

CENTRAL CONNECTICUT CONFERENCE

Policies and Regulations

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Reviewed by: Rich Katz
Dave Greenleaf
Betty Remigino-Knapp
Barbara Startup
John Tarnuzzer
Trish Witkin

Officers: Francis Kennedy, Conference President
Ms. Barbara Startup, Conference Commissioner
Mr. Len Corto, Conference Treasurer
Ashley Kitchens, Conference Secretary

Table of Contents

INTRODUCTION	3
CCC MISSION STATEMENT	3
ADMISSION	4
AWARDS	4
COACHES/PLAYERS EJECTION RULE	8
ETHICS	10
FILMING	11
FORFEITURE PROCEDURES	11
GAME POSTPONEMENTS	11
LIGHTNING POLICY	12
MEDICAL SERVICES	12
OFFICIALS	12
POST-SEASON COMPETITION	13
CONTEST APPEAL/PROTEST PROCEDURE	13
PUBLIC RELATIONS	13
RELATED GROUPS	14
SCHEDULING PROCEDURES	14
SENIOR NIGHT ACTIVITY LEAGUE GUIDELINES	15
SPRING TRIPS	15
SPORTSMANSHIP CODE AND CROWD CONTROL	15
FALL SPORTS PROCEDURES	17
WINTER SPORTS PROCEDURES	26
SPRING SPORTS PROCEDURES	39
APPENDIX A - GUIDELINES FOR SCHEDULING	50
APPENDIX B - GOOD SPORTSMANSHIP AWARD	52
APPENDIX C - CRITERIA FOR SELECTION OF RETIRED CONFERENCE COACHES AND ATHLETIC PERSONNEL	53
APPENDIX D - PROCEDURES FOR EVALUATING CONFERENCE FACILITIES AND EQUIPMENT	54
APPENDIX E - COURTESY PASS GUIDELINES	55
APPENDIX F - NEW/ADDITIONAL SPORT TEAM REVIEW COMMITTEE	56
APPENDIX G - RECOGNITION OF OUTSTANDING ACHIEVEMENT IN THE FIELD OF ATHLETICS	57
APPENDIX H - GUIDELINES FOR THE CENTRAL CONNECTICUT CONFERENCE “ALL ACADEMIC TEAM”	58
APPENDIX I – APPLICATION FOR MEMBERSHIP	59

INTRODUCTION

Policies, Procedures, and Regulations

Conference policies, procedures, and regulations are hereby established to unify the administration of athletic contests among member schools.

A Conference Policy may be changed at any regular or special meeting of the Policy Committee by a majority vote of the total committee. All recommended policy changes shall be presented and discussed at a prior meeting of the Athletic Directors Committee.

A Conference Procedure may be changed at any regular or special meeting of the Athletic Directors Committee by a majority vote of the total committee.

Procedures and regulations governing conference athletic contests shall be established by the Athletic Directors Committee prior to the start of each sports season.

CCC MISSION STATEMENT

The Central Connecticut Conference mission is to maximize the educational and athletic opportunities of its student-athletes. The CCC will enhance the quality of our student-athletes' high school experience by promoting:

1. A broad array of interscholastic competitions and championships.
2. Diversity and mutual trust among its member schools.
3. Sportsmanship and integrity at all levels of interaction.
4. Leadership Training for student-athletes, coaches, athletic administrators and academic administrators.
5. The establishment of unifying policies that fairly represent all member institutions.
6. The scheduling of athletic contests
7. An economic partnership that aids member school in meeting budgetary demands in a fiscally responsible manner.

Concepts for CCC Strategic Plan

1. The CCC will continue to offer and expand where possible, the array of conference championships offered.

This will be accomplished by:

- a.) Maintaining conference schedules in a manner that promotes student-athlete safety as its primary concern.
- b.) Eliciting sponsorships that will help defray the cost of running each championship.
2. The CCC will develop and sponsor a leadership education course for its student-athletes.
3. The CCC will sponsor the 45 hour Coaching Course Training for non-educators.
4. The CCC will sponsor coaching modules through its member institutions for its coaches.

CCC Action Plan

1. A committee will be formed to explore corporate sponsorships for the CCC conference.
2. The Conference will explore having a vendor sell T-Shirts at CCC events.
3. A committee will be formed to develop an on-line captain's leadership course.
4. The CCC will continue to support the 45 hour Coaching Education Course. This program is overseen by Trish Witkin.
5. The CCC will continue to support the concept of coaching modules being offered by member schools for other member school's coaches. This program is currently overseen by Directors of Athletics within the conference.

ADMISSION

MEMBER SCHOOLS SHALL DETERMINE ADMISSION CHARGES FOR THEIR HOME ATHLETIC CONTESTS.

- A. All conference schools shall be made aware of member schools admission policies.
- B. Each school will be issued five (5) conference passes to be used at its discretion. (See Appendix E for courtesy pass guidelines.) Coaches and officials passes will be honored. All administrators will be admitted free of charge.
- C. Designated spectator areas should be established by the host school.
- D. Admission fees for events other than regular season contests must be reviewed by the Athletic Directors Committee. Post season championship entry fees are \$5 for adults and \$3 for students.

AWARDS

POLICY: The conference shall recognize team and individual achievement. Recognition shall be based upon divisional play of the conference member schools participating in a given sport.

Administrative Regulation:

- A. All-conference (division) certificates will be presented to designated individuals in each sport recognized by the conference. Individual schools may provide patches, etc. at their own expense.
- B. All conference (division) teams will be selected by coaches of each sport, according to conference procedures.
- C. A team certificate and individual certificate for conference (division) champions and ties will be presented to the winning team(s) of each sport.
- D. In case of ties, the conference will declare co-champions.
- E. Divisional games must be played.
- F. Champions are to be determined by the criteria established by each sport.
- G. Recognized conference sports are as follows:

	Conference Division Championship Team	
	Men	Women
Fall	Cross Country Football Soccer	Cross Country Field Hockey Soccer Swimming and Diving Volleyball
Winter	Basketball Ice Hockey Indoor Track and Field Swimming and Diving Wrestling	Basketball Gymnastics Indoor Track and Field Cheerleading
Spring	Baseball Golf Lacrosse Tennis Track and Field Volleyball	Softball Golf Lacrosse Tennis Track and Field

All Conference Team – Players from individual schools are selected by division coaches of that sport. Selections of each division's competition must be based on a total seasons merit and effort. While post-season divisional meets/games are allowed, they should be looked upon as just another variable for making selection and not the sole basis (with the exception of X-Country, Indoor Track and outdoor track).

**All Conference – Selection Process
Revised, June 2, 2017**

1. Category I

Sport	Division Total	Notes
Field Hockey	22	Based on two times the number of players
Soccer- Boys and Girls	22	Based on two times the number of players
Volleyball- Girls	14	Based on two times the number of players, including the libero
Volleyball – Boys	14	Based on two times the numbers of players, including the libero
Basketball- Boys and Girls	10	Based on two times the number of players
Ice Hockey	18	One selection must be a goalie
Baseball	20	Based on two times the number of players, including the DH
Lacrosse- Boys	23	Based on two times the number of players, Includes Face Off specialist
Lacrosse- Girls	24	Based on two times the number of players
Softball	20	Based on two times the number of players, including the DH

SUGGESTED Selection Process

1. Requests for nominations will be sent out by the divisional coach advisors in advance of the all-conference meeting.
2. There will be no limit as to how many players can be nominated from each team.
3. The names will be collected by the divisional coach advisors and sent out to all the coaches in advance
4. The divisional coach advisors will determine a meeting date and advise all coaches and AD Liaisons in advance.
5. The list of nominees will be provided to each coach at the meeting and there will be a discussion among all the coaches regarding their players. When all discussions are satisfied, a vote will be held.
6. The divisional coach advisors will provide a numbered ballot.
7. This is a secret ballot.
8. Coaches cannot vote for their own players.
9. Ties are to be broken with another vote involving only those players who are tied.

2. Category II

Sport	Division Total	Notes
Cross Country- Boys and Girls	Top 7 from each division (28), then 28 fastest overall finishers (not selected from top 7)	See below
Gymnastics	24	See below
Wrestling	30	See below
Golf- Boys and Girls	Boys 40 total Girls 22 total	See below

Selection Process

1. Cross Country – the fifty-six (56) All-Conference selections shall be in accordance with the following procedure:
 - a. The top seven (7) finishers from each division shall be automatic selections (this would account for 28 athletes – 4 divisions x 7 finishers.)
 - b. The remaining twenty-eight (28) spots shall be awarded to the 28 fastest overall finishers not selected by step a. regardless of division. *Approved 21/3/15*
2. Wrestling – two athletes per weight class, two at large. Top performer at conference meet will get one of two weight class positions, others will be determined by vote (coaches nominate players, discuss, vote)
3. Girls’ Golf – all conference will be the top 22 players from the entire conference. Use the differential of the best 10 matches from all play dates.
4. Gymnastics – all conference selections will be based on the top five (5) scores from the entire season. *Approved 3/29/2012*
5. Boys’ Golf – all conference will be the top 40 players from the entire conference. Use the differential of the best 10 matches from all play dates. *Approved 6/3/16*

3. Category III (based on two times the number of total number of events including relays)

Sports	Maximum Division Total
Swimming & Diving- Boys and Girls	42
Indoor Track & Field- Boys and Girls	68
Track & Field- Boys and Girls	42 (per division)

Selection Process

1. Selections are based on times/performance as noted below
2. Swimming- top two individuals plus two relays or top individual and three relays
3. Diving- best dual, state, open
4. Indoor track- top three individual events and top two relays are automatic selection
5. Outdoor track- top two individual events and top two relays automatic selection. (Adopted 11/5/15)

4. Category IV

Sports	Division Total
Football	30 (5 division schools) 36 (6 division schools)

Selection Process

1. The number of all conference players from each team depends on what place a team finishes within their division.
2. Coaches will determine who from their own team deserves all conference.
3. In the event of a tie between two or more schools, the total number of selections for those positions are divided equally by the number of schools involved in the tie (refer to chart below).

Place Finish Within Division (6) Div. II East/West	Number of All Conference Players
1	9
2	8
3	7
4	5
5	4
6	3
Total 36 players x 2 (East & West) = 72	
Place Finish Within Division (5) Div. I & III East/West	Number of All Conference Players
1	9
2	7
3	6
4	5
5	3
Total 30 players x 4 Divisions = 120	

*Voted on by coaches 1/27/11, by AD's on 2/3/11, Revised 11/30/12 (Total 192)

5. Category V

Sports	Division Total	Notes
Tennis- Boys and Girls	20	

Selection Process TO BE UPDATED IN THE FALL

1. Division play/record not season play/record should be considered for selection
2. All #1 singles players who have a record of 3-1 or greater, are automatically selected
3. Only matches played at the #1 singles slot will be considered when establishing divisional record at # 1 singles.
4. #1 singles player who has a 1-3 record could be considered for all conference, based on the athlete's competitiveness in losses recorded.
5. All #2 singles players who have a record at #2 of 3-1 or greater are selected
6. A #2 singles player with a 2-2 record could be considered based upon the competitiveness of division play.
7. A #3 singles player with a 4-0 record should be strongly considered if his/her teammates at #1 and #2 have been selected for All Conference
8. If a team's #1-3 singles are undefeated, a #4 singles player who is undefeated could be considered for All Conference.
9. All #1 and #2 doubles teams that are undefeated should be selected for All Conference
10. All #1 doubles teams with a divisional record of 3-1 or greater should be selected.
11. All #2 doubles teams that are 3-1 should be selected
12. If a team has an undefeated # 1 and # 2 doubles team, their #3 doubles team (if undefeated), can be considered for all conference.
13. A #2 doubles team that is 3-1 or 2-2 could be considered, but not before a #1 doubles team that is 3-1 is selected.
(Updated 5/20/16)

6. Category VI

Sports	Division Total	Notes
Cheerleading	20	

Selection Process

1. All Conference Try-Out is open to any varsity member in grades 9-12
2. Coaches will nominate athletes via email by date designated in paperwork (typically the end of December)
3. Athlete must have cheered for a sport either/both in the fall or/and winter seasons.
4. Nominees must be in good standing with their schools in order to be considered.
5. A coach may nominate up to but not more than 2 cheerleaders if squad has less than 10 members.
6. A coach may nominate up to but not more than 3 cheerleaders if squad has 11-17 members
7. A coach may nominate up to but not more than 4 cheerleaders if squad has 18 or more members.
8. Applications and video/DVD submissions must be postmarked by Monday, January 24, 2011 (corresponding Monday each year).
9. Materials should arrive together and late entries will not be accepted.
10. Guidelines for submissions will be forwarded to the coaches annually.
11. A panel of judges from the CCC Cheerleading League will review applications and video submissions using the guidelines established by the All-State Cheerleading Committee (copies will be forwarded each season for review).

COACHES/PLAYERS EJECTION RULE

COACHES EJECTION RULE

The Central Connecticut Conference shall adhere to the CIAC policy on the ejection of a coach.

“When a member coach is disqualified during a contest for unsportsmanlike conduct, that coach shall be prohibited by his/her school from coaching or attending a contest until the next contest at that level of play has occurred.” (CIAC)

In addition, the Central Connecticut Conference rule states that when a member schools’ coach is ejected from a contest for an infraction as prescribed by the rules, the contest may not continue until the member school replaces the ejected coach with a certified coach. If this cannot be accomplished within fifteen (15) minutes after the ejection, the official in charge will declare a forfeit for the opposing team(s).

No sub-varsity contest shall be terminated in order to replace a varsity coach who has been ejected.

PLAYER EJECTION RULE

The Central Connecticut Conference shall adhere to the CIAC policy on ejection of a student-athlete.

“When a student is disqualified during a contest for flagrant and/or unsportsmanlike conduct, the student is ineligible to participate in any contest until withheld from the next contest at that level of play.” (CIAC)

The CIAC rules for both coaches and students continue...

Failure of the school for any reason to enforce this regulation will prohibit the school from entry in the next CIAC tournament for that sport or from the remainder of the current tournament if the disqualification occurs during a CIAC tournament or during the last season contest/day of competition.

Disqualifications from one season carry over to the next season in that sport for undergraduates and coaches, or the season of participation in any sport for seniors.

If the playing rules for a sport specify an additional penalty, the additional penalty will apply.

Rule It is not the intent of this rule to penalize those participants who are disqualified from events for minor infractions, such as lane violations in track, multiple false starts, etc. Any attempt to breach or circumvent the spirit and intent of this rule shall be construed as a serious violation of coaching ethics.

Student Notification Prior to the start of the season the players will be informed of the Central Connecticut Conference (CCC) ejection rule pertaining to fighting/unsportsmanlike conduct and dangerous play.

Coaches Responsibilities When a player is ejected from a contest:

1. The player will remain under the supervision of the coach. It is recommended that the player be removed from the playing site only if there is adequate supervision.
2. The coach must report any such player ejection to the Athletic Director/Faculty Manager at the earliest possible time but no later than the next school day following the contest in which the fighting/unsportsmanlike conduct ejection occurred.
3. The coach will insure that the ejected player will not participate in the next contest. A player ejected shall not play in any varsity or sub-varsity contest prior to and including the next scheduled contest at that level of competition. For example, a freshman football player is ejected in a Friday freshman game. He will then not be permitted to play in or dress for the varsity game on Saturday or the junior varsity game on Monday until he sits out the next game at the level of ejection. In this case it will mean the next freshman football game.
4. A player ejected will not play at any level for the remainder of the day. For example, a junior varsity basketball player is ejected. The player then will not be permitted to play in or dress for the varsity game the same day.
5. A player ejected from a contest involving more than two teams (i.e. wrestling quad meet) will sit out all contests for the remainder of the day plus the first contest that follows.
6. The ejection is in effect for post-season play.

Administrative Procedure Following a fighting/unsportsmanlike conduct ejection, the Athletic Director of the reporting school will:

1. First contact, by phone, the Athletic Director of the school(s) involved including the next opponent.
2. Contact, in writing, the other Athletic Director of the school(s) involved including the next opponent.
3. The AD/FM of the offending school should notify his/her building principal of the suspended player.
4. Contact in writing the CCC Commissioner.
5. Contact, in writing, the Athletic Director of the next scheduled contest providing him/her the name of the suspended player.

Protest Procedure Protests pertaining to this rule must follow protest procedures as outlined in the CCC Policies and Regulations Manual.

Game Ejection Notice Form When reporting game ejection information use the Central Connecticut Conference Game Ejection Notice form as provided.

