



CITY OF PARIS ADULT SOFTBALL
RULES AND REGULATIONS
(updated 01/01/2021)

The current League Director is: Bridget Domengeaux
City of Paris Recreation Supervisor
W) 903-784-9299 C) 903-517-0724

The Assistant League Director:

Umpire in Chief: Greg Bass

Umpire in Chief: Jim Lester

Scorekeeper Supervisor Alicia Lester

SECTION 2.

THIS LEAGUE IS DESIGNED FOR THE PLAYERS TO HAVE FUN but rules are needed!!

1. TEAM MANAGER:

The team Manager is the coach of the team, may be a player, and is the contract person for the team. They Are responsible to maintain sportsmanship like conduct and be in charge of his team players and fans at all times. The Team Manager is the only person on the team that can file a protest.

- a. Transferring from one team to another equals a four (4) games grace period. The player will have to sit out four games before they are eligible to play for the other team. This will help prevent team jumping. Any player receiving pay to play is ineligible.
b. Women can play with men only in COED. There must be six (6) men and four (4) women.
c. The League Director can allow any player to play and any team not to play before the season starts
d. Women home runs will not be counted in the total home runs for the night.

2. LEAGUE GAME DIVISIONS:

USA/ASA Divisions – (8 Game Guarantee, Single Elimination Playoffs)

- a. Monday/Tuesday: Men's Divisions
b. Thursday: Coed Division
c. Friday: Over 40 Division

DIVISIONS:

- 1. C Teams are composed of tournament players of above average skills or better.

2. D Teams are composed of tournaments and/or league players of average skill.
3. E Teams is strictly Recreational and composed players of beginner skill level.
4. Co-Ed For Fun is designed for teams that enjoy softball as a form of recreation and are not concerned about win/loss record. This division is offered at a reduced rate, and only includes one umpire. It does not include playoffs or awards.

3. **SCHEDULES:** All schedules, standings, game results, league information, and communication will be posted on Paris [www.quickscores.com/paristexas](http://www.quickscores.com/paristexas). Please register for notification updates and inform all players about the website. City of Paris reserves the ability to make changes to any league related items throughout the duration of the season. Any changes will be communicated to coaches/managers in advance via email and/or phone.

League administrators will begin formulating league schedules the day after the registration period concludes. Once league schedules have been posted on [www.quickscores.com/paristexas](http://www.quickscores.com/paristexas), league administrators will not reschedule games at the request of any team or coach.

4. **RAINOOTS:** The field condition line is **(903) 784-2285** and will be updated by 2pm during the week and 9am on weekends if field conditions are questionable. If games are called due to weather, no one is allowed on the fields for practice or scrimmage. League discretion means that at 2pm the fields are playable, and if games were to be canceled it would not be until the umpires make the call at the fields. Please do not call the Recreation Department Office to find out game status. If games are called at the fields, then everyone is to exit the complex immediately. One week of rainouts will be rescheduled and played at the end of the regular season schedule and before the playoffs are set to begin in your division.
5. **EXCESSIVE RAINOUTS:** In the event of multiple rainouts, league administrators reserve the right to schedule on alternate nights if necessary. Every attempt will be made to schedule all make-up games on your league night. The Athletics Office reserves the right to schedule 30-minute "speed" games if the makeup games that have already been scheduled are again rained out. Speed games will allow two (2) weeks to be played in one. Speed games will have a 30-minute time limit and each batter will start with a 2 – 2 count. It is your responsibility to contact the Parks and Recreation Department or check the league website to find out the playoff seeds or rainout rescheduled dates, time, and field.
6. **REFUND POLICY:** Once registration ends, partial credits or refunds will not be given for any reason unless we are unable to make a division. This includes any make-up games and/or speed games that your team is unable to make.
7. **FORFEITURE POLICY:** As a courtesy to the team you are playing, please contact the PPARD Athletic office by noon on your game day to let us know if you are forfeiting. This will give us enough time to contact the team you're playing and make umpire's and score keepers aware of the forfeit. A forfeit will be scored a 7-0 win in favor of the team not at fault.

