



**MINNESOTA  
SPORTS FEDERATION**

**CORPORATE PARTNERS**



Dear Head Coach:

Congratulations on qualifying for the **MINNESOTA SPORTS FEDERATION 10-UNDER AAA BASEBALL STATE TOURNAMENT** to be held in the city of **ROSEMOUNT** on **JULY 28-30**. Enclosed please find the tournament rules and other pertinent information. Please carefully review the information to avoid any misfortune which may disqualify your team from competition.

All team managers must report to the tournament headquarters located at **ERICKSON PARK** one-half hour prior to their first scheduled contest. At this time your "official tournament roster" will be checked. Teams without a properly completed roster will not be permitted to play. Teams found to have ineligible players will be immediately disqualified from competition.

**Teams are asked to support the tournament host by purchasing their food and beverages at the concession stands. Coolers or picnic lunches may not be brought into the complex.**

State Tournament Personnel include:

The Host Representative is:

**Bryan Trabert** [btrabert@crystalcanyonwater.com](mailto:btrabert@crystalcanyonwater.com) 651-775-0267

The MSF Tournament Manager is:

**Bryan Trabert** [btrabert@crystalcanyonwater.com](mailto:btrabert@crystalcanyonwater.com) 651-775-0267

The Umpire-in-Chief is:

**Tom Lattery** [tomlattery@gmail.com](mailto:tomlattery@gmail.com) 952-297-7923

If any pre-tournament questions arise, please contact:

**Dan Bradley** at [dan@msf1.org](mailto:dan@msf1.org) 651-451-3140

As a guest of the host community, it is asked that your team conduct itself in a responsible manner during their entire stay in the host city. Your observance of any specials rules that the host has established will assure the tournament's success. As you know, without willing hosts we would have not have postseason competition for the sports enthusiasts in the state of Minnesota. With your assistance, we can all be assured that our sports program will continue to grow and benefit thousands of participants each year.

**In closing, it is the MSF's desire that your team performs to the best of their ability and enjoys the opportunity to participate against teams of their own caliber.**

Sincerely,

Perry Coonce



Summer 2017

**TO:** State Tournament Teams

**FR:** Perry Coonce, MSF

**RE: MSF Baseball Tournament Information**

Congratulations on qualifying for the 2017 MSF State Baseball Championships. I have received your entry and you will be scheduled into the tournament.

For seeding purposes, coaches are asked to go to the MSF website, [www.msf1.org](http://www.msf1.org), where entered teams will be listed starting Friday, July 7th and seed all of the teams in their age/class. Simply rank the teams in number order according to how you think they should be seeded. **This needs to be done by 5:00 p.m. on Monday, July 10th.** Please email your seeding order to [dan@msf1.org](mailto:dan@msf1.org).

**To assist in the seeding process, please email Dan Bradley ([dan@msf1.org](mailto:dan@msf1.org)) your current record by Wednesday, July 5th.**

The state tournament schedule will be posted on the MSF website no later than July 15th. Teams should be prepared to play on Friday unless notified otherwise.

A reminder that all teams are to pay a gate fee for the weekend of \$150 at tournament check-in. Gate fee checks for the 10 AAA State Tournament can be written out to Rosemount Traveling Baseball

If any questions should arise, please contact me at [perry@msf1.org](mailto:perry@msf1.org).

Thanks and good luck!

