

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

2020 CIAC BOYS SWIMMING AND DIVING INFORMATION

CIAC Boys Swimming Committee Chair

Thomas Moore, Principal
Wethersfield High School
Wethersfield, CT 06109
School - (860) 571-8200

CIAC Boys Swimming Tournament Director

John O'Connor
Branford
(203) 488-5683

Boys Swimming Coaches Chair

Rick Lewis
Westhill High School
Stamford, CT 06902
lewishshark@aol.com

CAAD Consultants - Boys Swimming

Craig Semple, Athletic Director
Daniel Hand High School, Madison

Diane Callis, Athletic Director
Bulkeley High School, Hartford

IMPORTANT DATES

December 5, 2019	First Practice Date
December 19, 2019	Date of First Contest
March 7, 2020	Last Date to Count
March 9, 2020	All entry information due by 4:00 p.m. Diving Proof Sheets faxed to CIAC by 4:00 p.m.

The Boys Swimming and Diving Tournament Information is arranged in eleven (11) sections.

- 1.0 Alert Page
- 2.0 National Federation Rule Changes
- 3.0 Tournament Rules and Procedures
- 4.0 Team Entry Fees / Admission Fees
- 5.0 Scoring / Awards
- 6.0 Officials
- 7.0 Protests
- 8.0 Entry Procedures
- 9.0 Divisions
- 10.0 Qualifying Standards
- 11.0 Dates / Sites / Times / Meet Directors

Appendix A – Conversion Factors

Appendix B – Concussion Management and Return to Play Requirements

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

QUALIFYING OR ENTRY PROCEDURES FOR 2019-20

1.0 SWIMMING ALERTS

- 1.1 At all meets (diving, trials, divisional finals and Open) team members who are not participants are expected to pay an admission fee in order to be a spectator. Swimmers, who have competed in the trials of a division, are considered members of the team for all subsequent competition, i.e. finals and Open. Those competitors will be admitted free of charge.
- 1.2 Schools will be fined \$50 for each signed diving proof sheet not received on time at CIAC by fax (203) 250-1345 or emailed to results@casciac.org. Under no circumstances will divers be allowed to dive until the proof sheets are provided to officials.
- 1.3 In diving the twenty-four (24) top divers will automatically qualify for the State Open Championship Meet. If any divers in the top three (3) of each divisional championship are not already included in the top twenty-four (24) divers, they will be added to the twenty-four (24) top divers.
- 1.4 Coaches may submit four (4) swimmers with times for each event including times that do not make the automatic qualifying times. Swimmers will be added after the automatic qualifiers until the 36th time is reached. The top 36 times in each swimming event will qualify to swim at trials including any ties for 36th place.
- 1.5 The championships are considered one (1) meet from the trials through the Open meet. A declared false start may be taken at the trials AND THE FINALS.
- 1.6 Schools may enter relays with a seed time but without swimmers' names. Relay cards, listing the full names of the four swimmers designated to swim in the relay must be turned into the meet director, at the designated time, prior to the event.
- 1.7 **There will be two alternates for the qualifying meets, the divisional championships and the Open championships.**
- 1.8 **At CIAC state meets, coaches and spectators will be prohibited from being in the area directly behind the starting blocks without approval from the officials.**
- 1.9 **INDIVIDUALS WISHING TO RECORD A DIVER IN A CIAC DIVING CHAMPIONSHIP MUST GAIN PERMISSION FROM HIS/HER RESPECTIVE ATHLETICS DIRECTOR. IF THAT ATHLETIC DIRECTOR GRANTS PERMISSION, THEN THE ATHLETIC DIRECTOR WILL CONTACT THE SITE DIRECTOR OF THE MEET FOR FINAL PERMISSION.**

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.

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.

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 meet as soon as possible following the meet'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 purpose of this policy, an unmanned aerial system is any aircraft without a human pilot on board.

