

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410
Telephone (203) 250-1111 / Fax (203) 250-1345

ALERT

PROCEDURE FOR 2016-17 INDOOR TRACK SEASON

- Rule 4, Section 1, Article 2 is in effect. Contestants officially become competitors when they report to the clerk of course or field event judge for an event for which they are entered. Coaches are still urged to scratch any competitor before the meet to expedite the flow of the meet.
- A competitor shall not compete in more than three (3) events including relays. An athlete shall not be entered in more than three (3) events excluding relays. (For example, athlete A may be entered in 4 x 800, 1600, 3200 and 4 x 400, but can only run or be a competitor in three (3) events.)
- Alert – This is not a rule change and was in effect for the indoor and outdoor track championships.

Any competitor who competes in three (3) events at any of the class meets cannot enter any other event at the Open Championship Meet.

- A coach may not scratch an athlete and assign that athlete to a relay if he/she ran three (3) events (even if he/she did not qualify to advance in one) in the class championship and is also listed as an alternate on a relay.
- Athletes who are listed as alternates, may run only if they ran two (2) events or less at the class meet. They too are limited to three (3) events.
- Class championship meets and the State Open championship for purposes of understanding are really one meet. Advancing to the Open is predicated on performance at the class meet. No athlete who competes in three (3) events at a class meet may change to an event in the Open.

Note: Any contestant on the tournament roster may not be entered in more than three (3) events excluding relays. A competitor shall not compete in more than three (3) events including relays. **A contestant becomes a competitor when he/she reports to the clerk of course.**

For all relays, coaches must list four runners and may list up to four alternates along with those runners from the tournament roster. Relay teams report with signed declaration sheets when called to the clerk of course. **Any coach who changes a contestant on a relay for the State Open must report to the clerk of course to attest to the alternate runner's eligibility. Changes in original order are allowed.**

“Any competitor who participates in three events at the class meet is ineligible to compete in any other event at the State Open Meet.” -- **REMINDER**

- Schools are **REQUIRED** to submit individual qualifying performances by Monday following the week that the standard is achieved. The site and date of the performance must also be entered as well as appropriately indicating the performance as hand held or FAT. These performances will be available for viewing on the CIAC web site. **This includes performances for relay teams. Relay teams will have to meet qualifying standards and coaches need to report the best qualifying standard during the season. Relay teams, like all other event entries, must be placed on the state entry form.** Relay times may be submitted on the CIAC online eligibility center justification by the February deadline. This year, coaches must bring their verification form to the Class Championship Meet. Do not convert any times when you submit. They will be converted using a standard formula.

- **PLEASE BE ADVISED THAT SUBMITTING A QUALIFYING PERFORMANCE IS NOT ENTERING AN ATHLETE IN AN EVENT FOR STATE CHAMPIONSHIP MEETS. THE SUBMISSION ONLY GIVES YOU THE OPPORTUNITY TO ENTER THE ATHLETE IN THE EVENT ON THE REQUIRED ENTRY FORM. (See entry procedures in Section IV)**
- **ALSO FOR RELAY TIMES – A slower relay time than the one reported during the regular season may be entered for STATE QUALIFYING ONLY.**
- **REMEMBER – UP TO FOUR (4) ALTERNATES MAY BE ENTERED ELECTRONICALLY FOR RELAYS.**

NOTE: No individual will be allowed entry into Class Championship competition unless the school has previously entered that individual on the qualifying list by no later than 12:00 noon on Tuesday, February 7, 2017. The last day to count for establishing verifiable entries is Monday, February 6.

- **Entry Fee – The entry fee is \$85 per team (10 or less) or \$8.00 per athlete – maximum \$250.**
- **At State Championship Meets**

Note: Competitors and coaches must enter on the Crescent Street side of the field house. The team entrance will be to the right of the white field house doors located between the field house and Hillhouse High School. Only competitors that qualified for the meet and coaches will be admitted through the team entrance. All others must go through the spectator entrance (white doors).

A Reminder

1. National Federation rules require that all field athletes must check in with their respective event official before attempting to enter or return from another event. **The 2017 National Federation Rule book is in effect for all meets.**
2. **No electronic devices, including cell phones, are permitted in restricted areas** by competitors during the meet. (National Federation Rule book – 3-2, Art. 7., 8. – pg 14) **Restricted areas are pole vault coaching box, all field event areas, the track and timing area.**
3. No coaches are allowed on the infield during the meet.
4. At the Floyd Little Athletic Center only 3/16” spikes may be used **ONLY for the State Championship Meets. NO NEEDLE SPIKES!** This rule will be strictly enforced due to the resurfaced track.
5. Protests arising from the decisions, interpretations and misapplication of the National Federation or CIAC game rules by officials during the contest must be in accordance with the NFHS rules and the CIAC protest procedure stated in the packet. Protests will not be considered after the official conclusion of the meet. The decisions and interpretations of the rules by the officials are final. The record of the official scorekeeper at the conclusion of the contest is final unless an error is discovered. Such error shall be corrected as covered by specific contest rules. Any team leaving the contest area before the conclusion of the contest because of dissatisfaction with the officiating will render the school liable to disciplinary action by CIAC.
6. On the eve of a tournament when there is not sufficient time for normal administrative procedures and Board of Control hearings, if a question of interpretation of tournament regulations or the operation of the tournament arises, the Chairman of the CIAC Board of Control, the Executive Director of CIAC and the Chairman of the Tournament Committee in question will make an appropriate ad hoc decision in consideration of the best interest of the tournament as a whole.
7. If any meet is postponed due to inclement weather please check www.ciacsports.com for schedule update.