Perry Coonce  
Minnesota Sports Federation

Enclosures: Cover Letter  
Map of Tournament Site  
Hotel Information



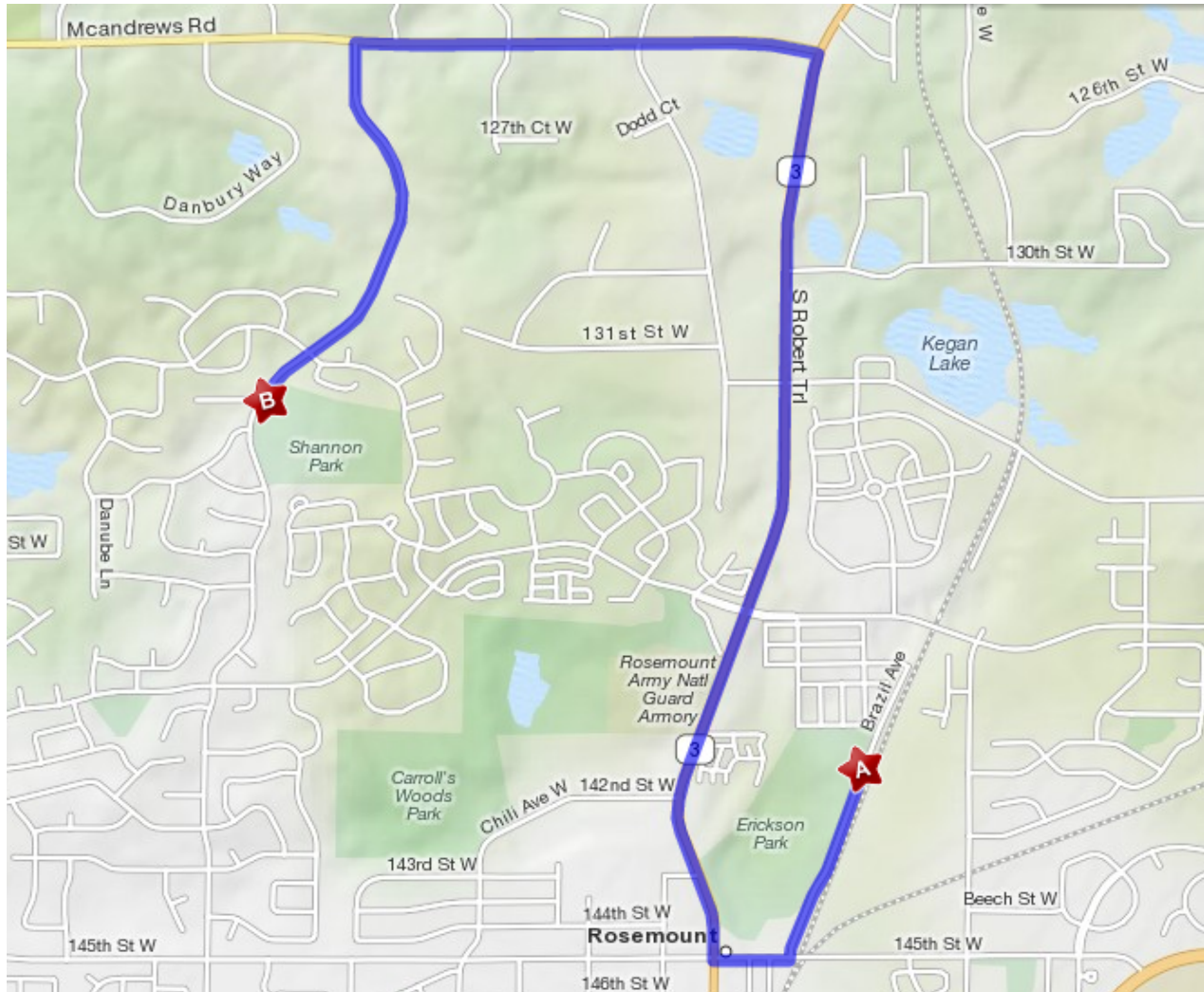
## ERICKSON PARK

*Headquarters*

14115 Brazil Ave  
Rosemount MN, 55068

## SHANNON PARK

13260 Shannon Parkway  
Rosemount, MN 55068



# 2017 Area Hotel Listings for MSF State Baseball Tournaments

## ROSEMOUNT (10AAA/AA)

| SITE                       | ADDRESS                                   | PHONE #        |
|----------------------------|-------------------------------------------|----------------|
| AmericInn Hotel and Suites | 15000 Glacier Ave, Apple Valley, MN 55124 | 1-866-678-6350 |
| Hampton Inn                | 3000 Eagandale Place, Eagan, MN 55121     | 651-428-6139   |
| Staybridge Suites, Eagan   | 4765 Rahncliff Rd, Eagan, MN 55121        | 651-994-7810   |
| Hilton Garden Inn          | 1975 Rahncliff Ct, Eagan, MN 55121        | 651-686-4605   |
| Springhill Suites, Eagan   | 3635 Crestridge Dr, Eagan, MN 55121       | 651-686-0600   |
| Townplace Suites, Eagan    | 3615 Crestridge Dr, Eagan, MN 55121       | 651-994-4600   |

