsity teams will report their Cards using the same procedure.

RED CARD POLICY 1st Red Card - One Game Suspension 2nd Red Card - Two Game Suspension 3rd Red Card - Suspension for the remainder of the Season (including MMHSAA and States)	YELLOW CARD POLICY 3 Yellow Cards - One Game Suspension Each additional Yellow Card - One Game Suspension
---	--

Double Yellow Cards will not count for the overall total, as it results in a Red Card. The player will have already been suspended through the Red Card Policy.

The cumulative card total is for all games, regular season only* – 22 games maximum. The process will start over for MMHSAA Playoffs and States. Any penalty awarded during one level of play will carry over to the first game of the next level of play. (Example: A player received his/her 3rd Yellow Card in the last regular season game, then the player will sit out the 1st MMHSAA game; if received in the last MMHSAA game, sits out the state game.)

RED & YELLOW CARD POLICY MMHSAAALS, REGIONALS AND STATES

3 Yellow Cards - One Game Suspension

1 Red Card - One Game Suspension

Yellow Card Accumulation Policy: It is the intention of the MMHSAA to address the issue of the accumulation of Yellow Cards during the soccer season by an individual player or coach. The situation surrounding Red Cards are dealt with directly under the NYSCHSAA Guidelines for Sportsmanship and Misconducts outlined in the State Handbook for all sports. The consequences for the accumulation of excessive Yellow Cards will be as follows:

1. Three Yellow Cards accumulated by a single player or coach in the regular season will result in a one game suspension. Disqualifications due to an accumulation of five (5) Yellow Cards occurring in the last game of the season will carry over into the next season of participation, if the team does not enter postseason play.
2. The continued accumulation of Yellow Cards by the same individual or coach will result in a one game suspension per additional Yellow Card.
3. In the event that the player or coach receives two Yellow Cards in the same game, resulting in a Red Card, the two (2) Yellow Cards will not count towards the season total, since the player or coach will receive a one game suspension because of the misconduct and ejection.
4. The accumulation card total is for regular season play only and the process will start over again for postseason play. However, any penalties awarded as a result of the last regular season game will carry over into the postseason.
5. The postseason policy will provide a one game suspension after three (3) Yellow Cards and a one game suspension for each additional card received through the State Final. A one game suspension resulting from a yellow card in a team's last postseason game will carry over into the next season of participation.
6. The coaches of both schools are to report all Yellow Cards to MMHSAA. The officials should report to their boards concerning games in which cards are given and the reasons for issuance of the card. Board policy will determine the method of notification to the League.
7. Refusing to report, or failing to report infractions and allowing players to continue play under these circumstances will result in the forfeiture of all games in which the individual in question participated.

For Officials: Effective 2011

1. All Red Cards issued must be reported to MMHSAA using the [ON-LINE DQ](#). This form is automatically emailed to Section VI Executive Director Mark DiFilippo and will be forwarded to MMHSAA Executive Director Pete Schneider.
2. All Yellow Cards issued must be reported by the lead official in the Game Report. Instructions:
 - In Arbiter sports, click on the tab SCHEDULE, then click on the red R in the Notes column next to the Game number. To see previous games, click on SHOW ALL under Display on the left.
 - Enter the name/number of the athlete and brief description of the yellow card in the comments field.
 - The DQ Form can also be accessed from the Game Report.
3. The lead official must complete the Game Report in www.arbitersports.com after each game even if no cards were issued. (See item 2 for instructions)

Reporting of scores and recording statistics

Scores will be reported using the [MMHSAA Scores reporting form](#). Scores must be reported by the home team immediately following the game. We will be using MaxPreps to track league records and statistics. All coaches are responsible for entering their teams statistics as soon as possible following their league and non-league games.

More MaxPreps Links

<http://support.maxpreps.com/hc/en-us>

App links

<http://www.maxpreps.com/mobile/home.aspx>

MMHSAA Classifications for 2023 Girls soccer

Division A

Nardin Academy

Nichols

Sacred Heart Academy

St. Mary's

Division B

Buffalo Seminary

Cardinal O'Hara/The Park School

Mount Mercy

Mount Saint Mary

Playoff Tournament

Playoffs will consist of All schools participating in MMHSAA League for the 2023 season, with a 4 team format for the A Division and a 4 team format for B Division.