2.0 NATIONAL FEDERATION RULE CHANGES

2019-20 Swimming and Diving Rule Changes

3-3-1, 3-3-2, 3-3-2 Penalties, 3-3-3, 3-3-4, 3-3-4 Penalties – Rule 3-3 was reorganized to identify penalty protocol for specific uniform violations.

8-1-7, 8-2-1g, 8-2-2h, 8-2-3g, 8-2-4e, 8-3-5 – A legal finish now requires the competitor to contact either the touchpad or the finish end according to the finish rules pertaining to the stroke being swum.

9-1-3 – The rule was updated to comply with current industry standards.

9-4 Table – The degree of difficulty for back and reverse double somersaults was lowered to be consistent with back and reverse 1½ somersaults degrees of difficulty.

9-5-6 – Clarified descriptions of diving positions.

9-7-4 Note (New) – The diving referee may confer with a member of the diving panel regarding a possible unsatisfactory dive.

2019-20 Swimming and Diving Editorial Changes

1-5-3, 2-3-1, 2-4-2, 2-7-8, 3-3-3b, 4-1-2, 4-2-2e, 4-8-1, 4-9-2, 6-2-1, 6-3-1a, 9-4-1 Table

2019-20 Swimming and Diving Points of Emphasis

1. Preventing Shallow Water Blackout
2. Suit Coverage
3. Accommodation for Students with a Disability
4. Sub-varsity Competition
5. Pre-Meet Conferences

New interpretations in situation play rulings and situations brought up to date with the new rules are shaded.

3.0 TOURNAMENT RULES AND PROCEDURES

- 3.1 **Rules** – All meets shall be governed by the 2019-20 National Federation Swimming and Diving Rules. (Exceptions – State Open meet where participants are not locked into heats and scoring system for divisional finals and Open.)
- CIAC interpretation of National Federation Rules on championship and consolation heats – Open meet – “A finalist may advance.”
- 3.2 **Coaches** – An individual or team may not compete in the championships unless accompanied by its coach or an authorized adult as noted on the principal’s written authorization. If someone other than the coach accompanies the individual or team, he/she must indicate this to the meet director upon arrival at the site. This rule applies to the diving trials as well as the swimming trials.
- 3.3 **Trials, Finals, Open – One Meet** – The championships are one (1) meet from the trials through the Open meet. A declared false start may be taken during trials, finals or Open. A competitor does not gain further eligibility once they have competed at any level of competition. A competitor who declares a false start is considered to have participated in that event for the duration of the championship meets.
- 3.4 **Declared False Start** – Declared false starts are permitted in trials, finals and Open. At the trials, finals or Open when there is a declared false start or scratch an alternate will be added. When possible, meet directors should be advised prior to the seed meeting that a swimmer, diver or relay will not compete, in order to enter alternates at the trials, finals and Open. Reseeding will be done at the finals and the Open.
- 3.5 **CIAC Swimming Committee** – The decision of the Boys Swimming Committee relative to the operation of the Championships shall be final.
- 3.6 **Ineligible Competitor** – When it is discovered that an ineligible competitor participates in a CIAC individual type tournament / meet / match, the competitor will be disqualified from the competition and his/her last opponent will advance in his/her place. Teammates of the ineligible competitor, except relay teammates remain in the competition and score points for their team. Team points earned by the ineligible competitor will be subtracted from the team’s total score. Team rankings will be readjusted if warranted. Opponents eliminated prior to the last competition may not re-enter the tournament. This applies to the following CIAC sports: swimming, wrestling, indoor track, outdoor track, tennis, cross country and golf.
- 3.7 **Coach Ejection** – When a member school’s coach is ejected from a meet for an infraction as prescribed by the rules, the school may not continue until the member school replaced the ejected coach with a properly certified coach. If this cannot be accomplished within 15 minutes after the ejection, the official in charge will declare the school disqualified.
- 3.8 **Coaches Meeting** – At least one coach from each school must attend the coaches meeting, which will be held 30 minutes before the scheduled start of the meet.
- 3.9 **Breaks** – At all state meets (divisional trials, finals and Open) there will be a fifteen (15) minute break between events #4 and #6 and a ten (10) minute break between events #8 and #9 and five (5) minute break between events #1 and #2 and between events #9 and #10.
- 3.10 **Shaving Down** – Shaving down at the meet sites is prohibited during regular season meets and CIAC Championship Meets. Violators will be disqualified from the meet. Application of substances to the body is never to be done on the pool deck. Meet directors will designate the only area where such substances may be applied. Substances applied must be dry before swimmer may leave the application area.

