



2021
Football Handbook

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*Subject to change

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MMHSAA FOOTBALL 2021

Rules: NFHS

Maximum Number of games: 10

Practice Requirements: Number of practices needed to represent school: 10 First

Practice: Monday, August 23

Nights rest between contests: 4 nights (2 nights for scrimmage)

First Scrimmage: Thursday, September 3

Scrimmage limitations per day: 1 scrimmage

Individual contests limitation per day: 1 contest

First Game: Thursday, September 3

Last League Game: Saturday, October 31

Semi-Finals: November 5th or 6th

Finals: Saturday, November 13 (tentative)

State Championship (NYC Hosts): Saturday, November 27 or December 4

Final Rosters deadline: Friday, September 17

Football Advisory Committee

Committee voting privileges: As per the MMHSAA Constitution “The representative members on each sport committee will be the coaches of the school participating and have only one vote per school. The Sport Chair may only vote when the vote is tied. A Sport Chair who also represents a school can serve in both capacities but will have only one vote.” This committee can only make recommendations to the Athletic Director’s Committee.

MMHSAA Chairperson

Jerry Smith, St. Francis smithj@stfrancishigh.org

MMHSAA League Meetings

- League Pre-Season - The football committee chairman or his representative will attend all league coaches’ pre-season meetings.
- League post-season – The football post-season meeting will take place the week following the season.

POLICIES, RULES, & REGULATIONS

PURPOSE & GOALS

MMHSAA Football is established to provide a service to all member schools. The prime objective is to equalize the competition among these schools so that all may compete in a manner that best serves their interests. The essential part of the league is a cooperative and contributing attitude that all member schools must display. This positive approach will best serve the wishes, ambitions, and hopes of all member schools.

It is absolutely essential that members of the MMHSAA realize and understand that membership in the MMHSAA presupposes certain conditions and responsibilities. The guarantee of a complete league division football schedule for every season for each member school is mandatory. Each member school must work towards this necessary goal. The MMHSAA can and will serve the best interests of all member schools. This does not mean that every member school will be completely satisfied. In order to provide service to all, it is necessary for member schools to realize that, on occasion, the greater good of the MMHSAA or other member schools must be met. On these occasions, an individual school might have to sacrifice its own position for the greater good.

As a league, we can provide the leadership and competition that will benefit young student-athletes in MMHSAA. We have responsible people running and operating fine institutions of education. There is no doubt that by working together we can make the MMHSAA Football a model for other communities in the state.

Football Rules Changes - 2021

Action in the Free-Blocking Zone [2-17-2c (NEW), 2-17-4]

Blocking below the waist now requires the block to begin immediately following the snap.

2021 EDITORIAL CHANGES

1-5-1b(3); 2-10-1; 2-10-2; 3-5-1; 9-4-4 PENALTY, NINE-, EIGHT- AND SIX-PLAYER RULES

2021 POINTS OF EMPHASIS

1. Sportsmanship
2. Intentional Grounding
3. Ineligible Downfield and Line of Scrimmage Formation

NYSCHSAA Football Rules

1. With MMHSAA approval a contestant (or team) may participate in no more than ten (10) interschool football contests, excluding MMHSAAA championships. For the MMHSAAA school involved in the state championship three additional games are permitted for a total of thirteen (13) games for the season: 1 game for semifinals (if required), (1) game for finals, and (1) game for the state championship.
2. Interschool contacts (both scrimmages and contests) in football shall be permitted only in those schools which have an adequate number of students on the squad who are physically fit, eligible and prepared for each game as follows: Eleven (11) man football – sixteen (16) or more
3. All football games of the NYSCHSAA, Inc., shall be played following National Federation Football rules.
4. The 2-3-5 Practice Policy (approved October 2020):
 - The first two days of practice must be non-contact, without the use of protective equipment and mechanical blocking devices. The use of cones, ropes, ladders, step-over dummies, soft hand shields, and similar devices as teaching aids is permissible. Helmets may be worn.
 - The next three (3) days provide a transition from the conditioning phase to full contact. During this phase, players are permitted to wear a helmet and shoulder pads. Blocking dummies, sleds, and similar devices are permitted. During this phase, player-to-player tackling drills, team scrimmaging, running full contact plays, etc., are not permitted.
 - The next five practice days consist of contact practice with full protective equipment and the use of all training devices. Full player-to-player contact and team scrimmaging is permitted.
 - NOTE: For any violation of this rule, the head coach will be suspended from the next regularly scheduled contest. The coach

may not be present at the game site nor communicate in any manner during the contest with any person present at the site. Not being present at the site means the disqualified coach is not present in the locker room, on the sidelines, in the stands or site area before, during or after the game.