## MANKATO (11AAA/AA)

| SITE                      | ADDRESS                                   | PHONE #      |
|---------------------------|-------------------------------------------|--------------|
| AmericInn Hotel & Suites  | 240 Stadium Rd, Mankato, MN 56001         | 507-345-8011 |
| Country Inn & Suites      | 1900 Premier Dr, Mankato, MN 56001        | 507-388-8555 |
| Best Western              | 1111 Range St, North Mankato, MN 56003    | 800-780-7234 |
| Mankato City Center Hotel | 101 E Main St, Mankato, MN 56001          | 507-345-1234 |
| Fairfield Inn             | 141 Apache Pl, Mankato, MN 56001          | 507-386-1220 |
| Days Inn                  | 111 W Lind Ct, Mankato, MN 56001          | 507-345-8800 |
| Super 8                   | 51578 US Hwy 169, North Mankato, MN 56003 | 507-387-0600 |
| Holiday Inn Express       | 2051 Adams St, Mankato, MN 56001          | 507-388-1880 |

## SARTELL (12AAA/AA)

| SITE                        | ADDRESS                                 | PHONE #      |
|-----------------------------|-----------------------------------------|--------------|
| County Inn & Suites (East)  | 120 7th Ave SE, St. Cloud, MN 56304     | 320-252-9292 |
| Country Inn & Suites (West) | 235 Park Ave S, St. Cloud, MN 56301     | 320-259-8999 |
| Hampton Inn & Suites        | 145 37th Ave N, St. Cloud, MN 56303     | 320-252-4448 |
| Homewood Suites             | 115 37th Ave N, St. Cloud, MN 56303     | 320-252-4448 |
| America's Best Value Inn    | 520 Hwy 10 S, St. Cloud, MN 56304       | 320-252-8700 |
| Holiday Inn Express         | 4322 Clearwater Rd, St. Cloud, MN 56301 | 320-240-8000 |
| Quality Inn                 | 4040 2nd St S, St. Cloud, MN 56301      | 320-251-1500 |

## **HAM LAKE (13AAA, 15AAA/AA)**

Please go to [www.TCGateway.com](http://www.TCGateway.com) for assistance in booking your hotels here.

## **MARSHALL (13AA)**

| <b>SITE</b>        | <b>ADDRESS</b>                                                    | <b>PHONE #</b> |
|--------------------|-------------------------------------------------------------------|----------------|
| AmericInn          | 1406 E Lyon St, Marshall, MN 56258 (29 rooms – ask for Colleen)   | 507-537-9424   |
| Quality Inn        | 1511 E College Dr, Marshall, MN 56258 (46 rooms – ask for Marcia) | 507-532-3070   |
| Ramada Inn         | 1500 E College Dr, Marshall, MN 56258 (70 rooms – ask for Curt)   | 507-532-3221   |
| Sleep Inn & Suites | 1300 Nwakama St, Marshall, MN 56258 (25 rooms – ask for Jennifer) | 507-337-0103   |
| Travelers Lodge    | 1425 E College Dr, Marshall, MN 56258 (20 rooms – ask for Bruce)  | 507-532-5721   |
| Super 8            | 1106 E Main St, Marshall, MN 56258 (20 rooms – ask for Shay)      | 507-537-1461   |

## **NEW ULM (14AAA)**

| <b>SITE</b>              | <b>ADDRESS</b>                              | <b>PHONE #</b> |
|--------------------------|---------------------------------------------|----------------|
| Affordable New Ulm Motel | 1427 S Broadway St. New Ulm, MN 56073       | 507-359-1414   |
| Microtel Inn and Suites  | 424 20 <sup>th</sup> St S New Ulm, MN 56703 | 507-354-9800   |
| Best Western             | 2101 S Broadway New Ulm, MN 56703           | 507-359-2941   |
| EconoLodge               | 1901 S Broadway St New Ulm, MN 56703        | 507-359-2400   |
| Colonial Inn             | 1315 N Broadway St New Ulm, MN 56703        | 507-354-3128   |

## **AUSTIN (14AA)**

| <b>SITE</b>  | <b>ADDRESS</b>                            | <b>PHONE #</b> |
|--------------|-------------------------------------------|----------------|
| Holiday Inn  | 1701 4th St NW, Austin, MN 55912          | 507-433-1000   |
| AmericInn    | 1700 8th St NW, Austin, MN 55912          | 507-437-7337   |
| Days Inn     | 1702 4th St NW, Austin, MN 55912          | 507-433-8600   |
| Comfort Inn  | 810 Happy Trails Ln, Albert Lea, MN 56007 | 507-377-1100   |
| Best Western | 821 E Plaza St, Albert Lea, MN 56007      | 507-373-4000   |
| Econo Lodge  | 3303 Oakland Ave W, Austin, MN 55912      | 507-437-7774   |

# Eligibility

## PLAYERS

Players must reside or attend school in Minnesota. EXCEPTION: Minnesota border communities (i.e. Winona, Moorhead, etc.) are limited to no more than five players who reside or attend school in a neighboring state's border community. These players must be original members of the team, not added to the roster for the tournament.