- 3.11 **Participation in “Outside” Meets** – Swimmers of member schools may participate as “unattached” individuals (not representing the school or outside team), in a maximum of four (4) “outside” meets per season (AAU, US, Boys & Girls Clubs, YMCA, etc.) choice of such outside meets to be made by swimmers with approval of the swimmers school administration. Present weekly swimming limitations must be maintained, one of which may be one of the four allowable “outside” meets). (See Section 5.0 of CIAC Handbook for weekly limitation regulation for two or three day meets.)
- 3.12 **Use of Tobacco Products** – Use of tobacco products, including electronic devices, illegal substance or possession of alcoholic beverages of any kind including champagne are not permitted on the field of competition, within the stands, other areas of the competition venue, or the parking lot at which a tournament game is scheduled.
- 3.13 **Inclement Weather** – In case of inclement weather check the web site – www.ciacsports.com -- to find out if the event has been postponed.
- 3.14 **Electronic Sound Equipment or Other Noise Makers** – All electronic sound equipment such as radios, stereos, tape players, noisemakers and musical instruments are **prohibited at all times**.
- 3.15 **Photography and Video Recording** – Meet management has the full authority to restrict any and all photography and visual recording at the meet. Photography or video recording (using cameras, video cameras, iPads, cell phones, etc.) from the deck is prohibited by all individuals other than participating coach and athlete members unless prior authorization from the meet referee or his/her designee has been granted. Flash photography is prohibited during the start of any heat, including whenever any swimmer is stepping up or standing on a block for the purpose of the start of a heat.

Additionally, the following “non-camera zones” shall be enforced:

- Photograph or video recording and the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photograph or video recording (using cameras, video cameras, iPads, cell phones, etc.) is not permitted in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for “race starting purposes” during competition and warm-ups.
- Additional “non-camera zones” may be designated by meet management.

Any individual failing to abide by these rules may be ejected from the facility.

- 3.16 **Designated Areas** – Coaches and athletes entered in the meet are to remain in the area designated for them by meet management or referee. Violators are subject to disqualification or ejection. This rule will be rigidly enforced.
- 3.17 **Voluntary Dives**
- | | | | |
|---------------|---------------------|-------------|---------------------|
| 12/19 – 12/29 | -- Forward Category | 2/10 – 2/16 | -- Inward Category |
| 12/30 – 1/5 | -- Back Category | 2/17 – 2/23 | -- Twist Category |
| 1/6 – 1/12 | -- Inward Category | 2/24 – 3/1 | -- Reverse Category |
| 1/13 – 1/19 | -- Twist Category | 3/2 – 3/7 | -- Forward Category |
| 1/20 – 1/26 | -- Reverse Category | | |
| 1/27 – 2/2 | -- Forward Category | | |
| 2/3 – 2/9 | -- Back Category | | |

4.0 ENTRY FEES AND ADMISSION FEES

- 4.1 **Entry Fee** -- \$100 per team, plus \$10 per event (including relays) with a maximum of \$250 made 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 swimming options in the password-protected online eligibility center.

4.2 **Admission Fee** * -- Diving qualifying, championship and Open meets (*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

Military in uniform or with I.D. – Free

4.3 **Passes** – During the championships only the following passes will be honored at each site.

a. Principal (or designee) of participating schools with CAS membership card.

b. Press Card.

c. CIAC swimming officials membership card.

d. Athletic Directors with CAAD membership card

No other complimentary admissions will be permitted.

4.4 **Team Members** – Team members not participating in a meet (trials, finals or Open) must pay an admission fee. Team members, who have participated in the trials are admitted free to both the finals and the Open.