5. Combined practice requirements (July 2019):
 - a. Coaches will instruct their own players.
 - b. "Live Contact" is permitted but not required.
 - c. Athletes/Teams may not participate in a combined practice until the first five (5) days of practice have been completed.
 - d. Drills may not exceed more than seven (7) players from each team.
6. The minimum time between interschool football scrimmages shall be two (2) days.
7. 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).
8. The NFHS accepted overtime procedures with the amendment that the ball is placed on the 20-yard line, instead of the 10-yard line.
9. A football player shall be permitted to participate in both the JV and Varsity football games for his school without violating the nights rest rule and maximum number of contests providing the following requirements are met: (July 2020)
 - a. The player shall participate in 10 or less plays on one of the two contests
 - b. There will be a TWO NIGHT rest period between the two contests.
10. Football Contact Limitations: Contact in the sport of football for High school football teams shall have no more than two "Full-Contact practices" per week during the season, with no Full-Contact" session to exceed 90 minutes. "Full- contact" means a practice where drills or live action is conducted that involves collisions at game speed, where players execute tackles and other activity that is typical of an actual tackle football game. Limitation of "Full-Contact practices" will begin with the 10th day. It is highly recommended that schools follow the NFHS Recommendation To Limit Full-Contact Practices In High School Football

Responsibility on Players to Avoid Illegal Contact

With a continued emphasis on minimizing risk in high school football, it is imperative for coaches to continue educating their student-athletes regarding the importance and responsibility of avoiding illegal contact. With the recent implementation of NFHS football rules prohibiting targeting, illegal contact on defenseless players, illegal blindside blocks, illegal pop-up kicks, and other illegal personal contact fouls, the NFHS is reiterating its focus on player safety. Players are ultimately responsible for using legal blocking and tackling techniques, and coaches have a responsibility to emphasize the use of legal contact. Therefore, unnecessary contact with opponents who are clearly out of the play, or contact that is excessive and unnecessary, have no place in the game of football. These unnecessary hits are unsafe acts and the techniques cannot be tolerated by those responsible for the game of football. Coaches need to exercise leadership in eliminating illegal contact, and game officials must act decisively to penalize illegal contact to minimize the risk of injury to players.

Illegal Helmet Contact

While wearing a football helmet can never guarantee the elimination of head and neck injuries, coaches at all levels of football have increased their focus on reducing these types of injuries as much as possible. One of the biggest efforts in this endeavor is to eliminate direct helmet-to-helmet contact and to minimize any other contact both with and to the helmet.

Coaches and game officials must continue to be diligent in promoting the elimination of direct contact to and with the helmet through consistent adherence to proper and legal coaching techniques and through strict enforcement of playing rules and game administration.

The number one responsibility for game officials must be player safety. Any initiation of contact with the helmet is illegal; therefore, these fouls must be penalized consistently and without warning. Player safety is simply a matter of attitude, technique, attention, and supervision. Proper coaching techniques and consistent enforcement of illegal helmet contact by game officials will be a positive step toward reinforcing player safety.

Sideline Management and Control, Professional Communication Between Coaches and Game Officials

Sideline management and consistent enforcement of the rules pertaining to the restricted area and the team box continue to be an issue in many areas of the country. The restricted area is the area extending two yards outside the perimeter of the entire field (i.e., outside both sidelines and end lines). This restricted area is designated by the restraining line. The team box is the area immediately outside the restricted area between the 25-yard lines on each side of the field. With limited exceptions, non players are not permitted in the restricted area at any time during the game. Non players include coaches, team personnel, spectators, game administrators, and members of the media. During a dead-ball interval, no more than three coaches are permitted in the restricted area directly in front of the team box. No one may be in the restricted area when the ball is live.

The restricted area is designated to make the sidelines safer for everyone and to allow game officials ample room to work. If the restricted area is not clearly delineated or not enforced by game administration, coaches, or game officials, individuals in the restricted area are at risk for injury during or after a play.