- a. If both teams do not have enough players at their scheduled game time, that game will be declared a double forfeit. Each team will receive a loss in the standing
  - b. Teams receiving wins by forfeits, will not be given credit of any kind to their account for games not played.
8. **FIELD RENTALS:** Practice fields may be reserved by calling (903) 784-9299 or (903) 784-9510, or in person at the City of Paris Public Works Office Monday – Friday between the hours of 8:00am-5:00pm.
  - A. Rental rates are as follows: \$10 per hour  
**The Sports Complex does not allow practice play at the facility.**
9. **ALCOHOL USE:** In accordance to the city’s ordinance 2015-006, Alcohol consumption and possession of alcoholic beverages is prohibited any City park, this includes parking lot and dugouts. League administrators and/or softball umpires can forfeit any game if any players are found to have alcoholic beverages within the park. Police may be called if alcohol is being consumed.
10. **TOBACCO USE:** In accordance to the city’s ordinance 2014-003, use of tobacco products are prohibited inside the softball complex area (on the ballfields, in the dugouts, in the spectator area.)
11. **PETS:** Pets are not allowed inside the softball complex spectator area city ordinance 2011-003, and are cleaned up after. No Pets will be allowed on the ballfields or inside the dugouts.
12. **TRASH PICK-UP:** Teams will be responsible for picking up their own trash in and around the dugouts after each game.
13. **ROSTERS/ELIGIBILITY**
  - i. **Roster Size:** Rosters will be limited to 12 players. All players must be at least 16 years of age at the time they participate. Participants under 18 years of age must obtain a signed parental waiver prior to playing in the City of Paris League.
  - ii. **Free agents:** Team coordinators are encouraged to acquire new players from the free agent list, which can be found be provided by the league director.
  - iii. **Roster Submission:** Rosters must be filled out completely. Rosters must include the following for all players: full name, t-shirt size ( this is so League Director will have info available to order t-shirts for the three (3) teams who win in the league), home address, email, phone number, and signature.
    1. Rosters are due prior to the start of your first game. Roster’s not submitted by team’s first game will result in a forfeit loss for that game and any subsequent game for which a team roster is not submitted.

2. Rosters are frozen by the following schedule game. No player may be added after this time.
  - i. **USA/ASA Softball: 6<sup>th</sup> Scheduled Game**
  - ii. Should extenuating circumstances occur (i.e player relocation etc.) that directly hinders a team's ability to participate for a scheduled game, an express written notice may be submitted to the League Director requesting roster transaction after the deadline. Each request will be taken on a case by case basis and will be left to the discretion of the League Director
3. Addition of players to rosters can only be done at the field on the night you play and prior to the start of your game. Each scorekeeper has the roster book at the field.
4. No additions will be allowed in the playoffs. Male team rosters shall include only male players and female rosters shall include only female players. Players may not change from one roster to another within the same division on the same night during the season.
5. All players written on your lineup card, including substitutes, should be on your roster by the start of the game. It is the coach's responsibility to make sure added players sign the roster at the fields.

**14. PLAYER ELIGIBILITY:**

Players may only play on one team per night. Exception: a player may play on a co-ed and a men's team on the same night. Players must be on all rosters of all teams that they are playing on.

- A. If a player is caught playing on two teams on the same night, it will result in a forfeit for both teams he/she is playing on and the protested player caught playing illegally will be suspended from ALL games in ALL leagues for the remainder of that season.
- B. Players on roster must play in at least 1 game to be deemed eligible for playoffs.
- C. Every player must be able to provide a government photo id card which includes the player's name, date of birth, and picture. Any player unable to provide a government photo ID will be deemed ineligible to play until they can provide an ID.
- D. Mandatory ID checks will be conducted by officials before the beginning of each playoff game.

**15. WINNING A DIVISION:**

Once a team wins a division on a specific division night, that team must move up to the next highest division offered the same night or another night. If there is not another division higher the night you play, you may stay in the same division the next season.

- A. After winning a division a team must move up for at least the following season.