League Standings and Playoff Seeding

1. MMHSAA uses a point system during the regular season to determine league standings:
 - a. Win – 3 points
 - b. Tie – 1 point
 - c. Loss – 0 points
2. In the event of a tie in the standings, both teams will be awarded the position. Tie breakers will be used only for seeding purposes.
3. Tie Breakers
 - a. head to head
 - b. division record
 - c. wins over common opponent-
 1. Tied teams start with the top of the regular season standings, and work their way down the standings until there is a difference in record against a team. Once there is a difference, the team with the better record becomes the higher seed
 - d. Least goals within a division
 - e. flip of a coin
 - f. In the event of a 3-way (or more) tie, the above procedure will be applied using only the games played between the tied teams. Once a tie is broken by the above system, and if ties among remaining teams still exist, those ties are broken by starting again at the top of the tie-breaking system starting at step 1, if two teams are still tied. Start at Step 2 if more than two teams are still tied

MMHSAA CHAMPIONSHIP SOCCER TOURNAMENT

The Girls champion will be determined by playoffs and the winners of each division will advance to the NYSCHSAA Championship

MMHSAA Regular Season and Playoff Details

Pre-game Protocol if PA system is available

Seven (7) minutes before kick-off, referee and assistant referees (AR's) will lead teams to midfield; referee to center spot, AR's leading their respective teams around the center circle, meeting the referee in the center. Team starters will be introduced.

Sportsmanship Statement: will be read by the announcer followed by the National Anthem

1. Two 40-minute halves will be played.
 - Shorten Periods: By mutual agreement or in any emergency, by agreement of coaches or ordered by the head referee, provided it is determined to shorten the periods before the game or before the second half begins and all remaining periods are the same length.
2. If the score is tied:
 - In the regular season: Two ten-minute sudden victory periods will be played to determine the winner.
 - There is **NO** overtime for junior varsity games.
 - In MMHSAA playoffs: Two fifteen-minute sudden victory periods will be played.
3. If the score is still tied, penalty kicks will be used to determine which teams progresses to the next round. The procedure is in the National Federation rulebook. When penalty kicks determine a winner, add one goal to the score of the winning team to indicate the official team score. In tournament progression, an asterisk may be placed by the name of the team advancing on penalty kicks to indicate that the advancement was the result of a tie-breaker system.
4. In the MMHSAA championship game, co-champions will be declared if the score is still tied after the sudden victory periods. In the MMHSAA final, penalty kicks will determine who proceeds to the state tournament.
5. Suspended games: In the event a game (regular season or post season) must be suspended because of conditions (Ex: MMHSAA Lightning Policy) which make it impossible to play, the head referee shall declare it an official game if one (1) complete half or more of the game has been played and one team is ahead in the score. If less than one half has been played, the game will resume from the point of suspension. If the game is tied in the second half, the game will resume from the point of suspension.

Situations:

Score: Team A - 2, Team B - 1 at 32 minutes of the game.
The game will resume at the 32 minutes.

Score: Team A - 2, Team B - 1 at 62 minutes of the game.
Team A is declared the winner and advances.

Score: Team A - 2, Team B - 2 at 62 minutes of the game. The game will resume at the 62 minutes mark.

Selection of Officials for MMHSAA Competition

Officials for MMHSAA contests will be assigned by the MMHSAA Executive Director or by his designee at Arbitersports.com. Varsity officials who have the potential to work MMHSAA contests must have their availability up to date in Arbitersports before being assigned. Additional qualifications for selection include:

1. The official's name must appear on his/her Referee Unit's Official Roster in Arbitersports prior to the beginning of the soccer season.
2. The official must have officiated a minimum of six games throughout the season. If an official wishes to be considered for assignment in both Girls and girls MMHSAA soccer, he/she must have officiated a minimum of six games in each program. The MMHSAA Soccer Committee may override the six-game minimum in case of extenuating circumstances. An official may submit a request for review of his/her circumstances no later than one week prior to the playoffs.
3. Geographic location will be considered by the MMHSAA Soccer Committee in assigning for the early rounds of the MMHSAA.
4. Three-man officiating will be used for soccer semi-finals as well as finals.
5. Score of Game: The official score may be kept by the head referee.
6. Reserve Official: The reserve official may assume the duties of the scorer.
7. Single Soccer Official: It is permissible to conduct a soccer game with a single official, provided both teams agree to a single referee before the game begins.
8. Protests: In MMHSAA regular season games, there is a protest procedure established by the MMHSAA. Coaches, make sure you are aware of the proper procedures. In postseason MMHSAA games, an on-site committee handles any protests.
9. A referee who issues a red card must report it within 24 hours using the on-line DQ Form in Arbitersports.com. The lead referee must complete the Game Report in Arbitersports.com after each game, entering the game score and all yellow card information.

