

FCIAC Indoor Track and Field Rules 2024-25

I. Rules

A. CIAC

1. Date of first practice and competition — set by CIAC
2. Number of competitions per week — 2
3. Number of meets per season — 14
4. All Sports Teams and individual athletes must have a minimum of 10 physical exertion school practice days before the date of the first scheduled competition.
5. No team/athlete shall practice/compete with their school more than 6 consecutive days to provide a day of rest. Saturdays, Sundays and holidays may be used unless prohibited by local board policy.

B. FCIAC

1. All meets to take place at either the Wilton or Staples field houses. The FCIAC shall use the current Rulebook as defined by the CIAC.

Events and their order:

- a. Field events (FCIAC follows the state order for field events)

HJ

LJ

PV

SP

- b. Running events (FCIAC follows state order for running events)

4 x 1.5 lap relay

4 x 5 lap relay (championship meets only)

45/50 hurdles

45/50 dash

1000m run

600 m run

hurdle finals (when run)

dash finals (when run)

1600

medley relay (3 lap, 1 lap, 1 lap, 5 lap)

300m run

3200

4 x 2.5 lap relay

- c. No relays will be contested during the first two qualifying meets at Staples and Wilton.

2. Qualifying Meets

- a. Each contestant in the shot put and long jump shall be allowed three or four attempts.
- b. The meet director shall keep all results and shall produce the results of the top six places for each event plus all qualifiers for the FCIAC championship meet. This result sheet will be the official meet result.
- c. The starter shall check the competitor's shoes to ensure they are legal.
- d. Each athlete may compete in only 3 events.

- e. The 2 mile will be conducted in all qualifying meets. Wilton has the option of staging the 2 mile as the first event on the first and third qualifying meet dates.
- f. A school is limited to six total entries in 4 x 1.5 lap relay and 4 x 2.5 lap relay. For example: four teams in 4 x 1.5 lap and two teams in 4 x 2.5 lap; or six teams in 4 x 1.5 lap and no teams in 4 x 2.5 lap.

II. Determining Schedules

- A. Make up of the divisions will be determined by the FCIAC Constitution, Article IV, Section 1.
- B. Qualifying Meets
 - 1. A yearly schedule will be made by the Track Committee.
 - 2. Coaches must enter their athletes in events at athletic.net prior to each meet's deadline, which is usually the evening before the meet.
 - 3. CIAC state order of events for both running and field will be followed in our qualifying and championship meets.
- C. Championship Meets
 - 1. Will be held upon completion of the qualifying season.
 - 2. Prior to the championship meet, there will be a seeding meeting and assignment of officials by the meet director. The seed meeting will be conducted in cyberspace or physical space. At the seed meeting of the divisional meets when seed cards are used, coaches shall provide the meet director with a hard copy of the entries.
 - 3. All seeding will be verified by the current record keeping materials. Any verifiable results of the current indoor season may be used for seeding purposes. This includes all individual and relay performances. No composite relay seed times.
 - 4. CIAC state order of events for both running and field will be followed in FCIAC qualifying and championship meets.

III. Determination of a Champion

- A. Rules for the Divisional and FCIAC meets shall be the same.
- B. FCIAC / Divisional Championships
 - 1. To be decided by multi-team meets.
 - 2. In the case of a tie, each team shall be declared co-champion.
 - 3. Scoring shall be in accordance with the recommendation of the National Federation High School rules.
 - 4. Contestants in the shot put and long jump shall be allowed three attempts with the top seven qualifying for three final attempts which will be done in the reverse contestant qualifying order. All attempts count.
 - 5. Entry limitations for divisional meets.
 - a. Case (1) when the league stages three divisional meets. Five individuals in each individual event and one relay. If more than five athletes are entered in an individual event, they all must have met the FCIAC standard.
 - b. Case (2) when the league stages two divisional meets. Four individuals in each individual event and one relay. If more than four athletes are entered in an individual event, they all must have met the FCIAC standard.

6. FCIAC Championship meet: All athletes in individual events must have met the FCIAC standards as adjusted yearly. One relay team in each of the relays is allowed. Relay participants may be drawn from the list of eligible athletes on the team roster and declared at the meet.