- B. Any team that moves up by winning a division and is found to be playing in a lower division with more than (5) players who are the same, after moving up, will be disqualified from that game and forfeit ALL previous games played with the illegal roster.
  - C. The offending team may not play again until the roster is made legal. A team that voluntarily moves up can move back down to the next lowest division offered.
  - D. Teams that blatantly try to lose a game during playoffs to avoid moving up will automatically be moved up the following season. If both teams in a game try to lose, then both teams will move up. "Blatantly trying to lose a game" will be up to the umpires' discretion and is not eligible for protest or appeal. The call made at the fields will stand.
16. **PROTESTS:** All protest must be in accordance with the respective governing body procedures, unless otherwise noted here. Umpires, scorekeepers, and PPARD staff has the authority to verify eligibility.
- 1. The protest committee shall consist of the 2 umpires calling the game and the League Director.
    - A. Player Eligibility Protests - Player eligibility must be protested by the offended team manager by the end of the 3rd inning or by the end of an inning in which the ineligible player participates. (Player eligibility protests will not be accepted once the game ends.)
      - 1. You must alert the home plate umpire you would like to verify eligibility of a particular player. At that time, the scorekeeper will verify the roster to determine eligibility of the player in question. If the player in question is not on the official team roster, the game will be declared a forfeit at that time, and a win will be awarded to the protesting team.
      - 2. Players must present identification to verify eligibility if asked. If a player does not have identification with them, then they are unable to prove their eligibility and will be declared ineligible. Any protested player caught playing illegally will be suspended from ALL games in ALL leagues for the remainder of that season. If both teams protest eligibility, and both are upheld, the game will be declared a double forfeit, and both teams will receive a loss.
    - B. For all other protests - You must alert the umpire that you wish to play under protest and the scorekeeper will record it in the book.
      - 1. The protesting coach must submit a written protest along with a \$50.00 protest fee to the League Director within 24 hours of the game.
      - 2. **Protests will not be reviewed until the fee is paid.** Both team managers will be contacted after the protest review. The decision of the League Director is final. Fee will be refunded if ruled in favor of protesting team.

3. **Protests will not be accepted on judgment calls, ejections or suspensions.** Ejections are the decision of the umpires on the field at the time of the ejection. Ejections will not be overturned, nor are they subject to protest. Suspensions imposed from ejections are the final decision of the Athletics Office and are non-negotiable.

#### 17. **EQUIPMENT:**

- A. All players must wear athletic type shoes. No sandals, metal cleats, boots, open toe shoes allowed.
- B. **Facemasks for pitchers are highly recommended throughout all leagues of play.**
- C. Umpires may ban any equipment that they deem as unsafe or illegal. ALL exposed jewelry (including leather jewelry) will be deemed dangerous and must be removed or the player will not be allowed to play until it is removed. Smooth wedding bands and medical alert tags are acceptable.

#### 18. **GAME BALLS:**

The City of Paris will furnish the game balls for the league.

##### **ASA/USA Leagues: Yellow Cover with RED seams with USA/ASA Softball Stamp:**

1. Men's Ball: .44 COR/375 lb. compression 12" ball.
2. Co-Ed Ball: .44 COR/375 lb. compression 11" ball.

19. **BATS:** All bats must be stamped official softball. At the discretion of the umpire, bats may be removed from the game for failing to meet the certification of the league being used. Bats that are damaged, have a rattle, worn or suspected of being altered may be removed by the umpire.

- A. Any player who enters the box with unapproved, illegal, or altered bat is out and ejected.
- B. **ASA/USA Leagues: Only USA/ASA approved bats will be permitted. A list of approved bats may be found here, [USA/ASA Softball Bat Lists](#).**
- C. All bats that are on the banned bat list from ASA, USA will be illegal for league play. The bats on the illegal list must have the exact name and any numbers on the bats to be illegal. All approved bats must not be on any banned bat list.
- D. **Warm up bats and devices:** Players may use 2 approved regular bats to warm up, or they, may use an official 'warm-up" bat which will be marked WB. For participant safety, no other warm up devices may be swung on the field, in the dugout, or behind the dugout. The only legal bat attachments for warm up are the Swing Sock and the Power Wrap.

- E. **Pre-Game Bat Inspection:** Prior to the start of every game, teams must make all bats available to the umpires for a pre-game bat inspection. If a player is discovered to be using an illegal bat after the pre-game inspection, the player and bat will be out and ejected. Any time that players have a question regarding the legality of a bat, they must ask the home plate umpire for a ruling prior to taking a position in the batter's box.
- F. Throwing bat is prohibited. 1<sup>st</sup> offense is a warning. 2<sup>nd</sup> ejection for one (1) games. If you leave with no confrontation there will be no other action. It is up to the discretion of the umpire of further actions.