Game administration is required to enforce the restricted area beyond the boundaries of the team boxes. No one should be in this area including media, photographers, statisticians, school boosters, cheer squads, pep bands, security personnel, or medical staff.

Coaches are encouraged to instruct team personnel of the parameters and boundaries of the team box and to effectively communicate the requirements to stay in the team box at all times. Coaches are also required to remain outside the restricted area when the ball is live, and no more than three coaches are to be in the coaches' area when the ball is dead.

Game officials must consistently enforce the rules pertaining to the coaches' area and restricted area and other sideline violations that occur during the game. Effective enforcement begins with respectfully communicating expectations to coaches and game administration prior to the start of the game. Violations of the restricted area should immediately result in the beginning of the progression of the penalties prescribed in Rule 9-8. Violations of the unsportsmanlike conduct rules should immediately result in a 15-yard penalty and a disqualification of the offender if flagrant, or if it is the offender's second such foul. Examples of such conduct include the actions listed in Rule 9-8-1. A

coach or a non-player on the field of play is enforced as an unsportsmanlike conduct foul rather than a violation of the restricted area.

Coaches, game administration, and game officials are reminded that the primary purpose of high school activities is to teach student-athletes how to become responsible adults. All adults involved in a contest should recognize they are teacher-coaches and teacher-officials, and that their use of professional and courteous communication sets a positive example for the student-athletes to follow and is crucial in creating an optimal and meaningful learning environment. Game officials and coaches should always work together in a professional manner to ensure all rules are communicated, understood, and enforced.

Proper Enforcement of Penalties for Violations of the Equipment Rules

All players are required to wear properly fitted equipment and uniforms that are worn in the manner intended by the manufacturer, as specified in the rules. The purpose of equipment rules is to promote the safety and protection of both the player wearing the equipment and his opponent. Players may not wear any equipment/adornments that are deemed illegal. In addition, it is the responsibility of head coaches to ensure players have been issued properly-fitted equipment and have been instructed in its proper use and verify this requirement to game officials prior to each contest. Due to the potential for injury, game officials must strictly enforce equipment and uniform rules.

There are three types of fouls associated with improper equipment: (1) failure to properly wear required equipment, (2) failure to wear or use legal and/or required equipment, and (3) wearing illegal equipment. The first foul occurs when the required equipment is present, but is not worn properly. The penalty for this foul is a 5-yard penalty, and it can be either a dead-ball foul (if the foul occurs when the snap is imminent) or a live-ball foul (if a player is observed removing or discarding required equipment during a down). Examples of such fouls include, but are not limited to, unsnapped chin straps, tooth and mouth protectors that are dangling, or jerseys that do not fully cover the shoulder pads. If game officials observe any improperly-worn equipment during a dead-ball period, they should use preventive officiating and tell the player to make a correction. However, if the snap is imminent and equipment is not properly worn, the game official should blow the whistle to prevent the snap from occurring and a dead-ball foul should be called. The second foul occurs when a player is missing any required equipment. That foul is an unsportsmanlike conduct foul charged to the head coach (Rule 9-9). The third foul occurs when a player wears illegal equipment. Examples of this type of foul include, but are not limited to, the wearing of cleats

that exceed ½ inch, or the presence of a sticky substance on a player's uniform. If a player is detected wearing illegal equipment, his head coach is charged with an unsportsmanlike conduct foul under Rule 9-9.

If any equipment becomes illegal or defective during the game, correction must be made before the player continues to participate. Examples include chin strap snaps which break off of the helmet or a jersey that slides up over the top of the shoulder pad. If the correction can be made within 25 seconds and without the assistance of a team attendant, an official's time-out may be called to perform such correction. Alternatively, a team may request a charged time-out to perform the correction. However, if correction cannot be completed within 25 seconds, or during a charged time-out, the player may not continue to participate until correction is made.

Completion of Schedule

Each school in the MMHSAA has assisted in the development of the league schedule and has formally approved the final league schedule; therefore, all schools must, unless there is some dire emergency, keep their commitments to the entire league schedule or forfeit all remaining league games and be ineligible for the playoffs.

Member schools shall avoid forfeiting football games and should consider such action only under the MOST serious and unavoidable circumstances. Forfeits can have an important effect upon the final standings and this effect is NOT always in the best interest of the schools involved. Schools should consider the consequences before the decision to forfeit a contest is made. In cases of forfeit: Score of contest: 1 – 0; Points awarded: 2; Point differential awarded: 20

Interchange of Schedules

One week prior to the first game, all schools shall interchange, with their opponents and the MMHSAA office, a copy of their schedule, including the location of their field, school colors, admission policy, school nickname, roster, telephone number of school, and a reachable phone number of their athletic director, bus parking areas, and dressing room for team.