MMHSAA Policy Contingency Plan for Sectional Competition

1. Contests will be postponed only if a participating school is officially closed due to weather or illness.
2. It is the responsibility of the Athletic Director (or designee) to notify the Executive Director and the Sport Chairperson that the school has been closed due to weather conditions (or illness) as soon as he/she becomes aware of such action. Officials and the media will be notified by the Chairperson (or designee).
3. In the event that a school is closed on the day its playoff contest is scheduled, the decision to play shall rest with the School.
4. When a contest is at a non-school site: If the competition facility and the roads to that destination are open, then the competition will go on as scheduled. If either the roads or the facility is closed, then the competition will be canceled. Under NO CIRCUMSTANCES is a site contracted by MMHSAA available for practice when a meet is canceled. Individual schools wishing to use a site for practice must follow standard rental procedures through their Athletic Director.
5. The Sport Chairperson will notify the Executive Director of any postponements.
6. PLEASE NOTE: It is up to the MMHSAA to recognize the potential for snow days, power outages, etc. that may cause cancellations and problems. The league should schedule their last league contest at least one or two days prior to the seeding meeting, allowing for a makeup league contest(s) prior to the seeding meeting if necessary. The storm in Feb. 2006 that closed schools the day before the seeding meeting bears this point out.

Media

The complete list of Media by clicking on: [Media Link](#)

MMHSAA Policies

MMHSAA Policy on Travel to State Competition

- [Summary for Individual Sports](#)
- Member schools participating in state/federation competition will be responsible for all costs related to that participation.
- Supervision:
- One or more certified coaches are required to travel with the student athletes from their school and must be present on any MMHSAA contracted bus, where the athletes are housed, at the state competition site and all related events.

Regulations Regarding Senior All-Star & Outside Agency Contest

1. All Senior All-Star and Outside Agency contests **MUST** be approved by the MMHSAA. In addition, Senior All-Star contests must be approved by the MMHSAA. The forms required are posted on the section website.
2. All Senior All-Star and Outside Agency contests must be conducted within the season dates approved by the MMHSAA Athletic Council for that sport. The calendar of approved season dates for all sports is posted on the section website
3. Only seniors who have completed their secondary school eligibility in that sport may compete in these contests.
4. A contestant may participate in any approved senior all star athlete contest in the same sport during the school year. (approved October 24, 2013, MMHSAA Executive Committee Meeting).

NOTE: A Senior All-Star contest by MMHSAA standards, is one in which an athlete's participation is based solely on outstanding performance as a member of a high school team. If open-tryouts are held, the contest is **NOT** a MMHSAA All-Star contest.

ALL-WNY Scholar Athlete

Coaches and Athletic Directors are encouraged to nominate athletes for selection to the All-WNY Scholar Athlete in Soccer. Applications must be completed on-line before a date TBD. Coaches should check back during the season. The winners will be honored by the Buffalo News. Click for the [selection criteria and on-line application](#)

Jewelry Rule

MMHSAA will abide by the national governing body jewelry rule (i.e., NFHS, NCAA, USA Softball, USTA, USAG, etc.) followed by NYSCHSAA. (July 2022)

Hair adornments, including beads, may be worn provided they are secured and do not present a safety hazard to the player, teammates, or opponent(s). (May 2022)

Head coverings worn for religious reasons are permitted and shall not be made of abrasive or hard material and must fit securely. (September 2022)

MMHSAA Thunder and Lightning Policy

“Thunder and lightning necessitate that all contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion - thunder is thunder, lightning is lightning. If lightning and/or thunder is observed, all outdoor activities will be suspended immediately. Players and spectators shall be directed to report to a shelter, a building normally occupied by the public or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, and car). The officials and responsible authorities shall make every reasonable effort to resume and complete the contest, with full consideration of the weather and site conditions (as they affect safety and playing conditions). The official/coaches shall wait 30 minutes from the time the last boom is heard and/or the last strike is seen before starting or resuming play.