NOTICE:

The indoor track committee is accepting FAT (fully automatic timing results) and hand held from only meets where performances can be verified.

If coaches have any questions related to rules interpretations or questions concerning entry procedures, the committee urges them to direct those questions to the chair of the indoor track committee, Dr. Steve Wysowski – swysowski@casciac.org -- telephone (203) 250-1111.

Any irregularities noted on the online performances reported to the CIAC this season should be reported to Dr. Steve Wysowski -- swysowski@casciac.org – telephone (203) 250-1111. This includes any failure to report performances to the CIAC in a timely fashion during the regular season.

SCRIMMAGES – Teams must have a minimum of three (3) days of practice prior to scheduling a full team scrimmage. All sports teams and individual athletes must have a minimum of ten (10) physical/exertional practice days with their school before the date of the first scheduled competition. No team/athlete shall practice/compete with their school more than six (6) consecutive days to provide a day of rest. Saturdays, Sundays, and holidays may be used unless prohibited by local board policy. Sunday practices may be counted to fulfill the 10 day requirement.

REPORTING SCORES – In order to ensure that standings and rankings on both the CIAC’s websites and other sites which draw their data from us are timely and accurate, all regular season scores must be entered online on the day of the game as soon as possible following the game’s completion.

Scores may be entered via the Online Eligibility Center, the “Submit Scores/Forms” option of the “CIAC for Coaches” menu at ciacsports.com, or the “Submit Scores” button in our ciacmobile.com mobile site. Entering scores at ciacsports.com or ciacmobile.com requires either a coaches or scorekeeper’s access code, those codes are managed via the Online Eligibility Center and can be retrieved from a school’s athletic director.

STUDENTS WITH SPECIAL NEEDS – Coaches are reminded to inform contest officials prior to each competition of any student with special needs who could be competing in the contest when his/her disability could impact the individual’s performance or the conduct of the competition.

CIAC TOURNAMENT SITE MEDIA POLICY – The CIAC places tremendous value on the role the media plays in promoting and highlighting high school sports. To that purpose CIAC tournament venues and hosts should make every effort to provide a working environment conducive to all media (print, broadcast and internet based) covering our events. The following are **minimum standards**, developed in consultation with the CIAC Media Advisory Committee, which should be provided for working media at all CIAC tournament sites:

1. A minimum of one hour following the conclusion of post-game interviews to write in the press box, press area or a suitable facility in close proximity to the site of the event (i.e. office, classroom, etc.)
2. Access to electric power (shared power strip, etc.)
3. Access to wireless internet service

Site directors should communicate these requirements to any staff person who may be responsible for the administration of the event. If for some reason a site will not be able to provide these items for a contest, a site representative should inform the CIAC in advance and work with the media on-site before the game and work to provide a reasonable solution to the issue. Members of the media who will be covering events are directed to contact the appropriate site as far in advance as possible to inform them they will be at the event and discuss what arrangements will be made for working media at the site.

UNMANNED AERIAL SYSTEMS AT CIAC-SANCTIONED EVENTS – The use of unmanned aerial systems, often referred to as drones, is prohibited for any purpose by any person(s) at all CIAC-sanctioned events. This policy includes not only the restricted playing area of the venue(s), but also the physical confines of the entire stadium / field / arena structure. For the purposes of this policy, an unmanned aerial system is any aircraft without a human pilot on board.

SPORTSMANSHIP -- Member schools are expected to conduct their relations with each other at all levels of competition in a spirit of good sportsmanship. Everyone involved has the obligation to see clearly his/her influence and act accordingly. The CIAC acknowledges that the school administration is responsible for the athletic program, including the making of broad and specific policies and procedures relating to sportsmanship and the conduct of activities in the school. To that end, the CIAC urges each school principal to adopt the following sportsmanship procedures and standards for their school and to champion the "Class Act" sportsmanship program as these standards will be used in all CIAC post-season contests.