Roster Submissions

Each school must complete the official google MMHSAA roster and game form by one day prior to their first scheduled contest. Failure to do so may result in forfeiture of the game and exclusion from the MMHSAA playoffs. Updates can be made to your roster at any point during the season.

Chain Crew

The home school shall provide an experienced chain crew for all home games, both varsity and junior varsity. Adult chain crews are strongly recommended. Chain crews are to report to game officials fifteen minutes prior to the start of the contest.

Jerseys

Home school shall wear dark-colored jerseys, and the visiting school shall wear light-colored jerseys for both varsity and junior varsity games unless otherwise agreed upon.

MMHSAA Safety Policy for Cheerleading

“The purpose of cheerleading is to foster school spirit, encourage sportsmanship, and assist in crowd control. In the interest of safety and to prevent injury to cheerleaders, the following pyramids, vaulting devices, and maneuvers are prohibited at all MMHSAAAal and post-MMHSAAAal competition:

- Mini-trampolines, spring boards, and any other devices for increasing height.
- Falling to the knees or falling to a knee slide.
- Flips, handsprings, walkovers, and falls from the tops of pyramids or bases (walkovers, splits, round-offs, and cart wheels from the floor are allowed).
- All tosses.
- Pyramids in excess of double-level stunts.
- A pyramid is limited to multiple double level stunts which may or may not connect to other multiple double level stunts on single people.
- Definitions:
 - A double-level stunt is defined as a stunt involving a base in mount(s).
 - A base is defined as a person contacting the floor.

- A mount is defined as a person held by a base.
- A support is defined as touching for the purpose of design, but not balance.

The MMHSAA Executive Director strongly recommends that each school accept the above policy for league competition; otherwise, the home-school rules shall govern regular season play.

NOTE: Both cheerleading squads will have the option to perform at half-time at all MMHSAA contests.

Game Ball

There is no official game ball for our league.

Assignment of Officials

Officials will be assigned in www.arbitersports.com by the assigning agents contracted by MMHSAA.

All-Catholic Teams

An All-Catholic team shall be picked for each division.

Any changes shall be at the discretion of the Executive Committee in coordination with the Chairperson. Copies should be sent to the Football Chairman, The Buffalo News, W.N.Y. High School Sports, and other local papers for publication.

Jewelry Rule

Athletic Directors, coaches, and officials are to be reminded of the NYSPHSAA Jewelry Rule. It reads:

“No jewelry, which includes visible body piercing objects, shall be worn in any sport. Any piece of jewelry that is visible at the start of or during a contest is in violation of the NYSPHSAA Jewelry Rule. Religious medals must be taped to the body and under the uniform. Medical medals must be taped to the body so they are visible. Soft, pliable barrettes are permissible; body gems are not. Metal

barrettes are permissible in Girls Gymnastics only. NOTE: The sports of Bowling and Golf are exempt from this rule. Wrist watches are permitted in cross country.”

Media

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

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

App links

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

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

VIDEO SCOUTING

When scouting future opponents, the use of video equipment is permissible. No prior agreement or arrangement must be made. All scouting, video or in person, must be from behind all fences or barricades. Coaches and scouts are NOT allowed access to the press box. Video scouting tapes may NOT be exchanged; they are for the sole use of the scouting school. Violation of this policy will be considered unsportsmanlike.

GAME FILMS

Game films may be exchanged between schools when mutual consent of ALL schools involved is received before any exchange is made. Third-party schools must give their permission for this exchange to take place. Any violation of the policy will be considered unsportsmanlike.

SCOUTING SCRIMMAGES

Schools may scout ONLY the first scrimmage of the year, if a scrimmage is conducted.

Non-Team Personnel

All coaches, directors, and administrators are requested to assist in keeping the number of managers, chart keepers, alumni, etc., to a minimum along the sidelines. It is also requested that all players along the sidelines be kept seated on the players' bench. Proper number of benches shall be provided.

Non-team personnel are at the discretion of the home team during the regular season (alumni, VIP's, etc). Non-team personnel will NOT be allowed on the sidelines during any playoff game.