Game Ejection Notice

SCHOOL REPORTING:	
DATE OF GAME/OPPONENT:	
SPORT:	
ATHLETE'S NAME/NO.:	

REASON FOR EJECTION:	

NEXT SCHOOL CONTACTED:	
BY WHOM?	
WHEN:	
REPORTED BY:	

Send via e-mail to:
 Conference Commissioner (and call commissioner)
 AD of School Played
 AD of Next School to Play

ETHICS

The CCC shall adhere to the codes and ethics set by the CIAC. Responsibilities are as follows:

- A. Superintendent
 - i. Will use means possible to bring the community a full realization of the value of athletics as an educational tool in training citizens.
 - ii. Will have a definite understanding with principals and athletic directors concerning school policy and expect and give mutual support in carrying out that policy.
 - iii. Will judge the success of those in charge of the athletic program by the conduct and attitude of contestants and spectators rather than on the number of games won or lost.
- B. Principal
 - i. Will have a complete understanding of the athletic policy of the school system and of the individual responsibility of all concerned.
 - ii. Will be honest in certification of contestants and base that certification on complete information concerning the students' athletic and scholastic status. Questionable cases will be referred to the Executive Director of the CIAC before the privilege of competition is given.
 - iii. Will give his/her loyal support to the coaches in their efforts to carry out national, state, and local athletic policies.
 - iv. Will make every effort to instruct the student body in its responsibilities in making the athletic program a valuable one and point out desirable types of conduct at "home" and "away" games.
 - v. Will endeavor to foresee possible differences and misunderstanding with other schools and, as far as possible, settle them or provide means of settlement before they materialize.
 - vi. Will insist that any misunderstandings that may arise be settled privately between official representatives of the schools concerned.
 - vii. Will have a definite understanding with the athletic director about officials, schedules, finances, care of fields and gymnasiums, handling of spectators etc., and give that person every assistance in carrying out his/her duties.
 - viii. Will consider it unprofessional to withhold any seemingly authentic information from another school which calls to question the eligibility of any of its players.
 - ix. Will attend as many of the athletic contests in which the school participates, as schoolwork will allow.
 - x. Will commend opposing schools for outstanding examples of fine citizenship.
- C. Athletic Director
 - i. The athletic directors' responsibilities must be clearly defined and understood as a prerequisite for a smooth functioning program.
 - ii. Will include only those schedules which are educationally and physically sound for the athlete.
 - iii. Will cooperate with the community in making a character building athletic program.
 - iv. Will refuse admission to athletic contests persons who have shown chronic lack of sportsmanship.
- D. Coach
 - i. Work of the coach to be an integral part of the school system with its educational contribution
 - ii. Mastery of the principles of good teaching and consequent improvement in teaching as well as coaching.
 - iii. Loyalty to superiors in making athletics fit into the general school program.
 - iv. Insistence upon high scholarship and enforcement of all rules of eligibility.
 - v. A genuine and up-to-date knowledge of that which the coach proposes to teach.
 - vi. Fair, unprejudiced relationship with all squad members.
 - vii. Careful attention to the physical condition of players at the time of each contest.
 - viii. Teach athletes to win by use of legitimate means only.
 - ix. Counteract unfounded rumors of questionable practices by opponents.
 - x. Be a positive role model for all students within the athletic program.
 - xi. Discourage gambling, profanity, and obscene language at all times.
 - xii. It is considered unethical for any CCC coach to distribute any CCC game film to an "outside of the CCC" team unless requested to by the CIAC. All CCC coaches are expected to demonstrate their loyalty to our conference and professionalism by denying any and all requests for CCC game films at any time from outside the conference teams.

- E. Official
 - i. Display a professional relationship for the highest type of service.
 - ii. Thorough preparation.
 - iii. Have a rested body and alert mind.
 - iv. Report for duty at least thirty (30) minutes prior to the start of the game.
 - v. Have a neat, distinct uniform.
 - vi. Rectify mistakes in judgment without “evening up”.
 - vii. Adhere to correct decisions despite disapproval of spectators.
 - viii. Control temper at all times in warning crowds or inflicting penalties for unsportsmanlike conduct.
 - ix. Respect and aid companion officials in making decisions.
 - x. Interpretations and announcements be made clear to both teams.
 - xi. Plays or players of other teams are not to be discussed in the presences of prospective opponents.
- F. Student-Athlete
 - i. Use fair play at all times.
 - ii. Give a square deal to opponents by players and spectators.
 - iii. Play for the joy of playing and for the success of the team.
 - iv. Play hard to the end.
 - v. Keep one’s head in PLAYING the game, not TALKING it.
 - vi. Respect officials and expect that they will enforce the rules.
 - vii. An athlete should not quit, cheat, bet, or “grandstand”.
 - viii. Display an out-of-school and out-of-town conduct of the highest type.
 - ix. Observe training rules as a duty to school, team, and self.
 - x. Treat visiting teams and officials as guests and extend every courtesy to them.
 - xi. Give opponents full credit when they win and learn to correct one’s own faults through failures.
 - xii. Modesty and consideration when one’s team wins.
 - xiii. An athlete will not “crow” when the team wins or blame the officials when it loses.

Updated: 4/5/10 BS

FILMING

Filming is allowed unless it interferes with home contest management. *It is considered to be unethical for an athletic department to video an opponent without their knowledge and approval.* **Updated: 1/5/17 AD’s**

FORFEITURE PROCEDURES

The Central Connecticut Conference shall adhere to the CIAC policy on forfeit procedures as stated in the current CIAC Handbook.

GAME POSTPONEMENTS

Conference contests may be postponed by mutual consent of the schools concerned. If mutual agreement cannot be reached, either principal or designate of either school has the option to postpone the contests.

1. All postponements shall be determined by the athletic director or his/her designated representative.
2. Initial contact for possible postponement by the host or visiting school should be made before 1:00pm for an afternoon contest and 2:00 pm for evening contests.
3. Postponed contests must be played on the next available school day (availability depending on officials, facilities, etc.). By mutual agreement of the schools involved, the contest may be played prior to the next school day, i.e. Saturdays, holidays, etc.
4. If there is no available date, postponed contests between division opponents shall take precedence over an inter-conference contest and the inter-conference contest shall take precedence over a non-conference-scheduled contest.
5. By mutual agreement of the schools involved, the contest may be played on Saturday.
6. Track and Cross Country shall not be required to compete on two consecutive days.
7. If wrestling is required to compete on two consecutive days, a weight allowance must be granted.
8. No team of a member school shall be required to compete for four (4) consecutive days in any one-week.
9. Any scheduling controversy, because of postponement shall follow the conference appeal procedure (see appeal/protest procedures).

LIGHTNING POLICY

Guidelines on Handling Contests During Lightning Disturbances

Proactive Planning

1. Assign staff to monitor local weather conditions before and during events.
2. Develop an evacuation plan, including identification of appropriate nearby shelters.
3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
 - b. Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
 - c. Any subsequent thunder or lightning after the beginning of the 30 minute count, reset the clock and another 30 minute count should begin.
4. Hold periodic reviews for appropriate personnel.

Revised: May 7, 2010 BS

MEDICAL SERVICES

Adequate medical services will be provided for the health and protection of conference athletes.

- A. The host team shall provide an on field medical doctor for all varsity football games to serve both teams. However, under unusual circumstances you may start a varsity football game without a medical doctor present if on the sidelines you have a Paramedic/EMT, Registered Nurse, or other certified medical authority and you have the consent of both participating schools.
- B. The host team shall also provide an EMT, certified athletic trainer, registered nurse, or other such trained personnel as approved by the school medical advisor, if the medical doctor is not available for Junior Varsity and freshman games. If for any reason such emergency first aid coverage is not forthcoming, the junior varsity or freshman football game shall be cancelled or be played under controlled scrimmage conditions, i.e., with the elimination of kick-offs and scrimmage kicks.
- C. Ambulance services shall be available for all athletic contests.
- D. The attending physician or alternate assigned emergency first aid personnel in attendance shall have final say as to the playing status of an injured athlete.
- E. Ice Hockey medical coverage must be provided on site by the home team. Medical coverage shall be approved by the host school medical advisor.
- F. Medical services will be provided by the host team as necessary. The financial burden for performed medical services shall be the responsibility of the injured party.

OFFICIALS

All varsity games shall be controlled by board officials as recognized by the CIAC.

- A. It is recommended that board officials be used for all junior varsity and freshman contests whenever possible.
- B. To avoid a possible conflict of interest, varsity officials shall not be assigned to contests involving schools with whom they are affiliated.
- C. Any sport may require the use of officials from a specific board for its division contests. Approval, however, must first be obtained from a vote of the Athletic Directors Committee. Refer to individual sport regulations for specifics.
- D. All officials for varsity contests shall be scheduled through the assignment commissioner of a CIAC recognized board of officials for that sport. (A.D. Committee, March 23, 1995)

POST-SEASON COMPETITION

INTENT TO ENTER – The post season intent to enter form for the forthcoming school year must be submitted to the conference commissioner at the same time that the end of season reports are due.

Request for post season tournament

The Conference Secretary will make available via the CCC website post-season tournament forms to the various chairpersons and sport liaisons.

All requests must be submitted to the conference commissioner by the following meetings: Fall Tournament requests – by the January meeting; Winter Tournament requests – by the April meeting; Spring Tournament requests – by the June meeting. The conference commissioner will forward all requests to the Post-Season Tournament Committee.

The Post Season Tournament Committee will process the requests. The athletic director liaison will present the request to the committee if necessary.

Late applications will not be considered for post season tournament activities.

Revised: 10/24/15 BS

CONTEST APPEAL/PROTEST PROCEDURE

(Revised December 2014)

- A. Protests shall be submitted in writing by the principal of the offended school to the conference commissioner within forty-eight (48) hours for action.
- B. The conference commissioner will hear all appeals/protests from the schools. If the conference commissioner is unable to hear the appeal/protest for whatever reason, then the conference president will hear the appeal/protest.
- C. The conference commissioner may, upon his/her sole discretion, appoint a committee of athletic directors/faculty managers to hear the appeal/protest. Upon completion of their hearing, the ad hoc committee will forward their recommendations to the conference commissioner.
- D. The conference commissioner will render a decision within seventy-two (72) hours of receiving the written appeal/protest. If, for whatever reason, the seventy-two (72) hour restriction cannot be met, an extension of said restriction may be granted by the conference president.
- E. Copies of the decision will be sent to the principals of the schools involved, the chairperson of the protest committee (if committee was appointed), the conference president and the conference secretary.
- F. Schools have a right to request a meeting with the conference commissioner and/or appeals committee.
- G. Protests arising from the decisions, interpretations and misapplication of the playing rules (National Federation, USGA, USTA or other CIAC game rules) by officials during contests will not be considered. The decisions and interpretations of the rules by game officials are final.

PUBLIC RELATIONS

All coaches and athletic directors shall maintain a friendly relationship between schools, public, press, and official groups. Athletic Directors shall have the responsibility of interpreting the conference to the public.

- A. All conference (division) selections shall be posted on the CCC website by the webmaster after approval by the AD liaison for that specific sport. Releases to local papers will be made by individual athletic directors following the procedure noted above.
- B. Results of individual contests shall be released to the press by the host school.
- C. Member schools shall be responsible for releasing their individual schedules and pertinent game information to the press.

Revised: 2/3/2011

RELATED GROUPS

Cheerleaders, Band, Pep Club

Regulations governing related groups at conference contests shall be determined by the policy committee.

- A. All contests shall be governed by High School Federation Rules where applicable and/or as amended by the CIAC and the CCC.
- B. Related groups shall be chaperoned.
- C. Cheerleaders
 - a. A total of twenty (25) visiting cheerleaders shall be entitled to free admission at conference contests. Squads that exceed this number shall be admitted with the consent of the host school.
 - b. Pyramids
 - i. Pyramids shall not exceed three (3) levels.
 - ii. Pyramids of three (3) levels shall allow only one level standing and pyramids of two (2) levels shall allow both levels standing.
 - iii. Less than two (2) areas of support to base surface shall denote standing position (not two feet or two hands).
 - iv. Any upright position shall be considered a standing position.
- D. The host school shall establish conduct and program regulations for related groups.
- E. There shall be no smoking on sidelines by coaches or others associated with the immediate contest.
- F. Visiting bands shall participate only by mutual agreement.
- G. Pep bands shall perform only when clock is stopped at indoor contests.
- H. In any given contest, requests for changes in regulations shall be by mutual consent of athletic directors of competing schools.
- I. The winter meeting date for the CCC coaches is the time of year when cheerleading coaches meet and conduct business. (A.D. Committee 3-15-90).

SCHEDULING PROCEDURES

All conference scheduling shall be done by the scheduler/webmaster.

- A. Conference schedules may be altered to conform to local board of education policies, i.e. religious holidays.
- B. Non-conference commitments may be made after the approval of schedules by the Athletic Directors Committee provided such non-conference schedules do not conflict with the postponement dates of approved schedules.
- C. The last conference date will not be later than the last date to count for state tournament play.
- D. Conference contests shall take precedence when constructing athletic schedules.
- E. Schedules, once approved by the Athletic Directors Committee, may be changed only by mutual consent of the athletic directors and/or principals of the schools involved. The school requesting the change shall be responsible for notifying their division liaison and conference secretary.
- F. If a multi-meet/event is scheduled at a particular school and that host team drops the sport, the following will occur: "The original host school or the remaining schools will call the Conference Commissioner who will decide the new home site by the flip of a coin or some other method." (A.D. Committee 12-3-92).
- G. See "Scheduling Guidelines", appendix A.

SENIOR NIGHT ACTIVITY LEAGUE GUIDELINES

The purpose of any senior contest activity is to recognize those student-athletes who have committed themselves to your program and are playing their final regular season home contest. The activity should not take away from the contest for the rest of the students, opposing players and fans. Many Athletic Directors feel that senior activities have grown too big, too expensive, become too lengthy for the opposing team, and takes away from the actual contest. In an effort to keep the programs balanced, the Central Connecticut Conference has endorsed guidelines for senior night recognition activities.

Games must start on the time it is scheduled. Please schedule your pre-game time for senior announcements to accommodate this. (Activities should be taken care of prior to the match or if possible at the conclusion of the match.) It is the responsibility of the home school to address this appropriately.

1. Each team must have a minimum of 5 minute warm-up after a senior recognition ceremony before the start of the game (reminder- game must start on time)
2. All senior activities must be approved by either the Athletic Director or site Director prior to the contest.
3. ***The opposing team and officials must be notified that you will be holding a senior night activity prior to the contest.

SPRING TRIPS

Teams participating in spring trips must declare their plans by the October Athletic Director's meeting and must notify the Athletic Directors' of the opposing school(s) to make immediate re-scheduling arrangements. (Adopted 12/3/09)

SPORTSMANSHIP CODE AND CROWD CONTROL

PREAMBLE – This code is introduced to maintain the high standard of athletic activities in the Central Connecticut Conference. Compliance with the code instills the sound educational philosophy of our athletic programs among member schools.

The Principal's Responsibility

The ultimate responsibility for crowd control and behavior lies with the principal. Game arrangements and details vary and are usually delegated to Directors of Athletics, Faculty Managers, and coaches. This, however, does not eliminate the principal's responsibility. Ideally, the school administration should be represented at all home athletic contests by a member of the administrative staff. Organized athletics are part of the school curriculum and warrant the supervision given any other school function.

The Coaches Responsibility

It is the responsibility of the coach to make certain that his/her players conduct themselves in such a fashion as not to incite the spectators. A coach sets the tone and example for his/her players and for the spectators. Therefore, they shall not indulge in emotional behavior and loud, derisive questioning of decisions made by the officials. Coaches who cannot maintain their self-control will be ineffective with regard to interceding in the event that their players behave in an unsportsmanlike manner.

Security

Adequate security must be present at all home contests in sufficient numbers to maintain control. The amount and type of security will depend of the estimated size of the crowd and the rivalry involved.

Many cases of disorder can be prevented by removing obvious troublemakers before the individuals have an opportunity to create an incident.

Irresponsible behavior, drinking, and gambling are not allowed at any high school contest.

It is the responsibility of the host school to see that there is adequate supervision (security or faculty) of the parking areas used in conjunction with sporting events, particularly with regard to the visiting team buses.

