



Summer 2021

**TO:** State Tournament Teams  
**FR:** Perry Coonce  
**RE:** **MSF Baseball Tournament Information**

**If you have not printed the on line advance tournament packet for your age and class and reviewed it yet please do so at <https://msf1.org/?p=17758>.**

**Congratulations on qualifying and entering the 2021 MSF State Baseball Championships.** (NOTE: If your team qualified for the tournament or were notified of your acceptance as an at large team and have paid on line or via the US Mail by July 1 and do not see your team name listed in the online seeding list posted on Wednesday , July 7th at [www.ms1.org](http://www.ms1.org) please immediately contact [perry@msf1.org](mailto:perry@msf1.org).)

To facilitate the ranking/seeding process , please email [perry@msf1.org](mailto:perry@msf1.org) your current record (league and tournament combined) by Tuesday , July 6th at 12 Noon . Many have already done this . **TEAMS WHO DO NOT PROVIDE A RECORD MAY BE PUT INTO A POOL WITH A HIGHER SEED , AND/OR MOVED UP A CLASS .**

For seeding purposes, coaches are asked to go to the MSF website, [www.ms1.org](http://www.ms1.org), where entered teams will be listed as of Wednesday, July 7th and rank/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 9:00am. on Thursday, July 8th.** Please SAVE or scan and email your seeds to [perry@msf1.org](mailto:perry@msf1.org). Then on Friday, July 9th, after 8:00pm, visit the site again in case a team(s) has been added and advise [perry@msf1.org](mailto:perry@msf1.org) what seed # you would give them if you care to. (unless it is a highly ranked team that has been added it probably won't matter much)

There are several teams that have yet to submit their roster on the official MSF post season tournament roster form which is required . To that end a fillable version of the roster is attached . Don't forget to save your work to your computer file before you email to [perry@msf1.org](mailto:perry@msf1.org) or print , scan and email it . The version you send us in advance of the tournament does not need the players or parents signatures . Just list all legal players and then make sure all participating players and their parents have signed it before you submit it at the tournament site (all teams need to submit a final copy of their roster at the tournament site even if you provided one to our office in advance)

The state tournament schedule will be posted on the MSF website no later than Saturday, July 17th but you can start checking before that . Teams should be prepared to play a Friday game as early as 8am due to a 100 % increase in tournament entries over last year which really was an unknown factor. In 2022 we will either need to add a host site or two or limit the number of qualifiers awarded . **Most teams that applied at large this year will not be accepted due to the # of qualified teams and the number of playing fields available at each site , many are already overloaded .**

A reminder that all teams are to pay a gate gee for the weekend of \$150 at tournament check-in. Gate fee checks must be written out to the tournament host.

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

**Thanks for taking time out to coach/ mentor our youth and have fun during tournament play !**

Perry Coonce  
MN State Commissioner  
Minnesota Sports Federation

Enclosures: Cover Letter  
Site Information & Map of Tournament  
Hotel Information  
Current Playing Rules

**PS: Please note umpires are in short supply and some games that previously had two umpires may only have one this year and the single umpire will be compensated at a higher rate . We hope this will not occur any more than necessary . One reason of course for the shortage is some coaches , fans and even players who sometimes abuse them . While calmly and respectfully asking a question on a rule interpretation is acceptable for a coach ; berating an umpire or questioning judgement calls never is and will not be tolerated . Coaches , fans and players who cross the line will be disqualified from the tournament , be required to depart the facility and subject to a sportsmanship hearing . If you have someone associated with your team who can not control their emotions it is your responsibility to control them , or ask them not to attend the event . As you know without willing sports officials there are no athletic contests , and right now the future is not looking very bright in this regard .**



MINNESOTA  
SPORTS FEDERATION

CORPORATE PARTNERS



Dear Head Coach:

Congratulations on qualifying for the **33rd ANNUAL MINNESOTA SPORTS FEDERATION 10-UNDER AA BASEBALL STATE TOURNAMENT** to be held in the city of **MANKATO** on **JULY 23-25**. 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 **COMMUNITY FIELDS AT ROSA PARKS SCHOOL** 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. **Coaches must submit the \$150 lump sum gate fee at tournament check-in, made payable to MAYBA.**

**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:

**Al Kiefer** [travel\\_manager@mayba.com](mailto:travel_manager@mayba.com) 507-327-9244

The MSF Tournament Manager is:

**Al Kiefer** [travel\\_manager@mayba.com](mailto:travel_manager@mayba.com) 507-327-9244

The Umpire-in-Chief is:

**Lori Allan** [reg\\_manager@mayba.com](mailto:reg_manager@mayba.com) 507-382-7191

If any pre-tournament questions arise, please contact:

**Perry Coonce** [perry@msf1.org](mailto:perry@msf1.org) 651-451-3140 between 2pm-6pm

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  
Program Administrator

# SITE INFORMATION

## Rosa Parks

### Community Fields (A)

*Headquarters*

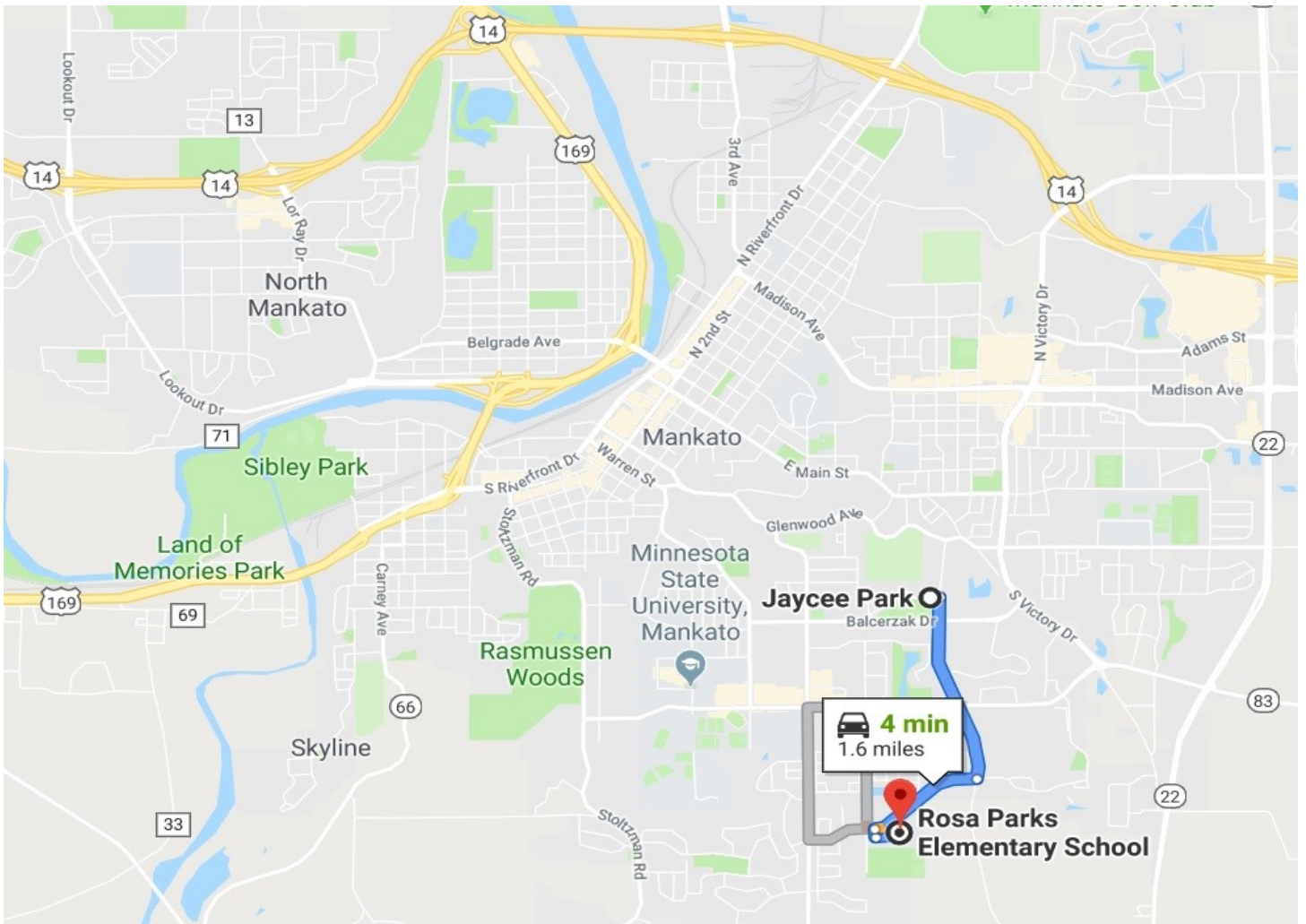
1001 Heron Dr

Mankato, MN 56001

## Jaycee Park

147 Jaycee Ct

Mankato, MN 56001



# MANKATO HOTEL INFORMATION 2021

**When calling the hotel, please ask for block rooms  
under MAYBA or Mankato Baseball**

	<b>Hotel</b>	<b>Phone</b>	<b>Website</b>	<b>Blocked</b>	<b>Rate</b>
<b>MSF State July 23-25</b>	Americinn Hotel & Conference Center	507-345-8011	<a href="http://www.americinnmankatomn.com/contact.html">www.americinnmankatomn.com/contact.html</a>	25	\$129.00
	Country Inn & Suites	507-388-8555	<a href="https://CountryInnMankato.guestreservations.com">https://CountryInnMankato.guestreservations.com</a>	40	\$129 Single/Double \$139 Suite
	Motel 6	507-345-6666	<a href="https://www.hotels.com/ho712952832">https://www.hotels.com/ho712952832</a>	30	\$74.99 Single \$81.99 Double
	RiverHills Suites	507-388-8688	<a href="https://riverhillshotel.com/">https://riverhillshotel.com/</a>	30	\$113.46 Single \$123.76 Double
	<b>Additional Mankato Hotels - no room blocks set aside</b>				
	Mankato City Center Hotel	507-345-1234			
	Courtyard by Marriott	507-388-1234			
	Super 8	507-258-3756			
	Holiday Inn Express	507-388-1880			
	Hilton Garden Inn	507-344-1111			
	Fairfield Inn & Suites	507-386-1220			
	Microtel	507-388-2818			
	Comfort Inn & Suites	507-388-3800			

# 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 legal age or younger. If players are in the same age group they must be from a team in the same or lower class.

## AGE REQUIREMENTS

A player must meet only **one of the two criteria**.