Proposed Cancellation Policy of Varsity Football Games

1. A varsity football game may be cancelled by mutual agreement of school officials prior to the day of the game and up to the start of the game.
2. Once the game has started, the officials will determine the continuance or cancellation of the game.
3. Postponed games will be rescheduled, if time permits.
4. Discontinued games will be replayed from the point at which the game was halted. Time, down, and the scrimmage line must be recorded by the officials at the time the game was terminated.
5. All terminated or postponed games shall be completed within seventy-two hours after the postponement.
6. When a game cannot be rescheduled within the next seventy-two hours after the postponement, the game will be rescheduled at a later date by mutual agreement of the two athletic directors and with the permission of the MMHSAA Executive Committee.
7. See Contingency Plan (weather/illness) for Play-offs.

Junior Varsity

1. Site and time: Opposite of varsity game: suggested time, Saturday at 10:00 a.m., evenings at 7:00 p.m but may be limited by availability of officials.. Visiting school to be notified if otherwise.
2. Length of quarters: All quarters are to be ten minutes in length. Timing of these games shall follow the rules as stated in the rule book. No running time.
3. Number of games: All schools shall play a full MMHSAA schedule, where possible.

4. Player eligibility: Any junior who is seventeen (17) or younger as of July 1 of that school year shall be eligible for junior varsity competition. Seniors shall not play Junior Varsity Football.
5. Player movement: Junior Varsity players may be moved from one squad to another, J.V. to Varsity or Varsity to J.V. No player can play in more than ten games a regular season. (Please refer to the MMHSAA General Handbook for additional information regarding the designation of players to a team.)

Forfeits

Member schools shall avoid forfeiting football games and should consider such action only under the MOST serious and unavoidable circumstances. Forfeits can have an important effect upon the final standings and this effect is NOT always in the best interest of the schools involved. Schools should consider the consequences before the decision to forfeit a contest is made. In cases of forfeit: Score of contest: 1 – 0; Points awarded: 2; Point differential awarded: 20 (For additional information see the MMHSAA General Athletic Handbook.

Football Scrimmage

A scrimmage is a practice that is a SIMULATED CONTEST. In scrimmages: (a) both squads use the same field simultaneously with both coaches making corrections and giving instructions, (b) GAME RULES MUST BE ALTERED (see below).

Football scrimmages shall be governed by the following:

1. No official score is kept.
2. No definite time is set or kept.
3. Coaches are permitted on the field to provide instruction and make corrections.
4. Different configurations governing possession time and down and distance situations (than those normally used in a game) may be used to govern play.
5. Unlimited time-outs and stoppages of play are permitted and encouraged for the purpose of both providing instruction and adequate rest periods.

6. The use of officials would be permitted and encouraged whenever possible for the purpose of instruction regarding the rules and proper application of rules.
7. No kickoffs are permitted.
8. Punts and extra point kick attempts may involve live play until the ball is kicked. Punts may not be advanced and all fumbled punts and muffs will be blown dead immediately.
9. The total number of plays should be recorded to prevent an individual player from being involved in more than a maximum of 90 live contact plays during the entire scrimmage.
10. No admission may be charged.
11. The participation of student support groups such as cheerleaders, bands, kick lines, etc., are prohibited.

PLAY-OFF FORMAT

1. Play-off Format Class A and B
 - Every team will qualify for the Play-offs. All games except for the finals will be played at the higher seed. Finals will be determined by the Executive Committee of MMHSAA
 - MMHSAA Tie-Break Procedure will be used to break all ties.
2. Semi-Final Sites: The higher-seeded team will be the home team in the semi-finals. They reserve the right to move the game to a neutral field.
3. MMHSAA Final Designees: The higher-seeded team will be listed as the home team.
4. Passes: All MMHSAA league passes will be honored at MMHSAA regular season contests only. MMHSAA Passes are not accepted during the playoffs

MMHSAA Tie-Break Procedure

Host team will be the highest seed. Seeding Criteria: (all criteria are based on league play only with the specification of each school playing a FULL league schedule. Highest seed is determined by MMHSAA record vs. MMHSAA opponents. In the event of a tie, the following procedure will be followed:

1. League division record
2. Head to head competition between two tied teams. The winning team will be declared the higher seed.