Specific Guidelines for Crowd Control

1. On an annual basis, schools should make their student bodies aware of the importance of good spectator behavior.
2. Derogatory statements concerning any team should not be made to news media by any school official. (This includes comments on officiating).
3. Barriers for athletic fields should be provided around the playing areas to keep crowds back since standees are more likely to cause trouble than people who are seated.
4. Upon request of the visiting team a security escort should be provided for team members and departing spectator buses.
5. Visiting chaperones are responsible for the conduct and supervision of groups under their charge.
6. It is recommended that principals and athletic directors of competing schools keep each other informed as to potential problems.
7. ***Banners, signs, confetti or noisemakers (to include radios and tape players) are not permitted in the possession of spectators. Exceptions to this rule shall be made by the host school.***
8. Sportsmanship statement to be read at all basketball games(see suggestion below):

TO BE READ BY A HOME TEAM CAPTAIN:

“WELCOME TO TONIGHT’S GAME BETWEEN THE (HOME SCHOOL AND NICKNAME) AND THE (OPPOSING SCHOOL AND NICKNAME). WE VIEW OUR GYM AS AN EXTENSION OF OUR CLASSROOM ENVIRONMENT WHERE WE LEARN DIGNITY AND RESPECT FOR OTHERS. TONIGHT WE ASK FOR YOUR ENTHUSIASTIC, POSITIVE SUPPORT OF YOUR RESPECTIVE TEAM.”

TO BE READ BY A VISITING TEAM CAPTAIN:

“WE ALSO ASK THAT YOU SUPPORT THE STUDENT-ATHLETES FROM BOTH SCHOOLS BY HONORING OUR REQUEST TO TREAT ALL OF THE ATHLETES, COACHES, AND OFFICIALS WITH RESPECT. THANK YOU.”

FALL SPORTS PROCEDURES

Cross Country Men and Women Procedures and Regulations

- A. National Federation of State High School Associations Rules shall govern all contests as amended by the Connecticut Interscholastic Athletic Conference and/or the Central Connecticut Conference where applicable.
- B. Member schools shall set their courses two weeks prior to their first meet. This course shall not be changed during the duration of the schedule for that season except for extenuating circumstances.
- C. When courses are established for the season, maps of said courses shall be sent to all divisional coaches. These maps shall show:
 - a. The starting and finishing line(s)
 - b. All course turns
 - c. The running surfaces
 - d. The course length and course record(s) should be annotated for purposes of comparison of the difficulty of the course.
- D. A starting implement (gun, horn, whistle etc.) of sufficient volume so that it is clearly audible to all competitors shall start all conference races.
- E. Directions on the course shall be clearly marked from start to the finish.
- F. The host school is responsible for all meet arrangements.
- G. It is recommended that an adult official other than the coaches be assigned as the finish-line judge to determine order of finish whenever possible.
- H. Teams not listed on the conference schedule shall be included in conference meets only by mutual agreement of the coaches.
- I. Course length shall be set as close to 5,000 meters as possible.
- J. The host school's coach shall distribute meet results to all participating schools by the next school day.
- K. Dual meet races:
 - a. Are expected to begin between 4:00 and 4:30PM
 - b. All teams should attempt to arrive at the race site as early as possible.
 - c. Team starting order (men or women) shall be the same as the State Open starting order unless by coaches' mutual consent.
 - d. Every effort should be made to communicate to the host school's coach if a delay should occur.
- L. All teams must score against their divisional opponents at least once per season.
- M. Each school gets scheduled three tri-meets in their division, one dual which is a rival meet – these meets count for divisional champions; Each school gets one dual crossover meet, which does not count for divisional champions. When determining divisional champs, the Champion meet counts as a second meet with the schools in their division.
- N. The season ending divisional meet will be scheduled on a specific date and will be part of the approved divisional schedule.
 - a. If a team fails to compete, they will forfeit a win to each of their opponents.
 - b. The initial race at the divisional championship will commence at 3:00PM if four races are scheduled.
 - c. Varsity races are limited to seven runners per team
- O. The divisional team championship is determined on the basis of one point for each dual meet victory plus one point for each divisional team victory in the divisional championship.
- P. The order of races at the X-C Championship meet shall be Boys JV, Varsity (B or G), Varsity (B or G) and then Girls JV. The varsity races will alternate yearly in accordance with the CIAC sequence . *Adopted 12/1/16*
- Q. The fifty-six (56) Cross Country All-Conference selections shall be in accordance with the following procedure:
 - 1. The top seven (7) finishers from each division shall be automatic selections for All-Conference. (This would account for 28 athletes – 4 divisions x 7 finishers.)
 - 2. The remaining twenty-eight (28) spots shall be awarded to the 28 fastest overall finishers not selected by the step #1 regardless of division. (56 selections for both male and female.) *Adopted 6/2/17*
- R. Dual meet scoring shall be in accordance with National Federation rules (*Rule 9 Section 2 Articles 1, 2, 4, 5 and 6*) as clarified:

- a. For teams having 5 or more runners, the team score shall be the sum of the places of finish of the top five runners for each school. Displacement scoring may occur through the number seven finisher of either team (NF Rule 9-2-1 and 9-2-2).
- b. For incomplete teams (teams having one to four runners), the team score shall be considered a forfeit.
- c. The score of a forfeited dual meet shall be 15-50 (NF Rule 9-6).
- d. For teams declaring in writing to the conference secretary by **one week prior to the first official CIAC approved contest date** that they have “No Team”, no team score shall be kept, in effect deleting that team from the schedule.
 - i. All divisional schools should be notified in writing by this date by the appropriate Athletic Director of the intent not to participate in any meets by their men’s and/or women’s team(s).
 - ii. No runner may run for that school in a conference meet.
 - iii. If subsequent to a “no score” meet the team should have one or more runners and wish to compete, then previous team *no scores* shall retroactively revert to a forfeit (as per rule *P* section *b and c* above).

Reviewed: 11/7/13 BS, 11/5/15, 6/19/17

FIELD HOCKEY
Procedures and Regulations

- A. All contests shall be governed by High School Federation Rules where applicable and/or as amended by the Connecticut Interscholastic Athletic Conference and the Central Connecticut Conference.
- B. Varsity games shall be played first.
(Play everyone in your division once for 7 games – these 7 games count for divisional champions. Top four in North play top four in South for an additional four games; bottom four in North play bottom four in South for an additional four games – for a total of 11 games. These additional games do not count for divisional champions.) North gets 10 games
- C. Substitutes: By mutual consent of coaches, a girl playing as a substitute in a varsity game may play in a junior varsity game. The playing time in both games shall total no more than one (1) full game.
- D. The CIAC scoring system, in addition to the regular win/loss records, will be used to determine the divisional championship. (2 points for a win, 1 point for a tie, 0 points for a loss, and 1 point for a loss in overtime.) Adopted 12/3/09
- E. A top grade ball shall be used for all games.
- F. Mouth guards with protruding tab shall not be allowed in conference contests.
- G. Starting time will be no later than 3:45 p.m. (After daylight saving time, no later than 3:00 p.m.).
- H. Teams arriving late (unavoidable) shall be allowed warm-up time.
- I. Selection of 22 all division players must be based in total season's effort of games played within the division. Number of all conference is based upon where you finish within your division. (All schools get at least one selection.) Vacant selection spots cannot be filled by cross divisions.

Reviewed: 10/5/09 BS 11/5/15, 6/19/17

CCC FOOTBALL
Procedures and Regulations

- A. All contests shall be governed by High School Federation Rules where applicable and/or as amended by the Connecticut Interscholastic Athletic Conference and the Central Connecticut Conference.
- B. Sub varsity contests shall be four (4) *twelve minute quarters*. (A.D. Meeting – 12/5/91).
- C. All contests will follow the CIAC Score Management Policy which was adopted in June of 2017.
- D. Sideline seating is the responsibility of the home team. Unauthorized personnel shall be restricted from the sidelines and team area.
- E. The organization of pre-game and half time activities with the visiting school is the responsibility of the home team.
- F. A pre-season exchange of rosters by conference schools is mandatory. Rosters shall include the name, height, weight, class, number and color of home and away jersey of all players.
- G. Suggested pre-game checklist: Officials, Arrangements (related groups), Special Seating, Camera Location, Dressing Facility, Introductions and Announcements, Pre-Game Activities, Half-Time Activity, Post-Game Activity, Game Security, Police, Faculty Aide, Sanitation Service, Chain Crew, Ticket Sales and Collection, Medical Coverage, and Ambulance.
- H. It is recommended that an electronic scoreboard be used as the official game timer (must be operated by a member of the Association of Football Officials for it to be official).
- I. Spring Practice – Follow C.I.A.C. Regulations.
- J. Sideline officials (chain crew) shall be three (3) adults for all varsity games.
- K. Official game ball – the offensive team has the preference to the kind of football to be used (shall be provided by that team if different than host school ball).
- L. **All varsity, junior varsity, and freshman games shall be played at the same site** with the same school, unless agreed upon prior to the game by both school’s athletic directors.
- M. All games with a given school shall be played on the same weekend (Thursday-Monday). Exception: last game of the season.
- N. Medical Services – refer to medical services section of these bylaws. It is recommended that an ambulance be present at all varsity football games.
- O. Football schedules are drafted on a two-year cycle and male enrollment numbers will be reviewed every two years prior to scheduling for the next cycle to maintain balance within the divisions.
- P. Selection of 192 all conference players must be based on merit and a total season’s effort. 30 selections from the divisions with five (5) schools and 36 selections from the divisions with six (6) schools.
- Q. Preseason Practice: Follow the CIAC guidelines for the preseason practice schedule as it pertains to each specific school (spring practice/no spring practice). Regulations regarding contact/double-single session practices and time constraints should follow the CIAC format.
- R. Enter all outside scrimmages on the CIAC Eligibility Center. Coaches are permitted to scout/film their first opponent’s final outside scrimmage. Football scouting will be limited to the spectator area only (A.D. Committee 2-3-92) and between the 20 yard line and 20 yard line only. No scouting will be done from the end zone even if spectator seating is available. Scouts are allowed to film/video/CD a game between the 20 yard lines.
- S. Football coaches may exchange as many videos with other CCC coaches as desired.
- T. On a weekly basis, schools are required to submit an electronic copy of an unedited sideline view of that week’s game to an electronic data base which is accessible to all schools. Submission should be completed by 10am Saturday morning if playing on Friday night or 8pm Saturday evening if playing Saturday afternoon. (Approved 12/3/15).
- U. If a CCC game ends in a tie score at the end of regulation time, a winner will be determined by using the CIAC Tie-Breaker Rule.
- V. If a home team has the technical ability and equipment to film their home games from the end zone, an “exact same” copy of the film will be made available to the opposing/visiting team at the end of the season upon request.

A visiting team may film from the end zone, only with permission from the home team’s athletic director. A request from the visiting team, to film from the end zone, must be made prior to the date of the game. If permission is granted, the visiting team will provide an “exact same” copy of the end zone film/video/CD to the home team, at the end of the season upon request.
- W. It is considered unethical for any CCC football coach to distribute any CCC game film to an “outside of the CCC” team unless requested to by the CIAC (CIAC playoff game film exchange mandates).

All CCC coaches are expected to demonstrate their loyalty to our conference and professionalism by denying any and all requests for CCC football game films at any time from outside the conference teams.

Contest Guidelines:

Varsity:

- a. Games will be played on Friday afternoon/night or Saturday.
- b. Night games will start no later than 7:30 p.m. Saturday games will start no earlier than 10:30 a.m.
- c. All teams will play each other once within the same division.
- d. In Divisions I and III – each team will play all five interdivisional opponents.
- e. In Division II – each team will play four interdivisional opponents scheduled on a rotating basis.
- f. The tenth opponent may be scheduled as a traditional Thanksgiving contest of a schools choice or with a non-divisional school. The league will schedule an additional non-divisional contest for teams that play a divisional rival on Thanksgiving. These league scheduled non-divisional contests will not schedule a Division I team against a Division III Team. (Note: This starts with the 2017 season).

Junior Varsity

- a. JV games will be played either Friday afternoon, Saturday morning or Monday afternoon.
- b. All teams will follow the varsity schedule except in cases where the varsity opponent has no junior varsity team. The league will schedule an appropriate opponent.
- c. Saturday games will start no earlier than 9:30 a.m. Monday afternoon games will start no later than 3:45 p.m. (no later than 3:00 p.m. after daylight savings time).

Freshman

- a. By mutual agreement of coaches, freshman games will be played either Thursday or Friday.
- b. Freshman teams will play the same opponent as the varsity team each week except in cases where the varsity opponent has no freshman team. The conference may schedule an alternate opponent to accommodate schools without a freshman team. (Revisions: 7/08/09 JT)
- c. Games will begin no later than 3:45 p.m. (after daylight saving time, no later than 3:00 p.m.

All-Conference Selection Process:

1. The number of all conference players from each team depends on what place a team finishes within their division
2. Coaches will determine who from their team deserves all conference.
3. In the event of a tie between two or more schools, the total number of selections for those positions are divided equally by the number of schools involved in the tie (refer to chart below).

Place Finish Within Division (6) Div. II East/West	Number of All Conference Players
1	9
2	8
3	7
4	5
5	4
6	3
Total 36 players x 2 (East & West) = 72	
Place Finish Within Division (5) Div. I & III East/West	Number of All Conference Players
1	9
2	7
3	6
4	5
5	3
Total 30 players x 4 Divisions = 120	

*Voted on by coaches 1/27/11, by AD's on 2/3/11, Revised 11/30/12 (Total number = 192)

Revised: 6/10/09

Reviewed 10/2/09 BS 11/5/15

SOCCER (Boys and Girls)
Procedures and Regulations

- A. All contests shall be governed by High School Federation Rules where applicable and/or as amended by the Connecticut Interscholastic Athletic Conference and the Central Connecticut Conference.
- B. The length of conference contests shall be as follows:
Varsity – two, forty-minute periods. When the score is tied at the end of regulation there will be two 5-minute overtime periods. If the score is still tied at the end of these periods the game is recorded as a tie. (updated 9/2/10)
Junior Varsity – two, forty-minute periods – no overtime.
Freshman – two, forty-minute periods – no overtime.
- C. A top grade ball shall be used for all contests. Three balls of the same design shall be available for play in all contests.
- D. The host school shall be responsible for all game arrangements.
- E. An adult timer must be used for all varsity contests or the time will be kept on the field by the head official.
- F. Games will be scheduled on Tuesdays and Fridays except there will be one week during the season when three games are needed. Those games will be scheduled on Monday, Wednesday and Friday. Adjustments will be made when Rosh Hashanah or Yom Kippur fall on a Tuesday or a Friday.
- G. Starting time will be no later than 3:45 p.m. (after daylight saving time, no later than 3:00 p.m.) Unless mutually agreed upon by the schools involved.
- 16 game schedule
 - Four (4) divisions with eight (8) teams in each division – two (2) pods in each division (Patriot and Colonial); play teams in your pod twice and once in the other pod for a total of 10 divisional games. These games would be used to determine the divisional champs. There would be eight (8) divisional champs (4 from the Patriot Division and 4 from the Colonial Division). Should teams end up with the identical records, divisional champ(s) would be recognized.
 - Rank the eight (8) teams in each division 1-8 based on a two (2) year record – current school year record and previous year.
 - Schedule six (6) crossovers – 1 and 2 ranked teams play the other 1 and 2 ranked teams in the other divisions, 3 and 4 play the other 3 and 4 teams, 5 and 6 play the other 5 and 6 teams, 7 and 8 play the other 7 and 8 teams. Crossovers will be reviewed/adjusted on a two-year rotation to allow for a home & away setup. (***Four of the south teams will have to play one opponent from the opposite pod for a second time***).
 - Tie breaker to be used when ranking teams: a) Head to Head, b) Over-all record using the CCC scheduled contests, c) By lot.
- H. Selection of 22 per division, all-conference players must be based on merit and a total season's effort.
Format for selecting all conference: Adopted 10/1/15
- Coaches would submit nominees to each divisional coach advisor
 - Nominations form will be created and provided to coaches
 - Coaches will have an opportunity to discuss players
 - A numbered ballot will be provided to coaches for voting (1-22 in each division)
 - Coaches cannot vote for their own players
 - Each coach will vote for their top athletes (#1 being top choice and so on)
 - The top player gets 22 points
 - The top 22 (from each division) will be named all-conference

(Revisions: All language for Boys and Girls Soccer were determined to be correct 7/08/09 JT).
Reviewed: 10/12/09 BS 11/5/15; 10/27/16, 6/19/17