CLARIFICATIONS:

PRIOR TO CONTEST If thunder/lightning is observed at the site of an outdoor contest by the officials / coaches 30 or fewer minutes prior to the scheduled start of that contest, the official / coaches and the responsible school authorities shall not permit the contest to begin. Before the contest can begin a 30minute period void of any strike or boom must be observed.

DURING THE CONTEST If thunder/lightning is observed at the site of an outdoor contest by the officials during the playing of the contest, the official/coaches shall immediately cease play for 30 minutes. Play may not resume until there has been a period of at least 30 minutes in which a boom or strike has not been observed. The rules of the particular sport shall determine whether the contest is ‘official’ or must be resumed at a later date.”

Sportsmanship Philosophy

1. We believe that interscholastic athletics is an important part of education and support the ideals and values embodied in good sportsmanship.
2. We believe that sportsmanlike behavior is essential if interscholastic competition is to contribute usefully and constructively to the broad goals of education and to the quality of life of those involved.
3. We pledge ourselves individually and collectively to encourage and support the development and maintenance of a sportsmanlike atmosphere for athletic competition.

Code of Conduct Philosophy

1. A genuine interest in and enjoyment of interscholastic competition requires conduct that reflects the understanding that contests as a part of an overall school program are intended to be enjoyed. Behavior that reflects a winning-at-all-costs attitude violates this standard.
2. Interscholastic competition provides valuable lessons and learning experiences that are not possible in the regular classroom setting. All involved must support the need to develop the ability to compete with enthusiasm and to accept winning with grace and losing with dignity.
3. Coaches, players, and fans should know that participation is an honor and privilege which requires them to conduct themselves in a manner that brings honor and pride to their school and community.
4. Respect for the cultural and ethnic diversity of one’s opponents, their school, and community is a fundamental tenet of wholesome athletic competition. This standard suggests that planned activity is needed to demonstrate a warm and friendly welcome, mutual respect, and a genuine readiness to participate in a sportsmanlike manner.
5. Players should demonstrate both knowledge of the rules and respect for game officials and their decisions. Coaches and school officials have the responsibility to teach and encourage these attributes.

Sportsmanship Pledge

The New York State Catholic High School Athletic Association and the Monsignor Martin High School Athletic Association requires that game administrators, school administrations and officials enforce a ZERO TOLERANCE POLICY for athletes, coaches, and spectators. They will not tolerate negative statements of actions between opposing players, especially abusive language, trash talking, taunting, or baiting of opponents. If such comments are heard or actions seen, a penalty will be assessed immediately. Spectators are reminded that "The fee paid to gain admission to this Monsignor Martin High School Athletic Association event does not entitle you to:

- a. berates officials;
- b. question the coach;
- c. make negative comments toward either team;
- d. display inappropriate behavior

The playing field is an extension of the classroom. Please practice good sportsmanship."

This announcement stands as the official warning and the ZERO TOLERANCE POLICY is posted at the entrances to today's game.

Health Related Guideline

MMHSAA AED

Although the New York State legislature may have not gone so far as to make Education Law Section 917 applicable to nonpublic schools, the MMHSAA believes that its member schools should observe the law's requirements as a "best practice" and therefore strongly encourages them to do so. For championship events that the MMHSAA hosts at neutral sites, there will be AED equipment present as well as people who know how to operate the equipment. For playoff matches at a member school, the member school is responsible for providing the AED. During the regular season it will be the independent responsibility of each school to ensure whether and how the school will observe these best practices relating to AED's.

Concussion Management

MMHSAA has recommended that every school develop a written policy for concussion management and return-to-play protocol. Each school is responsible to follow the policy and guidelines set forth by their home school. (Refer to www.nysphsaa.org for a reference)

In addition, in regards to officials, coaches shall note: "if a student exhibits signs and symptoms of a concussion, the official may remove the student from competition. The chief school medical officer shall determine when a student may return to play."

Athletic Trainers

MMHSAA recommends and supports the 'Best Practice' that every member High School has a Certified Athletic Trainer providing full-time access or coverage to the athletic program. It is the responsibility of each school to provide for their own athletic training needs for all of their school events.

It is recommended that a physician be present at all football games. If the services of a physician cannot be obtained, coverage should be provided by persons qualified to give emergency care (e.g. physician assistants, emergency squads, athletic trainers).

