

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

89th ANNUAL BOYS 2019-20 INDOOR TRACK AND FIELD MEET
32nd ANNUAL GIRLS 2019-20 INDOOR TRACK AND FIELD MEET
Sponsored by the U.S. Marines

Information Sheet

(For Conference member schools only)

CIAC Girls Committee Chairman
Dr. Steve Wysowski (Retired)

CIAC Boys Committee Chairman
Donn Friedman, Executive Director, CNESSPA

THE INDOOR TRACK INFORMATION IS ARRANGED IN SECTIONS

Alert Page

Section I. Divisions
Section II. Dates / Sites / Meet Directors
Section III. Entry Procedures
Section IV. Relays
Section V. Qualifying Standards
Section VI. Tournament Restrictions / General
Section VII. NFHS Rule Changes
Section VIII. Order of Events / Facility Restrictions
Section IX. Sportsmanship / Supervision

Appendix A Protest Report Form
Appendix B Disqualification Report Form
Appendix C Pole Vault Weight Certification Form
Appendix D Concussion Management and Return to Play Requirements

2019-20 CIAC BOYS AND GIRLS INDOOR TRACK COMMITTEE

Steve Wysowski - Chair
Donn Friedman - Chair
John Coccia, AP, Enfield High School
Kurt Ogren, Woodland Reg. High School, Beacon Falls
Anna Mahon, Amity Reg. High School, Woodbridge

Coaches:

Rich Kosta, Fitch High School, Groton - Ch
Brian Collins, Glastonbury High School
Brian LaFontaine, Watertown High School
Carl Reichard, East Lyme High School

Consultants:

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

ALERT

PROCEDURE FOR 2019-20 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 strongly urged to scratch any competitor before the meet to expedite the flow of the meet. Scratching is critical in the 300, 3200 and 4 x 400.**
- 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:

Coaches have the option of entering an athlete in as many as seven (7) events, three (3) individual and as many as four (4) relays. The athlete may compete in only three (3) of those events.

An “entered” athlete becomes a competitor when he/she reports to the clerk for a running event or the field judge for a field event to check-in. Once an athlete has “checked in”, he/she “has competed” and that event counts as one of the allowed three (3) events.

An athlete who competes in three (3) events, even if he/she did not qualify in any of them, in a class meet is then “frozen” for those same three in the “State Open”. They cannot compete as an alternate for any relay. Any athlete who competes in fewer than three (3) events in a Class Meet can compete in the Open as an alternate if listed as such on the Declaration sheet which was submitted at the “Class Meet.”

- Alert – This is not a rule change and was in effect for the indoor and outdoor track championships.

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 should declare up to four alternates. Relay teams report with signed declaration sheets when called to the clerk of course. **Any coach who changes a contestant and uses an alternate 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.**

- 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 recorded during the regular season may be entered for STATE QUALIFYING ONLY.**

- **REMEMBER** – *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 are checked in the “include” column on the declaration sheet will be eligible to compete in that relay event.*

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 11, 2020. The last day to count for establishing verifiable entries is Monday, February 10.

- **Entry Fee** – The entry fee is \$100 per team (10 or less) or \$10.00 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). **TEAMS CAN ENTER THE FIELD HOUSE NO EARLIER THAN ONE (1) HOUR BEFORE THE START TIME OF THE MEET.**

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 2020 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. (Refer to National Federation Rule book) **Restricted areas are pole vault, high jump and long jump coaching boxes, 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, 3/16” or 1/8” Pyramid spikes are allowed on the track surface. **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 updates.

NOTICE:

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

NOTE: FOR THIS, THE 2019-20 INDOOR SEASON, THE COMMITTEE WILL ACCEPT ONLY FAT (FULLY AUTOMATIC TIMING RESULTS) PERFORMANCES IN THE 55 METER DASH, 55 METER HIGH HURDLES AND THE 300 METER DASH.

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 chairmen Steve Wysowski – swysowski@gmail.com, (860) 329-2055 or Donn Friedman – donn@cnesspa.org.

Any irregularities noted on the online performances reported to the CIAC this season should be reported to Steve Wysowski – swysowski@gmail.com – telephone (860) 329-2055. 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.

COMPLIANCE WITH WEEKLY LIMITATIONS ON OUTSIDE COMPETITION – Indoor track athletes, with the approval of the school may participate as an “unattached” individual (not representing the school or an outside team) in a maximum of four (4) outside meets per season. The athlete must comply with CIAC weekly limitations.

With increased frequency athletes are competing “unattached” in approved “outside” competition over a two or three day period. In most cases where this happens a participant would qualify on the first day and then compete again on the second and/or third day.

A competitor competing in a one, two or three day outside meet/tournament shall have that meet/tournament count as one of the allowable weekly competitions.

When a two or three day meet is conducted on both a Saturday and Sunday, a choice may be made as to which week it will count as one of the allowable weekly CIAC competitions. However, for Friday through Sunday events it must count in the week containing the Friday.

If a one, two or three day outside meet/tournament is conducted within one week, the one charged weekly competition must be counted within that week.