SWIMMING AND DIVING (Girls)
Procedures and Regulations

- A. All contests shall be governed by High School Federation Rules where applicable and/or as amended by the Connecticut Interscholastic Athletic Conference and the Central Connecticut Conference. "If the host team has an illegal diving facility, it is the host team's responsibility to obtain an alternate diving site. If this is not done, the thirteen (13) diving points will be awarded on a forfeiture basis to the opposing team." If a school is unable to secure an alternate diving facility, they may send a letter to their competing schools informing them that they do not have a diving team due to their lack of facility. This letter must be sent two weeks prior to the competition or a date that is set by the league. If this procedure is followed, no diving points are to be awarded at a home or away contest.
- B. A legible meet result sheet for swimming and diving shall be used for all dual meets. The meet sheet should include the first and last name of all individual competitors and the last name for all relay competitors. Host and visiting schools will email a copy of meet results to all CCC schools who they compete during the season. These results should be provided within a timely manner (24 to 48 hours).
- C. Individual shall be limited to competition in four events as follows: Either two (2) individual events and two (2) relays or one (1) individual event and three (3) relays.
- D. Non-CCC teams of one may compete as non-scoring members in CCC meets.
- E. Meets will be held on Tuesdays and Fridays or as site availability permits. (October, 1992 Revision Committee).
- F. Starting time will be no later than 3:45p.m. except where non-school pools are used or there is mutual consent of the involved coaches.
- G. All teams will meet each other once within the same division. There are three crossovers.
- H. Eight open dates – three to be committed to interdivisional meets.
- I. Selection of 42 all division swimmers/divers must be based on merit and a total season's effort. While post-season divisional meets are allowed, they should be looked upon as just one other variable for making selection choices and not the sole basis. All conference teams will be determined prior to the CCC Dinner Meeting.
- J. **Conference Meet Guidelines:**
 - a. Meet will follow a timed finals format. Twelve places will be scored where top 3 swimmers and 1 relay from each team will be allowed to score. Number of entries per team will be determined by host team and be contingent to facility, time constraints, size of teams. Although this may vary throughout divisions, the number of places and participants scoring will remain consistent throughout divisions.
 - b. Divers could choose to do a 6-dive or 11-dive list. For each diver, 6 dives will be scored for the meet. Each team is still limited to entering 5 divers with a maximum of 3 scoring for each team. Divers competing with 11 dives will be asked to submit an additional diving sheet. This sheet will have 6 dives from their 11-dive sheet and will be used to determine a score which will be used in the meet results. These 6 dives must follow the 6-dive dual meet format. This means that the first dive listed is the required dive for the week and the other 5 dives must be from at least 4 different categories. The diving order will be chosen randomly. Divers competing with only 6 dives will be finished after their 6th dive. The remaining divers will take a 5 minute break and then continue on with their final 5 dives. The required dive for the diving championship will be required dive for the week that the meet is held in. Diving forms are due 30 minutes before the start of the diving competition.
 - c. The meet will be scored consistently between divisions, but will have no bearing on the overall divisional champion. A meet champion only will be determined. This is to be consistent with other sports that have divisional championships.
 - d. **Participation of 1 and 2 person teams at the Conference Divisional Championships will be allowed whether or not the school they are from is a CCC school or not. The swimmers/divers on 1 and 2 person teams will swim in the same divisional meet as the team they practice and participate with (swimming or diving).**

All-Conference Selection Process:

1. An individual is limited to being selected All-Conference in at most 2 relays and 2 individual events or in 3 relays and 1 individual event.
2. In each of the 4 divisions, the top 2 relays in each relay event and the top 2 swimmers and divers in each individual event will be designated All-Conference.
3. The 2 divers in each division will be chosen by adding up each diver's best dual meet score, state divisional meet score and state open score. The divers with the 2 highest totals in each division will be designated All-Conference.

4. In each of the 4 divisions, the relays and the swimmers in each individual event will be chosen by examining best dual meet times, state divisional prelims and finals times and state open times. In each division, the 2 relays in each relay event and the 2 swimmers in each individual event with the best times will be designated All-Conference.

Reviewed: 10/2/09 BS

Updated: 5/17/10 BS 11/5/15; 6/9/16

VOLLEYBALL (Girls)
Procedure and Regulations

- A. All contests shall be governed by High School Federation Rules where applicable and/or as amended by the Connecticut Interscholastic Athletic Conference and the Central Connecticut Conference.
- B. A varsity match is won by the team that wins the best of five (5) games.
- C. Junior varsity games shall be played first with a match being won by the team that wins the best three (3) games.
- D. A top grade 18-panel leather ball shall be used for all contests, (e.g. Tachikara SV5W, Spalding T5000).
- E. It is recommended that two officials be assigned for all scheduled matches.
- F. Junior varsity contests will begin no earlier than 3:30p.m. followed immediately by varsity games. Evening contests may be scheduled by mutual agreement of schools with JV contests starting no later than 6:00p.m.
- G. Four (4) divisions with eight (8) teams in each division – two (2) pods in each division (Patriot and Colonial); play teams in your pod twice and once in the other pod for a total of 10 divisional games. These games would be used to determine the divisional champs. There would be eight (8) divisional champs (4 from the Patriot Division and 4 from the Colonial Division). Should teams end up with the identical records, divisional champ(s) would be recognized.

Scheduling:

- Rank the eight (8) teams in each division 1-8 based on a two (2) year record – current school year record and previous year.
 - Schedule six (6) crossovers – 1 and 2 ranked teams play the other 1 and 2 ranked teams in the other divisions, 3 and 4 play the other 3 and 4 teams, 5 and 6 play the other 5 and 6 teams, 7 and 8 play the other 7 and 8 teams. Crossovers will be reviewed/adjusted on a two-year rotation to allow for a home & away setup. *(Four of the south teams will have to play one opponent from the opposite pod for a second time).*
 - Tie breaker to be used when ranking teams: a) Head to Head, b) Over-all record using the CCC scheduled contests, c) By lot.
 - Schedule sixteen (16) contests for the following sports: B/G Soccer, G. Volleyball, B/G Basketball, Baseball, Softball
 - Schools will have the same four (4) open dates
 - Scheduler will need to announce the 1-8 rankings for each sport.
- H. Selection of fourteen (14), all-conference players must be based on merit and total season's effort. (Adopted 1/10/15)
 - I. Division competition starts on the first date allowed by the CIAC and continues three (3) games per week until the eighteen game league schedule is complete. The last play date will be reserved for the rival game as scheduled by the league. The final open date will be the preceding play date (ex. Wednesday open date, Friday rival game.)
 - J. Schools who charge admission should notify their opponents at the beginning of each season.
 - Format for selecting all-conference** (Adopted 10/1/15):
 - Coaches would submit nominees to divisional coach advisors
 - Nomination form will be created and provided to coaches
 - Coaches will have an opportunity to discuss players
 - A numbered ballot will be provided to coaches for voting (1-14 in each division)
 - Coaches cannot vote for their own players
 - Each coach will vote for their top athletes (#1 being top choice and so on)
 - The top player gets 14 points
 - The top 14(from each division) will be named all-conference

(Revisions: 7/08/09 JT)

Reviewed: 10/2/09 BS 11/5/15, 6/19/17

WINTER SPORTS PROCEDURES

BASKETBALL (Boys and Girls) Procedures and Regulations

- A. All contests shall be governed by High School Federation Rules where applicable and/or as amended by the Connecticut Interscholastic Athletic Conference and the Central Connecticut Conference.
- B. It is strongly recommended that for varsity games the official scorer and timer of the Home Team be at least 21 years of age.
- C. A top grade leather ball that is approved by the CIAC and displays the proper federation logo will be used for all contests.
- D. It is recommended that all team players remain in their team bench area during their contests. Sub-varsity team members must be under the direct supervision of a coach when not participating in their contest.
- E. By mutual agreements, if both officials are assigned to work both varsity and junior varsity games, it is recommended that the varsity game be played first.
- F. Games will be scheduled primarily on Tuesdays and Fridays. Adjustments to schedules may be made by mutual agreement if there is difficulty in scheduling a contest due to lack of available facilities or scheduling of officials.
- G. Starting times for contests are for the host team to determine. League policy suggests Freshman – 3:45, Junior Varsity – 5:15 and Varsity – 7:00. Mutual agreements to schedule changes in time apply for weekend, makeup, or holiday contests. (Approved 3/12/15)

Four (4) divisions with eight (8) teams in each division – two (2) pods in each division (Patriot and Colonial); play teams in your pod twice and once in the other pod for a total of 10 divisional games. These games would be used to determine the divisional champs. There would be eight (8) divisional champs (4 from the Patriot Division and 4 from the Colonial Division). Should teams end up with the identical records, divisional champ(s) would be recognized.

Scheduling:

- Rank the eight (8) teams in each division 1-8 based on a two (2) year record – current school year record and previous year.
 - Schedule six (6) crossovers – 1 and 2 ranked teams play the other 1 and 2 ranked teams in the other divisions, 3 and 4 play the other 3 and 4 teams, 5 and 6 play the other 5 and 6 teams, 7 and 8 play the other 7 and 8 teams. Crossovers will be reviewed/adjusted on a two-year rotation to allow for a home & away setup. (***Four of the south teams will have to play one opponent from the opposite pod for a second time.***)
 - Tie breaker to be used when ranking teams: a) Head to Head, b) Over-all record using the CCC scheduled contests, c) By lot.
 - Schedule sixteen (16) contests for the following sports: B/G Soccer, G. Volleyball, B/G Basketball, Baseball, Softball
 - Schools will have the same four (4) open dates
 - Scheduler will need to announce the 1-8 rankings for each sport.
- H. Member schools will follow the Sportsmanship and Crowd Control Code established by the Executive Board of the Central Connecticut Conference.
- I. All Conference – 10 selections from each division.

Format for selecting all conference (Adopted 11/5/15):

- Coaches would submit nominees to divisional coach advisors
- Nomination form will be created and provided to coaches
- Coaches will have an opportunity to discuss players
- A numbered ballot will be provided to coaches for voting (1-10 in each division)
- Coaches cannot vote for their own players
- Each coach will vote for their top athletes (#1 being top choice and so on)
- The top player gets 10 points
- The top 10 (in each division) will be named all-conference

Revised: 12/3/09

Reviewed: 12/3/09 BS 11/5/15, 6/19/17

CHEERLEADING
Procedures and Regulations

- A. All contests and competitions shall be governed by the High School Federation rules where applicable and/or amended by the CIAC and the CCC.
- B. The visiting cheerleading squad will follow the regulations of the home school unless their school regulations are more restrictive.
- C. Upon arrival it is the responsibility of the home cheerleading coach or Site Director to greet the visiting team.
- D. There will be no tumbling or stunting on the sidelines during Basketball games while the ball is in play.
- E. Cheerleaders must remain outside the playing area during a 30 second time out during a basketball game.
- F. The CCC All Conference Cheerleading team will be selected in the same format as the CIAC All State Cheerleading Team. All Conference Cheerleading packets will be sent out to the head coach regarding the tryouts.
- G. A varsity cheerleading competition will be scheduled between member CCC schools annually. It will not conflict with the CIAC State Cheerleading Championship.
 1. Admission prices for the competition are \$5.00 Adults, \$3.00 Students and \$3.00 for Senior Citizens age 65 and older. Entry fee is \$75.00 per team.
 2. There is no minimum number of cheerleaders required to enter and compete. There is a maximum of no more than twenty (20) per team. (CIAC rule – NOTE: This number may change based upon State Championship Committee recommendations.)
 3. Co-ed teams will compete in their respective divisions.
 4. The CCC Cheerleading championships will follow the guidelines and protocol in accordance with both the National Federation of High School Athletic Associations and the CIAC. The judges will use the same score sheet that the CIAC will use for the State tournament.
 5. The awards given at the championships will be as follows:
 - i. A first, second, and third place trophy/plaque will be awarded for each division (North, South, East, West).
 - ii. A league Grand Champion trophy/plaque will be to the team with the highest overall score. In the event of a tie, the winner will be determined by the highest total of *Overall Effect/Overall Appeal* scores from the judges. In the event that the *Overall Effect/Overall Appeal* score is tied as well, the highest and lowest scores will be dropped for each team. The remaining scores will be added up and the team with the highest will be considered the Grand Champion.
 - iii. In the event of a tie for first place for the League Division both teams will be awarded first place and the next team would place second. In league divisions, there can be multiple winners for first, second, and third place.
 - iv. All Conference Cheerleaders will also be recognized.
 6. **Signs, Noisemakers, and Banners Forbidden**—please stress to pupils over your public address system the regulation that the use of confetti, glitter, signs, banners, placards and streamers are DEFINITELY NOT ALLOWED. Bugles, horns, drums, whistles, or other noisemakers contribute nothing to the competition and they can be a source of annoyance to the other spectators as well as the cheerleaders. They will not be permitted.
 7. There will be a panel of category judges who will use the score sheet agreed upon by the State Cheerleading Championship Committee. There will also be TWO (2) certified safety judges who will confer and complete one penalty sheet according to national and state safety regulations.
 - i. All judges will be selected from affiliations outside the CCC schools and duly certified. It is recommended that they have experience at the state, regional and/or national levels of judging and/or should represent various certified cheerleading organizations.
 - ii. Tabulators will not be affiliated with any participating school in the championships.
 - iii. The championships will follow the same format as the State Championships:

- a. one round competition
- b. order of appearance will be randomly selected
- c. routine between 2 and 2 ½ minutes
- d. total of 1 minute 30 seconds of recorded material
- e. props limited to pom-poms, megaphones, and flat sign-boards no larger than 22" x 28".
- f. Music and props will be evaluated before the competition begins
- g. Warm-ups for full routines
- h. 42' x 42' carpeted mat on half a regulation basketball court
- i. Trainer available to attend to emergency needs.

All-Conference selection Process:

1. All Conference Try-Out is open to any varsity member in grades 9-12. Division total – 20 from each division.
2. Coaches will nominate athletes via email by date designated in paperwork (typically the end of December)
3. Athlete must have cheered for a sport either/both in the fall or/and winter seasons.
4. Nominees must be in good standing with their schools in order to be considered.
5. A coach may nominate up to but not more than 2 cheerleaders if squad has less than 10 members.
6. A coach may nominate up to but not more than 3 cheerleaders if squad has 11-17 members
7. A coach may nominate up to but not more than 4 cheerleaders if squad has 18 or more members.
8. Applications and video/DVD submissions must be postmarked by Monday, January 24, 2011 (corresponding Monday each year).
9. Materials should arrive together and late entries will not be accepted.
10. Guidelines for submissions will be forwarded to the coaches annually.
11. A panel of judges from the CCC Cheerleading League will review applications and video submissions using the guidelines established by the All-State Cheerleading Committee (copies will be forwarded each season for review).

Reviewed: 11/06/09 BS

2016-17 CCC Cheerleading By-Laws

I. Purpose

- a. To promote and improve cheerleading in the Central Connecticut Conference (CCC).
- b. To establish a network system of support and unity among all who are involved in cheerleading.
- c. To provide opportunities, education, training, and growth experiences for cheerleading coaches and cheerleaders.
- d. To promote the highest possible professional standard of coaching.
- e. To build conference-wide unity and sportsmanship among our schools.