Athletic Training Services Support Document :

https://nysphsaa.org/documents/2021/9/10/Athletic_Training_Services_In_Secondary_Schools_.pdf

APPENDIX

Concussions: The Invisible Injury

Student and Parent Information Sheet

CONCUSSION DEFINITION

A concussion is a reaction by the brain to a jolt or force that can be transmitted to the head by an impact or blow occurring anywhere on the body. Essentially, a concussion results from the brain moving back and forth or twisting rapidly inside the skull. FACTS ABOUT CONCUSSIONS ACCORDING TO THE CENTER FOR DISEASE CONTROL (CDC)

- An estimated 4 million people under age 19 sustain a head injury annually. Of these, approximately 52,000 die and 275,000 are hospitalized.
- An estimated 300,000 sports and recreation related concussions occur each year.
- Students who have had at least one concussion are at increased risk for another concussion.

In New York State in 2009, approximately 50,500 children under the age of 19 visited the emergency room for a traumatic brain injury and of those approximately 3,000 were hospitalized.

REQUIREMENTS OF SCHOOL DISTRICTS

Education:

- Each school coach, physical education teacher, nurse, and athletic trainer will have to complete an approved course on concussion management on a biennial basis, starting with the 2012-2013 school year.
 - School coaches and physical education teachers must complete the CDC course. (www.cdc.gov/concussion/HeadsUp/online_training.html)
 - School nurses and certified athletic trainers must complete the concussion course. <http://preventingconcussions.org>

Information:

- Provide concussion management information and sign off with any parental permission form.
- The concussion management and awareness information or the State Education Department's web site must be made available on the school web site, if one exists.

Removal from athletics:

- Require the immediate removal from athletic activities of any pupil that has or is believed to have sustained a mild traumatic brain injury.
- No pupils will be allowed to resume athletic activity until they have been symptom free for 24 hours and have been evaluated by and received written and signed authorization from a licensed physician. For interscholastic athletics, clearance must come from the school medical director.
 - Such authorization must be kept in the pupil's permanent health record.
 - Schools shall follow directives issued by the pupil's treating physician.

SYMPTOMS

Symptoms of a concussion are the result of a temporary change in the brain's function. In most cases, the symptoms of a concussion generally resolve over a short period of time; however, in some cases, symptoms will last for weeks or longer. Children and adolescents are more susceptible to concussions and take longer than adults to recover.

It is imperative that any student who is suspected of having a concussion is removed from athletic activity (e.g., recess, PE class, sports) and remains out of such activities until evaluated and cleared to return to activity by a physician.

Symptoms include, but are not limited to:

- Decreased or absent memory of events prior to or immediately after the injury, or difficulty retaining new information
- Confusion or appears dazed
- Headache or head pressure
- Loss of consciousness
- Balance difficulties, dizziness, or clumsy movements
- Double or blurry vision
- Sensitivity to light and/or sound
- Nausea, vomiting, and/or loss of appetite
- Irritability, sadness, or other changes in personality
- Feeling sluggish, foggy, or light-headed
- Concentration or focusing problems
- Drowsiness
- Fatigue and/or sleep issues – sleeping more or less than usual

Students who develop any of the following signs, or if signs and symptoms worsen, should be seen and evaluated immediately at the nearest hospital emergency room.

- Headaches that worsen
- Seizures
- Looks drowsy and/or cannot be awakened
- Repeated vomiting
- Slurred speech
- Unable to recognize people or places
- Weakness or numbing in arms or legs, facial drooping
- Unsteady gait
- Change in pupil size in one eye
- Significant irritability
- Any loss of consciousness
- Suspicion for skull fracture: blood draining from ear or clear fluid from the nose

STATE EDUCATION DEPARTMENT'S GUIDANCE FOR CONCUSSION MANAGEMENT

Schools are advised to develop a written concussion management policy. A sample policy is available on the NYSPHSAA web site at www.nysphsaa.org. The policy should include:

- A commitment to reduce the risk of head injuries.
- A procedure and treatment plan developed by the district medical director.
- A procedure to ensure proper education for school nurses, certified athletic trainers, physical education teachers, and coaches.
- A procedure for a coordinated communication plan among appropriate staff.
- A procedure for periodic review of the concussion management program.