### SECTION 3.

#### 1. **PLAYING RULES:**

The City of Paris Adult Softball League is sanctioned by either USA Softball (formerly known as, Amateur Softball Association (ASA)). Leagues will follow these by-laws with USA/ASA rules and regulations serving as the alternative for any rules or regulations not addressed in the playing rules.

#### 2. **TIME AND BAT COUNTS:**

- a. **Time Limit:** Will be 55 minutes. Any game tied after time limit will be played to completion.
- b. **Regulation:** All at bats will begin with a "1-1" count. No courtesy foul is given.
- c. **Extra Innings:** All at bats will begin with a "3-2" count. No extra foul.
- d. **Foul Balls:** No courtesy foul balls will be given when a foul ball is hit with 2 strikes as the result will be the batter being out.

- 3. **LINE-UP CARDS:** Cards are due to the scorekeeper at least ten (10) minutes prior to the scheduled game time. It is the responsibility of the team manager (not the scorekeeper) to have blank lineup cards prior to each game.

**CLOCK STARTS PROMPTLY AT GAME TIME**

#### 4. **ROSTER:**

- A. In Co-ed play, a team must have six (6) male, and four (4) females. They can start play with five (5) men and (4) women. Batting order must alternate gender. Defense must equal number of each gender at pitcher/catcher, infield and outfield.
- B. Men may start play with nine (9) players
- C. After ten minutes if not all players are present the game is a forfeit. Remember clock starts at scheduled game time. We will not wait on players to arrive.

#### 5. **RUN RULE:**

Is as follows

- a. 25 runs after 3 innings
- b. 20 runs after 4 innings
- c. 15 runs 5 innings

d. 10 runs after 6 innings

6. **HOME RUN RULE:**

Limits are as follows:

- a. Men's C – 5
- b. Men's D – 2
- c. Men's E – 1
- d. Co-Ed Rec/D – 2
- e. Co-Ed Rec E – 1
- f. Coed For Fun – 0

7. **STEALING:**

No stealing or leadoffs allowed.

8. **HOME TEAM:**

Home team on the schedule will occupy 3<sup>rd</sup> base.

9. Any team discovered using the batter's box prior to 7pm will be assessed a one out penalty at the start of their game.

10. **HALO RULE:**

- A. The halo zone is an imaginary box measuring three feet on each side of the pitching plate and from the ground to three feet above the pitcher's head. Fly balls and one-hopper ground balls are both violations.
- B. For the first violation, the ball is live. **If the ball is caught**, the batter is out and runners may advance at their own risk. When all apparent play has ceased, the umpire will then call "time" and issue a warning to the offending team.
- C. For the first violation, the ball is live. **If the ball is not caught**, play continues. When all apparent play has ceased, the umpire will then call "time" and issue a warning to the offending team.
- D. For any subsequent violation, the umpire will immediately call "Dead Ball." The ball is dead, the batter is out and no runners may advance.
- E. If the ball hits the ground one time before entering the halo zone, it is still a violation.
- F. The halo zone never moves, even if the pitcher moves to one side or the other.
- G. **Any player who continues to hit back to the pitcher in flight each game and continues to receive ejections will be banned to play with the City of Paris Adult Softball league. Any hit back to the pitcher on purpose player will be banned permanently. 1<sup>st</sup> offense is a warning to player and an automatic out.**



NOTE 1: The width of the zone is 8 feet. The height of the zone is approximately 9 feet, depending on how tall the pitcher is. If the pitcher can reach up and make contact with the ball, it is a violation of the zone.

NOTE 2: The batted ball must enter the zone. If the pitcher chooses to move in front of the pitcher's plate after the pitch and gets hit, it is not a violation. (If the pitcher moves in front of the pitcher's plate and gets hit, it is not a violation because he is not in the halo zone, which begins at the pitcher's plate and extends backward. It is the same if he moves to the side of the zone and gets hit, that is not a violation because he was not in the zone) if the ball misses him and enters the zone, then it is a violation. The zone begins at the pitcher's plate and extends back from there, not forward.

NOTE 3: If the ball enters the zone it is a violation. Unless it bounces 2 or more times before it reaches the zone.