II. Rules

- a. CAS/CIAC will prevail as to eligibility.
 - i. During the fall season, CIAC rules will be distributed to all coaches (i.e. # of cheerleaders per team, competition rules and regulations, fines, etc.)
- b. National Federation rules will be followed for issues regarding apparel, participation, and safety (i.e. tumbling, stunting, etc.). Athletic directors will provide a copy of the NHFS rules to coaches
- c. Participation
 - i. Cheerleaders may not interfere or impede the progress of an athletic contest at any time.
 - ii. When available (with the exception of athletic contests), skills should be conducted with proper safety measures and constraints in place (spotters and mats)

- iii. The visiting cheerleading squad will follow the regulations of the home school unless their school regulations are more restrictive.
 - 1. Upon arrival, it is the responsibility of the home Cheerleading Coach, Site Director, and/or Athletic Director to greet the visiting team
- iv. There will be no tumbling or stunting on the sidelines during basketball games while the ball is in play.
 - 1. Cheerleaders must remain outside the playing area during a 30-second time-out in a basketball game

III. **Membership**

- a. Includes all member schools in the Central Connecticut Conference (CCC)
- b. Members are bound by the CCC League By-Laws
- c. Classification of schools: North, Central & South regions
 - 1. North Region:
 - a. Blue Division - East Catholic, East Hartford, Hartford Public, Manchester, South Windsor
 - b. White Division - Bloomfield, Fermi, EO Smith, RHAM, Rockville, Tolland
 - 2. Central Region
 - a. Blue Division - Conard, Hall, Glastonbury, Simsbury, Southington
 - b. White Division - Avon, Bulkeley, Farmington, Northwest Catholic, Weaver, Windsor
 - 3. South Region
 - a. Blue Division - Bristol Central, Bristol Eastern, New Britain, Newington, Wethersfield
 - b. White Division - Berlin, Maloney, Middletown, Rocky Hill, Plainville, Platt

IV. **Scheduling**

- a. CCC Cheerleaders will represent their respective schools in CCC athletic events as determined by the Athletic Director and/or Head Cheerleading Coach

V. **Meetings**

- a. The CCC Cheerleading Committee will meet twice per season.
 - i. Each member school cheerleading coach is required to attend (at least) one (1) meeting per year (September – March) in order to participate in the CCC League Championship
 - ii. It is the responsibility of the officers and all Athletic Directors to encourage participation at the CCC Cheerleading Committee meetings.
- b. Quorum - A simple majority of member schools (1 vote per school) shall constitute a quorum for the transaction of business
- c. Committee Meetings will be scheduled as needed

VI. **CCC Cheerleading Committee Chairpersons**

- a. The chairpersons (head or divisional) of the CCC Cheerleading Committee shall serve for one (1) school year
 - i. Chairpersons shall volunteer for the position(s) and will then be appointed or elected (if contested) at the last winter season meeting by the CCC Head Cheerleading Coaches

- ii. Any vacancy may be filled by an affirmative vote of the CCC Cheerleading Coaches. The chairperson elected to fill a vacancy shall serve the balance of the unexpired term of his/her predecessor
- iii. Chairpersons must be active CCC coaches

Cheerleading Chairperson Responsibilities:

1. Set the date, time and location to select all conference athletes.
2. Advise the AD liaison of the end of season date, time and location.
3. Submit the all-conference selections to the AD Liaison within 24 hours of the meeting, if the AD Liaison is not in attendance.
4. Act as the chief representative of the CCC Cheerleading Committee
5. Update & manage committee by-laws
6. Distribute meeting notices to all member schools
7. Maintain the *CCC Cheerleading Committee Contact List*
8. Keep accurate attendance records at both fall & winter meetings
9. Sit at the head table for the Aqua Turf dinner and present the Champion Certificates to the divisional winners. A few remarks regarding State Tournament results, State Records, etc. is also welcome. (If a chairperson cannot attend, please find a replacement and let the conference secretary know who their replacement will be.)

Division Chairperson Responsibilities:

1. Attend the 4:30pm end of season meeting at the Aqua Turf and inform all head coaches in their division of the meeting and that their attendance is mandatory. In the event of an emergency, an assistant coach should be their designee. This meeting will start promptly at 4:30pm.
2. Participate on judges panel for All-Conference selection

b. League Championship Committee

- i. This committee is responsible for organizing and facilitating the annual CCC League Cheerleading Championship based upon the established criteria
- ii. Host school cheerleading coach serves as chairperson
- iii. Members the committee will volunteer and include a CCC Cheer committee chairperson (head or divisional) as well as the host school AD

VII. Sportsmanship

- a. Refer to both National Federation rules & CIAC Sportsmanship statement – Sportsmanship/Conduct.
- b. Cheerleaders and Coaches are primarily responsible for promoting school spirit, displaying and encouraging good sportsmanship, etc.

VIII. All-Conference Selection

- a. To be determined by member school coaches at designated try-out
 - i. Tryouts must occur for cheer since no statistics are collected during the seasons
 - ii. Candidates must demonstrate a high level of expertise in a variety of cheer skills
- b. The all-conference criteria will follow all criteria set forth by the state cheerleading committee

- c. Please see the Appendix A for selection criteria, judging information, nomination form, tryout form, and application

IX. **League Championship**

- a. A varsity cheerleading competition will be scheduled between member CCC schools annually. It will not conflict with the CAS/CIAC State Cheerleading Championship.
 - i. All league teams are strongly encouraged to compete. In order to do so, a coach from each team must attend at least ONE (1) regular league meeting scheduled during the year
 - ii. If a member team attends other competitions, they **MUST** attend the CCC Cheerleading Competition
 - iii. There is no minimum number of cheerleaders required to enter and compete. There is a maximum of no more than twenty (20) per team (CIAC rule ~ NOTE: this number may change based upon State Championship Committee recommendations)
 - iv. Co-ed teams will compete in their respective regions.
 - v. Both Junior Varsity and Dance teams from league schools will also be invited to demonstrate an exhibition performance during this competition.
 - vi. This competition will be given priority status over any other event with the exception of the state championship
- b. By the end of the fall season (around December 1st), the time, date and location will be recommended by both the competition committee and the host site, with approval by the CCC Athletic Directors. Postponements and rescheduling will be determined by the host site. The rescheduled date should be on the Sunday of the competition weekend
- c. The CCC Cheerleading Championships will follow the format and all criteria set forth
by the state cheerleading committee in an attempt to mirror the state championships
- d. The CCC Cheerleading Championships will follow the guidelines and protocol in accordance with both the National Federation of State High School Athletic Associations and the CIAC

d. Host School

- i. The host school will be any school that has the capacity to hold the competition.
- ii. The host school can be the same school two years in a row.
- iii. The host school may run a concession stand, message-gram sale, and/or program
sales, and profit from these events
- iv. Each host school will provide their own volunteer workers to man ticket & concession sales, help the teams, and assist in the general procedures of the competition

Awards

- e. The awards given at the championships will be as follows:
 - i. A first, second, third and fourth place trophy/plaque will be awarded for each region
 - ii. A league Grand Champion trophy/plaque will be awarded to the team with the highest overall score. In the event of a tie, the winner will be

- determined by the highest total of ‘Overall Effect/Overall Appeal’ scores from the judges. In the event that the ‘Overall Effect/Overall Appeal’ score is tied as well, the highest and lowest scores will be dropped for each team. The remaining scores will be added up and the team with the highest will be considered the Grand Champion
- iii. In the event of a tie for first place, both teams will be awarded first place and the next team would place second. In league regions, there can be multiple winners for first, second, and third place
 - iv. All-Conference Cheerleaders will also be recognized

Judges

- f. There will be a panel (4) of category judges who will use the score sheet agreed upon by the State Cheerleading Championships Committee. There will be one (1) additional judge to assess deductions. There will also be one (1) certified safety judge who will confer and complete one penalty sheet according to national and state safety regulations. (Total number of judges = 6)
 - i. All judges will be selected from affiliations outside the CCC schools and duly certified. It is recommended that they have experience at the state, regional and/or national levels of judging and/or should represent various certified cheerleading organizations
- g. Tabulators will not be affiliated with any participating school in the championships
- h. See *Appendix B* for CAS/CIAC score sheets for cheerleading

Format

- i. The championships will follow the same format as the State Championships:
 - i. one round competition
 - ii. order of appearance will be randomly selected by division; starting division rotates each year
 - iii. routine between 2 and 2 ½ minutes
 - iv. props limited to pom-poms, megaphones, and flat sign-boards no larger than 22” x 28”
 - v. 42’ x 42’ carpeted mat on half a regulation basketball court (2 sets required = 1 for warm-ups; 1 for performance)
 - vi. Warm-ups in separate area/gym (stretch – tumbling – stunts – full mat – perform)
 - vii. trainer available to attend emergency needs
- j. The CCC Cheerleading Committee will collect all proceeds from ticket sales
 - i. Admission will be \$5.00 for adults; \$3.00 for students
 - ii. All expenses (DJ, judges, trophies, etc) will be paid by the CCC
- k. The CCC will use a tee shirt vendor to sell tee shirts at the event and the CCC will profit from these sales
- l. Vendors must fill out paperwork provided by the CCC and be approved. They will pay a \$200 fee
- m. These regulations can be amended at any time per recommendation of the Championship Committee and approval of the CCC Cheerleading Committee and Athletic Directors

Sources: CCC guidelines entitled “Responsibility of AD Liaison, Sports Advisor Chairperson and Divisional Sports Advisor”, 2004-05 ECC Cheerleading By-Laws, 2004-05 Southwest Conference League By-Laws, Hawthorne Area Recreation Association Constitution & By-Laws, South Dakota Cheerleading Coaches Association Constitution & By-Laws.

GYMNASTICS
Procedures and Regulations

- A. All contests shall be governed by High School Federation Rules where applicable and/or as amended by the Connecticut Interscholastic Athletic Conference and the Central Connecticut Conference.
- B. Six (6) participants per event for each school – top four (4) counts for team score.
- C. School facilities shall be available one half hour before meet time.
- D. Equipment for warm up given priority to visiting team.
- E. Order of events shall be Vaulting, Uneven Bars, Beam, and Floor Exercise.
- F. A minimum of one rated official shall be used for all conference meets.
- G. Floor exercise mat shall be 40' x 40'.
- H. A padded balance beam shall be used for competition.
- I. Uneven parallels shall have a minimum of fiberglass rails and any new technology approved by the National Association.
- J. Starting time on school evenings will be no later than 6:30pm. Starting times on Friday and Saturday will be no later than 7:00pm.
- K. The host school must notify and receive approval from scheduled conference opponents whenever a team is added to the original conference schedule. This must be done prior to the date of the contest.
- L. The top five (5) scores from the entire season will count towards the all-conference selections for a total of 24 selections.

All-Conference selection process:

Gymnastics – all conference selections will be based on the top five (5) scores from the entire season.

Approved 3/29/2012

Reviewed: 10/21/09 BS

Revised: 3/29/12 BS

ICE HOCKEY
Procedures and Regulations

- A. All contests shall be governed by High School Federation Rules where applicable and/or as amended by the Connecticut Interscholastic Athletic Conference and the Central Connecticut Conference.
- B. Games will be scheduled by mutual agreement of schools based on availability of ice time.
- C. All attempts should be made to schedule school night (Monday-Thursday) contests to begin no later than 8:30 p.m.
- D. The recommended length of warm-up time on the ice is eight (8) minutes for each team.
- E. In the event of a tie, there will be one eight (8) minute over-time period. First team to score a goal wins the contest.
- F. All teams within the same division will play each other twice during the season. Both games count towards the division standings.
- G. The length of conference contests for junior varsity shall be three (3) 15-minute periods (no overtime).
- H. The number of All-Conference selections will be eighteen (18) per division. One selection must be a goalie.
- I. The two divisions play in their division twice to determine divisional champions. There are no mandatory crossovers, however teams may opt to play in the other division as a regularly scheduled game.
- J. Tie breakers for divisional standings:
 - a. 'Head to head' record between the games versus each other.
 - b. 'Goals against' between the games versus each other.
 - c. 'Goals against' within the division.
 - d. 'Goals against' within the division and the mandatory cross-over game(s).
- K. Medical coverage: refer to Medical Service section of these bylaws.
- L. All student game personnel, sitting in an unprotected area, must wear head and facial protection while the ice hockey game is in progress. (A.D. Committee meeting March 21, 1996).
- M. The coaches recommend that divisional re-alignment and CCC tournament structure be considered every year. (Rev. 3/96; 10/09)

All-Conference selection process:

- 1. Requests for nominations will be sent out by the divisional coach advisors in advance of the all-conference meeting.
- 2. There will be no limit as to how many players can be nominated from each team.
- 3. The names will be collected by the divisional coach advisors and sent out to all the coaches in advance.
- 4. The divisional coach advisors will determine a meeting date and advise all coaches and AD Liaisons in advance.
- 5. The list of nominees will be provided to each coach at the meeting and there will be a discussion among all the coaches regarding their players. When all discussions are satisfied, a vote will be held.
- 6. The divisional coach advisors will provide a numbered ballot.
- 7. This is a secret ballot.
- 8. Coaches cannot vote for their own players.
- 9. Ties are to be broken with another vote involving only those players who are tied.

Revised: 3/3/11

Reviewed: 3/3/11 BS 11/5/15

INDOOR TRACK & FIELD

Men and Women

Procedures and Regulations

- a. **Rules:** High School Federation Rules shall govern all contests where applicable and/or as amended by the Connecticut Interscholastic Athletic Conference and the Central Connecticut Conference.
- b. **Order of Events:** Unless otherwise published, the order of events shall be the same as the State (C.I.A.C.) order for that season.
- c. **Eligibility:** Any athlete of a conference member school who has met the C.C.C. Championship Standard during the current C.I.A.C. Indoor Track season in a verifiable meet and is on the school's C.I.A.C. Roster. Club Teams are not eligible for competition in the Championship meet.
- d. **Scoring:** Eight (8) place scoring shall be used in the meet.
- e. **Entry Standard:** The Coaches shall set individual event entry standards for the following season each year at the annual Indoor Track meeting. Failure to modify standards shall result in the previous year's standard moving forward. **At no point shall individual event standards exceed those of the Class S meet for that year.**
- f. **Relay Teams:** Each school shall be allowed 1 relay team per event, no 2nd or "B" teams shall be allowed. Relay seed times must be from the current season and may not include composite or projected times, unless the team has not run a relay during the season. In the event that a team has not run a relay during the season the coach may use the Class S standard or slower as a seed time. Coaches may put in a seed time slower than what their relay has run during the season.
- g. **Event Limitation:** Events per athlete shall be the same as the C.I.A.C. state meets.
- h. **Starting Heights:** In the Pole Vault and HJ starting Heights shall be set 6" below the entry standard. The Games committee may raise the starting height 6" if more than 20 athletes are entered in an event.
- i. **Long Jump and Shot Put:** When more than 20 athletes are entered in the Shot Put or Long Jump the first legal jump or throw shall be measured for each athlete, after which only jumps or throws that meet the entry standard will be measured. When less than 20 athletes are entered all legal throws or jumps shall be measured.
- j. **Games Committee:** The games committee shall consist of the Indoor Track Coaches Liaisons, The Meet Director, and Athletic Director(s) in charge of Indoor Track.
- k. **Jury of Appeals:** The Jury of Appeals shall consist of The Meet Director, 1 coach from each geographic region selected by the Meet Director, and the Athletic Director(s) in charge of indoor track.
- l. **Facility Limitations:** In the event that facility limitations make it impractical to follow these bylaws the Meet Director in consultation with the Games Committee shall have the power to make any alterations necessary to ensure a fair competition.
- m. **Officials:** The Meet Director shall hire and supervise officials for the meet. Each school shall be required to provide 1 competent adult to act as an official should the need arise.
- n. **All-Conference Athlete status:** The top three (3) athletes in each individual event and the top two (2) relay teams in each relay event from the Championship Meet will be nominated automatically. Additional nominations shall be voted on by the coaches present at the end-of-season meeting. Total nominations shall not exceed the number set by the C.C.C. A coach may choose to remove his/her athlete from the list of automatic nominations.
- o. **The Divisional Championship:** Division Champions shall be named based on team performance at the CCC Championship Meet, using (8) eight place scoring.(Updated 3/30/17) The divisional scoring format will be 5 points for 1st place, 3 points for 2nd place, and 1 point for 3rd place for each individual event in each division; just the top two teams will score in the relays in each division (5 and 3 points.) Updated 3/31/16

All-Conference selection process:

Indoor track- top three individual events and top two relays are automatic selection

Revised: 12/2/10 M. Logan

Revised: 3/29/12 BS; 3/31/16

SWIMMING AND DIVING (Boys)

Procedures and Regulations

- A. All contests shall be governed by High School Federation Rules where applicable and/or as amended by the Connecticut Interscholastic Athletic Conference and the Central Connecticut Conference. "If the host team has an illegal diving facility, it is the host team's responsibility to obtain an alternate diving site. If this is not done, the thirteen (13) diving points will be awarded on a forfeiture basis to the opposing team." If a school is unable to secure an alternate diving facility, they may send a letter to their competing schools informing them that they do not have a diving team due to their lack of facility. This letter must be sent two weeks prior to the competition or a date that is set by the league. If this procedure is followed, no diving points are to be awarded at a home or away contest.
- B. A legible meet result sheet for swimming and diving shall be used for all dual meets. The meet sheet should include the first and last name of all individual competitors and the last name for all relay competitors. Host and visiting schools will email a copy of meet results to all CCC schools who they compete during the season. These results should be provided within a timely manner (24 to 48 hours).
- C. Individual shall be limited to competition in four events as follows: Either two (2) individual events and two (2) relays or one (1) individual event and three (3) relays.
- D. Non-CCC teams of one may compete as non-scoring members in CCC meets.
- E. Meets will be held on Tuesdays and Fridays or as site availability permits. (October, 1992 Revision Committee).
- F. Starting time will be no later than 3:45p.m. except where non-school pools are used or there is mutual consent of the involved coaches.
- G. All teams will meet each other once within the same division. There are three crossovers.
- H. Eight open dates – three to be committed to interdivisional meets.
- I. Selection of 42 all division swimmers/divers must be based on merit and a total season's effort. While post-season divisional meets are allowed, they should be looked upon as just one other variable for making selection choices and not the sole basis. All conference teams will be determined prior to the CCC Dinner Meeting.
- J. **Conference Meet Guidelines:**
 - a. Meet will follow a timed finals format. Twelve places will be scored where top 3 swimmers and 1 relay from each team will be allowed to score. Number of entries per team will be determined by host team and be contingent to facility, time constraints, size of teams. Although this may vary throughout divisions, the number of places and participants scoring will remain consistent throughout divisions.
 - b. Divers could choose to do a 6-dive or 11-dive list. For each diver, 6 dives will be scored for the meet. Each team is still limited to entering 5 divers with a maximum of 3 scoring for each team. Divers competing with 11 dives will be asked to submit an additional diving sheet. This sheet will have 6 dives from their 11-dive sheet and will be used to determine a score which will be used in the meet results. These 6 dives must follow the 6-dive dual meet format. This means that the first dive listed is the required dive for the week and the other 5 dives must be from at least 4 different categories. The diving order will be chosen randomly. Divers competing with only 6 dives will be finished after their 6th dive. The remaining divers will take a 5 minute break and then continue on with their final 5 dives. The required dive for the diving championship will be required dive for the week that the meet is held in. Diving forms are due 30 minutes before the start of the diving competition.
 - c. The meet will be scored consistently between divisions, but will have no bearing on the overall divisional champion. A meet champion only will be determined. This is to be consistent with other sports that have divisional championships.
 - d. **Participation of 1 and 2 person teams at the Conference Divisional Championships will be allowed whether or not the school they are from is a CCC school or not. The swimmers/divers on 1 and 2 person teams will swim in the same divisional meet as the team they practice and participate with (swimming or diving).**

All-Conference Selection Process:

1. An individual is limited to being selected All-Conference in at most 2 relays and 2 individual events or in 3 relays and 1 individual event.
2. In each of the 4 divisions, the top 2 relays in each relay event and the top 2 swimmers and divers in each individual event will be designated All-Conference.