4.5 **Supervision** – Team coaches (limit of three), athletic director and administrative personnel assigned to supervisory responsibilities will be allowed free admission. **Coaches are responsible for the supervision of their athletes, managers, and other team personnel.**

5.0 SCORING AND AWARDS

5.1 **Divisional Finals and Open** – This is the scoring for all divisional finals. This scoring will be used whether competitions are held in six or eight lane pools.

For Individual Events in the Divisional Finals and the State Open

1st – 8th – 30-27-26-25-24-23-22-21 (three point differential between 1 & 2)

9th-16th – 19-17-16-15-14-13-12-11

17th-24th – 9-7-6-5-4-3-2-1

Double for all Relays

5.2 **Awards**

Division Championship Meets – Medals awarded for first six (6) places.

Open Meet – Medals awarded for first six (6) places.

Team Award – CIAC plaques will be given to each divisional and Open meet champion and runner-up.

6.0 OFFICIALS

6.1 **Selection of Officials** – Coaches may recommend officials for both the swimming championships and the diving championships. Coaches may recommend up to ten (10) officials for the swimming championships and five (5) officials for the diving championships, and each coach may list two (2) officials for the swimming championships and two (2) for the diving championships that they do not recommend to work those events. Those names may be filed on the CIAC Eligibility Center from February 7-21, 2020. Those recommendations along with recommendations from the various swimming boards will be utilized in the assignment of officials for the championships.

6.2 **Meet Directors** – Meet directors are responsible for assigning timers, scorers and computer operators, etc. in accordance with the number and types listed in the most current CIAC Handbook.

- 6.3 **Meet Committee** – A meet committee and a meet director shall assume responsibility for all aspects of meet management. The meet committee shall make decisions on matters not specifically covered by the rules or on the misapplication of a rule during the meet. Judgment calls are not subject to review by the committee. The decision of the meet committee is final.
- 6.4 **Timers** – In a meet where six lanes are used, every team with a 400 yd. free relay team must supply a qualified timer for the entire meet. In a meet where eight lanes are used, each team with three relays competing must supply a second qualified timer for the entire meet. The qualified timers with a watch must report 15 minutes before the scheduled start of the meet. The meet director may assign teams to a specific lane.
- 6.5 **CIAC Rules Interpreter** – Questions on swimming or diving rules should be referred to the CIAC Rules Interpreter – Chris Burns – (203) 785-8384 – chrisaburns@comcast.net .

7.0 PROTESTS

- 7.1 **Tournament** – On the event 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 the CIAC and the Chairman of the Tournament Committee in question, in consultation with the CIAC swimming/diving interpreter will make an appropriate ad hoc decision in consideration of the best interest of the tournament as a whole.
- 7.2 **Decisions by Game Officials** – Protests arising from judgment calls by officials during the contests will not be allowed. Protests arising from misinterpretation or misapplication of the National Federation or CIAC rules by officials or others will be considered. The record of the official scorekeeper at the conclusion of the contest is final unless an administrative error is discovered. Such errors will be corrected as covered by specific contest rules.

8.0 ENTRY PROCEDURES

- 8.1 **Entry Form** – All names on the entry form must comply with the rules and regulations of the CIAC. Entry forms and diving score sheets must be submitted via the password-protected online eligibility center NOT LATER THAN 4:00 p.m., MONDAY, MARCH 9, 2020. Anyone not listed cannot compete. All problems must be resolved before the entry deadline. Late entries will not be accepted. Schools may put their entries on at any time before the deadline and do not have to wait until the deadline.

Tournament rosters, entry forms and officials names can be submitted on the eligibility center or the submit scores/forms option under the CIAC for coaches menu at ciacsports.com. Rosters must be submitted by March 9, 2020.