NOTE 4: Umpire mechanic on the first violation is: wait until all apparent play has ceased, then call "time." Point to the offending team's dugout and say "Halo Warning. First base dugout."

NOTE 5: Umpire mechanic on the second and subsequent violations is: Immediately call "Dead Ball. Halo rule. Batter is out." If there were any runners on base, they return to their base.

#### SECTION 4.

##### Conduct & Disciplinary Action

#### 1. Responsibility for a team's conduct lies with the team manager.

- A. Unsportsmanlike conduct, such as profanity, fighting, language of a sexual or racial nature, or otherwise abusive or dangerous behavior will NOT BE TOLERATED at any time including before, during, or after a game, on or off the field, or during the season or the off-season. Any coach, manager, player, or fan who exhibits unsportsmanlike behavior will be ejected from the game. There will be no warnings given. A review of any such incident(s) will be conducted by the Athletics Manager, whom will have the final say in these matters.
- B. **Verbal Abuse:** Any individual who verbally abuses a player, spectator, umpire, or staff member, at any time will be suspended from their next eligible game.
- C. **Physical Abuse:** Any individual who physically abuses a player, spectator, umpire, scorekeeper, or staff member will result in expulsion of that player(s) from all City of Paris Leagues for at least a one-year period and will be liable to criminal charges/legal action.

D. **FIRST EJECTION OFFENSE:** Any situation that an umpire deems unsportsmanlike (includes consumption of alcohol) may be cause for ejection. **At least 1-week suspension.**

- a. If a player(s) is ejected from the game for any reason, the ejected players(s) team must have a substitute available to replace the ejected player(s) or that team will forfeit the game if they fall below the required number of players.
- b. Ejections are the decision of the umpires on the field at the time of the ejection. Ejections will not be overturned, nor are they subject to protest. Suspensions imposed from ejections are the final decision of the Athletics Office and are non-negotiable.

E. **SECOND EJECTION OFFENSE:**

Any situation that an umpire deems unsportsmanlike (includes consumption of alcohol) may be cause for ejection. **Will result in suspension from league**

- i. Upon the second ejection for any one person in a season will result in suspension from all games in all leagues (sports) for the remainder of the season. Upon the third ejection for any one person in a season will result in a suspension from all games in all leagues (sports) for the remainder of that season and for the next season.

F. **EJECTED INDIVIDUALS**

Any ejected individual must leave the facility property (includes field/spectator are) immediately, within two (2 minutes). Failure to leave or returning to the park will result in a forfeit of any game(s) his/her team is playing, has played, or will play that night. North Lakes Park includes the area from Hinkle to Bonnie Brae and Windsor to the soccer fields. It is the Team Manager or person who does the plate meeting to be aware if a player has been ejected and notify the ejected player not to return.

- A. Any ejected individual will automatically be suspended from all City of Paris sponsored softball for one-week worth of games (7 days). (For example, if ejected on Monday, the player may not return until the following Wednesday.)
  1. However, in the event of rain the Monday following the ejection, the player will then be required to sit out the team's next game that is actually played (non-rain out) for the Monday league.
- B. Suspended persons are not allowed at North Lakes Park during the suspension period. Failure to comply with this policy results in a forfeit of any game(s) scheduled that night for the team(s) they are playing with at that time, AND the person shall be suspended from all city-sponsored softball for the remainder of that season.
- C. If a player is suspended at the end of one season, that suspension will carry over into the following season.

2. The League Director will review any actions determined to be detrimental to the league. The City of Paris reserves the right to increase or decrease the severity of penalties based on previous history, unusual or special circumstances, or to protect the integrity of the league.

## **Paris Parks and Recreation Concussion Policy**

### **PURPOSE**

The following policy and procedures are being implemented by the Paris Parks and Recreation Department, with the intent to reduce the potentially serious health risks associated with sports related concussions and head injuries.

### **POLICY**

It is policy of the Paris Parks and Recreation Department to educate coaches, referees, staff, parents, and participants of the signs, symptoms or behaviors consistent with sports induced concussions. Participants suspected of a concussion or head injury, are required to be removed from the activity, must seek medical attention, and then follow the proper procedure for return to play. "When in doubt, sit them out!"