3. The 2 divers in each division will be chosen by adding up each diver's best dual meet score, state divisional meet score and state open score. The divers with the 2 highest totals in each division will be designated All-Conference.
4. In each of the 4 divisions, the relays and the swimmers in each individual event will be chosen by examining best dual meet times, state divisional prelims and finals times and state open times. In each division, the 2 relays in each relay event and the 2 swimmers in each individual event with the best times will be designated All-Conference.

Reviewed: 10/2/09 BS

Updated: 5/17/10 BS 11/5/15; 6/9/16

WRESTLING
Procedures and Regulations

- A. All contests shall be governed by High School Federation Rules where applicable and/or as amended by the Connecticut Interscholastic Athletic Conference and the Central Connecticut Conference.
- B. Home teams are required to have non-digital scales certified prior to the start of each wrestling season.
- C. All conference matches will be scheduled on Wednesdays. Matched will not be scheduled during December vacation week. (A.D. Committee meeting March 14, 1991).
- D. All weekday matches will start with JV at 6:00pm and varsity will start 20 minutes after the last JV match.
- E. Play everyone in division once – these meets count for divisional champions. There are two crossovers – crossovers do not count for divisional champions.
- F. All Conference (Division) Selections will be based on the following criteria:
 - a. 2 points for a win
 - b. 1 point for a tie
 - c. Basis for selection to the all division team is the overall conference record in which the participant must have wrestling at least 50% of his matches. The participant must then be placed in this same weight class (A.D. Committee 3-20-97). Division total of 30 selections.
- G. The host school must notify and receive approval from scheduled conference opponents whenever a team is added to the original conference schedule. This must be done prior to the date of the contest.
- H. The wrestling schedule will be established by using the last available date set by the C.I.A.C. as the final division match and scheduled backwards. (A.D. Committee 3-15-90).

There shall be a specific warm up time for visiting teams. They will be on the mat for warm ups ten (10) minutes prior to the start of the match and off within five (5) minutes in order to give the home team their five minute warm up period. (A.D. Committee 3-25-93).

All-Conference selection process:

Wrestling – two athletes per weight class, two at large. Top performer at conference meet (if held) will get one of two weight class positions, others will be determined by vote coaches nominate players, discuss, vote)

Reviewed: 10/20/09 BS

SPRING SPORTS PROCEDURES

BASEBALL

Procedures and Regulations

- A. All contests shall be governed by High School Federation Rules where applicable and/or as amended by the Connecticut Interscholastic Athletic Conference and the Central Connecticut Conference.
- B. All games in the regular season will use this game ending procedure:
 - 1. A "regulation game" (4-1/2 innings if the home team is ahead – 5 full innings if the visiting team is ahead) is called for any reason other than forfeit (WHERE A WINNER CANNOT BE DETERMINED according to NFHS Rule 4-2-2); shall be treated as a suspended game and shall be competed at some later date.
 - 2. A game that has NOT reached "regulation length" shall be declared "NO GAME" (regardless of the score) and shall be replayed from the beginning at some later date.
 - 3. Note: Although a contest is declared "NO GAME" the CIAC pitching restriction rule shall still be applied.
- C. The length of varsity games to be counted for division championship play shall be ruled by the umpire-in-chief in accordance with the established rules.
- D. Warm up time for visitors for a 3:45 game shall be 3:25 p.m. to 3:40 p.m. Home teams shall warm up prior to 3:25 p.m. (Comparable times for evening games).
- E. A first quality ball shall be used for all games.
- F. Conference games will be scheduled on Mondays, Wednesdays, and Fridays.
- G. Afternoon starting time – no later than 3:45 p.m. Evening varsity starting time – no later than 7:00 p.m.
- H. Teams will play own division twice within their region and once with other divisions in the region for 14 (or 15) games.
- I. Teams will be scheduled 3 (or 4) crossovers in the other regions to complete an 18 game schedule.
- J. No junior varsity or freshman game shall have an inning start after 6:00 p.m.
- K. Tie games: legal games (5 innings) ending in a tie shall remain a tie for purposes of recording divisional standings. This applies to "inter" as well as "intra" divisional games. However, C.I.A.C. tournament ranking is based solely on wins and losses.
- L. Four (4) divisions with eight (8) teams in each division – two (2) pods in each division (Patriot and Colonial); play teams in your pod twice and once in the other pod for a total of 10 divisional games. These games would be used to determine the divisional champs. There would be eight (8) divisional champs (4 from the Patriot Division and 4 from the Colonial Division). Should teams end up with the identical records, divisional champ(s) would be recognized.

Scheduling:

- Rank the eight (8) teams in each division 1-8 based on a two (2) year record – current school year record and previous year.
 - Schedule six (6) crossovers – 1 and 2 ranked teams play the other 1 and 2 ranked teams in the other divisions, 3 and 4 play the other 3 and 4 teams, 5 and 6 play the other 5 and 6 teams, 7 and 8 play the other 7 and 8 teams. Crossovers will be reviewed/adjusted on a two-year rotation to allow for a home & away setup. (**Four of the south teams will have to play one opponent from the opposite pod for a second time**).
 - Tie breaker to be used when ranking teams: a) Head to Head, b) Over-all record using the CCC scheduled contests, c) By lot.
 - Schedule sixteen (16) contests for the following sports: B/G Soccer, G. Volleyball, B/G Basketball, Baseball, Softball
 - Schools will have the same four (4) open dates
 - Scheduler will need to announce the 1-8 rankings for each sport.
- M. All Conference – 20 selections from each division.

Format for selecting all conference (Adopted 11/5/15):

- Coaches would submit nominees to divisional coach advisors
- Nomination form will be created and provided to coaches
- Coaches will have an opportunity to discuss players
- A numbered ballot will be provided to coaches for voting (1-20, top player gets 20 points)
- Coaches cannot vote for their own players

- Each coach will vote for their top athletes (#1 being top choice and so on)
- The top player gets 20 points
- The top 20 from each division will be named all-conference

Reviewed: 11/9/09 BS, 6/19/17

Updated: 5/5/16

GOLF (Boys and Girls)
Procedures and Regulations

- A. Matches shall be governed by the United States Golf Association regulations. Local club rules and related conference rules will supplement these regulations.
- B. All matches shall be completed and scored after the first nine (9) holes.
- C. All varsity and junior varsity dual matches consist of 10 players unless agreed upon beforehand (5 and 5 from each team). **Approved 6/3/11**
- D. To maintain uniformity, the following stroke play format must be used:
 - a. Boys (from the regular men's tees). **Approved 6/5/15**
 - b. Stroke play is to be used for all matches.
 - c. Each team will consist of a five (5) member team. The top four (4) scorers will be utilized to determine the winning team. The team with the lowest score will be deemed the winner. Ties will stay as ties.
- E. Caddies, carts and caddie wagons are not allowed except for an agreement between the coaches involved, for medical reasons. **(BOYS – Players may use distance measuring devices with established CIAC protocols indefinitely). Approved 6/5/15**
- F. Neither coaches nor individuals are allowed to accompany team members on the course.
- G. The order of teeing off will be alphabetical and the host team will tee off last.
- H. Continuous putting is encouraged in order to speed up play.
- I. Any golfer smoking, chewing tobacco, using drugs or alcohol while competing on the golf course shall be disqualified. Golfer is not eligible to play in next match.
- J. The coaches will respect and enforce any and all rule violations. If questions arise, the ruling of the club pro, will take precedence.
- K. Misuse of player's clubs or golfing equipment, i.e., throwing or breaking, will be subject to disqualification after review by the coaches.
- L. If lightning should stop a match, the following procedure will be followed. After half an hour wait and if play cannot be resumed, the match will be postponed and completely replayed on a mutually acceptable date. The decision as to whether or not to continue play will be determined by a unanimous vote of the coaches involved.
- M. Matches will be scheduled by mutual agreement of schools based upon availability of facilities. Schedules cannot be done more than a year in advance because of course availability.
- N. Matches shall start no earlier than 3:00 p.m. unless by mutual consent of schools involved.
Boys' – Play each team in own division twice for 12 matches, all 12 matches count for divisional champions. Girls' – Play twice within the division and two crossovers.
- O. Girls competing on boys' teams will be allowed to play from the forward tees that closely match the course rating for the tees utilized by the boys. This is only allowed if the school does not have a girls team.
Approved 6/2/17
- P. Tattered pants, painter pants, jeans, and non-collared shirts are not permitted in CCC golf matches. If in violation, the individual (s) will be disqualified for that match. Bermuda type shorts, with pockets, will be permitted for CCC golf matches. Dress code for athletes during the regular season and tournament will follow the rules as outlined in the CIAC Golf packet. **Approved 6/2/17**
- Q. The host school must notify schools whenever a team is added to the original conference schedule. This must be done prior to the date of the contest.
- R. All scores will be reported to the newspaper (i.e., Hartford Courant) by using team totals and will be reported by the host team.
- S. In the interest of continuous play a player must pick up after fifteen (15) strokes on a hole. The following procedures will be followed for **girls' golf**: After a double par is reached, the player will pick up and mark an "X" on the score card. On a par 3 if the ball is not in the hole within 6 shots, the player will mark an "X" then get assessed a 1 shot penalty so their score on that hole would be a 7. On a par 4, if not within 8 shots, mark an "X" then get assessed a 1 shot penalty for a 9. On a par 5, if not within 10 shots...the score would be counted as an 11. (Updated 2014)
- T. If a team is unable to meet a scheduled tee time for matches i.e., vehicle traffic or breakdown, a courtesy call to the appropriate golf club is necessary. If no courtesy call is made; then the match should begin on time without that team. If any delay causes difficulties with golf play with the clubs members, then the match shall be postponed and rescheduled at the first available play date.

If weather conditions in your school district are not favorable, but you have not received a postponement call the host school, all visiting teams should adhere to the scheduled match. Upon arrival, if conditions and safety of athletes is questionable; the match will be postponed and rescheduled. Because frequent rains

occur in the spring, a wait should occur. However, that wait should not exceed one hour unless agreed upon by all coaches involved in the match.

- U. No golfer will use any electronic device during the match including smartphones to measure other conditions that might affect their play (gradient, wind speed, temperature, etc.) The penalty is disqualification of the player. The same applies to the use of GPS. (The CCC AD's have approved the use of these devices indefinitely 6/5/15. (*Distance Measuring devices for State Championships and the CCC tournament are approved as long as they meet the following criteria:*
Players may not use measuring devices, including smartphones, to measure other conditions that might affect their play (e.g. gradient, wind speed, temperature, etc.) A player using such a device in that manner is in breach of Rule 14-3 for which the penalty is disqualification.)

All-Conference selection process:

Girls' Golf – will be the top 22 players from the entire conference. Use the differential of the best 10 matches from all play dates. Approved 6/2/17

Boys' Golf – All-Conference selection will be the top 40 players from the entire conference using the differential of the best 10 matches from all play dates. Approved 6/2/16

Revised: 6/3/11

Reviewed: 4/9/10 BS, 6/6/16

LACROSSE (Boys and Girls)
Procedures and Regulations

All boys' contests shall be governed by N.C.A.A. and all girls' contests by U.S.W.L.A. rules and/or as amended by the C.I.A.C. and the C.C.C.

- A. The home team shall provide:
 - a. A properly marked field for the varsity and JV games.
 - b. Field markings should include team and scorers areas.
 - c. Tables and chairs for a scorer and timer as well as team benches.
 - d. Clocks for contest timing and an air horn.
 - e. Goals should be painted white or orange. For girl's contests, any additional goal supports, which are exposed, must be padded the entire length with material which limits the rebound of the ball (Rule 4).
- B. Competition:
 - a. The current USWLA rules will be followed by all competing teams.
 - i. After a team receives four cards, whether they are red or yellow, the next player penalized must sit in the penalty box for two minutes and her team will play a player down unreasonable, for the duration of the penalty. This is a girl's rule only. (A.D. Committee 6-3-94).
 - b. All CIAC policies governing athletics will be adhered to.
 - c. All games must have certified board officials.
- C. Scheduling:
 - a. Beginning with the spring 1998 season, all scheduling for both boys and girls lacrosse will be developed by the conference Scheduler/webmaster. (A.D. Committee 12-5-96).
 - b. It is recommended that games be played on Tuesday and Friday or Saturday.
 - c. Weekday starting times should be 4:00 p.m. to allow for ample travel time and a JV game with no lost school time.
 - d. Girl's regulations – two divisions will play each other once within their division and will play one crossover game within the other division. (Revised 3/29/12)
 - e. Boy's regulations – Play once within your division and 3 crossovers (North would get 6 crossovers.) West – three games versus North, North – three games versus West and three games versus South, South – three games versus North (Windsor would only get 2 crossovers games.)
 - f. All Conference – Girls' - 24 selections from each division; Boys' – 23 selections from each division (includes Face Off Specialist).

All-Conference selection process:

1. Requests for nominations will be sent out by the divisional coach advisors in advance of the all-conference meeting.
2. There will be no limit as to how many players can be nominated from each team.
3. The names will be collected by the divisional coach advisors and sent out to all the coaches in advance
4. The divisional coach advisors will determine a meeting date and advise all coaches and AD Liaisons in advance.
5. The list of nominees will be provided to each coach at the meeting and there will be a discussion among all the coaches regarding their players. When all discussions are satisfied, a vote will be held.
6. The divisional coach advisors will provide a numbered ballot.
7. This is a secret ballot.
8. Coaches cannot vote for their own players.
9. Ties are to be broken with another vote involving only those players who are tied.

(Approved 6/9/14)
Reviewed: 11/09/09 BS
Revised: 3/29/12 BS

SOFTBALL
Procedures and Regulations

- A. All contests shall be governed by High School Federation Rules where applicable and/or amended by the Connecticut Interscholastic Athletic Conference and the Central Connecticut Conference.
- B. All games in the regular season will use this game ending procedure:
 - 1. A "regulation game" (4-1/2 innings if the home team is ahead – 5 full innings if the visiting team is ahead) is called for any reason other than forfeit (WHERE A WINNER CANNOT BE DETERMINED) according to NFHS rules, shall be treated as a SUSPENDED game and shall be completed at some later dates.
 - 2. A game that has NOT reached "regulation length" shall be declared "NO GAME" (regardless of the score) and shall be replayed from the beginning at some later date/
- C. No junior varsity or freshman game shall have an inning start after 6:00 p.m.
- D. JV and freshman games shall have a 2 hour and 30 minute time limit. Approved 6/2/17
- E. Warm up time for visitors for a 3:45 game shall be from 3:25 p.m. to 3:40 p.m. Home team shall warm up prior to 3:25 p.m. (Comparable times for evening contests).
- F. Afternoon starting time – no later than 3:45 p.m. Evening varsity starting time, no later than 7:00 p.m.
- G. Conference games will be scheduled on Mondays, Wednesdays, and Fridays.
- H. A first quality ball shall be used for all games.
- I. After five full innings of play, if a team has a deficit of 15 runs, either coach may request that play be terminated.
- J. In the event of game stoppage due to rain when less than 5 innings are played, the contest is replayed from the beginning.
- K. Four (4) divisions with eight (8) teams in each division – two (2) pods in each division (Patriot and Colonial); play teams in your pod twice and once in the other pod for a total of 10 divisional games. These games would be used to determine the divisional champs. There would be eight (8) divisional champs (4 from the Patriot Division and 4 from the Colonial Division). Should teams end up with the identical records, divisional champ(s) would be recognized.