CIAC Sportsmanship Guidelines

- The CIAC request that all school personnel – administrators, faculty, and coaches – give special and specific emphasis about CIAC’s expectations for good sportsmanship during the regular season as well as CIAC tournaments requiring that athletes and members of the student body conduct themselves in a manner that reflects nothing but credit upon your school. Any unsportsmanlike conduct on the part of students and adults is unacceptable and will be addressed with strong and appropriate measures.
- The CIAC sportsmanship standards should be as widely disseminated as possible using the student-parent handbook, student-athlete handbook, school newspaper, parent newsletter, school web site and the local media.
- The CIAC sportsmanship standards for spectators should be read by PA announcers prior to each contest.
- The CIAC sportsmanship standards of conduct be prominently posted at all sports venues.
- When event programs are provided, the CIAC sportsmanship standards be included.
- Member schools require having athletes, parents/guardians, sign an acknowledgement which would show that they have read the student-athlete handbook and understand the CIAC sportsmanship standards.
- Member schools work with community officials to insure that levels of the CIAC sportsmanship standards are enforced when contests are held at their school and at non-school facilities.
- The CIAC and the CIAC sports committees insist the CIAC sportsmanship standards be rigorously enforced at all regular season contests and at all CIAC tournament contests. This is particularly important when contests are held at non-school sites.
- Member schools will conduct a pre-season meeting with student-athletes, coaches and parents to review the CIAC sportsmanship standards.
- Member schools should communicate with opposing schools and inform them they are a "Class Act School" and provide them with the CIAC sportsmanship standards which will be strictly adhered to.
- Member schools hosting a game should make available to visiting schools necessary game information – includes directions for parking, location of ticket booths, seating arrangement, ticket prices, game time, directions for each game site.
- Member schools hosting a game should designate specific seating areas for students, bands, adults and visitors. If possible, opposing student bodies should be separated.
- Member schools hosting a game should arrange for adequate police supervision.
- When possible the member schools hosting a game should assign officials to dressing facilities separated from both teams. Provides escorts for the officials when it appears that disturbances may develop.
- Member schools should take measures to prevent fans from getting near or on the playing area and around the players benches. After the contest, prevents fans from going onto the playing area.
- Member schools should provide for adequate supervision of students and facilities. Supervisors should sit in the stands with the students.
- **Member schools should support and adhere to ALL the following CIAC standards.**

The CIAC "Class Act" Sportsmanship Standards

ALL Spectators (including parents):

- Will adhere to the host school’s acceptable dress code at all home and away contests commensurate with classroom behavior. For CIAC tournament contests all spectators will be appropriately attired with their torso completely covered and with no visible degrading or demeaning writings/logos.
- Any signs displayed must be positive in nature, reference only the school supported by the sign maker, and must be pre-approved by the Athletic Director of the school reference in the sign.

- During outdoor sports, no air horns or horns of any kind or whistles will be used, and any other noisemakers will be allowed with the host athletic director's approval and only be used during "dead ball" situations to celebrate good play. During indoor sports, no noisemakers will be used. Pep bands are allowable at a home contest if the school provides adult supervision and the band only plays during "dead ball" situations.
- Spectators will cheer positively to support their team, will not cheer negatively against the opponent.
- Spectators will show respect for the game officials and their decisions.
- Spectators will show respect for the playing of the National Anthem.

Game Personnel / Announcers:

- Will explain and consistently enforce host school expectations for spectators.
- Will be enthusiastic but not show favoritism while making announcements, and never publicly question or criticize the players, coaches, or officials.
- Will encourage respect for the National Anthem and remind spectators to remove caps and stand.

Coaches

- Will exemplify high moral character, behavior and leadership, lead by example, and set a standard for players and spectators to follow both on and off the athletic arena.
- Will teach players the rules of the game and to respect the game, and will take action when athletes exhibit poor sportsmanship.
- Will respect the integrity and judgement of officials and will not publicly criticize or question the decisions of officials.
- Will be aware of the competitive balance of contests and will manage the score in a manner that is sportsmanlike and respectful of opponents.

Players:

- Will accept the responsibility and privilege the student-athlete has in representing their school and community by learning and showing teamwork, sportsmanship and discipline in all aspects of the game.
- Will demonstrate respect for self, coach, teammates, opponents, officials and spectators by exhibiting good character and conducting themselves as a positive role model.
- Will win and lose graciously.
- Will cheer for your team, not against your opponent.
- Will congratulate opponents in a sincere manner following either victory or defeat.

2017 NATIONAL FEDERATION TRACK AND FIELD RULE REVISIONS

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|---------------------------|--|
| 3-2-4U NEW | The games committee should have responsibility for providing liquids during the race and not leave this duty to each coach. |
| 3-6-1, 3-4-7 | Signifying with a bell with one lap remaining in the 800 alerts timers, place judges and FAT operators on notice, builds excitement for spectators and is a positive signal for the competitors. Updates to current trends in the sport. |
| 3-6-1 | The authority to disqualify a runner for a false start should be extended by rule to the starter as well as the referee. |
| 3-10-7 | Clarifies field event judge's protocol for signifying the performance result when flags are not being utilized. |
| 4-3-1b (5),
8-6-1b (4) | Removes the NOTE limiting the placement of the American flag to one piece of uniform apparel as this is contradictory to the rule. |