### **DEFINITION**

A concussion is a type of traumatic brain injury that is caused by a blow to the head or body that jars or shakes the brain inside the skull. It is important to note that an athlete does not have to lose consciousness to have suffered a concussion. Symptoms include but are not limited to the following below.

### **SIGNS OBSERVED BY OTHERS**

- Appears dazed or stunned
- Is confused about assignment
- Forgets an instruction
- Persistent vomiting
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Increasing sleepiness
- Shows mood, behavior, personality changes
- Can't recall events prior to hit or fall

### **SYMPTOMS REPORTED BY ATHLETE**

- Headache
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

### **ROLE OF COACHES AND STAFF**

Coaches and staff will NOT be expected, nor will they be trained to "diagnose" a concussion. Diagnosis is the job of a qualified health care provider. Coaches and staff are being asked to use their best judgment in observing the signs, symptoms, and behaviors associated with concussions. If coaches or staff observes questionable signs, symptoms, or behavior, he/she must remove the player from the sporting event for further evaluation and notify the player's parent/guardian and fill out the appropriate accident form. Coaches and staff are not permitted to allow a player to resume activity until the Paris Parks and Recreation receives a written statement from a qualified health care provider indicating that the player is cleared to resume participation in the sporting event.

### **ROLE OF OFFICIALS**

Officials will NOT be expected to "diagnose" a concussion. Officials are being asked to use their best judgment in observing the signs, symptoms, and behaviors associated with concussions. Officials will not be asked to give what could be perceived as a medical opinion. If an official observes questionable, signs, symptoms, or behavior, the official should

notify the appropriate staff and the player should be removed from the sporting event. Officials are not responsible for the sideline evaluation or management of the player after he/she is removed from play.

### **ROLE OF PARENTS/GUARDIANS**

Like coaches, staff and officials, parents/guardians will NOT be expected to “diagnose” a concussion. However, parents/guardians are being asked to become familiar with the signs, symptoms, and behaviors associated with concussions. Parents/guardians will be expected to comply with this Policy and support the determination made by staff to remove a player from a sporting event.

It is the parent/guardian’s obligation to have the player evaluated by a qualified health care provider and to obtain from that provider a written statement that clears the player to resume participation in the sporting event.

### **MANDATED COURSE OF ACTION**

1. Remove player from the sporting event.
2. Notify parent/guardian.
3. Any player suspected of having a concussion should be evaluated by a qualified health care provider as soon as practicable.
4. Before a player will be allowed to resume participation in a sporting event, the parent/guardian of the player must obtain a written statement from a qualified health provider and return to the Paris Parks and Recreation Department indicating that the player is cleared to resume participation in the sporting event.

The signs, symptoms and behaviors associated with a concussion are not always apparent immediately after a bump, blow or jolt to the head or body and may develop over a few hours or longer. An athlete should be closely watched following a suspected concussion and should never be left alone.

Athletes should never try to “tough out” a concussion. Teammates, parents/guardians and coaches should never encourage an athlete to “play through” the symptoms of a concussion. In addition, there should never be an attribution of bravery or courage to athletes who play despite having concussion signs and/or symptoms. The risks of such behavior must be emphasized to all members of the team, as well as coaches and parents.

If an athlete returns to activity before being fully healed from an initial concussion, the athlete is at greater risk for a repeat concussion. A repeat concussion that occurs before the brain has a chance to recover from the first can slow recovery or increase the chance for long-term problems. In rare cases, a repeat concussion can result in severe swelling and bleeding in the brain that can be fatal.

### **Return to Play**

After suffering a concussion, no athlete should return to play or practice on that same day. An athlete should never be allowed to resume play following a concussion until symptom free and given the approval to resume physical activity by an appropriate health-care professional. Documentation must be provided to the Paris Parks and Recreation athletic supervisor.

Once an athlete no longer has signs or symptoms of a concussion and is cleared to return to activity by an appropriate healthcare professional, he/she should proceed in a step-wise fashion to allow the brain to re-adjust to exercise. In most cases, the athlete should progress no more than one step each day, and at times each step may take more than one day.

If symptoms of a concussion recur, or if concussion signs and/or behaviors are observed at any time during the return-to activity program, the athlete must discontinue all activity immediately. Depending on previous instructions, the athlete may need to be re-evaluated by the health-care provider.