Scheduling:

- Rank the eight (8) teams in each division 1-8 based on a two (2) year record – current school year record and previous year.
- Schedule six (6) crossovers – 1 and 2 ranked teams play the other 1 and 2 ranked teams in the other divisions, 3 and 4 play the other 3 and 4 teams, 5 and 6 play the other 5 and 6 teams, 7 and 8 play the other 7 and 8 teams. Crossovers will be reviewed/adjusted on a two-year rotation to allow for a home & away setup. (**Four of the south teams will have to play one opponent from the opposite pod for a second time**).
- Tie breaker to be used when ranking teams: a) Head to Head, b) Over-all record using the CCC scheduled contests, c) By lot.
- Schedule sixteen (16) contests for the following sports: B/G Soccer, G. Volleyball, B/G Basketball, Baseball, Softball
- Schools will have the same four (4) open dates
- Scheduler will need to announce the 1-8 rankings for each sport.
- L. All Conference – 20 selections from each division.

Format for selecting all conference (Adopted 11/5/15):

- Coaches would submit nominees to divisional coach advisors
- Nomination form will be created and provided to coaches
- Coaches will have an opportunity to discuss players
- A numbered ballot will be provided to coaches for voting (1-20)
- Coaches cannot vote for their own players
- Each coach will vote for their top athletes (#1 being top choice and so on)
- The top player gets 20 points
- The top 20 players from each division will be named all-conference

Reviewed: 11/2/09 BS, 6/19/17
Updated: 5/5/16

TENNIS (Boys and Girls)
Procedures and Regulations

- A. All contests shall be governed by the U.S.L.T.A and/or as amended by the Connecticut Interscholastic Athletic Conference and the Central Connecticut Conference.
- B. All dual matches will determine the winner is a best of two out of three set matches, using regular scoring with a twelve point tie breaker at 6-all. **(Boys' – all conference matches that go to a third set will be decided by a 10 point Super Tie-Breaker.) Approved 6/5/15**
- C. Dual matches shall consist of four singles matches and three double matches with no repeats. (Except where a team cannot field ten individuals on its eligibility list). A minimum of ten players will be used in the varsity matches. Each match will count one point for a total of seven points. The team that has the highest score will be declared the winner of the dual meet.
- D. Each coach must play his/her singles players and doubles teams in order of their true earned position on the team.
- E. Match lineups for both singles and doubles will be presented to the opposing coach before a match of record will begin.
- F. Forfeiture for lack of players must begin with the lowest ranking singles player and proceed in sequence to the next highest singles player. The same procedure will hold true for the doubles teams.
- G. Once the line-ups have been submitted, the match is officially started.
- H. Scoring of an interrupted match should commence at exactly the point where the match was called.
- I. Interrupted matches that are continued at a later date must be played with the same line-up of players in their respective positions in the original match.
- J. A 15 minute medical rest is permissible once per player, per match.
- K. Play is continuous; players should not leave the courts at any time except between the 2nd and 3rd sets.
- L. Coaching is allowed only by his/her high school coach.
- M. Coaching is allowed only during rest periods, which include the switch over between odd games. Ninety (90) seconds is the time limit allowed for the switch over.
- N. Spectators are not allowed on the court.
- O. Encouragement of the players should be very limited; encouragement should be polite and sportsmanlike. Spectators should be reminded that the intent of the competition is to have the outcome of the match be determined by players on the court. Spectators cannot be interactive with players involved in competition. In accordance with conventional tennis etiquette any input by spectators is absolutely disallowed.
- P. The server must audibly announce game score before every service.
- Q. In double play, either players of receiving team may make the service call. Coaches should so instruct their players.
- R. Players may not appeal to any other persons in the event of disrupted call. Coaches will only be consulted on rule interpretations.
- S. Player should trust calls made by opposing players, however, when a player believes they have received inaccurate calls he/she refer this matter to their coach. Both coaches would assess and determine the validity of the concerns. (Issues of footfalls or unsportsmanlike like conduct will be addressed by both coaches. Post determination the player in question will be addressed by their respective coach.)
- T. The coach should caution any of his/her players who are observed committing a footfall. If a player continues to foot fault, both coaches will observe and call points against him/her for same.
- U. Flagrant, persistent, and bothersome unsportsmanlike conduct on the part of any player should be brought to the attention of the coach whose player is at fault. Any notice of a second such occurrence by the offended coach, and this action will result in the loss of a game. The coach of the offending player can opt to suspend play, the results of which will result in one point for the offended team.
- V. Tennis balls:
Each home team will furnish seven (7) cans of new USLTA approved tennis balls in a dual match.
- W. Matches will begin no later than 3:45 p.m.
Play each team in own division once to determine the four (4) divisional champions and eight (8) crossover matches. Crossover matches do not count for divisional champions. Additional matches up to 20 total can be arranged by coaches' discretion.
- X. Players stepping up to serve must hold 2 balls so there is no interruption between 1st and 2nd serve.

GIRLS: Playing a tie breaker in lieu of a third set is allowed however, this MUST be agreed upon by both coaches. Should use USTA alternate scoring method of 10 pt. tie breaker. (approved 6/6/14)

All-Conference selection process: Top 20 from each division TO BE UPDATED IN THE FALL

1. Division play/record not season play/record should be considered for selection
2. All #1 singles players who have a record of 3-1 or greater, are automatically selected
3. Only matches played at the #1 singles slot will be considered when establishing divisional record at # 1 singles.
4. #1 singles player who has a 1-3 record could be considered for all conference, based on the athlete's competitiveness in losses recorded.
5. All #2 singles players who have a record at #2 of 3-1 or greater are selected
6. A #2 singles player with a 2-2 record could be considered based upon the competitiveness of division play.
7. A #3 singles player with a 4-0 record should be strongly considered if his/her teammates at #1 and #2 have been selected for All Conference
8. If a team's #1-3 singles are undefeated, a #4 singles player who is undefeated could be considered for All Conference.
9. All #1 and #2 doubles teams that are undefeated should be selected for All Conference
10. All #1 doubles teams with a divisional record of 3-1 or greater should be selected.
11. All #2 doubles teams that are 3-1 should be selected
12. If a team has an undefeated # 1 and # 2 doubles team, their #3 doubles team (if undefeated), can be considered for all conference.
13. A #2 doubles team that is 3-1 or 2-2 could be considered, but not before a #1 doubles team that is 3-1 is selected.

Reviewed: 10/20/09 BS, updated 6/6/16

TRACK AND FIELD (Boys and Girls)
Procedures and Regulations

- A. High School Federation Rules shall govern all contests where applicable and/or as amended by the Connecticut Interscholastic Athletic Conference and the Central Connecticut Conference.
- B. The host school must provide at least five capable adult officials to assist with the running of dual meets and seven for all double-dual meets. Students and visiting coaches are not to serve as event officials.
- C. *Double-dual* meets shall be scored *using* 5 points, 3 points and 1 point for places one through three. Three running scores are necessary: Team A vs. B, A vs. C and B vs. C.
- D. An individual may participate in four (4) events in dual and double-dual meets.
- E. The host school must notify the visiting team(s) if hurdles are to be brought by them. A minimum of *four (4) lanes of working hurdles* is needed to run a meet.
- F. Limitations of competitors
 - 1. A maximum of five (5) competitors shall be designated as varsity in each field event. Other competitors shall be considered junior varsity.
 - 2. Each varsity athlete shall be given four (4) trials whereas junior varsity athletes shall be given only three (3) trials. There shall be no finals.
 - 3. In the lane races (100m, 200m, 400m and the high and intermediate hurdles), all varsity athletes shall compete head-to-head. Therefore, in dual meets there shall be a limit of three (3) varsity athletes from each school and in double-dual meets a limit of only two (2) varsity athletes. Only athletes in the varsity heat may score for their school.
 - 4. *The only exception to subsections 3 above is if fully automatic timing (FAT) is used to time all heats and lanes. In the first heat, each team is limited to half the available number of lanes.*
- G. Running Events shall take precedence over field events in cases where an individual is participating in both events simultaneously.
- H. The javelin event shall be the first field event with all javelins being secured at its conclusion.
- I. The host school shall provide all visiting coaches with information concerning special rules and use of facilities well in advance of the meet (i.e. spike length, starting blocks, etc.)
- J. Take-off marks for the *long and* triple jumps shall accommodate all levels of jumpers entered.
- K. The “no false start” rule is in effect.
- L. Summary of all meet results shall be given to all visiting teams at the conclusion of the meet. **A legible copy is mandatory.**
- M. Conference meets will be held on Tuesdays at opposite sites unless there is mutual agreement to hold a coed meet.
- N. Meet starting time should be as close to 3:45pm as is practical.
- O. Each school competes against own division once for 7 dual meets, all of these meets count for divisional champions.
- P. The host school must notify and receive approval from scheduled conference opponents whenever a team is added to the original conference schedule. This must be done prior to the date of the contest.
- Q. The home team must provide at least six (6) sets of working starting blocks for all C.C.C. meets.
- R. The divisional championship will be decided on a combination of both the dual-meet season as well as the divisional championship. One (1) point will be given for each dual-meet victory plus one point for each team beaten in the divisional championship. The divisional champion will be the team with the highest point total. Scoring of the championship meet shall be in accordance with NFHS rules. **(updated 6/5/17)**

All-Conference selection process:

Outdoor track- top two individual events and top two relays automatic selection (42 maximum selections from each division for a total of 168). (Adopted 11/5/15)

Reviewed: 10/23/09 BS

CCC Championship Entry Procedures and Limits:

- *There shall be four (4) C.C.C. championship meets held; one in each division (East, West, North, and South)*
- Athletes may compete in *only* three (3) events. *Listing of an athlete on a relay card shall only count as an event if the individual reports to the clerk for participation in the relay.*

- Only one (1) relay team per event per school (no “B” teams).
- Each team shall be entitled to enter two (2) athletes per event as automatic entrees. If a team enters more than two (2) athletes in a single event, ALL entered athletes must meet class S standards as listed below. *Notwithstanding a team's right to enter 2 athletes in any event, coaches are reminded to only enter athletes capable of competing in a championship meet so as not to embarrass any athlete. In track events, trials and finals shall be conducted for the 100M Dash and the 100M and 110M High Hurdle races*
 - 8 or 9 athletes may advance to the finals depending on the number of running lanes on the track.
- *In field events, trials and finals shall be held with 9 athletes advancing to the finals in the following events:*
 - *The throwing events: Shot Put, Discus and Javelin*
 - *The horizontal jumps: the Long and Triple Jump.*
 - *Trials shall consist of 3 attempts and finals of an additional 3 attempts. Competitors shall be credited with their best performance whether it occurs in the trials or finals.*
- **Entry marks:** All hand-timed marks shall first be rounded up to the slower one-tenth of a second and then a conversion factor of +0.24 must be added prior to entering the athlete into the meet. *(Example: a stopwatch hand time of 12.21 is rounded to 12.3 and then the correction factor of 0.24 is added and the time MUST be entered as 12.54. Likewise a stopwatch hand time of 5:34.54 would be rounded to 5:34.6 + 0.24 and entered as 5:34.84.)*
- The overall winner of the Division shall be determined on the basis of both dual-meet victories and the final standing in the Divisional Championship Meet as follows:
 - Each team shall receive one (1) point for each dual-meet victory in the “regular season” and one (1) point for each team in their division beaten in the Championship Meet.
 - The highest cumulative total shall be declared the Divisional Champion.

VOLLEYBALL (Boys)
Procedures and Regulations

- A. All contests shall be governed by High School Federation Rules where applicable and/or as amended by the Connecticut Interscholastic Athletic Conference and the Central Connecticut Conference.
- B. A varsity match is won by the team that wins the best of five (5) games.
- C. Junior varsity games shall be played first with a match being won by the team that wins the best of three (3) games.
- D. A top grade 18- panel leather ball shall be used for all contests, (e.g. Tachikara SV5W, Spalding T5000).
- E. It is recommended that two officials be assigned for all scheduled matches.
- F. Junior varsity contests will begin no earlier than 3:30 p.m. followed immediately by varsity games. Evening contests may be scheduled by mutual agreement of schools with JV contests starting no later than 6:00 p.m.
- G. Teams will play each other twice within the same division.
- H. Play twice within the division for 12 matches and two crossovers for 14 assigned matches – crossover matches do not count for divisional champions. Opening match will not be a divisional match.
- I. Selection of fourteen (14) all division players must be based on merit and total season's effort
- J. Division competition starts on the first date allowed by the CIAC and continues 3 games per week until the fourteen game league schedule is complete. The last play date will be reserved for the rival game as scheduled by the league. The final open date will be the preceding play date (ex. Wednesday open date, Friday rival game).
- K. Schools who charge admission should notify their opponents at the beginning of each season.
- L. All Conference – 14 selections from each division.

Format for selecting all conference (Adopted 11/5/15):

- 1. Requests for nominations will be sent out by the divisional coach advisors in advance of the all-conference meeting.
- 2. There will be no limit as to how many players can be nominated from each team.
- 3. The names will be collected by the divisional coach advisors and sent out to all the coaches in advance
- 4. The divisional coach advisors will determine a meeting date and advise all coaches and AD Liaisons in advance.
- 5. The list of nominees will be provided to each coach at the meeting and there will be a discussion among all the coaches regarding their players. When all discussions are satisfied, a vote will be held.
- 6. The divisional coach advisors will provide a numbered ballot.
- 7. This is a secret ballot.
- 8. Coaches cannot vote for their own players.
- 9. Ties are to be broken with another vote involving only those players who are tied.

Reviewed: 10/27/09 BS; 6/6/16, 6/19/17

APPENDIX A - GUIDELINES FOR SCHEDULING

1. It should be understood that one of the purposes of establishing the conference is to facilitate the scheduling process for member schools. The Conference will schedule divisional crossover matches in most sports.
2. Interdivisional matches will be determined based on records in divisional play in the previous two seasons. A two year rotation for the divisional crossover matches will be established. The rankings will be determined at the conclusion of each sports' season in the years in which a new cycle is to be developed and the schedules for divisional crossover play shall be established no later than the date of the policy meeting following the close of a sport season in that year. The number and placement in the schedule of divisional crossover matches will be established as per guidelines of individual sports.
3. The Web Master shall have the responsibility of preparing sport schedules for each of the conference-sanctioned sports in all regions.
4. Schedules shall be established on a "rotate and reverse" basis *whenever possible* over a two-year period. This indicates that the host school will play away the following year. In general when boy's teams are scheduled at homes, girl's teams will be away and vice versa in sports in which both genders compete in the same season. Provision shall be made to permit a last season date for traditional rivalries. Conference schedule date/times may be changed by mutual agreement of competing schools. (October 1992 Revision Committee)
5. When two (2) teams in football only, are tied based on winning percentage, ties will be broken by the male enrollment as listed by the CIAC. (Dec. 2009 revision)
6. Sub varsity games will be scheduled at the same site and date as the varsity except where facilities do not allow. The conference will schedule sub varsity contests in football, and soccer and freshman contests in football, soccer, basketball and baseball/softball. If a host team cannot accommodate a sub varsity contest at the same site, they are responsible for agreeing to an alternate date and/or site. Schools which do not have sub varsity or freshman teams in a given sport must notify the webmaster prior to the establishment of the schedules.
7. The host team shall establish the time and day for weekend varsity competition, Friday, or Saturday contests. Conference schools shall attempt to accept the starting times for all competition to the extent that starting times do not conflict with established policies or educational interests of the visiting schools. Starting times will be indicated on all approved conference schedules.
8. All members must accommodate local rulings regarding holidays (i.e. Martin Luther King Day, Yom Kippur, Rosh Hashanah, etc.)
9. Afternoon competition (Monday-Friday) will generally begin at 3:45 p.m. (after daylight saving no later than 3:00 p.m.).
10. In establishing matchups for interdivisional contests, the following guidelines will be used.
 - a. *Whenever possible* teams will be paired against teams from each of the other divisions that are ranked no more than one place above or below them. Possible exceptions are noted in (e) and (f) below.
 - b. The conference will ensure that schools that share facilities for a sport are not both scheduled at home or both away on the same date.
 - c. If there is a bye in a specific sport, the placement of the bye will rotate on a six year cycle and will change every two years. The bye will be placed in the 6th position for the first two-year cycle, the 4th position for the second two-year cycle and in the 2nd position for the third two-year cycle.
 - d. If there are byes in two divisions, the bye teams will be paired against each other unless such pairings violate CIAC game limitations for the schools involved.
 - e. In sports in which there are less than eight teams in a division, divisional crossovers may result in pairings that do not conform to guideline (a) above.
 - f. In sports where multiple teams may compete in a single event such as cross country, track and golf, the divisional crossovers may be scheduled as tri- or quad- events. In such cases the host teams will be rotated in as equitable a way as possible. Multiple team events may occasionally result in pairings that do not conform to guideline (a) above.
 - g. Teams that share a facility will be scheduled so that only one is home on each playing date.
 - h. Limit 2 teams moving up or down.
 - i. Tie Breaker for identical record will be 1) head to head, 2) record in most recently completed year, 3) enrollment.
 - j. Starting with 2011 schedule, lock in the schedule for two years. Add one year's record for placement consideration to a maximum of four years from that point forward.
11. The following sport specified guidelines will be followed in relationships to:
 - a. Day of Contest
 - b. Starting Time

- c. Divisional Play
- d. Number of Open Dates
- e. Interdivisional Play
- f. Non-Varsity Play

Procedures for scheduling cross over games

At the conclusion of each two year cycle all teams will be ranked within their division based on their combined divisional records for the year just completed and the previous year.

