

The Connecticut Interscholastic Conference is a member school organization with more than 180 high schools. Some CIAC rules that parents should be familiar with are located below..

In Season Rule

Participation as an individual or as a member on a non-school sponsored team in a sports competition, practice, try-out, camp or clinic at any level of play including professional in the same branch of athletics during the authorized contest season will render the athlete ineligible for all interscholastic athletics unless the athlete is reinstated by the CIAC Board of Control. (Season is defined as the date of the first contest for that school and concluding with either the CIAC final tournament game or the New England championships.)

- There are exceptions to the CIAC In Season Rule. If you ever have any questions about participating in “same sport-same season” consult with the athletic director.

Transfer Rule

A student who transfers from an in-state school or out-of-state school to a CIAC member school during grades 10, 11, or 12 without at the same time changing legal residence to another school district or school service area, or satisfying at least one of the exceptions must complete at least one year (365 days) of approved membership before being eligible for interscholastic competition in the same sport in which he or she was a participant in the present or preceding season during grades 10, 11 or 12 on the junior varsity or varsity team. (Legal residence is defined as location of legal guardian.)

- The transfer rule does not apply to ninth grade students.
- Level of play does not impact the transfer rule.
- The transfer rule only applies to students who played a sport at the sending school in his/her tenth, eleventh or twelfth grade years.
- If both principals agree that the transfer was not for athletic reasons, the 365 days is reduced to the period of time equal to at least 50% of the school’s varsity schedule following date of enrollment (first day of attending classes) in the receiving school for the first affected sport played at the previous school.
- There are exceptions to the CIAC Transfer Rule. If you ever have any questions about these exceptions consult with the athletic director.

Age Rule

The student shall not have reached his or her twentieth (20th) birthday. A student-athlete will not be allowed to start a season or compete during a season in which his/her twentieth (20th) birthday falls.

Eight Semester Rule

A student has eight (8) consecutive semesters or four (4) consecutive years of eligibility from the date of entry into ninth grade to be eligible for interscholastic competition. No student-athlete shall participate in the same branch of athletics in more than four (4) seasons in grades 9-12 at any school. Date of entry is defined as the first date of enrollment as a grade 9 student taking four (4) or more high school subjects. Students who are not eligible or elect to not participate do not preserve additional semesters for use at a later time.

Contacting CIAC

The CIAC staff will not discuss rules and regulations with anyone other than school administrators and athletic directors. Telephone inquiries from parents will not be honored. All calls/emails from anyone other than the athletic director or school administrator will be referred back to the school.