- 4-6-5 NEW g, 8-7e Although uncommon that appropriate health-care professionals are not available to assist an injured/ill competitor, there may be occasions when a competitor is needing assistance to confirm his/her health status or to arrive to a location for health care. Should another competitor assist, such competitor shall not be disqualified, only the assisted competitor shall be disqualified for not completing the race unassisted. Reorganize rule to indicate why competitor is disqualified.
- 4-6-5h NEW The rule should include coverage of the actions of competitors and nonparticipating team members as well as assistance/aid from other parties.
- 5-1-3 In the absence of a curb, the placement of cones ensures the competitors run the prescribed race distance.
- 5-6-4 The results of running events are based on head-to-head competition and all contestants should have the opportunity to compete in the heat earned by the athlete's place and/or qualifying times. Consistent with current trends in the sport.
- 5-7-3 Reinforces the concept that distance races (800, 1600 or 3200) only use a standing start. Consistent with current trends in the sport.
- Rules 6 & 7 Reorganizes Rules 6 and 7 into one rule "Field Events" to avoid duplicity in the rules, remove unnecessary language, be more concise in the presentation of the events rules and create a section on general rules for all field events.
- 6-2-6 For purposes of risk management, warm-ups in a field event may not take place until the venue is declared open and required supervision is in place. For further risk minimization for athletes, spectators and officials involved in the event, athletes should be prohibited from picking up an implement and doing turns while other competitors are completing their throws or using the runway during the competition unless they have been called for their attempt.
- 6-2-10 Clarifies how trials are recorded when a legal implement breaks during competition. More appropriate to list within rule rather than a NOTE.
- 6-7-9e The top or sides of the stop board are outside of the ring and touching outside of the ring is not compliant with leaving from the back half of the circle and is a foul.
- 7-2-1 The NFHS rules allow several special events to be added to the order of events but no specific event rules are written. By utilizing USATF Youth event rules, there are standard rules which are age-appropriate. However, state associations may already have appropriate rules in place and this should be an option stated in the rules.
- 8-1-3b Clarifies that either directional flags and/or sign posts shall be used in cross country.
- 9-2-2, 3-17-2 Officials need guidance as to where to place the wind gauge when there are multiple takeoff boards. As the rule is currently written, it implies either having to move the wind gauge between jumps or having a second gauge. As the better jumpers will most likely use the farther board, it is logical to have the wind gauge at the location farthest from the pit.

2017 Track and Field Major Editorial Changes

- 7-2-1 thru 19 Reorganizes Rule 7-2 so all general rules are together, horizontal rules together and vertical jumps together for greater efficiency when applying the rules.
- 9-6-1, 2 The penalties have been separated and not wearing or altering the assigned number or transponder results in a disqualification unless an irregularity is discovered and shall be addressed by the meet referee.

2016 Track and Field Editorial Changes

- 3-4-4 Clarifies the referee has the sole authority for ruling on irregularities not covered within the rules.
- 6-4-8 Clarifies the three consecutive passed heights must take place before the competitor attempts a jump.
- 7-5-15 Clarifies when the two minutes of warm-up jumps are permitted when a competitor has passed three consecutive heights with no attempted jump.
- 8-7-a-f Reorganized actions resulting in a disqualification for clarity.

2017 Editorial Changes

4-6-1 NOTE 1, 4-6-1 NOTE 2, 5-10-9, 5-10-11, 6-1-5, 6-5-11, 6-5-15, 6-10-f

2017 Track and Field Points of Emphasis

1. Sportsmanship
2. Heat Acclimatization and Preventing heat Illness
3. Use of Rubber Discus in Practice and Competition
4. NFHS Track and Field Uniform Regulations

SECTION I. Restrictions

- A. Contestants at all Championship Meets must be accompanied by a coach or other school person designated by the principal in writing in order to compete. **Please note – Competitors and coaches must enter on the Crescent Street side of the Floyd Little Athletic Center. The team entrance will be to the right of the white field house doors located between the Floyd Little Athletic Center and Hillhouse High School. Only competitors that qualified for the meet and coaches will be admitted through the team entrance. All others must go through the spectator entrance (white doors).**
- B. All entrants must be able to meet the minimum standards shown in Section III. **A school may enter any number of entrants in each event if they meet the minimum standards. There are NO wild card restrictions.**
- C. Track coaches and all entrants who are not actually competing are to remain in the area designated for them according to the 2017 Federation Rule book. READ AND OBSERVE National Federation Rules.
- D. Coaches are reminded to familiarize themselves with National Federation Rules regarding uniforms. These rules will be enforced. **Contact the chair if you have questions so as not to jeopardize an athlete's chances to compete.**
- E. Advancement from the CIAC Class Championship to the CIAC Open Championship is predicated on the competitor's performance in the CIAC Class Championship. Advancement to the New England Championship is predicated on the competitor's performance in the CIAC Open Championship.
- F. Food / drink will be permitted only in the food concession area.

SECTION II. Relays

- A. **No boy or girl shall compete in more than three events including relays. An athlete shall not be entered in more than three events excluding relays. (For example, athlete A may be entered in 4 x 800, 1600, 3200 and 4 x 400 but can only run or be a competitor in three events.)** Entry cannot change through the State Open Championships. The rule applies to all Connecticut state meet championships. An athlete can enter only three (3) events through the New England's. For the New England's an athlete may move to a relay team as long as he/she meets the three (3) event limitation rule for that day.
- B. Use of "fly zone" in relay races is prohibited.
- C. 1) Track coaches must complete a relay declaration sheet listing four competitors and up to four alternates may be entered electronically. Relay declaration sheets will be available at the seed meetings prior to the Class Championships. **Relay competitors may be changed for the New England Championships as long as he/she meets the three event limitation rule for the day.**
- 2) The Relay Declaration Sheet used in the CIAC Class Championship will determine those eligible to compete in the CIAC Open Championship. As a relay team advances to the next level of state competition, only those runners and alternates whose names appear on the original sheet will be eligible to compete in that relay event.
- D. **Any athlete who competes in three (3) events at any of the class meets cannot enter any other event at the Open Championship Meet.**
- A coach may not scratch an athlete and assign that athlete to a relay if he/she ran three (3) events (even if he/she did not qualify to advance in one) in the class championship and is also listed as an alternate on a relay.
 - Athletes who are listed as alternates, may run only if they ran two (2) events or less at the class meet. They too are limited to three (3) events.
 - Class championship meets and the State Open championship for purposes of understanding are really one meet. Advancing to the Open is predicated on performance at the class meet. No athlete who competes in three (3) events at a class meet may change to an event in the Open.

