



All head injuries should be taken seriously and examined by the proper medical professionals. When in doubt, sit them out.

Concussion Symptoms (what the athlete may report)

- Headache
- Nausea/vomiting
- Difficulty focusing or concentrating
- Sensitivity to light or sound
- "Pressure" in head
- Feeling in a "fog"
- Temporary loss of memory
- Eye strain or fatigue
- Blurred vision
- Fatigue/sleepiness

Concussion Signs (what others may observe)

- Confusion
- Personality changes
- Balance problems
- Irritability
- Sleepiness/grogginess
- Dazed appearance
- Memory issues

WHAT IS A CONCUSSION?

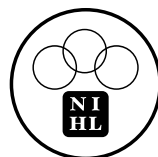
A type of traumatic brain injury caused by an impact to the head or by a hit to the body that causes the brain to move rapidly back and forth

Concussion Care Instructions

- Any suspected concussion should be brought to the attention of a medical professional with experience in concussion management
- No return to athletics until cleared by the medical professional in charge of care
- Limit loud noises and excessive visual stimulation (listening to music, band practice, texting, reading, video games, computer, tv, etc.) in the first 24-48 hours. Restriction for long-periods of time is not recommended.
- Avoid over-the-counter medications (Advil, Motrin, Ibuprofen, Aleve) unless otherwise directed by a physician
- Discuss if academic accommodations will be needed with the school's nurse, academic advisor, principal or other administrator to aide in the concussion recovery process

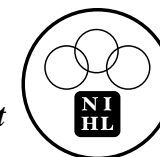
Return to Participation

Upon clearance from the medical professional in charge of care, it is recommended that a step-wise return to participation protocol be completed.



NIHL PLAYING TIMES

Seeding Round - Regular Season - Tournament



8U Division

	<u>Period Length</u>	<u>Minor</u>	<u>Major</u>	<u>Misconduct</u>
8U — Full Ice	11	1:30	4:00	8:00

Gold — Silver — Bronze

	<u>Period Length</u>	<u>Minor</u>	<u>Major</u>	<u>Misconduct</u>
Girls Gold 10U	11	1:30	4:00	8:00
10U	11	1:30	4:00	8:00
Girls Gold 12U	12	2:00	5:00	10:00
12U	12	2:00	5:00	10:00
Girls Gold 14U	13	2:00	5:00	10:00
14U	13	2:00	5:00	10:00
Girls Gold 16U	14	2:00	5:00	10:00
16U	14	2:00	5:00	10:00
Girls Gold 19U	14	2:00	5:00	10:00
18U	14	2:00	5:00	10:00

Elite

	<u>Period Length</u>	<u>Minor</u>	<u>Major</u>	<u>Misconduct</u>
Elite 10U	12	2:00	5:00	10:00
Elite 12U	13	2:00	5:00	10:00
Elite 14U	14	2:00	5:00	10:00
Elite 16U	15	2:00	5:00	10:00
Elite 18U	15	2:00	5:00	10:00

Premier Select

	<u>Period Length</u>	<u>Minor</u>	<u>Major</u>	<u>Misconduct</u>
U10	13	2:00	5:00	10:00
U12	14	2:00	5:00	10:00
U14	15	2:00	5:00	10:00
U15	16	2:00	5:00	10:00
U16 and U18	17	2:00	5:00	10:00