Standards for 2017-18 FCIAC Championships											
	45	50	55	300	600	1000	1600	3200	45H	50H	55H
Girls Hand	6.7	7.3	7.9	47.0	1:55.0	3:30.0	6:00.0	13:00.0	8.8	9.6	10.5
Girls FAT	6.94	7.54	8.14	47.24	1:55.24	3:30.24	6:00.24	13:00.24	9.04	9.84	10.74
Boys Hand	5.9	6.4	6.9	40.0	1:36.0	2:56.0	5:00.0	10:40.0	8.0	8.7	9.5
Boys FAT	6.14	6.64	7.14	40.24	1:36.24	2:56.24	5:00.24	10:40.24	8.24	8.94	9.74
	LJ	SP	PV	HJ							
Girls	14-2	26-0	7-0	4-8							
Boys	18-0	35-0	9-0	5-6							

7. Individual entries

- a. Entries for the Divisional and FCIAC Championship meets shall be in agreement with the current CIAC entry rules for state championship meets.

8. Conversion factors for entry purposes

- a. 1500m to 1 mile, multiply by 1.08.
 1600m to 1 mile, multiply by 1.0058.
 3000m to 2 mile, multiply by 1.08.
 3200m to 2 mile, multiply by 1.0058.

- b. Seed times for all four relays can come from any facility and are to be converted as below.

c. Boys conversions

45 hurdles	to 50 hurdles	add 0.7 seconds	to 55 hurdles	add another 0.8 seconds
45 dash	to 50 dash	add 0.5 seconds	to 55 dash	add another 0.5 seconds
4x240 r	to 4x225 r	subtract 8.0 secs	to 4 x 200r	subtract another 16 secs
4x375 r	to 4x400 r	add 15.0 seconds		
3,1,1,5 r Wil	to 3,1,1,5 r Sta	add 16.0 seconds		
3,1,1,5 r Sta	to 2, 2, 4, 8 r	subtract 10 seconds		
4x750 r	to 4x800 r	add 34.0 seconds		

d. Girls conversions

45 hurdles	to 50 hurdles	add 0.8 seconds	to 55 hurdles	add another 0.9 seconds
45 dash	to 50 dash	add 0.6 seconds	to 55 dash	add another 0.6 seconds
4x240 r	to 4x225 r	subtract 9.0 secs	to 4 x 200r	subtract another 19 secs
4x375 r	to 4x400 r	add 17.0 seconds		
3,1,1,5 r Wil	to 3,1,1,5 r Sta	add 18.0 seconds		
3,1,1,5 r Sta	to 2, 2, 4, 8 r	subtract 12.0 secs		
4x750 r	to 4x800 r	add 40.0 seconds		

- e. Hand times shall be converted to FAT times by adding 0.24 seconds.

9. Meet Director

- a. Shall have the authority to manage FCIAC/Divisional Championship meets.
- b. Procedures for operating the FCIAC/Divisional meets shall be developed by the Track Committee.

10. Rules not governed by FCIAC rules shall be governed by the National High School Federation rules.

11. The short sprint and hurdles shall be run at least twice at the divisional and FCIAC meets when more than one heat is necessary.

C. FCIAC Championship Meet Entries

1. The coach shall convert times to the distances run at the championship location. When submitting a mark, the coach must specify the date and location of the performance.

IV. Officials

A. Qualifying and Championship meets — Officials shall be provided. The meet director prior to the meet shall appoint referees, a games committee, and a jury of appeals.

V. Awards

A. FCIAC Championships

1. Medals
 - a. First six places in each individual event.
 - b. First six teams in each relay event.

2. Trophy to the top two teams.

B. Divisional Championships

1. Medals awarded to the first three individuals and relays. No ribbons awarded.
2. Trophy to the team winner.

VI. All FCIAC First Team

- A. First and second place finishers in all individual and relay events in the FCIAC meet.
- B. All athletes selected for the all state team.
- C. Any athlete added by the track committee at the end of the season meeting.