Players must participate on the team nearest to where they reside or attend school. EXCEPTION: Any player who tried out and was cut from the team nearest to the residence or school will be allowed to participate with the team next nearest to residence or school.

In order to participate in a MSF State Tournament, you will have had to compete in a minimum of four regularly scheduled league or tournament games with the team whose roster you are on. Lack of four games played due to injury or illness is not an exception.

Players may not be on two rosters for qualifier or state tournament play. If a team wins and accepts a state berth at a qualifier, the players are frozen to their roster and may not be picked up by another team playing for a state tournament berth. If the qualified team declines the state berth, that team's players may be picked up by another team playing state, provided the players are legal pickups.

## TEAMS

Intact teams only. No ALL-STAR Teams allowed. In order to participate in a MSF championship event, you must compete with the roster submitted for qualifier play and competed as a team for a minimum of four league games or tournament games with the team they are going to participate with in the MSF Championship. Teams are also allowed to pickup three players from their local association as long as they are of the same age or younger and play at the same or lesser class. Class AA teams may not pick up players from Class AAA of any age.

## AGE DIVISIONS

10-under - Born on or after May 1, 2006

11-under - Born on or after May 1, 2005

12-under - Born on or after May 1, 2004

13-under - Born on or after May 1, 2003

14-under - Born on or after May 1, 2002

15-under - Born on or after May 1, 2001

# Classes of Competition

## CLASS AAA

*For skilled and competitive teams which compete in an "AAA" league or at "AAA" tournaments. Top teams from outstate communities should consider playing "AAA".*

## CLASS AA

*This classification is for teams which are less competitive than "AAA" teams, compete in a "AA" League or "AA" tournaments. This classification is intended for second or third teams from a community (second teams could possibly still be Class AAA). Class AA is also for teams from smaller communities which cannot compete at the "AAA" level. **If a "AA" team finishes first or second at the MSF Class AA State Championship and returns 5 or more players, they shall be reclassified as "AAA" the following year if their association does not have an existing "AAA" team within their same age group.** The MSF reserves the right to reclassify teams at any time.*



# Roster Information

Roster limit is 18 players. Teams gaining entry to the state tournament through tournament qualifier play must utilize the team roster, which was used at the qualifier. If qualifier roster had less than 18 players, up to three players may be added provided they meet the designated eligibility requirements.

A properly completed MSF State Tournament Roster must be hand carried to the tournament site. Any team with an improperly completed roster shall be withheld from competition. Once the roster has been submitted at tournament headquarters it may not be amended in any way. MSF roster limit is 18.

The roster must include the residence or school address, which qualifies each team member as eligible for the MSF State Tournament. Players claiming eligibility through school attendance shall provide the schools address. Players claiming residence through their residence shall provide their home address.

Each player appearing on the MSF State Tournament roster must have in their possession (to be presented at team check-in) a copy of one of the following to verify their age and birth date: birth certificate, computer printout from school showing birth date, certificate of age from church on letterhead, valid passport, certification of age on letterhead signed by a superintendent/principal/attendance officer, hospital certificate of birth, school issued I.D. which includes birth date, baptismal certificate.

Players must be prepared to prove their age upon the request of a MSF Tournament Representative. Any team found to have used an ineligible player will be immediately disqualified from competition. MSF reserves the right to investigate eligibility matters at any time, including after the event.

Players, teams, or coaches who have been disqualified by their local association for unsportsmanlike conduct or other inappropriate acts, provided due process was provided, are not eligible for MSF Qualifier or State Championship play.