**10U:** 1.) Born on or after May 1, 2010 OR 2.) Player is in 4th Grade and born after May 1, 2009

**11U:** 1.) Born on or after May 1, 2009 OR 2.) Player in in 5th Grade and born after May 1, 2008

**12U:** 1.) Born on or after May 1, 2008 OR 2.) Player in 6th Grade and born after May 1, 2007

**13U:** 1.) Born on or after May 1, 2007 OR 2.) Player in 7th Grade and born after May 1, 2006

**14U:** 1.) Born on or after May 1, 2006 OR 2.) Player in 8th Grade and born after May 1, 2005

**15U:** 1.) Born on or after May 1, 2005 OR 2.) Player in 9th Grade and born after May 1, 2004

# 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:

**10-12 year old teams:**

Bats must:

- 1) have the **1.15 BPF (USSSA) or USABat** stamp; or
- 2) have a **BBCOR (National Federation)** stamp; or
- 3) be a wooden bat

**13-15 year old teams:**

Bats must:

- 1) have the **USABat** stamp; or
- 2) have a **BBCOR (National Federation)** stamp; or
- 3) be a wooden bat



**PENALTY:** 1st Offense: Batter is declared out, runners return to previously occupied base, batter is ejected from the game. 2nd Offense (either by same batter or same team): Team is disqualified from tournament play.

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, but the MSF Site Manager must be summoned to declare it. 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. Game Length / Time Limits:

**POOL PLAY:** 10–12U: 5 innings. No new inning shall begin after 1 hour 30 minutes (4 innings min).

**POOL PLAY:** 13–15U: 6 innings. No new inning shall begin after 1 hour 45 minutes (5 innings min).

**BRACKET PLAY:** 10-12U: 6 innings. No new inning shall begin after 1 hour and 45 minutes unless the score is tied. (5 innings minimum)

**BRACKET PLAY:** 13-15U: 7 innings. No new inning shall begin after 2 hours unless the score is tied. (6 innings minimum)

\*\*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. **10-13U** free substitution applies and must bat the 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. **14-15U** free substitution applies and have the option to bat the entire bench. Teams must notify both their opponent and the umpire at the pregame meeting which option they intend to use. Teams do not need to utilize the same option as their opponent. **For 10-14U**, ANY pitcher may re-enter the game as a pitcher at any time, even if they were not the starting pitcher, provided the player in question was not ejected from the game and has not exceeded per day/per tournament pitch limits. **For 15U**, ONLY THE STARTING PITCHER may re-enter the game as a pitcher (high school re-entry rules apply).