SECTION III. Qualifying Distances and Times to Enter the Boys and Girls Class Championship Meets

No adjustments can be made. Do note – **The Qualifying Standards to participate in the boys and girls Class Championship Meets in Class LL, L, M and S have been set as follows – Because of the newly implemented reporting procedure, verification will be made by comparing posted entries to meet results INCLUDING RELAYS this year. Coaches must enter the appropriate time, they are not to convert times.**

QUALIFYING STANDARDS – BOYS

<u>Event</u>	<u>Class LL</u>	<u>Class L</u>	<u>Class M</u>	<u>Class S</u>
12 lb Shot	38'	38'	38'	38'
High Jump	5'8"	5'8"	5'8"	5'8"
Long Jump	18'8"	18'8"	18'8"	18'4"
Pole Vault	10'6"	10'	10'	10'

Implement should be officially weighed before standard is achieved.

*Note – Hand times must be rounded up to the higher 10th. Examples – 18.11 is 18.2; 18.99 is 19.0. Only two events will be converted, 1500 meters (to qualify for 1600) and 3000 meters to qualify for 3200). No other event substitutions may be made. 1500 and 3000 times will be converted using a standard conversion for seeding purpose.

<u>Event</u>	<u>Class LL & L</u>		<u>Class M</u>		<u>Class S</u>	
	<u>Hand</u>	<u>FAT</u>	<u>Hand</u>	<u>FAT</u>	<u>Hand</u>	<u>FAT</u>
55m Dash	6.8	7.04	6.9	7.14	6.9	7.14
55m Hurdles	8.8	9.04	8.8	9.04	8.8	9.04
300 Meters	39.5	39.74	39.5	39.74	39.5	39.74
600 Meters	1:32	1:32.24	1:34	1:34.24	1:34	1:34.24
1000 Meters	2:48	2:48.24	2:52	2:52.24	2:52	2:52.24
1500 Meters &	4:28	4:28.24	4:35	4:35.24	4:35	4:35.24
1600 Meters	4:48	4:48.24	4:55	4:55.24	4:55	4:55.24
3000 Meters &	9:42	9:42.24	9:47	9:47.24	9:47	9:47.24
3200 Meters	10:25	10:25.24	10:30	10:30.24	10:30	10:30.24
4 x 800 Relay	9:10		9:10		9:10	
4 x 200 Relay	1:45		1:45		1:45	
4 x 400 Relay	3:55		3:55		3:55	
Sprint Medley	4:00		4:00		4:00	

QUALIFYING STANDARDS – GIRLS

<u>Event</u>	<u>Class LL</u>	<u>Class L</u>	<u>Class M</u>	<u>Class S</u>
4kg Shot (No 8 lb. shots allowed)	28'	28'	28'	28'
High Jump	4'8"	4'8"	4'8"	4'8"
Long Jump	14'6"	14'6"	14'6"	14'6"
Pole Vault	8'0"	8'0"	7'6"	7'6"

Implement should be officially weighed before standard is achieved. **No 8 lb. shots allowed at CIAC State Championship Meets.**

<u>Event</u>	<u>Class LL & L</u>		<u>Class M</u>		<u>Class S</u>	
	<u>Hand</u>	<u>FAT</u>	<u>Hand</u>	<u>FAT</u>	<u>Hand</u>	<u>Fat</u>
55m Dash	7.8	8.04	7.9	8.14	7.9	8.14
55m Hurdles	10.00	10.24	10.20	10.44	10.20	10.44
300 Meters	46.3	46.54	47.00	47.24	47.00	47.24
600 Meters	1:49.5	1:49.74	1:50	1:50.24	1:50	1:50.24
1000 Meters	3:25	3:25.24	3:30	3:30.24	3:30	3:30.24

1500 Meters &	5:26	5:26.24	5:26	5:26.24	5:31	5:31.24
1600 Meters	5:50	5:50.24	5:50	5:50.24	5:55	5:55.24
3000 Meters &	11:48	11:48.24	11:48	11:48.24	11:57	11:57.24
3200 Meters	12:40	12:40.24	12:40	12:40.24	12:50	12:50.24
4 x 800 Relay	11:00		11:00		11:00	
4 x 200 Relay	2:00		2:00		2:00	
4 x 400 Relay	4:38		4:38		4:38	
Sprint Medley	4:50		4:50		4:50	

*Starting heights in the high jump in all 2016-17 Class Meets will be two (2) inches below the qualifying mark if there are 14 or fewer entrants. If there are 15 or more, the qualifying mark is the starting height. Starting heights in the pole vault will be one standard below the qualifying mark if there are 14 or fewer entrants. If there are more than 15, the qualifying mark is the starting height. Five alive protocol in both events. **Warm-up time for vaulters will be 30 minutes prior to the start of the event.**

Schools may enter only those contestants who have met the minimum standards for the 2016-17 indoor track season. Each school may enter only one (1) team per relay event. Adjustments to relays may be made based on scratches.