3. If 3 teams are tied, between the tied teams, the team with the fewest number of points allowed in the games played against the tied schools.
4. Between the tied teams, the team with the fewest number of points allowed in divisional games versus common opponents.
5. Between tied teams, the team with the highest point differential in all divisional games with no more than a 20-point difference being considered. If all three have beaten each other or two teams are tied, a point differential (points scored for versus point scored against) between the three schools with no more than a maximum of 20 points considered. (For example, if Team A beats Team B by 35 points, only 20 points will be counted towards the championship game.) The teams with the highest will be the higher seed. See the example below.

Example:

Team A (4-1)			Team B (4-1)		
Pts	Pts		Pts	Pts	
Scored	Allowed	Differential	Scored	Allowed	Differential
20	19	+1	21	19	+2
7	6	+1	33	24	+9
12	13	-1	31	15	+16
40	21	+19	38	41	-3
43	18	+20	17	6	+11
		+40			+35

No more than twenty points per game being considered. Team A would be declared the higher seed with a +40 differential vs. team B's +35 differential.

6. Coin Toss

NOTE: When one or more of the tied teams qualifies through the tie-breaking procedure, the remaining tied teams revert back to #1 (Head to Head competition). This process determines match-ups for the playoffs.

Officials

Officials for the games will be selected by MMHSAA in consultation with the MMHSAA football assignor, and assignments will be made in Arbitersports.com.

Coaches' Responsibilities for MMHSAA

1. Read Boys 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 17, 2021. 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 the Site Chairperson. A protest committee will decide at the site.
 - a. Practice balls. To be secured during the match.
 - b. Personal towels, locks, med. kit, etc.
 - c. Game balls

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.

NYSCHSAA 20 Yard Line Overtime Procedures

1. An overtime period is untimed play after a regulation game has ended with the score tied. During an overtime period, each team has an opportunity to be on offense. However, an overtime period may include only one offensive possession if the defensive team scores a safety or touchdown.
2. When the score is tied at the end of the fourth period, the referee will instruct both teams to return to their respective team boxes. There will be a three-minute intermission during which both teams may confer with their coaches. All officials will assemble at the 50-yard line, review the overtime procedure, and discuss how penalties (if any) including any carry-over penalties from the regulation contest will be assessed to start the overtime procedure. At the end of the intermission, the linesman will go to the team on the side of the field where the line to gain equipment is located, and the line judge will go to the other team. They will inform the coaches of any special penalty enforcements that apply.
3. At the coin toss in the center of the field, the visiting team's captain shall be given the privilege of calling the coin. The winner of the toss shall be given his choice of defense or offense first, or of designating the end of the field at which the ball will be put in play for this overtime period. The loser will have his choice of the other option. The referee will indicate the winner of the toss by placing a hand on his shoulder. To indicate which

team will go on offense, the referee will have that captain face the goal toward which his team will advance and indicate this with the first-down signal. The other team captain will face the offensive captain with his back toward the goal he will defend.

4. Each team shall be permitted one time-out during each overtime period. The team scoring the greater number of points in the overtime shall be declared the winner. The final score shall be determined by totaling all points scored by each team during both regulation time and overtime periods.
5. To start the overtime, the offensive team shall put the ball in play, first and 10, on the defensive team's 20-yard line anywhere between the inbound lines. The first offensive team shall have a series of four downs to either score or gain enough yardage for a first down. If the offensive team gains a first down, the possession will continue, with the ball in play as either first and 10, or first and goal if the ball is snapped inside the defensive team's 10-yard line. The offensive possession shall be terminated by any score by the offensive team, or if the defensive team has gained possession of the ball.
6. If the team on offense scores a touchdown, it is entitled to the opportunity for a try unless the points would not affect the outcome of the game or playoff qualifying. A field-goal attempt is permitted during any down. If the defensive team gains possession, the ball becomes dead immediately and the offensive team's possession is ended.
7. After the first team on offense has completed its possession, the first team on defense will become the offensive team with the ball snapped from the same 20-yard line anywhere between the inbound lines. The same end of the field will be used for possessions by both teams during each overtime period to ensure equal game conditions and conserve time.
8. If the score remains tied after each team has been given one offensive possession in an overtime period, then the procedure shall be repeated with other overtime periods until a game winner is determined. In this case, there shall be an intermission of two minutes between periods. At the subsequent meeting of team captains, the loser of the overtime coin toss will be given first choice of the options. If additional overtime periods are required, then first options will be alternated with no coin toss.
9. If a safety is scored by the offensive team, the succeeding spot will be the 20-yard line in possession of the team that was on defense, provided the defensive team has not already had its offensive series during the period (the temporary overtime score is: Team A-2; Team B-0).
10. When the defensive team gains possession of the ball, the possession immediately ends for the offensive team.
11. The offensive team shall be awarded a new series of downs when any one of the following occurs:
 - a. Offensive team recovers a scrimmage kick (field-goal attempt) between the goal lines after it has been touched first by the defensive team beyond the neutral zone.
 - b. Defensive team is guilty of roughing the passer or roughing the kicker, place-kick holder or snapper during a scrimmage kick (field-goal attempt).