- 8.2 **Seeding and Event Sheet** – The seeding and event sheet must be presented before entries become official. It must indicate what events each swimmer is entered in and the seeding time and date for each event or highest score for diving. It must also insure that no swimmer is in more than two (2) individual events. (Diving is an individual event.) No swimmer may actually swim in more than four (4) events, no more than two of which may be individual events. No more than three (3) of which may be relay events. Trials, finals and Open are considered one meet. Only names on the seeding event sheet may compete. All names on the entry form must comply with the rules and regulations of the CIAC.
- 8.3 **Diving Entries** – All diving entries will be done electronically via the password-protected online eligibility center. The diving information must be put on the diving score sheet. The diving form must be at CIAC headquarters by 4:00 p.m. on Monday, March 9, 2020. Confer with Rule 9-4-1 for order of dives and DD requirement.

The diving forms must be signed by both the diver (full name), the coach at the time of the meet and by the referee, as soon as the meet is over. In the divisional and Open championships, the six optional dives must have a total DD of 11.0.

Divers **MUST** prove that they have performed the combined DD and required points before they will be allowed to enter the championship trials. **Proof of having met the requirements for entry into divisional competition must be emailed to results@casciac.org by 4:00 p.m., Monday, March 9, 2020.**

Schools with divers competing must have a State Department of Education certified coach or properly authorized individual present for the diving trials or the diver may not participate.

8.4 **Names on Relays** – Names of the four competing swimmers, designating the lead off swimmer, must be on a 3 x 5 card and turned in at the start of the specific relay event. (Prior to the first heat.) An individual does not become a relay participant until they swim in the event.

8.5 **CIAC Late Entry Policy** – No entries will be accepted after the scheduled deadline except those approved by the CIAC Board of Control. Corrections requested by a school to an entry form that was submitted by the established deadline but prior to seeding/pairing data being published on the web site, will be assessed \$50 per correction to a maximum of \$250. All requests for corrections must be submitted on a support ticket via the online eligibility center. No phone requests will be considered. Diving proof sheets that arrive after the Monday, March 9, 2020, 4:00 p.m. deadline will be assessed a \$50 fine.

Tournament Regulation Violations – If a school fails to comply with tournament regulations and such failure to comply requires the CIAC Board of Control to redo any portion of the tournament pairings or such non-compliance adversely impacts the management of the tournament, an administrative violation of \$500 will be imposed upon the school before entry into the tournament will be allowed.

9.0 DIVISIONS

9.1 **Placement** – Only institutional members of the Conference may enter the tournament which will be in four (4) divisions. Placement of schools has been based on the 2018-19 boy enrollment in grades 9-12. A listing of tournament divisions is available on the boys swimming page at ciacsports.com.

LL – 808 and over

L – 646 - 807

M – 411 - 645

S – Up to 410

10.0 QUALIFYING STANDARDS

10.1 **CIAC Member Schools** – In order to qualify individuals must be members of a team which has had a minimum of four (4) dual meets with CIAC member schools and in addition must meet the minimum standards. Individuals may compete in two (2) individual events and two (2) relays or in one (1) individual event and three (3) relays. Qualifying standards for swimming and diving must be met in a CIAC or National Federation sanctioned meet.

10.2 Automatic Qualifying Times

	<u>S</u>	<u>M</u>	<u>L</u>	<u>LL</u>
200 Yd. Medley Relay		Automatic		
200 Yd. Freestyle	2:02.74	2:00.99	1:57.29	1:54.99
200 Yd. Ind. Medley	2:22.00	2:16.99	2:13.21	2:10:32
50 Yd. Freestyle	24.99	24.29	23.95	23.60
Diving – <u>Dual Meets</u> – 9.0 DD & 160 points. The DD of 9.0 is for the 5 optional dives in the 6 dive program.				
<u>Championship Meets</u> – 240 points on 11 dives and 11.0 DD. The 11.0 DD is for the 6 option dives in the 11 dive program				
100 Yd. Butterfly	1:01.99	1:01.17	58.43	58.02
100 Yd. Freestyle	54.75	53.23	52.99	52.99
500 Yd. Freestyle	5:38.46	5:30.99	5:19.99	5:15.00
200 Yd. Freestyle Relay		Automatic		
100 Yd. Backstroke	1:03.99	1:03.99	1:00.59	1:00.05
100 Yd. Breaststroke	1:10.69	1:08.99	1:07.99	1:05.99
400 Yd. Freestyle Relay		Automatic		