ELIGIBILITY TO COMPETE AT THE STATE OPEN – Is determined by the order of finish at the Class Championship Meets as follows:

Class LL	--	ALL EVENTS	--	Top finisher
Class L	--	ALL EVENTS	--	Top finisher
Class M	--	ALL EVENTS	--	Top finisher
Class S	--	ALL EVENTS	--	Top finisher

Plus – THE NEXT BEST 14 PERFORMANCES IN ALL EVENTS. **(In the High Jump and Pole Vault misses will be used to determine places at a tied height.)**

QUALIFYING FOR NEW ENGLAND MEET – The top six (6) in all events. No pole vault contested. No sprint medley contested. **Athletes must declare their intent-to-enter the New England Meet when receiving their state awards.** Call Donn Friedman at (860) 416-1884 or Steve Wysowski at (203) 250-1111. Declarations must be made before leaving the State Open.

SECTION IV. Entry Procedure and Information

A school **MUST** compete in a minimum of four (4) regular season indoor track meets prior to State Competition.

- A. **Entries** – All entries will be submitted via the password protected online eligibility center by Tuesday, February 7, 2017 – not later than 12:00 Noon. **PLEASE BE ADVISED THAT SUBMITTING A QUALIFYING PERFORMANCE IS NOT ENTERING AN ATHLETE IN AN EVENT FOR STATE CHAMPIONSHIP MEETS. THE SUBMISSION ONLY GIVES YOU THE OPPORTUNITY TO ENTER THE ATHLETE IN THE EVENT ON THE REQUIRED ENTRY FORM. RELAYS MUST ALSO BE SUBMITTED WITH CIAC ONLINE ELIGIBILITY CENTER JUSTIFICATION, AND MUST MEET THE QUALIFYING STANDARD. Name will be entered on Relay Declaration Sheet prior to class meets. Contact the chair of the committee if questions exist.** The last day to count for verified performances is February 6, 2017.
- B. **Entry Fee** -- \$8 per competitor – a minimum fee of \$85 per team with ten (10) or less competitors. Maximum team entry is \$250.
- 1) **Make check payable to CIAC.** If a school needs an invoice in order to pay its tournament fee, one can be downloaded by using the “Generate Tournament Invoice” link under the boys and/or girls indoor track options in the password protected online eligibility center.

- 2) **Send check to CIAC, 30 Realty Drive, Cheshire, CT 06410.**
- 3) Entrants not listed will NOT be permitted to compete.
- 4) **Please note for the State Open Meet – ONLY entrants who are listed on the previously entered Class State entry list will be allowed to enter without charge. Coaches must bring their entry verification form to validate entrants so that they are not charged.**

SECTION V. General

- A. Starting blocks WILL BE FURNISHED and may be used only in the 55m Dash and 55m Hurdles. When feasible, eight (8) lanes will be used.
- B. Contestants at all sites must use shots approved by the CIAC. They must meet the official weight and dimension. **Implements not meeting the standard will be confiscated. Only coaches may claim them at the conclusion of the meet.**
- C. **Scoring** – 10-8-6-4-2-1 in all events, including the relay. In case of a tie, points will be awarded according to the National Federation High School Rules.
- D. **In races where waterfall starts are used, athletes will be placed to ensure a fair start.**
- E. **Medals** – First – gold; second – silver; third, fourth, fifth and sixth – bronze will be awarded in all field and track events. The first six (6) relay teams will receive medals. In case of ties, duplicate medals will be awarded. Plaques will be awarded to the winning team and runner-up teams.
- F. **Expenses** – Schools will provide for their own expenses (including transportation) while in attendance at the meets, and agree that neither the Conference nor the facilities used shall be held liable for any personal injuries which may result from participation in these events.
- G. **CIAC Ticket Prices – Subject to change depending on venue**
 Children – five (5) and under – Free
 Students (grades 1-12) and Senior Citizens (age 65 and older) -- \$5.00
 Adults (all others not in the above categories) -- \$10.00

 Pre-sale tickets will be available for events which require advanced sales for proper management of the event. All pre-sale tickets will be sold at the above prices. There will be no discounting of pre-sale tickets.
- H. PROTESTS MUST BE SUBMITTED IN WRITING AND ACCOMPANIED BY A \$20 FEE TO BE RETURNED IF THE PROTEST IS UPHeld to the Meet Director within 30 minutes from the time the results of the event are announced. Each Meet Director will appoint a Jury of Appeals consisting of five members or designated alternates who will hear appeals from decisions of the referee. Further appeals to the CIAC will be honored only on challenges affecting the application of due process regulations.
- I. Competitors are to appear dressed for all meets since no locker or shower facilities are available at any of the sites.
- J. Food / drink will be permitted only in the concession area.

SECTION VI. Facilities

At the Floyd Little Athletic Center spike shoes of 3/16” length may be used for **the State Championship Meets ONLY**, Pyramid type, no needle spikes. This will be strictly enforced. Teams are responsible for clean-up.