12. If the defensive team scores a safety or touchdown, the game is ended.
13. Post Scrimmage Kick enforcement is not applicable in this procedure.

Heat Stress and Athletic Participation

IMPORTANT: In May 2010, the NYCPHSAA approved Heat Index and Wind Chill Procedures to be used in member school athletic programs. The Heat Index/Wind Chill must be checked prior to any contest or practice. See the appendix for The Heat Index/Wind Chill Procedures.

Under hot and humid conditions, 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 SYNCOPE - weakness, fatigue, and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes the person to heat stroke.
- HEAT EXHAUSTION (WATER DEPLETION) - Excessive weight loss, reduced sweating, elevated skin and deep body temperature, excessive thirst, weakness, headache, and sometimes unconsciousness.
- HEAT EXHAUSTION (SALT DEPLETION) - exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.
- 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 hot dry skin (heat stroke victims, contrary to popular belief, may sweat profusely).

It is believed that the aforementioned 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)

Checking the Heat Index prior to any contest or practice is required. In addition, the following practices and precautions are recommended:

1. Each athlete should have a physical examination 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 recommendations should be followed.
2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the PHYSICAL CONDITION of their athletes and set practice schedules accordingly.
3. Along with physical conditioning, the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat, and it is essential to provide for GRADUAL ACCLIMATIZATION TO HOT WEATHER. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80% acclimatization can be expected to occur after the first 7-10 days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.
4. The old idea that water should be withheld from athletes during workouts has NO SCIENTIFIC FOUNDATION. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum 10-minute water break be scheduled for every half hour of heavy exercise in the heat. Athletes should rest in a shaded area during the break. WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES. Check and be sure athletes are drinking the water. Cold water is preferable. Drinking ample water before practice or games has also been found to aid performance in the heat.
5. Salt should be replaced daily. Modest salting of foods after practice or games will accomplish this purpose. Salt tablets are not recommended. ATTENTION MUST BE DIRECTED TO REPLACING WATER; FLUID REPLACEMENT IS ESSENTIAL.
6. Cooling by evaporation is proportional to the area of the skin exposed. In extremely hot and humid weather, reduce the amount of clothing covering the body as much as possible. NEVER USE RUBBERIZED CLOTHING.

7. Athletes should weigh each day before and after practice, and WEIGHT CHARTS need to be CHECKED. Generally, a 3% weight loss through sweating is safe, and over a 3% weight loss is in the danger zone. With over a 3% weight loss, the athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions.
8. Observe athletes carefully for signs of trouble, particularly athletes who lose too much weight and the eager athletes who constantly compete at their capacity. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance, and unsteadiness.
9. Teams that encounter hot weather during the season through travel or following an unseasonably cool period should be physically fit but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.
10. Know what to do in case of an emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practice and pre-arranged 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 a hospital. Remove clothing and use cool water on the body. 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 a hospital. Give fluids if the 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 every hour is better than one break an hour. The small amount of salt lost in sweat is adequately replaced by salting food at meals. Talk to your medical personnel concerning emergency treatment plans.

The Prevention of Heat Illness

Guidelines developed by the Medical Aspects of Sports Committee-Medical Society of New York

Hundreds of students anticipating participation in their favorite fall sport usually work to improve their physical condition prior to the first practice session of the school team.

OBSERVE THE FOLLOWING GUIDELINES TO PREVENT HEAT ILLNESS.
HEAT ILLNESS IS CAUSED BY:

- Temperature and Humidity
- Poor conditioning
- High environmental conditions
- Drugs
- Temperatures of 80-90 and humidity over 70 percent
- Lack of acclimatization
- Insufficient water intake
- Decreased efficiency of heat dissipation
- Strenuous exercise
-

THE PREVENTIVE PROCEDURES

- Always know the temperature and humidity presently in the area of your planned workout. Review the Heat Index Chart and follow the procedure as required by the NYCPHSAA.
- Increase the rest periods during the workout and whenever possible seek shade during the rest break.
- Plan your workouts with a modest beginning with gradual increase in the total effort.