RETURN TO LEARN AND RETURN TO PLAY PROTOCOLS

Cognitive Rest: Activities students should avoid include, but are not limited to, the following:

- Computers and video games
- Television viewing
- Texting
- Reading or writing
- Studying or homework
- Taking a test or completing significant projects
- Loud music

- Bright lights

Students may only be able to attend school for short periods of time. Accommodations may have to be made for missed tests and assignments.

Physical Rest: Activities students should avoid include, but are not limited to, the following:

- Contact and collision
- High speed, intense exercise, and/or sports
- High risk for re-injury or impacts
- Any activity that results in an increased heart rate or increased head pressure

Return to Play Protocol once symptom free for 24 hours and cleared by School Medical Director:

day 1: Low impact, non-strenuous, light aerobic activity.

day 2: Higher impact, higher exertion, moderate aerobic activity. No resistance training.

day 3: Sport-specific non-contact activity. Low-resistance weight training with a spotter.

day 4: Sport-specific activity, non-contact drills. Higher-resistance weight training with a spotter.

day 5: Full-contact training drills and intense aerobic activity.

day 6: Return to full activities with clearance from School Medical Director.

Any return of symptoms during the return to play protocol, the student will return to previous day's activities until symptom free.

CONCUSSION MANAGEMENT TEAM

Schools may, at their discretion, form a concussion management team to implement and monitor the concussion management policy and program. The team could include, but is not limited to, the following:

- Students
- Parents/Guardians
- School Administrators
- Medical Director
- Private Medical Provider
- School Nurse
- Director of Physical Education and/or Athletic Director
- Certified Athletic Trainer
- Physical Education Teacher and/or Coaches
- Classroom Teachers

OTHER RESOURCES

- New York State Education Department <http://www.p12.nysed.gov/sss/schoolhealth/schoolhealthservices>
- New York State Department of Health http://www.health.ny.gov/prevention/injury_prevention/concussion/htm
- New York State Public High School Athletic Association, www.nysphsaa.org/safety/
- Center for Disease Control and Prevention, <http://cdc.gov/TraumaticBrainInjury>
- National Federation of High Schools www.nfhslearn.com – The FREE Concussion Management course does not meet education requirement.
- Child Health Plus http://www.health.ny.gov/health_care/managed_care/consumer_guide/about_child_health_plus.htm
- Local Department of Social Services – New York State Department of Health, http://www.health.ny.gov/health_care/medicaid/ldss/htm
- Brain Injury Association of New York State, <http://www.bianys.org>
- Nationwide Children's Hospital - Concussions in the Classroom, <http://www.nationwidechildrens.org/concussions-in-the-classroom>
- Upstate University Hospital – Concussions in the Classroom, <http://www.upstate.edu/pmr/healthcare/programs/concussion/classroom.php>
- ESPN Video – Life Changed by Concussion <http://espn.go.com/video/clip?id=7525526&categoryId=5595394>
- SportsConcussions.org, <http://www.sportsconcussions.org/ibase/line/>
- American Association of Neurological Surgeons <http://www.aans.org/Patient%20Information/Conditions%20and%20Treatment/Concussion.aspx>
- Consensus Statement on Concussion in Sport – Zurich, <http://sportconcussions.com/html/Zurich%20Statement.pdf>

HEAT INDEX PROCEDURES

Administration of Heat Index Procedures:

- Feels Like Temperature (Heat index) or THI using a Wet Bulb Globe Temperature Indicator on the field will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 80 degrees (Fahrenheit) or higher.
- Download WeatherBug app to your phone or log into www.weatherbug.com. Schools may also use a Wet Bulb Globe Temperature Indicator on the field that will be used.
- Enter zip code or city and state in the location section of the app or on-line or determine the THI by using a Wet Bulb Globe Temperature Indicator.
- If the Feels Like temperature (heat index) or the Wet Bulb Globe Temperature Indicator is in the recommended range (yellow – WeatherBug or green, yellow, orange, red – WBGT), the athletic trainer, athletic director, or school designee must re-check the Feels Like temperature (heat index) or Wet Bulb Temperature Indicator at halftime or midway point of the contest. If the Feels Like temperature (heat index) or Wet Bulb Temperature Indicator is in the required range (red – WeatherBug or black – WBGT), the contest will be suspended.