SECTION VII. Proposed Order of Events – Class LL, L, M and S Championship and Open Meets

4 x 200R	(Boys then girls)	
4 x 800R	(Boys then girls)	
55m Hurdles – Trials	(Boys then girls)	
55m Dash – Trials	(Boys then girls)	
1000 Meters	(Boys then girls)	
600 Meters	(Boys then girls)	
55m Hurdles – Finals	(Girls then boys)	
55m Dash – Finals	(Girls then boys)	
1600 Meters	(Boys then girls)	
Sprint Medley (1-1-2-4 laps)	(Boys then girls)	3 turn stagger
300 Meters	(Boys then girls)	
3200 Meters	(Boys then girls)	
4 x 400R	(Boys then girls)	

Field Events – Pole vault, shot put, long jump and high jump will be started concurrently with running events. The order is as follows:

High Jump	(Girls then boys)	Five alive protocol
Long Jump	(Boys then girls)	
Shot Put	(Girls then boys)	
Pole Vault	(Girls then boys)	Five alive protocol

Information packets for Class Championships will be available no sooner than ½ hour before the first event.

SECTION VIII. Divisions

In order to more nearly balance the number of competitors, the divisions have been changed based on both the October 1, 2015-16 boys and girls – grades 9-12 enrollment as well as the actual number of participants in the 2016 state meets.

A listing of tournament divisions are available on the indoor track page at ciacsport.com

Boys

LL Division – 760 and over
L Division – 546 – 759
M Division – 354 - 545
S Division – Up to 353

Girls

LL Division – 736 and over
L Division – 534 - 735
M Division – 340 - 533
S Division – Up to 339

In order to allow teams which have boys and girls in different divisions the Committee voted to “allow teams that have boys and girls in different classes to have the option of moving from the smaller class to the larger class.” This will permit schools to keep both boys and girls in the same class. IF YOU WISH YOUR SMALLER DIVISION TEAM TO MOVE TO THE HIGHER DIVISION TO KEEP BOTH TEAMS IN THE SAME CLASS THIS MUST BE SUBMITTED BY DECEMBER 9, 2016 TO BOTH THE CIAC AND THE TWO MEET DIRECTORS INVOLVED.

2015-16 CIAC BOYS AND GIRLS INDOOR TRACK COMMITTEE

Dr. Steve Wysowski, – Chair
Donn Friedman, Ex. Dir., CNESSPA
John Coccia, AP, Enfield

Coaches:

Rich Kosta, Fitch High School, Groton
Brian Collins, Glastonbury High School
Brian LaFontaine, Thomaston High School
Corey Bernier, Tolland High School

Consultants:

Robert Haddad, Rocky Hill
Bill Baron, South Windsor
Doug Sharples, Groton
Dave Tetlow, Mystic
Betty Remigino-Knapp, West Hartford - CAAD
Tammy Schondelmayer, Bloomfield - CAAD

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
2017 BOYS / GIRLS INDOOR TRACK AND FIELD MEETS

PROTEST REPORT

Coach's Name _____ School _____

Name of Meet _____ (State Open, Class, Sectional)

Date _____

Meet Director _____ Place _____

Event _____ Athlete's Name _____

Reason for Protest _____

Rule/Procedure in Question (Cite Federation Rule Book) _____

Coach's Desired Outcome _____

Signature of Meet Director _____

Signature of Chairman of Jury of Appeals _____

Decision of the Jury of Appeals (If any) _____

NOTE: A \$20 Fee must accompany any protest. This fee will be returned ONLY if the protest is upheld.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
2017 BOYS / GIRLS INDOOR TRACK AND FIELD MEETS

DISQUALIFICATION REPORT

Meet _____ Location _____

Date _____ Event _____ Heat Number _____

Name of Participant _____ Number _____

Color of Shirt _____ Lane _____

Infraction _____

Signature of Reporting Official _____

Referee's Decision _____

Signature of Referee _____

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

CIAC OFFICIAL 2017 INDOOR TRACK POLE VAULT WEIGHT CERTIFICATION FORM

___ Boys ___ Girls

School _____ Town _____

<u>Vaulter's Name</u>	<u>Certified Weight</u>	<u>Date</u>
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____

WEIGHT CERTIFICATION SHOULD NOT OCCUR PRIOR TO DECEMBER 31

Name of School Medical Official _____ Date _____

Name of Coach _____ Date _____

Name of Principal _____ Date _____

The principal certifies that the information contained on this form is accurate.

NOTE: A copy of this form MUST be given to the pole vault official at the start of the Class, Open Meets.

A limited coaching box will be available for pole vault coaches just as last year.

Only pole vault coaches of active, participating athletes will be allowed in the box.

**Connecticut State Department of Education and the
Connecticut Interscholastic Athletic Conference
Concussion and Head Injury
Annual Review 2016-17
Required for ALL School Coaches in Connecticut**

NOTE: This document was developed to provide coaches with an annual review of current and relevant information regarding concussions and head injuries. In addition to reviewing this form, the annual review must include one of the following prescribed resources: Connecticut Concussion Task Force video, Centers for Disease Control and Prevention (CDC) Heads Up Concussion in Youth Sports training course or the National Federation of State High School Associations (NFHS) concussion training course. Links to these resources can be found at: <http://concussioncentral.ciacsports.com/>. A new form is required to be read, signed, dated and kept on file by their associated school district annually to comply with Connecticut General Statutes (C.G.S.) Chapter 163, Section 149b: *Concussions: Training courses for coaches. Education plan. Informed consent form. Development or approval by the State Board of Education.*

What is a Concussion?

