



***Don't Be Left Out
of the Game***

***What Every Student-Athlete & Parent
Need to Know About CIAC Rules of Eligibility***



Introduction

Each year over 100,000 high school student-athletes participate in interscholastic athletics in Connecticut. The responsibility for assuring that all student-athletes have an opportunity to participate in a CIAC sponsored sport on an equitable basis rests with the Connecticut Interscholastic Athletic Conference (CIAC), an organization comprised of member schools.

This pamphlet highlights many of the key rules and regulations that you must follow to maintain your eligibility. If you have questions that are not answered in this pamphlet, please consult the Code of Eligibility in the [CIAC Handbook](#), which is available at www.casciac.org Also, always discuss any questions related to eligibility with your athletic director or principal.

Connecticut Student-Athletes: Some Things You Need To Know About Athletic Eligibility!

Eligibility to participate on a CIAC school team is a privilege that students attain by meeting the eligibility requirements established by the CIAC as well as any additional requirements set by their schools.

This pamphlet describes some, but not all, of the eligibility rules, as well as other relevant rules listed in the CIAC Handbook. For a complete listing and description of all CIAC rules visit the CIAC website: www.casciac.org.

You are responsible for knowing and abiding by all CIAC Rules. To safeguard your eligibility refer any questions to your school's athletic director or principal. Both of your athletic director and principal have access to the CIAC for interpretations and rulings.

Eligibility and Academic Requirements - During the Season

- In order to represent your school, you must be a bona fide student and meet all CIAC eligibility requirements, including the school's academic requirements.
- Student-athletes at all levels of play, e.g. freshman, junior varsity and varsity, must conform to all CIAC eligibility rules. Eligibility for fall sports is determined by the number of credits received toward graduation at the close of the previous school year, not the fourth marking period grades. You must have received credit in at least four Carnegie units of work for which you did not previously receive credit to be eligible for fall sports participation. This may include credits earned during the summer. Thereafter, marking period grades, not semester grades, are used to determine eligibility. You must take and earn passing grades in at least four quarter Carnegie units and meet the academic requirements of your school to achieve eligibility. For additional information on academic eligibility, consult your athletic director or school principal. Also, see Appendix B in the CIAC Handbook for additional information on eligibility.
- Scholastic failures may not be made up for eligibility purposes in any manner until the next report period grades are distributed. Scholastic incompletes must be made up within ten (10) school days following the date that student eligibility was determined for that marking period. Year end failures may be made up through successful completion of local school system approved summer school courses in the courses failed.
- First time ninth grade students will automatically be eligible for the first marking period.

Eligibility and Academic Requirements - During the Season (continued)

- You have eight consecutive semesters, or four consecutive years of eligibility from the date of initial entry into ninth grade. You may not participate in a specific school sport for more than four seasons in grades 9-12.
- Student eligibility is determined on the date that report cards are distributed or on the fourteenth calendar day following the end of a marking period, whichever comes first.
- You are responsible for knowing your school's eligibility policy, which may be different than the minimum policy established by the CIAC. Contact your athletic director or principal if you have questions on your school's eligibility policy.

In-Season Rules

- You are not permitted to start a sport during a season in which your twentieth (20) birthday falls. The season is from the first allowable play date until the posted date of the state championship in that sport.
- You are permitted to receive individual lessons during the season.
- Student-athletes may not switch from one school team to another after the first scheduled contest in that sport.
- During the high school season, starting with the first scheduled contest through the CIAC and New England tournaments, you may not practice or play with an outside team in the same sport. If you are a member of a golf, swimming, gymnastics, track and field or tennis team, refer to the CIAC Handbook for exceptions to this rule. Direct any questions related to outside participation to your athletic director or high school principal.
- Never participate in any activity in the same sport during your sport season without first consulting with your athletic director or principal to avoid violating CIAC rules.
- You may not participate in any "try outs" or "work outs" designed to showcase or evaluate talent throughout the high school season for that sport.
- During the sport season you are participating in, you may not attend or participate in a camp or clinic related to the sport in which you are participating, except you may attend a student clinic as an observer only.
- You are not permitted to participate in an all-star game until the end of the season as defined by the CIAC.



Outside the Season

Generally student athletes are permitted to participate in any activity or sport they wish to during the off season without being in violation of CIAC Rules. There are a few limitations for participation in camps, clinics or other organized activities when your coach or school is involved that you should be aware of.