- 10.3 **Relays** – Each team is allowed one entry in each relay event – 200 Medley, 200 Freestyle, 400 Freestyle Relay – without regard to qualifying time.
- 10.4 **Swimmers that Do Not meet Automatic Qualifying Times** – Coaches may submit four (4) swimmers with times for each event including times that do not make the automatic qualifying times. All swimmers who meet the automatic qualifying time will swim. If fewer than 36 swimmers meet the automatic qualifying time additional swimmers will be added until the 36th time is reached, in which case the top 36 times, including any ties for 36th place, will qualify to swim at trials. Only those in the top 36 will be charged an entry fee.
- 10.5 **Number of Events Per Swimmer** – Coaches may submit swimmers in a maximum of two individual events. Any swimmers entered in an individual event that does not make the top 36 seeding will be allowed to swim in up to three relay events. A coach may enter one relay team for each relay event.
- 10.6 **Divers Qualifying** – For both Class and Open meets, the total degree of difficulty for the six (6) optional dives on the 11 dive championship diving score sheet **MUST** meet the following requirements – All divisions – 11.0. **Diving divisions may be combined if the total divers between two divisions is 28 or fewer.**
- The DD (degree of difficulty) stated in the qualifying standards must be the total degree of difficulty for the five (5) optional dives done in a dual meet that is in a six (6) dive program. The degree of difficulty of the voluntary dive is not to be counted. The required point total and the required DD must be done in the same meet.
- 10.7 **Qualifying for Divisional Meet** – The best twenty-four (24) swimming performances in each event, at the trials, will qualify for Divisional Championships. In divisional championships all heats are locked.
- 10.8 **Open Championship** – The best twenty-four (24) swimming performances in each event from all the Divisional Championships combined will qualify for the Open Championship Meet. Any of the twenty-four (24) finalists can advance either by “scratches” or “better time” in the finals. (Alternates will be added when vacancies exist due to scratches or declared false starts.)
- 10.9 **Open Diving Championship** – For diving (State Open) the twenty-four (24) top scorers plus any divers in the top three (3) of each divisional championship meet not already included in the top twenty-four (24) will automatically qualify for the State Open Meet. **Diving alternates will only be utilized when there are fewer than 24 divers.**

10.10 **Alternates** – There will be two alternates for the trials, divisional finals and the Open championship meet.

11.0 **DATES / SITES / TIMES / MEET DIRECTORS**

11.1 Member schools may start practice on but not before December 5, 2019.

11.2 Member schools may hold the first meet on but not before December 19, 2019.

11.3 Weekly limitations – 2 per week* -- Exception: May schedule three (3) contests in a week three (3) times during the regular season, excluding the first and last weeks.

11.4 Last date to count for the tournament – March 7, 2020.

11.5 **Diving Trials and Finals**

- | | | |
|----|----------|---|
| S | March 11 | Plainville High School, Plainville –Warm-up 4:00 p.m./ Competition 5:30 p.m.
Meet Director – Chris Zagorski, Plainville High School
Telephone (860) 716-2879
Email – _zagorski.chris@gmail.com |
| LL | March 11 | Middletown High School – Warm-up 4:00 p.m. / Competition 5:30 p.m.
Meet Director – Trevor Charles, Middletown
School – (203) 407-2040 x 3001
Email – tdyer@hamden.org |
| M | March 12 | Bulkeley High School, Hartford – Warm-up 4:00 p.m. / Competition 5:30 p.m.
Meet Director – Diane Callis, Bulkeley High School, Hartford
School – (860) 695-1038 / Cell – (860) 250-0126
Email – calld001@hartfordschools.org |
| L | March 12 | Middletown High School – Warm-up 4:00 p.m. / Competition 5:30 p.m.
Meet Director – Trevor Charles, Middletown
Home (860) 395-7852 / School (860) 704-4558 / Cell (860) 395-7852
Email – charlest@mpsct.org |

If there is a cancellation of the diving because of inclement weather on either March 11 or March 12, 2020, depending on the division, the competition will be moved to the next day.