# MSF Game Equipment

1. Unless modified here, all game equipment shall be in accordance with specifications listed in the **National Federation of High School** rulebook. Decisions made by the MSF Umpire in Chief regarding equipment are final.
2. All teams must wear numbered jerseys of the identical color, duplicate numbered jerseys are to be considered illegal and will not be allowed. Tape numbers are not acceptable. Illegally uniformed players must be withheld from competition until they become legal.
3. Metal spikes – High School rules will apply for the 13-, 14- and 15-under age groups. They will not be allowed in the 10-, 11-, and 12-under age groups.
4. Proper helmets must be worn while batting, base running and catching in accordance with the NFHS guidelines.
5. Bats:

## 10-14 year old teams:

Bats with a barrel *larger than* 2 1/4" in diameter must:

- 1) have the new **1.15 BPF** approved stamp; or
- 2) have a **BBCOR** stamp; or
- 3) be a wooden bat

## 10-14 year old teams:

Bats with a barrel of 2 1/4" in diameter must:

- 1) have the new **1.15 BPF** approved stamp; or
- 2) have the old BPF 1.15 mark; or
- 3) be a wooden bat

## 15 year old teams:

Bats must comply with NFHS standards

## Below bat specifications are in addition to the bat standards above:

10-U, 11-U, 12-U, 13-U

Bats must either be 2 1/4" (without weight restrictions) or be between 2 1/2" and 2 3/4" and have a -10 differential or less (example: 30 inches, 20 oz is a -10 differential)

14-U

Bats must be 2 3/4" or smaller with a -5 differential or less

6. Knee, elbow, hand, wrist, arm guard or brace made of plaster, metal or any other hard substance, even though covered or insulated with soft packing, is illegal. A hinged knee brace, if properly covered and padded with no metal protruding is LEGAL.



7. Teams must supply their own first-aid kits. Athletic trainers may or may not be present. Should a serious injury occur, player's parent/guardian and coach shall be allowed on the field. Parent/guardian or coach shall determine if an ambulance/paramedics should be called at the injured party's expense.

## MSF Playing Rules

National Federation of High School rules shall govern play, except where modified in this booklet. These rules will be used at the MSF State Tournaments and should also be used in qualifying tournaments.

1. The official schedule is the bracket board posted at tournament headquarters. It is the teams responsibility to be aware of any changes and to be in the right place at the right time.
2. Responsible adults must supervise teams at all times, on and off the field.
3. Home team shall be determined by a coin toss before every game.
4. A 10-minute grace period will be allowed for a team's first game before a forfeit is declared. Game time is forfeit time for all remaining games. A team that is a NO SHOW for their first game has one hour to contact the tournament director regarding the status of their remaining pool play games. If no contact is made within one hour, that team's games will be declared forfeits.
5. A 10 run rule is in effect throughout the entire tournament. Games will end at the conclusion of 4 1/2 innings (home team) or 5 innings (visiting team) if the score differential is 10 runs or greater for all age groups.

6. Pitching/Base Distances:

| AGE     | PITCHING DISTANCE | BASE PATHS                               |
|---------|-------------------|------------------------------------------|
| 10      | 45-46 feet        | 60 feet                                  |
| 11      | 45-46 feet        | 65 feet                                  |
| 12      | 52-54 feet        | 70-75 feet (75 feet at State Tournament) |
| 13      | 52-54 feet        | 75-80 feet                               |
| 14 & Up | 60.5 feet         | 90 feet                                  |

7. Base Running Rules:

10 – U: Stealing is permitted however a runner may not leave the base until the ball crosses home plate. If the runner leaves early a dead ball is declared and the runner in violation is out.

Dropped 3rd strike – Batter is out, runners may advance at their own risk, and ball is live.

11 – U: Stealing is permitted; however a runner may not leave the base until the ball leaves the pitchers hand. If the runner leaves early a dead ball is declared and the runner in violation is declared out.

Dropped 3rd strike – batter is out, runner(s) may advance at their own risk – ball is live.

12 – 15 U: High school rules apply to leading off, stealing, dropped 3rd strike, etc.

8. Pool Play Game Length / Time Limits:

10 – 12 – U 6 innings/1 hour 45 minute time limit. No new inning shall begin after 1 hour and 45 minutes. (4 innings minimum)

13 – 15 – U: 7 innings/2 hour time limit. No new inning shall begin after 2 hours. (5 innings minimum)

\*There is no time limit in bracket play.

\*\*In Pool Play games, if the score is tied at the end of regulation and the time limit has not expired, the game shall continue. Games may end in a tie in pool play once the time limit is reached. When the time limit is reached after an inning has started, the game will end immediately if the home team is ahead or scores the go ahead run in the bottom half of the inning or when the inning is completed.