THE CLOTHING

- Never use rubberized sweat suits.
- Stockings should not be worn in hot weather.
- Wear shorts and T-shirt.

WEIGHT CHART

- Check and record your weight prior to and immediately following the workout.

- A loss in excess of 3 % of your body weight indicates a need for a reduction in your exercise program.
- A failure to regain weight overnight, which was lost the previous day, usually indicates dehydration – discontinue your exercise program and consult your physician.

FLUIDS

- DRINK WATER FREELY - Weight replacement usually results from drinking sufficient amounts of water.
- SALT REPLACEMENT - Use an extra SALTING OF FOODS AT MEAL TIMES.
- UNUSUAL REACTIONS - Should you experience a continuing loss of weight, weakness, or headaches, discontinue your exercise program and consult a physician.

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, 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 30-minute 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."

REPRESENTATION

A contestant or athletic team shall not represent a school except in conformance with all rules and regulations. It shall be the duty of trustees and boards of education to require that athletic activities be limited to competition between secondary school students.

To be eligible for MMHSAAA or state competition, a team must have competed in six school-scheduled contests which occurred on six different dates during the season.

Team Sports: For the sports of baseball, basketball, field hockey, ice hockey, lacrosse, soccer, softball, and volleyball, an individual is eligible for the team if he/she has been an eligible participant on a team in that sport in that school for a minimum of six scheduled contests during the regular season. For football, a student must be an eligible participant for a minimum of three contests. For Competitive Cheerleading, a student must be an eligible participant for a minimum of two competitions.

Contingency Plan for MMHSAA Competition

Contests will be postponed only if a participating school is officially closed due to weather or illness.

1. It is the responsibility of the Athletic Director (or designee) to notify the Executive Director 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 home school Athletic Director (or designee).
2. In the event that a school is closed on the day its playoff contest is scheduled, the decision to play shall rest with the District Superintendent.
3. 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 cancelled. Under NO CIRCUMSTANCES is a site contracted by MMHSAA available for practice when a meet is cancelled. Individual

schools wishing to use a site for practice must follow standard rental procedures through their Athletic Director.

4. The home school Athletic Director will notify the Executive Director of any postponements.
5. PLEASE NOTE: It is up to the individual leagues to recognize the potential for snow days, power outages, etc., that may cause cancellations and problems. The individual leagues should schedule their last league contest at least one or two days prior to the seeding meeting, allowing for a make-up league contest(s) prior to the seeding meeting if necessary. The storm in February 2006 that closed schools the day before the seeding meeting bears this point out.

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 MMHSAA. In addition, Senior All-Star contests must be approved by 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](#)

MMHSAA AED Policy

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 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 soccer 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."

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.

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 on 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/ibaseline/>
- 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) will be checked one 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
- Enter zip code or city and state in the location MMHSAAA of the app or online.
- If the Feels-Like temperature (heat index) is 90 degrees or above, the athletic trainer, athletic director, or school designee must re-check the Feels-Like temperature (heat index) at halftime or the midway point of the contest. If the Feels-Like temperature (heat index) temperature is 96 degrees (Fahrenheit) or more, the contest will be suspended.

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

	Feels-Like Temp (Heat Index) 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) 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) 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 (e.g., 2hr practice = 2hr recovery time).
	Heat Index Warning: Feels Like Temp (Heat Index) 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 (e.g., 2hr practice = 2hr recovery time.) Light-weight, loose-fitting clothes should be worn. For Practices, only Football Helmets should be worn. No other protective equipment should be worn.
REQUIRED	Heat Index Alert: Feels-Like Temp (Heat Index) 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.

Updated July 27, 2016

Wind Chill Procedures

Administration of Wind Chill Procedures:

- Feels-Like Temperature (Wind Chill) will be checked one 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 MMHSAAA of the app or online.
- 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.
REQUIRE D	Wind Chill Alert: Feels-Like Temp (wind chill) -11 degrees or lower	No outside activity, practice or contest, should be held.

.Updated July 27, 2016