11.6 **Swimming Trials**

- | | | |
|----|----------|--|
| LL | March 14 | East Hartford High School – Warm-up 10:00 a.m. /Swimming 11:30 a.m.
Meet Directors – Rick Lewis
Work (203) 977-4696 / Home (203) 698-1281
Email – lewisshark@aol.com |
| M | March 14 | East Hartford High School – Warm-up 4:30 p.m. / Swimming 6:00 p.m.
Meet Director – Scott Butler, Walsh Intermediate School, Branford
School (203) 488-8317
Email address – redsox98@sbcglobal.net |

- L March 14 Cornerstone Pool, West Hartford – Warm-up 3:30 p.m. / Swimming 5:00 p.m.
Meet Director – John Smachetti, Conard High School, West Hartford
Home (860) 675-7622 / Cell (860) 712-8824
Email address – johnsmachetti@gmail.com
- S March 14 Cheshire Community Pool – Warm-up 4:00 p.m. / Swimming 5:15 p.m.
Meet Director – Chris Zagorski, Plainville High School
Telephone (860) 716-2879
Email address – zagorski.chris@gmail.com

If the swimming trials are cancelled because of inclement weather on Saturday, March 14, the swimming trials will be held on Sunday, March 15, 2020.

11.7 **Swimming Championship Finals**

- L March 17 Wesleyan University – Freeman Center, Middletown
Meet Director – John Smachetti
Warm-up 12:45 p.m. / Finals 1:30 p.m.
- LL March 17 Wesleyan University – Freeman Center, Middletown
Meet Director – Rick Lewis
Warm-up 5:15 p.m. / Finals 6:00 p.m.
- S March 18 Wesleyan University – Freeman Center, Middletown
Meet Director -- Chris Zagorski
Warm-up 12:45 p.m. / Finals 1:30 p.m.
- M March 18 Wesleyan University – Freeman Center, Middletown
Meet Director – Scott Butler
Warm-up 5:15 p.m. / Finals 6:00 p.m.

11.8 **Open Diving Championships**

- March 19 Bulkeley High School -- Warm-up 4:00 p.m. / Competition 5:30 p.m.
Meet Director – Diane Callis
School (860) 695-1038 / Cell (860) 250-0126
Email address – calld001@hartfordschools.org

11.9 **Open Swimming Championships**

- March 21 Yale University – Kiputh Pool
Meet Director – Rick Lewis
Work – (203) 977-4696 / Home (203) 698-1281
Email address – lewisshark@aol.com
Warm-up – 5:30 p.m. / Competition 7:00 p.m.

APPENDIX A

25 YARD-METER AND 25 METER-YARD CONVERSION FACTORS

MEN

	<u>Yard-Meter</u>	<u>Meter-Yard</u>
200 Medley Relay	1.115	0.8969
200 Freestyle	1.108	0.9025
200 Ind. Medley	1.111	0.9001
50 Freestyle	1.119	0.8937
100 Butterfly	1.114	0.8977
100 Freestyle	1.111	0.9001
500 Yd. / 400M Freestyle	0.8780	1.1391
500 Yd. / 500M Freestyle	1.100	0.9091
200 Free Relay	1.116	0.8961
100 Backstroke	1.111	0.9001
100 Breaststroke	1.110	0.9009
400 Freestyle Relay	1.114	0.8977

WOMEN

200 Medley Relay	1.116	0.8961
200 Freestyle	1.108	0.9025
200 Ind. Medley	1.110	0.9009
50 Freestyle	1.115	0.8969
100 Butterfly	1.111	0.9001
100 Freestyle	1.112	0.8993
500 Yd. / 400M Freestyle	0.877	1.1406
500 Yd. / 500M Freestyle	1.100	0.9091
200 Free Relay	1.117	0.8953
100 Backstroke	1.111	0.9001
100 Breaststroke	1.112	0.8993
400 Freestyle Relay	1.114	0.8977

Connecticut State Department of Education and the Connecticut Interscholastic Athletic Conference
Concussion and Head Injury Annual Review 2019-20
Required for ALL School Coaches in Connecticut

This document was developed to provide coaches with an annual review of current and relevant information regarding concussions and head injuries. It includes guidance from the 2017 Concussion in Sport Group consensus statement that was developed to provide further understanding and management of sports-related concussion.