9. 10,11,12,13-U must use free substitution and must bat entire bench. Coaches are expected to follow the spirit of the rule here by batting the entire bench in all games during tournament play. If a player who is present is prevented from sitting on the bench to avoid the spirit of the rule, the head coach shall be prohibited from coaching any remaining games in the tournament and the game in question shall be forfeited. Note: High school rules regarding designated hitter and re-entry for 14 & 15-U. **MSF Exception:** Replacement of injured players and/or courtesy runners. If an active player sustains an injury that requires them to leave the game and their team has used all available substitutes, the coach may substitute for the injured player with the first player on the bench who had previously lost their eligibility via the re-entry rule.



10. 10-13U – A courtesy runner will be allowed for the current catcher or pitcher anytime. This means the catcher/pitcher must be the catcher/pitcher of record before and after the at bat. The courtesy runner will be the last player that made an out. The player that is run for must catch/pitch the next inning.  
14-15U – A courtesy runner will be allowed for the current catcher/pitcher anytime. Players who have participated in the game in any other capacity are ineligible to serve as courtesy runners until all players have participated. If all players have participated, then the courtesy runner will be the last player that made an out. The player that is run for must catch/pitch the next inning.
11. Teams must start the game with 9 players. If due to injury or illness, a team may finish a game with 8 players. A team reduced to less than 9 players due to an ejection shall be disqualified.
12. (Ages 10-13): If a player arrives late to a game or leaves early, in an entire roster batting order you close the batting order up (eliminate the batting spot if player leaves) or for the player coming late you open up the batting order (add the batting spot at the bottom of the order). If a player is injured you close the batting order up (eliminate his batting spot and the player may not return that game). It is not an out when his spot comes up to bat. If a player is ejected in a 10-13 year old game then that batting spot is an out each time it comes up.
13. If a team is disqualified from the tournament, it only affects the results of their last game (and only if a legal protest had been filed by their opponent prior to completion of that game).
14. Only players listed on the MSF Sate Tournament roster may occupy the team bench. One batboy and one scorekeeper may occupy the bench in addition to team coaches. The tournament director reserves the right to limit the number of coaches per team.

| Innings Pitched Restrictions |                               | Innings Pitched Restrictions |                                |
|------------------------------|-------------------------------|------------------------------|--------------------------------|
| 10U, 11U                     | 3 per game, 6 per pool        | 13U                          | 4 per game, 8 per pool*        |
|                              | 3 per game, 6 per bracket*    |                              | 4 per game, 8 per bracket*     |
|                              | (cannot exceed 6 in one day)* |                              | (Cannot exceed 8 in one day)*  |
| 12U                          | 3 per game, 6 per pool*       | 14U, 15U                     | 7 per game, 10 per pool*       |
|                              | 3 per game, 8 per bracket*    |                              | 7 per game, 10 per bracket*    |
|                              | (Cannot exceed 8 in one day)* |                              | (Cannot exceed 10 in one day)* |

\* Tournament Per Day & Tournament Per Bracket Pitching Restrictions are waived and do not apply for the **Championship and 3rd Place Games.** \* **THE PER GAME RULE STILL EXISTS.**

**VIOLATION** of innings pitched restrictions will result in the disqualification of the team for the remainder of the tournament. One pitch in an inning will count as an inning pitched. Teams must keep track of innings pitched during each game and verify with the opposing coach and umpire immediately following the game. Coaches are also responsible for verifying the number of innings pitched with the tournament director, who will keep a running total through out the tournament.

15. Trips to the Mound:  
Two trips to the mound are allowed **PER PITCHER, PER GAME** for 10, 11, 12 & 13-under age groups. On the second trip the pitcher must be removed from the pitcher position. High school rules will apply for the 14 & 15-U age groups.

16. Legal Pitches:

For 10 & 11-U the following pitches are legal: fastballs, straight change-ups, palm balls and knuckle balls. All other pitches, including but not limited to curve balls, knuckle curves, sliders, etc. shall be considered illegal. 1st offense – warning; 2nd offense — pitcher and head coach are disqualified for the remainder of that game.

High school rules will apply for 12, 13, 14 & 15-U age groups.

17. Balks:

A balk may not be called in the 10 & 11-U age groups unless the umpire judges the pitcher is being intentionally deceptive. A fake pitch will be considered a balk resulting in a dead ball with all runners advancing one base. High school rules will apply for 12, 13, 14 & 15-U age groups.