A. Camps

You may attend camps which teach the skills of your sport. The following are some restrictions related to off-season camps:

- Attendance must be during non-school time.
- You may not wear a school uniform or use equipment that identifies your school.
- The school may not organize, supervise or operate the camp.
- A booster club may finance camp expenses if it is financially independent of the school and the school does not control and/or administer those funds.
- Your school or coaches may not finance your camp expenses.
- If your coach is involved in any way with the camp, he/she may not have contact with you for more than ten (10) days.
- Your coach may not coach or instruct his/her team as an exclusive team unit.
- No more than ten percent (10%) of those attending the camp can be from your school if your coach is involved.

B. Student Clinics

- You may attend a student clinic in which you will physically participate.
- The clinic must be during non-school time.
- You may not wear a school uniform or use equipment that identifies the school.
- The clinic may not be organized or supervised by your coach or school.
- You may attend one day clinics unless permission is granted by the CIAC to attend a multi-day clinic.
- You are permitted to be involved in a sport-specific conditioning program anytime throughout the year. You may not receive coaching or instruction in your sport techniques in a conditioning program, and equipment (balls, bats, etc.) used in your sport may not be utilized. Mandatory attendance is not permitted.

C. Lessons

Athletes may receive individual lessons in the off season but not from their high school coach(s) unless the coach is a bona fide paid employee of a summer country club where the sports of tennis, swimming, golf and/or gymnastics are offered and you and/or your family are members of the club. Check with your athletic director to be sure.



Transfer Rule

If you are planning to transfer from one CIAC member school to another please discuss your pending transfer with your school principal and/or your athletic director prior to the move so you and your family understand the possible implications for your athletic eligibility.

- Students who transfer from one member school to another at the end of grade nine will be immediately eligible at their new school providing they are otherwise eligible.
- Students who transfer in grades 10-12 with a corresponding change of legal address and are residing with their parent(s) or legal guardian will be immediately eligible providing they are otherwise eligible.
- If you transfer from one member school to another in grades 10-12 without a corresponding change of legal address you may be subject to a 50% sit-out in the first varsity sport you played at your previous school and that you wish to play at your new school. Check with your athletic director to see if this rule will apply to your transfer.
- If you transfer from one member school to another for athletic reasons you will be subject to a one year restriction on playing in the sport you played the previous year. Transfers for athletic reasons are not allowed.

Residency

Student athletes under the age of eighteen (18) must be residing with their parent or legal guardian (as determined by the Probate Court) to be eligible to participate. Residence with and support by any individual other than the parent or legal guardian for a period of one year or more does establish the residence of the student for athletic purposes.

Home Schooled Students

Participation on a CIAC school's interscholastic team is extended only to student-athletes whose program is under the direct supervision of a CIAC member school. Home schooled students are not eligible to participate on CIAC schools' interscholastic teams.

Amateur Status

To remain an amateur and eligible for CIAC competition, you may not participate at any time under an assumed name, and any prizes won must be symbolic in nature. Jackets, sweaters, trophies and rings or watches are permitted; savings bonds or cash are not. Refer to the CIAC Handbook for further information on amateurism.



Performance Enhancing Supplements

There are severe penalties for the use of anabolic steroids and other performance-enhancing supplements. Refer to the CIAC Handbook for more information on this topic.

Recruitment

Recruitment or attempted recruitment of students for athletic purposes, regardless of residence, is a gross violation of the spirit and philosophy of CIAC rules and is expressly forbidden. Athletes and/or families who allow themselves to be recruited by a member school will be declared permanently ineligible at the school to which he/she has been recruited and may be declared ineligible for interscholastic competition for up to one year at any other school. Using undue influence via direct or indirect communication by anyone associated with a school in an attempt to encourage your enrollment in another school is prohibited. Examples are:

- Arranging any kind of contact with you for the purpose of encouraging your enrollment in another school.
- Visiting or entertaining you or a member of your family with the intent of encouraging your enrollment in another school.
- Providing transportation to you or a family member with the intent of encouraging your enrollment in another school.
- No representative of another school is permitted to encourage your enrollment in that school or a different school.
- Any contact you would have with someone trying to encourage you to enroll in a different school is not permitted.
- Any questions or concerns that you have related to recruitment should be addressed with your athletic director or principal. Additional information on recruitment is available in the CIAC Handbook.



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