In addition to reviewing this document, 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 coaches' associated school district annually to comply with Section 10-149b of the Connecticut General Statutes, *Concussions: Training courses for coaches. Education plan. Informed consent form. Development or approval by the State Board of Education. Revocation of coaching permit.*

What is a Concussion?

"A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, stretching and damaging the brain cells and creating chemical changes in the brain." (CDC, 2017)

Section 1. Concussion Education Plan Summary

The [Concussion Education Plan and Guidelines for Connecticut Schools](http://portal.ct.gov/SDE/Publications/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 Concussion Education Plan. The complete document is accessible on the CSDE web site at <http://portal.ct.gov/SDE/Publications/Concussion-Education-Plan-and-Guidelines-for-Connecticut-Schools>

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; and
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 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/combative/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 (principal, teacher, licensed athletic trainer, licensed physical or occupational therapist employed by a school district, coach or school paraprofessional) must notify the parent or legal guardian within 24 hours that the student-athlete has experienced a head injury and has exhibited signs and symptoms of a concussion.

Section 3. Return to Play (RTP) Protocol Overview

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 she/he has 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 head injury or concussion.
2. If there is any loss of consciousness, vomiting or seizures, the athlete MUST be transported immediately to the hospital.
3. The athlete should not be left alone after the injury. Close observation and monitoring of an athlete MUST continue following a concussion or head 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 (There should be at least 24 hours for each step of the progression)

Stage	Rehabilitation Steps/Aim	Functional exercise at each step of rehabilitation/activity	Goal to each step
0	It is recommended that an initial period of 24-48 hours of both relative physical rest and cognitive rest is achieved before beginning the RTP progression identified in Stages one through six below (McCrory, P.et al., 2017). 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 persist (example, more than four days in children or more than 10-14 days in adults) the athlete should be referred to a healthcare professional who is an expert in the management of concussion.		
1	Symptom-limited activity	Daily activities that do not provoke symptoms	Gradual reintroduction of work/ school activities
2	Light aerobic exercise	Walking or stationary cycling at slow to medium pace. No resistance training.	Increase heart rate
3	Sport-specific exercise No contact	Running or skating drills. No head impact activities	Add movement
4	Non-contact training drills	Harder training drills (example, passing drills). May start progressive resistance training.	Exercise, coordination and increased thinking
5	Full contact practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Normal game play	Return to full athletic participation

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.

Coach: (Print) _____ **School** _____
Coach Signature: _____ **Date** _____

References: McCrory, P., Meeuwisse, W., Dvorak, J., Aubry, M., Bailes, J., Broglio, S., et al., Vos, P. (2017). Consensus statement on concussion in sport – The 5th international conference on concussion in sport held in Berlin, October 2016. *British Journal of Sports Medicine*, 0, 1-10. Doi: 10.1136/bjsports-2017-097699. Retrieved from <http://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097699.full.pdf>

Resources: CDC. (2017). *Heads up: Concussion in high school sports*. Retrieved from http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm
 CDC. (2017). *Injury prevention & control: Traumatic brain injury*. Retrieved from <http://www.cdc.gov/TraumaticBrainInjury/index.html>
 CDC. (2017). *Heads up: Concussion in High school sports guide for coaches*. Retrieved from <http://www.cdc.gov/headsup/highschoolsports/coach.html>
 CDC. (2017). *Heads up: Concussion materials, fact sheets and online courses*. Retrieved from <http://www.cdc.gov/headsup/>