18. EJECTIONS:

Any player or coach ejected from a game will be suspended for the remainder of the tournament. These individuals may not be within 200 feet of the team bench through out the remainder of the tournament. If the suspended party negatively affects the tournament in any way, they will be removed from the facility and may not set foot on any MSF State Tournament facility for the remainder of the weekend. If the individual(s) refuses to leave promptly and orderly the police will be called. It is possible for the individual/team to face additional penalties regarding future MSF participation.

19. A game that is suspended due to inclement weather (or for any other reason) will be resumed from the exact point of suspension. If any portion of the tournament is deemed unplayable, the tournament director reserves the right to do whatever necessary to complete the tournament, including but not limited to the changing of the tournament format, shortening games, etc. The decision of the tournament director/MSF staff is final.

If inclement weather (or any other reason) does not allow the tournament to be played out in its entirety, tournament staff may determine a champion from the remaining championship bracket teams (and remaining consolation bracket teams) using the following criteria: 1) Overall winning percentage 2) Head-to-head (if two teams are tied) 3) Least average number of runs allowed per game 4) Average run differential (max plus or minus 10 runs per game 5) Coin Toss

20. In Pool Play games, if the score is tied at the end of regulation and the time limit has not expired, the game shall continue. Games may end in a tie in pool play. If time expires while a game is tied and in the middle of an inning, complete the inning in progress.

21. POOL PLAY STANDINGS are determined by:

1. Won - Loss records
2. Head-to-head
3. Fewest runs allowed in pool play
4. Run differential in pool play (maximum plus or minus 10 runs per game)
5. Coin Toss

**If a three-way tie exists, please follow examples below:**

**Example #1:** Team A = 6 runs allowed; Team B = 9 runs allowed; Team C = 13 runs allowed...  
Team A is #1 seed from pool, Team B is #2 seed, Team C is #3 seed

**Example #2:** Team A = 5 runs allowed; Team B = 8 runs allowed; Team C = 8 runs allowed...  
Team A is #1 seed in pool, #2 seed is determined by run differential in pool play

**Example #3:** Team A = 7 runs allowed; Team B = 7 runs allowed; Team C = 10 runs allowed...  
Team C is #3 seed in pool, #1 seed is determined by run differential in pool play



# Concussion Management Guidelines

A concussion is an injury to the brain and any injury to the brain is serious. It is caused by a blow to the head or a blow to the body resulting in an injured brain. Even a seemingly minor blow or jolt can cause a brain injury.

All umpires and youth coaches in Minnesota who officiate or coach games in which 18-under players participate, must have undergone concussion training within the past three years at the website provided below. Umpires and coaches should print and keep their certificate of completion in their possession.

## Common Concussion Symptoms

Headaches  
Balance Off  
Sensitive to Light  
Numbness and Tingling  
Difficulty Concentrating  
Nervousness

Nausea  
Dizziness  
Sensitive to Sound  
Visual Problems  
Difficulty Remembering  
Drowsiness

Vomiting  
Fatigue  
Ear Ringing  
Mentally Foggy  
Confusion  
Slurred Speech

## Return to Participation

Athletics should not return to play until:

Evaluation and clearance by Health Care Professional

Athletes must be symptom free at rest and during progressively demanding exercises.

Athletes must remain symptom free upon returning to practice/play.

Detailed Concussion Training is available at [www.cdc.gov/headsup/youthsports/training/](http://www.cdc.gov/headsup/youthsports/training/).

Additional resources available at [www.mnata.com/resources/concussion-management/](http://www.mnata.com/resources/concussion-management/) or [www.braininjurymn.org](http://www.braininjurymn.org).

# Lightning Protocol

Tournament directors and umpires should familiarize themselves with information on dealing with adverse weather from the local office of the National Weather Services.

A few recommendations are listed below:

- 1) If you can hear the thunder from a thunderstorm you could be in danger of being struck by lightning (lightning can travel as far as 10 miles from the parent cloud).
- 2) Always go indoors during a thunderstorm if possible. If not possible, avoid things that might attract lightning such as metal, tall trees, fences or power lines. If you are caught in the open, with no shelter available, crouch down with your hands on your knees.
- 3) Employ the 30 minute rule. Once play has been suspended due to the presence of lightning, thunder or high winds, wait 30 minutes until the last clap of thunder is heard or a flash of lightning is seen.