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. When batting the bench: If a player arrives late to a game or leaves early, close the batting order (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 State 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.
15. Based on feedback received following the 2018 season, the MSF will be moving from Innings Pitched to a Per Day and Per Tournament Pitch Count limit, effective January 2, 2019. We believe the decision to move to a pitch count (though more bookkeeping will be necessary) will protect younger arms, while also requiring teams to develop pitching skills for all players. At the State Tournament, both teams are required to have a volunteer to keep track of pitches during games. Pitch counters are to keep track of pitches for both teams, and should check in with each other every half-inning and after every pitching change to avoid discrepancies, and must also report pitches thrown to the umpire. If there is a discrepancy, it must be resolved before play resumes. The per day and per tournament pitch count limits are listed below.

**10U: 75 pitches per day, 140 pitches per tournament**  
**11U: 85 pitches per day, 150 pitches per tournament**  
**12U: 85 pitches per day, 150 pitches per tournament**  
**13U: 95 pitches per day, 160 pitches per tournament**  
**14U: 95 pitches per day, 160 pitches per tournament**  
**15U: 95 pitches per day, 160 pitches per tournament**

**NOTE:** If a player reaches his per day or per tournament limit during an at bat, he shall be allowed to finish that at bat but must then be removed from the game. Pitches which are batted foul, even those thrown with two strikes, shall be counted as pitches thrown.

**For One-Day Tournaments, the appropriate “per day” pitch limit shall be in effect.**

**VIOLATION** of pitches thrown restrictions will result in the disqualification of the team for the remainder of the tournament. Teams must keep track of pitches thrown by each pitcher during each game and verify with the opposing coach and umpire at the previously specified times and again immediately following the game. Coaches are also responsible for verifying the number of pitches thrown with the tournament director, who will keep a running total throughout the tournament.

16. Defensive Conferences/Trips to the Mound:  
Teams are limited to three (+1 in extra innings) defensive conferences/trips to the mound are allowed PER GAME in all age groups (can all be used on the same pitcher). On 4th and subsequent trips to the mound, the pitcher must be removed from the pitcher position.
17. For 10, 11, and -12U, the following pitches are legal: fastballs, 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 shall apply for 13U, 14U, and 15U age groups.



18. **WARM-UP PITCHES:**  
Pitchers shall be allowed no more than 6 warmup pitches during their first appearance as a pitcher, and are limited to 4 warmup pitches every inning thereafter. A pitcher who re-enters the game is limited to 4 warmup pitches upon re-entry.
19. **AROUND THE HORN**  
After an out is recorded, the ball must be immediately returned to the pitcher, and not thrown "around the horn" while waiting for the next batter to enter the batter's box.
20. **BALKS:**  
A balk may not be called in the 10 & 11U 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 the 12U, 13U, 14U, and 15U age groups.
21. **EJECTIONS:**  
Any player of coach ejected from a game for unsporting conduct will be suspended for the remainder of the tournament. These individuals may not be within 200 feet of the team bench throughout 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 Tournament Participation.
22. 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 is necessary to complete the tournament, including but not limited to changing 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 championship bracket teams) using the following criteria:
- 1.) Overall Winning Percentage
  - 2.) Head-to-head (if two teams are tied)
  - 3.) Average run differential (max +/- of 10 per game)
  - 4.) Least number of runs allowed per game
  - 5.) Coin Toss.
23. 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.
24. **POOL PLAY STANDINGS** are determined by:
1. Win/Loss Records
  2. Head-to-Head when only a two way tie exists
  3. Run differential in pool play (maximum +/- of 10 runs per game)
  4. Fewest runs allowed in pool play
  5. Most runs scored in pool play
  6. Coin Toss

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

**EXAMPLE #1:** Team A = +8 run differential; Team B = +4 run differential; Team C = - 12 run differential; Team A is #1 seed from pool. Team B is #2 seed from pool, Team C is #3 seed.

**EXAMPLE #2:** Team A = +8 run differential; Team B = -4 run differential; Team C = -4 run differential; The tie between #2 and #3 seed in pool is broken by fewest runs allowed because they were tied in run differential. If still tied, go on to the tie breaker #5.

**EXAMPLE #3:** Team A = +2 run differential; Team B = +2 run differential; Team C = -4 run differential; The tie between team A and B is broken by the fewest runs allowed because they are tied in run differential. If still tied, go on to tie breaker #5.

**IMPORTANT NOTE:** Once the use of the 3-way tie breaker is necessitated, do not revert to head to head results.

# 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.