Track season (indoor and outdoor) – A member of the track team may enter “road races” of three miles and beyond (under road conditions only).

“Walk-a-thon” events are to be considered non-athletic events which may be conducted at any time by CIAC athletes.

Track conditions refer to an official track facility designed for the purpose of conducting track events.

Road conditions refer to events that are conducted only on roads, and do not take on aspects of track events.

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.

2020 BOYS / GIRLS INDOOR TRACK INFORMATION

SECTION I. -- DIVISIONS

In order to more nearly balance the number of competitors, the divisions have been changed based on both the October 1, 2018-19 boys and girls – grades 9-12 enrollment as well as the actual number of participants in the 2019 state meets.

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

Boys

LL Division – 763 and over
L Division – 533 - 762
M Division – 340 - 532
S Division – Up to 339

Girls

LL Division – 733 and over
L Division – 505 - 732
M Division – 350 - 504
S Division – Up to 349

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 6, 2019 TO BOTH THE CIAC AND THE TWO MEET DIRECTORS INVOLVED.

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 Monday, February 10, 2020.

- B. **Entry Fee** -- \$10 per competitor – a minimum fee of \$100 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 IV. -- 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. (See alert page, read second bulleted item.)** 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 should list up to four Alternates. Relay declaration sheets will be available at the check-in prior to the Class Championships.
- 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 are checked in the “include” column on the declaration sheet will be eligible to compete in that relay event.
- 3) **Relay competitors may be changed for the New England Championships as long as he/she meets the three event limitation rule for the day.**
- 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 clarification are considered one meet. Advancing to the Open is predicated on performance at the class meet.

SECTION V. -- 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		7.04		7.14		7.14
55m Hurdles		9.04		9.04		9.04
300 Meters		39.74		39.74		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	7'6"	7'0"	7'0"	7'0"

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		8.04		8.14		8.14
55m Hurdles		10.24		10.44		10.44
300 Meters		46.54		47.24		47.24

<u>Event</u> (Girls)	<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>
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 2019-20 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 2019-20 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.

Starting heights will be the lowest qualifying height achieved in the CLASS MEETS. NFHS rules will be used to determine places.

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. Declarations must be made before leaving the State Open.

SECTION VI. -- TOURNAMENT RESTRICTIONS / GENERAL INFORMATION

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). TEAMS CAN ENTER THE FIELD HOUSE NO EARLIER THAN ONE (1) HOUR BEFORE THE START TIME.**
- B. All entrants must be able to meet the minimum standards shown in Section V. **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 2020 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.

General

- A. Only starting blocks furnished by the site may be used. Furnished blocks may be used to start running or relay races 400 meters or less. 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**
 - Free – Children – five (5) and under
 - Free – Military in uniform or with I.D.
 - \$5.00 – Students (grades 1-12) and Senior Citizens (age 65 and older)
 - \$10.00 – Adults (all others not in the above categories)

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 VII. -- 2020 NATIONAL FEDERATION TRACK AND FIELD RULE REVISIONS

4-6-5G, 8-6-1e -- Clarifies that a competitor should not be penalized for helping another competitor who is distressed or injured when no advantage is gained by the competitor who is assisting.

5-3-3 & 4, 5-10-6 thru 11 – Clarifies that in the 4 x 100 meter relay and 4 x 200 meter relay, and other relays with legs of 200 meters or less, each exchange zone will be 30 meters long. All exchange zones for races in excess of 200 meters will remain at 20 meters.

6-2-6 – Clarifies that it is illegal to run backward or in the opposite direction (non-legal direction) on a horizontal jump, pole vault or javelin runway.

6-3-2-b-4-a – This change provides metric measurements for tie-breaking jump-offs for vertical jumps.

6-9-5 – The length of long jump and triple jump pits constructed after 2019 shall be at least 23 feet (7 meters).

8-1-1 – Clarifies cross country course markings.

8-1-3 – Clarifies cross country course layouts.

2020 Track and Field Editorial Changes

5-1-5, 5-11-1, 6-8-10d

2020 Track and Field Points of Emphasis

1. Meet Administration
2. Exchange Zone
3. Assisting Injured Athletes

SECTION VIII. -- ORDER OF EVENTS / FACILITY RESTRICTIONS

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

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

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

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

Facilities

At the Floyd Little Athletic Center, 3/16” or 1/8” Pyramid spikes are allowed on the track surface. **NO NEEDLE SPIKES!** This will be strictly enforced. Teams are responsible for clean-up.

SECTION IX. -- SPORTSMANSHIP / SUPERVISION

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.

APPENDIX A

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

2020 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.

APPENDIX B

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
2020 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 _____

APPENDIX C

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

CIAC OFFICIAL 2020 INDOOR TRACK POLE VAULT WEIGHT CERTIFICATION FORM

___ Boys ___ Girls

School _____ Town _____

WEIGHT CERTIFICATION SHOULD NOT OCCUR PRIOR TO JANUARY 22

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

Signature of School Medical Official _____ Date _____

Signature of Coach _____ Date _____

Signature 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 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](#) 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/>
 CIAC Concussion Central. Retrieved from <http://concussioncentral.ciacsports.com/>