Please refer to the following chart when using **Weather Bug app**, to take the appropriate actions:

	Feels Like Temp (Heat Index) or Wet Bulb Indicator under 79 degrees	Full activity. No restrictions
R E C O M M E N D E D	Heat Index Caution: Feels Like Temp (Heat Index) or Wet Bulb indicator 80 degrees to 85 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch: Feels Like Temp (Heat Index) or Wet Bulb indicator 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider postponing practice to a time when Feels Like temp is lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).
	Heat Index Warning: Feels Like Temp (Heat Index) or Wet Bulb Indicator 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness. Consider postponing practice to a time when Feels Like temp is much lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time). Light weight and loose fitting clothes should be worn. For Practices only Football Helmets should be worn. No other protective equipment should be worn.
REQUIRE D	Heat Index Alert: Feels Like Temp (Heat Index) or Wet Bulb Indicator 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.

Please refer to the following chart when using **Wet Bulb Globe Temperature Indicator**, to take the appropriate actions:

Cat 3	Cat 2	Cat 1	Activity Guidelines
< 82.0°F <27.8°C	< 79.7°F <26.5°C	< 76.1°F <24.5°C	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.2 - 86.9°F 27.9-30.5°C	79.9 - 84.6°F 26.6-29.2°C	76.3 - 81.0°F 24.6-27.2°C	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
87.1 - 90.0°F 30.6-32.2°C	84.7 - 87.6°F 29.3-30.9°C	81.1 - 84.0°F 27.3-28.9°C	Maximum practice time is 2 h. For Football: players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
90.1 - 91.9°F 32.2-33.3°C	87.8 - 89.6°F 31.0-32.0°C	84.2 - 86.0°F 29.0-30.0°C	Maximum practice time is 1 h. For Football: No protective equipment may be worn during practice, and there may be no conditioning activities. For All Sports: There must be 20 min of rest breaks distributed throughout the hour of practice.
≥ 92.1°F ≥ 33.4°C	≥ 89.8°F ≥32.1°C	≥ 86.2°F ≥30.1°C	No outdoor workouts. Delay practice until a cooler WBGT is reached.



Fig. 2. Heat safety regions.

Use this link to determine the category of your location.

Link: <http://www.castlewilliams.com/wbgt-regions.html>

Approved May 1, 2010
Updated May 3, 2023

WIND CHILL PROCEDURES

Administration of Wind Chill Procedures:

- Feels Like Temperature (Wind Chill) will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 39 degrees (Fahrenheit) or lower.
- Download WeatherBug app to your phone or log into www.weatherbug.com.
- Enter zip code or city and state in the location section of the app or on-line.
- If the Feels Like temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or school designee must re-check the Feels Like (wind chill) at halftime or midway point of the contest. If the Feels Like (wind chill) temperature is -11 degrees (Fahrenheit) or lower, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	Feels Like Temp (wind chill) above 40 degrees	Full activity. No restrictions
R E C O M M E N D E D	Wind Chill Caution: Feels Like Temp (wind chill) 39 degrees to 20 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing.
	Wind Chill Watch: Feels Like Temp (wind chill) 19 degrees to 10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss.
	Wind Chill Warning: Feels Like Temp (wind chill) 9 degrees to -10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss. Consider postponing practice to a time when the Feels Like temp is much higher. Consider reducing the amount of time for an outdoor practice session.
REQUIRED	Wind Chill Alert: Feels Like Temp (wind chill) -11 degrees or lower	No outside activity, practice or contest, should be held.

Special Note: Alpine Skiing will be exempt from this policy and will follow the regulations of the host ski center where the practice or event is being held.

Approved May 1, 2010

Updated July 27, 2016

Tornado Policy

- Tornado Watch-indicates tornados are possible. Event staff must continue to monitor the situation.

- Tornado Warning-Tornado siren sounds signaling tornado sighted or tornado indicated by radar

GUIDELINES/PROCEDURES

- If a tornado warning is initiated, immediate event delay shall be implemented, and all participants, spectators and athletic staff shall seek shelter immediately. Once inside a secure location, tune to local weather alert radio to be informed of the storm location, path and duration of tornado warning. • Warning may be extended, or a new warning issued at any time, so continue to monitor.
- Safe shelter from tornadoes inside the lowest building level, away from exterior walls/windows, with windows closed.

All Clear - tornado warnings will expire after duration specified by the National Weather Service and the site director will notify all involved that the warning has ended, and the event may resume.