The tie breakers shall be as follows:

- 1. Head to head in the year just completed
- 2. Divisional record in the year just completed
- 3. Head to head over the two year period
- 4. Overall record
- 5. By lot

The following steps will then be followed to create the cross over schedule

- 1. If there are two crossover games in a sport, all teams that are ranked in the same position will be scheduled to play each other.
- 2. If there is one crossover game scheduled in a sport, the divisional matchups will be rotated with one pairing changing each year.
- 3. If there are more than two crossover games in a sport the pairings for additional games shall be 1 vs. 2, 3 vs. 4, 5 vs. 6 and 7 vs. 8. Divisional matchups will be determined so that each team has an equal number of home games and will be rotated whenever possible.
- 4. After all teams are placed on the schedule, it will be checked to ensure that each of the Hartford schools is scheduled to play each of the other Hartford schools. If it is necessary to move games to arrange this, every effort will be made to ensure that the resulting matches' pair teams no more than one ranking higher or lower.
- 5. The schedule will be balanced to ensure an equal number of home and away games for each team. This may occasionally require a pairing that does not meet the requirements of #1 above. This may also mean that it may occasionally be necessary to schedule two teams to play at the same site two years in a row in order to assure home and away equity in a season.
- 6. In football, teams that play divisional games on Thanksgiving will require one additional crossover game. To schedule these crossover games, it will usually be necessary to cross divisions. No division III team will be scheduled to play a division I team. Pairings will be made to ensure an equal number of home and away games for each team.

Updated 11/5/15 Startup/Greenleaf

APPENDIX B - GOOD SPORTSMANSHIP AWARD

The Good Sportsmanship Award will be presented to the Central Connecticut Conference School in each division whose teams, coaches, and spectators exemplify the highest degree of enthusiastic and commendable behavior at high school sports events.

A. **Statement of Purpose** - To encourage and foster the ideals of good sportsmanship.

B. **Criteria for Selection**

- a. Organization – How well is visiting team received at site of game. i.e., directed to dressing room, general instructions on bus, parking, etc.
- b. Enthusiasm of spectators, cheerleaders, supporting team in a positive manner regardless of apparent outcome; response to cheerleaders.
- c. Spectator's sportsmanship – No booing or heckling, general courtesy (timing of yells and routines with respect for opposing school, etc.)
- d. Player sportsmanship – Keenly competitive but without animosity, belligerence.
- e. Coaching sportsmanship – Awareness of crowd control responsibility, bench conduct, cooperation with officials.
- f. Other qualities.

C. **Nomination Procedure**

Each head coach and cheerleader advisor will vote for the three schools within their region for this award, and they cannot vote for their own school. The school's Athletic Director/Faculty Manager will complete form A2. Form A2 will be submitted along with B1, C1, etc. to the scheduler/webmaster. In case of a tie, the schools involved will share the award for the school year.

D. **Time of Presentation**

- a. The awards will be given at the end of season banquets.
- b. The conference Web Master will be responsible for initiating the poll procedures and tabulating the results.

Updated 11/5/15 B. Startup

APPENDIX C - CRITERIA FOR SELECTION OF RETIRED CONFERENCE COACHES AND ATHLETIC PERSONNEL

- A. Statement of Purpose – To give recognition to retiring Central Connecticut Conference coaches/athletic personnel who meet the criteria established herein.
- B. Criteria for Nomination
 - a. Minimum of fifteen (15) years of high school coaching or athletic affiliation. The intent of this section is to include athletic affiliation at any level in grades 9-12.
 - b. Retroactive to include coaching-athletic experience prior to establishment of the CCC.
 - c. The recipient must be retiring from athletics in order to be eligible for this award.
- C. Nomination Procedure – Individual nominations will be made to the conference secretary by the principal or athletic director of the member school.
- D. Time of Presentation – Award presentation will be made at the CCC meeting most appropriate to the retirement schedule of the recipient.
- E. Coaching/Athletic Affiliation Award
 - a. Framed resolutions printed in Old English and signed by the conference president, recipient's principal and athletic director.
 - b. CCC lifetime athletic pass.

APPENDIX D - PROCEDURES FOR EVALUATING CONFERENCE FACILITIES AND EQUIPMENT

SITE COMMITTEE

- A. Statement of Purpose – Upon written request of school principal, this committee shall evaluate a specific site with regard to safety concerns.
- B. Selection – The conference president shall have authority to appoint three (3) principals and/or athletic directors to form a site committee. Membership shall not include anyone from the affected school.
- C. Decisions – For purposes of conference play, the decision of this committee related to the use of facility, shall final in decisions regarding forfeits and protests.

APPENDIX E - COURTESY PASS GUIDELINES

1. Five (5) per school.
2. School name to be placed on each card.
3. Record name and number of each card distributed.
4. Permanent pass from year to year (A.D. responsible for issue and collection).
5. Lost or stolen card numbers shall be reported to the Conference Secretary.

Note: These cards are to be honored by all schools within the conference. These cards allow admission to conference regular season events and are **ONLY** for the holder of the card. **NO OTHER PASS** from nonparticipating schools has to be honored. Schools will be given up to three (3) new passes each year if necessary. (Updated 10/7/10; 11/5/15)

APPENDIX F - NEW/ADDITIONAL SPORT TEAM REVIEW COMMITTEE

1. Review Committee
 - i. Committee Membership – The new/additional sport team review committee shall consist of the following:
 1. Athletic Director Liaison person for the conference sport in question. If one does not exist the remaining two (2) members of the committee will select a third (3rd.)
 2. Conference Treasurer
 3. Conference Secretary
 - ii. Statement of Purpose – Upon written notification of a conference school principal or his/her designee requesting the acceptance of a new athletic team for conference and/or divisional play, the review committee will meet and determine divisional placement for committee chairperson.
 - iii. Decision – The decision of this committee shall be presented to the Athletic Directors Committee for final approval.
2. Guidelines for Development Programs
 - i. A team, during the developmental phase, may play at the sub-varsity level for no more than three (3) years.
 - ii. No varsity games may be played during the developmental phase.
 - iii. The scheduler/webmaster shall include the developmental team in the regular conference schedule. Each of these teams will be marked with an asterisk (*). Every divisional opponent is committed to at least one of the scheduled play dates with the developmental team.
 - iv. A developmental program shall declare varsity status by submitting a letter of commitment signed by the principal. This letter shall be received by the Executive Secretary no later than the last regular season play date for that sport.
(March 1997 Policy Committee)

CRITERIA FOR ADMITTING NEW SPORTS TEAMS AND CCC CHAMPIONSHIP PLAY

1. Any sport team, club-sponsored or otherwise, must have approval of the school system BOE, thereby becoming a “sanctioned sport.”
2. Any sport must meet all eligibility requirements for CIAC interscholastic athletics.
3. Member schools forming a sanctioned team sports must comply with all CIAC rules and regulations for that sport.
4. Member schools forming a BOE sanctioned team must become aware of the following:
 - a. All BOE sanctioned team sports must submit a CIAC Eligibility Form to the CIAC office two days after the first contest.
 - b. All members of a sanctioned team must be eligible to compete in accordance with the CIAC Code of Eligibility for that year.
 - c. Sanctioned teams must abide by the season and weekly limitations for the sports listed in the current CIAC Handbook.

CCC Championship Participation – Only sanctioned teams may qualify for the CCC Championship in the sport.

**APPENDIX G - RECOGNITION OF OUTSTANDING ACHIEVEMENT IN THE FIELD OF
ATHLETICS**

- A. Statement of Purpose – To give recognition to CCC coaches/athletic personnel who have achieved national or other prestigious recognition on any level in the field of athletics.
- B. Criteria for Nomination
 - a. The recipient must be a member of a Central Connecticut Conference school.
 - b. The award must be in the area of athletic achievement.
 - c. Final approval will be made by the Recognition Committee.
- C. Nomination Procedure – Individual nominations must be submitted in writing to the Recognition Committee through the Conference Secretary.
- D. Time of Presentation – The presentation will be made at the CCC meeting most appropriate to the time the award is received by the recipient.
- E. Types of Awards
 - a. A proclamation will be presented to any recipient who has earned national recognition in the field of athletics.
 - b. A letter from the CCC president will be sent to any coach/athletic personnel for any other prestigious award received for athletic achievement.

The recognition committee will be a standing committee of three, plus the conference commissioner.

APPENDIX H - GUIDELINES FOR THE CENTRAL CONNECTICUT CONFERENCE
“ALL ACADEMIC TEAM”

- A. Statement of Purpose – To broaden the scope of the CCC by encouraging academic excellence and fostering educational pursuits beyond the limited arena of athletics.
- B. Selection Process
 - a. The all-academic team will be selected three times per year to coincide with the selection of all-conference teams for fall, winter, and spring sports. Only student-athletes participating in the season may be selected for that season’s team.
 - b. Each individual will be honored by a certificate similar to that received by the all-conference athletic team selections.
- C. Standards for Selections – To qualify, the student-athlete must meet the following standards based on the season (fall, winter, and spring) most recently concluded:
 - a. The recipient must have earned a varsity letter that season.
 - b. The recipient must have concluded the season in good standing as determined by the principal or his/her designee, and the coach.
 - c. The recipient must attain honor roll status (excluding honorable mention) for the designated grading period.
- D. Award Process – Each school will be responsible for the manner in which “All-Academic Team” awards are presented.

Approved 12-10-92 Policy Committee, Amended 6-11-93 Policy Committee

APPENDIX I – APPLICATION FOR MEMBERSHIP



**CENTRAL CONNECTICUT
CONFERENCE**

Barbara Startup
Commissioner
440 Dennison Ridge Dr.
Manchester, CT 06040
860-646-7552 home
860-331-3672 cell
barbarastartup@sbcglobal.net

APPLICATION FOR MEMBERSHIP

**NORTH
REGION**
Bloomfield
East Catholic
East Hartford
EO Smith
Fermi
Hartford Public
Manchester
RHAM
Rockville
South Windsor
Tolland

Annual Dues for Membership \$1315 per school (not including tournament fees)
Dues Deadline: Sept. 1

**Please see attached Article(s) I-III-for New Membership Information.
Please complete the Additional Information/Data Form attached.**

Name of Institution: _____ **Name of Principal:** _____

Address of the Principal: _____
Street Town/City ZIP

Contact information of the Principal: _____
Work Phone Mobile E-Mail

Name of Director of Athletics: _____

Address of Director of Athletics: _____
Street Town/City ZIP

Contact information of Director of Athletics: _____
Work Phone Mobile E-Mail

**CENTRAL
REGION**
Avon
Bulkeley
Conard
Farmington
Glastonbury
Hall
NW Catholic
Simsbury
Southington
Weaver
Windsor

**SOUTH
REGION**
Berlin
Bristol Central
Bristol Eastern
Maloney
Middletown
New Britain
Newington
Plainville
Platt
Rocky Hill
Wethersfield

PLEASE READ AND AFFIX DESIGNATED SIGNATURES

In joining the Central Connecticut Conference, this institution agrees to comply with all Central Connecticut Conference, policies governing the conduct of men's and women's interscholastic athletics.

1. Shall be full-time students who are academically eligible in terms of the requirements set by this institution for participation in extracurricular activities.

2. Shall be a member in good standing of the Connecticut Association of Schools (CAS)/Connecticut Interscholastic Athletic Conference (CIAC).

I hereby affirm that _____ as a member of the Central Connecticut
Name of School
Conference, will abide by the policies and regulations established by the Central Connecticut Conference.

Date: _____ **Signature of Principal:** _____

**Return this form to Commissioner of Central Connecticut Conference
Retain a copy of this application for your files
All questions should be addressed to the Commissioner**

CENTRAL CONNECTICUT CONFERENCE



Barbara Startup
Commissioner
440 Dennison Ridge Dr.
Manchester, CT 06040
860-646-7552 home
860-331-3672 cell
barbarastartup@sbcglobal.net

APPLICATION FOR MEMBERSHIP

ADDITIONAL INFORMATION/DATA

PLEASE PROVIDE THE FOLLOWING WITH THE ATTACHED APPLICATION FORM

1. A list of all girls and boys varsity and sub varsity sports offered (by season).
2. A list of the last five (5) years of records (win-loss-tie) for all girls and boys varsity sports offered (can be merged with the list in #1 above).
3. An athletic/administrator organization chart for your school with contact information: email, school phone, mobile phone (optional but preferred), home phone (optional but preferred) [kept confidential- for conference contact directory] (include all administrative staff, athletic administration, coaches, assistant coaches, trainer(s), team physician).
4. Total enrollment figures for boys and girls.
5. Spectator seating capacity of gym, pool, outdoor fields, auditorium, main cafeteria.
6. List all outdoor 'lighted' (artificially illuminated) fields or courts which your school uses for athletic events.
7. List any (CIAC approved) co-op sports and list all partner schools.
8. List any sports that have been canceled or eliminated in the past five (5) years with a brief explanation for their termination.
9. List all other ongoing student activities (clubs, bands, club sports, other) offered.
10. A sample of your logo and school/team colors (also, email a jpeg or bitmap file of your logo to the Commissioner of the CCC and the webmaster) and your school's web-site address.
11. Does your school/district allow sponsorship banners, advertisements, handbills or other materials?
12. A list of all off-campus athletic facilities you use for varsity or sub varsity games/matches (ice hockey rinks, pools, tennis courts, other) and their locations.
13. Does your school/district allow early dismissal for athletic competition? List any other 'restrictions' or special requirements your school/district requires of your athletic programs.
14. List any special recognition programs you provide either as a school function or as a current conference/league activity (captain's lunch; MVP awards; scholar/athlete awards, other).

Return this form to Commissioner of Central Connecticut Conference
Retain a copy of this application for your files
All questions should be addressed to the Commissioner

CENTRAL CONNECTICUT CONFERENCE (Amended – 2014)

Article I

Constitution of the Central Connecticut Conference

Article II

Purpose

To provide a central organization through which member schools of the conference may cooperate in order to promote the following ends:

- A. To establish and unify policies and of administration in interscholastic athletic contests among member schools.
- B. To foster and promote the spirit of good sportsmanship.
- C. To facilitate the scheduling of athletic contests.

Article III

Membership

Section 1. League membership shall be limited to CIAC member schools.

Section 2. Application for Membership

- A. Application for membership to this conference may be made by any CIAC member school.
- B. The school seeking membership must send a letter of interest to the Commissioner of the Central Connecticut Conference.
- C. The Commissioner will forward to the interested school the official conference membership application forms that contain all the procedural and timeline information necessary for application.
- D. A two-thirds majority vote of all conference member schools shall be required for acceptance of new members.

Section 3. New Member Schools

New member schools shall take their proper place in the alphabetical order of schools for the purpose of determining division officers. (Exception: The representative of a new school shall not hold office until after two years of conference membership.)