Centers for Disease Control and Prevention (CDC) - *"A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth."* -CDC, Heads Up: Concussion http://www.cdc.gov/headsup/basics/concussion_what.html

Even a "ding," "getting your bell rung," or what seems to be mild bump or blow to the head can be serious" -CDC, Heads Up: Concussion Fact Sheet for Coaches http://www.cdc.gov/concussion/HeadsUp/pdf/Fact_Sheet_Coaches-a.pdf

Section 1. Concussion Education Plan Summary

The [Concussion Education Plan and Guidelines for Connecticut Schools](#) was approved by the Connecticut State Board of Education in January 2015. Below is an outline of the requirements of the Plan. The complete document is accessible on the CSDE Web site: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2663&q=335572>

State law requires that each local and regional board of education must approve and then implement a concussion education plan by using written materials, online training or videos, or in-person training that addresses, at a minimum the following:

1. The recognition of signs or symptoms of concussion.
2. The means of obtaining proper medical treatment for a person suspected of sustaining a concussion.
3. The nature and risks of concussions, including the danger of continuing to engage in athletic activity after sustaining a concussion.
4. The proper procedures for allowing a student athlete who has sustained a concussion to return to athletic activity.
5. Current best practices in the prevention and treatment of a concussion.

Section 2. Signs and Symptoms of a Concussion: Overview

A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure, following an impact or suspected impact as described in the CDC definition above.

Signs of a concussion may include (i.e. what the athlete displays/looks like to an observer):

- Confusion/disorientation/irritability
- Trouble resting/getting comfortable
- Lack of concentration
- Slow response/drowsiness
- Incoherent/ slurred speech
- Slow/clumsy movements
- Loses consciousness
- Amnesia/memory problems
- Acts silly/combatative/aggressive
- Repeatedly ask same questions
- Dazed appearance
- Restless/irritable
- Constant attempts to return to play
- Constant motion
- Disproportionate/inappropriate reactions
- Balance problems

Symptoms of a concussion may include (i.e. what the athlete reports):

- Headache or dizziness
- Nausea or vomiting
- Blurred or double vision
- Oversensitivity to sound/light/touch
- Ringing in ears
- Feeling foggy or groggy

State law requires that a coach **MUST** immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who: a) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or b) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred. **Upon removal of the athlete, a qualified school employee must notify the parent or legal guardian within 24 hours that the student athlete has exhibited signs and symptoms of a concussion.**

Section 3. Return to Play (RTP) Protocol Overview

Currently, it is impossible to accurately predict how long an individual's concussion will last. There must be full recovery before a student-athlete is allowed to resume participating in athletic activity. Connecticut law now requires that no athlete may resume participation until they have received written medical clearance from a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.

Concussion Management Requirements:

1. No athlete SHALL return to participation in the athletic activity on the same day of concussion.
2. If there is any loss of consciousness, vomiting or seizures, the athlete MUST be immediately transported to the hospital.
3. Close observation of an athlete MUST continue following a concussion. The athlete should be monitored for an appropriate amount of time following the injury to ensure that there is no worsening/escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated by a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.
5. The athlete MUST obtain an initial written clearance from one of the licensed health care professionals identified above directing her/him into a well-defined RTP stepped protocol similar to the one outlined below. If at any time signs or symptoms return during the RTP progression, the athlete should cease activity*.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals identified above for the athlete to fully return to unrestricted participation in practices and competitions.

Medical Clearance RTP protocol (Recommended one full day between steps)

Rehabilitation stage	Functional exercise at each stage of rehabilitation	Objective of each stage
1. No activity	Complete physical and cognitive rest until asymptomatic. School may need to be modified.	Recovery
2. Light aerobic exercise	Walking, swimming or stationary cycling maintaining intensity <70% of maximal exertion; no resistance training	Increase Heart Rate
3. Sport specific exercise No contact	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add Movement
4. Non-contact sport drills	Progression to more complex training drills, ie. passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination and cognitive load
5. Full contact sport drills	Following final medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6. Full activity	No restrictions	Return to full athletic participation

* If at any time signs or symptoms should worsen during the RTP progression the athlete should stop activity that day. If the athlete's symptoms are gone the next day, she/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms return and don't resolve, the athlete should be referred back to her/his medical provider.

Section 4. Local/Regional Board of Education Policies Regarding Concussions

***** Attach local or regional board of education concussion policies *****

I have read and understand this document and have viewed the prescribed resource material. I understand that state law requires me to immediately remove any player suspected of having a concussion and to not allow her/him to return to participation until she/he has received written medical clearance by a licensed health care professional trained in the evaluation and management of concussions.

- References:**
1. NFHS. Concussions. 2008 NFHS Sports Medicine Handbook (Third Edition). 2008: 77-82. <http://www.nfhs.org>. http://journals.lww.com/cjsportsmed/Fulltext/2009/05000/Consensus_Statement_on_Concussion_in_Sport_3rd.1.aspx.
 2. Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports*. http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm.
 3. CIAC Concussion Central - <http://concussioncentral.ciacsports.com/>

Resources:

- Centers for Disease Control and Prevention. *Injury Prevention & Control: Traumatic Brain Injury*. <http://www.cdc.gov/TraumaticBrainInjury/index.html>
- Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports Guide for Coaches*. Retrieved on June 16, 2014.