

2025 FCIAC Boys and Girls Outdoor Track and Field Rules

- I. FCIAC Boys and Girls Outdoor Track and Field is governed by the National Federation of State High School Associations rule book and by the CIAC Track and Field Committee.
- II. Scheduling
 - A. The Divisions within the FCIAC shall be determined by the FCIAC Board of Directors
 - B. The Chairman of the FCIAC Track and Field Committee shall draw up a season schedule and submit it to the Track and Field Committee for approval. This process shall include liaison with the Girls Committee to avoid site conflicts. See Appendix B for the current scheduling format.
 1. Input from all FCIAC coaches shall be solicited each year at the post season meeting of the Committee with regards to scheduling, meet conduct, order of events, etc.
- III. Postponements
 - A. Make-ups for postponements shall be held on the first open date as per FCIAC Policy.
- IV. Determining a Champion
 - A. Divisional Championship
 1. The team with the best won-lost record within the division shall be declared the champion.
 2. In the case of a tie, the team winning the meet between the tied teams shall be declared the champion.
 3. If a tie still exists, the team with the best record against common opponents shall be declared the champion.
 4. If a tie still exists, the team with the best overall record shall be declared the champion.
 5. Finally, if a tie still exists, the highest placing team in the FCIAC Championship Meet shall be declared the champion.
 - B. FCIAC Championship
 1. The FCIAC Championship shall be determined by the FCIAC Championship Meet involving all FCIAC teams and qualified individuals.
 - a. Qualifications and entries for the FCIAC Meet shall be determined by the Track and Field Committee.
 2. Scoring shall be 10-8-6-5-4-3-2-1.

3. Procedures for operating the meet shall be developed by the Track and Field Committee and administered by a Games Committee in cooperation with the Meet Director.

a. The Games Committee shall be made up of the Boys Chairman, the Girls Chairman, the Administrative Chairman, the Meet Director and the Seeding Chairman.

4. The contested events shall be: 4x100m relay, 4x400m relay, 4x800m relay, 100m, 200m, 400m, 800m, 1600m, 3200m, 110m HH, 300m IH, high jump, pole vault, long jump, triple jump, shot put, discus throw and javelin throw.

5. Entry and participation limitations shall be identical to the CIAC state class championship meet procedures.

6. The order of events shall be identical to the CIAC state class championship meets.

7. Entry standards for the FCIAC Championship Meet shall be established by the FCIAC Outdoor track and Field Committee.

Current standards are attached on Appendix A.

8. Coaches shall make their best effort to enter their FCIAC qualifiers online within 14 days of the date the qualifying performance was established.

9. If there are not 24 qualified athletes entered in any event then the competition field will be filled to 24 entries by non-qualified athletes. Therefore, coaches are encouraged to enter athletes who are close to the entry standards in those events where this may occur.

10. The FCIAC Championship Meet shall have a track referee who is responsible for all track events and a field referee who is responsible for administering the field events.

V. FCIAC Regular Season Meets

A. Officials

1. The home team shall provide the officials.

2. Each team shall provide a scorekeeper for both home and away meets.

3. The score keepers of all competing teams shall be in agreement regarding team scores following the conclusion of the meet.

4. With regards to disputes, protests and grievances; the FCIAC Protest and Grievance Policy shall be in effect for unresolved problems.

B. Other

1. Order of Events **for both Boys and Girls Dual Meets.**

a. Track: 4x800 relay, 4x100 relay, 110m HH, 100m, 1600, 400m, 300m IH, 800m, 200m, 3200m, 4x400 relay.

b. Jumps: Simultaneously starting the high jump, pole vault and long jump. The triple jump will follow the long jump.

c. Throws: Javelin throw followed by discus throw followed by shot put.

2. The meets should start at 4:00 PM with the 4x800 relay, high jump, pole vault, long jump and javelin throw.

3. A later than 4:00 PM starting time may be permitted pending unforeseen circumstances, but not later than 4:30 PM.

4. Suggested vertical starting heights, pending the number and quality of entries, shall be 4-10 or 5-0 for high jump and 7-0, 7-6 or 8-0 for pole vault.

5. No shot shall be used unless it has the manufactures 12lb or 5.5kg stamped on it or unless it is either weighed and certified or approved by the shot put official/referee on the day of the meet.
6. Athletes are allowed to only compete in four events, including relays.
7. Meets shall be scored as dual meets or double dual meets.
8. Individual events shall be scored 5 – 3 – 1, relays shall be scored 5 – 0.
9. When FAT timing systems are not in use all hand times shall be rounded up to the nearest tenth of a second. All timing is completed by timing places not lanes.
10. Javelins shall be impounded at the conclusion of the javelin event.

VI. Awards

- A. Division team champions shall receive a FCIAC trophy.
- B. FCIAC team champion shall receive a FCIAC trophy.
- C. FCIAC runner-up team shall receive a FCIAC trophy.
- D. At the FCIAC Championship Meet, medals shall be provided for all scoring places in all individual and relay events.

VII. FCIAC All Conference Team

- A. Individual and relay team members who place first or second at the FCIAC Championship Meet shall be designated First Team All-FCIAC.
- B. Individual and relay team members who place third or fourth at the FCIAC Championship Meet shall be designated Second Team All-FCIAC.
- C. Individual and relay team members who place fifth or sixth at the FCIAC Championship Meet shall be designated Honorable Mention All-FCIAC.
- D. Only First Team All-FCIAC shall receive All-FCIAC certificates.

Appendix A: FCIAC Outdoor Track and Field Championship Standards for Competition.

Beginning in 2020 the FCIAC entry rules for the Championship Meet shall be the same format for both boys and girls. We will use the CIAC Class LL Standards for entry into the FCIAC meet. In events where there are not 24 qualified entries we will fill the field to 24 entries with provisional entries. The only exception shall be in the pole vault. In the pole vault we will fill the field to 18 entries if we only have one pit in use and 24 entries if we have two pits in use. If the championship meet is contested as two separate gender meets, then the track events will fill the field to 32 entries and the field events will remain at 24 entries.

Appendix B: The current scheduling format for dual meet competition.

In the 2020 season, as a one year trial, the schedule shall include only divisional competition scheduled as seven co-ed dual meets. As of the 2023 season the schedule shall include 3 divisions with only six dual meets including division and non-division meets.

Revised 6/10/19

Reviewed in 2021, no changes.

Note: New rules in **bold print**.

Revised 6/12/24