

CONSTITUTION/BY LAWS

OF

The Capitol Region Athletic League

INTRODUCTION/DEFINITIONS

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

A **League Policy** may be changed at any regular or special meeting of the Governor's Board by a majority vote of those in attendance once a quorum has been met. All recommended policy changes should be presented and discussed at a prior meeting of the Executive Board.

Governor's Board will be made up of all the Principals of the member schools or their designee and the League Commissioner.

Executive Board will be made up of all the Athletic Directors/Faculty Managers of the member schools or their designee and the Conference Commissioner.

Conference Regulations may be changed at any regular or special meeting of the Executive Board by a majority vote of those in attendance once quorum has been met.

Quorum – a quorum will be sixty percent of the total membership.

CRAL Mission Statement

Capitol Region Athletic League's mission is to maximize the educational and athletic opportunities of its student-athletes.

CRAL 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 establishments of unifying policies that fairly represent all member institutions.
6. The scheduling of athletic contests
7. An economic partnership that aids member schools in meeting budgetary demands in a fiscally responsible manner.

CRAL Strategic Plan

1. CRAL will continue to offer and expand where possible, the array of league championships offered.

This will be accomplished by:

- A.) Maintaining conference schedules in a manner that promotes student-athlete safety as its primary concern.
2. CRAL will develop and sponsor a leadership education course for its student-athletes.
3. CRAL will sponsor coaching modules through its member institutions for its coaches.

CRAL Action Plan

1. A committee will be formed to develop a student-athlete leadership seminar.
2. CRAL will develop a schedule of Coaching Certification Courses offered by member schools for all CRAL coaches. The Athletic Directors and Faculty Mangers of CRAL will administer this program.

ARTICLE I- NAME

The name of this Conference will be CAPITOL REGION ATHLETIC LEAGUE.

ARTICLE II- PURPOSE

CRAL is organized to provide student/athlete the opportunity to successfully participate in interscholastic sports within a conference that ensures an equitable, safe and friendly environment for all students.

ARTICLE III- MEMBERSHIP

Section 1 The current members of CRAL are:

ACADEMY OF AEROSPACE AND ENGINEERING
ACADEMY OF SCIENCE AND INNOVATION
ACHIEVEMENT FIRST-HARTFORD HIGH SCHOOL
METROPOLITAN LEARNING CENTER
PARISH HILL HIGH SCHOOL
PSA – CIVIC LEADERSHIP HIGH SCHOOL
UNIVERSITY HIGH SCHOOL OF SCIENCE AND ENGINEERING

Section 2 Applications for membership in CRAL may be made by any CAS/CIAC member high school pending approval of application form by the League. Schools

desiring to join CRAL may apply in writing to the commissioner. Such applications shall be acted upon within ninety (90) days after receipt of an authorized application. (See appendix A for application form)

Section 3 The commissioner will present the Executive Board's recommendations to the Governor's Board. A majority vote of the member schools in attendance, if a quorum has been met, will be required for admission to CRAL.

Section 4 During any school year a school may be suspended from the League for no longer than one (1) school calendar year, or from an individual sport for no longer than one (1) school calendar year by 2/3 vote of member schools in favor of suspension upon presentation of satisfactory evidence of failure to abide by the Constitution and Bylaws of CRAL. A school principal can notify the commissioner by proxy vote.

Section 5 Schools may be relieved of their CRAL obligations by presenting its written resignation a minimum of one (1) calendar year in advance of its intended date of withdrawal.

Section 6 Termination of membership, or any sanctions such as suspension, probation, censure, or other similar actions due to violation of the CRAL Constitution By-Laws, or sport committee rules shall be determined by 2/3-majority vote of the member schools, upon satisfactory evidence of failure to abide by the Constitution/By-Laws.

- A. Probation shall mean that the suspended school may continue to play athletic contest within the league, but cannot count wins or losses for CRAL standings. If continued participation is deemed dangerous or disruptive by vote of the member schools, the suspended school shall not participate in, and will forfeit all in which the League Athletic Directors/Faculty Managers have determined that danger and/or disruption are, or could be present. Other member schools may count wins or losses against suspended schools.
- B. Probation shall mean that a member school's principal and athletic director are informed in writing of its violation(s) and that the school's probation is officially recorded by CRAL. The terms, lengths and consequences of probation shall be clearly delineated in the notice of probation.

SPORTS BY SEASON

Fall	Boy's Cross Country Soccer	Girl's Cross Country Soccer Volleyball
Winter	Basketball Indoor Track and Field	Basketball Indoor Track and Field
Spring	Track and Field Baseball	Track and Field Softball

The membership dues for the 2018-2019 school year must be submitted to the League Treasurer by August 31st.

POLICY AND ADMINISTRATION REGULATIONS

ARTICLE IV- COMMITTEES

SECTION 1- LEGISLATIVE BODY

The legislative body shall consist of the Governing Board and the Executive Committee.

Section 2- Governing Board

The Governing Board will address itself to all recommendations concerning policy and administrative regulations forwarded to them by the Executive Committee. The Board shall consist of the Principals of the member schools of the CRAL or their designees. (A vice principal or athletic director/Faculty Manager may serve as a designee upon notification to the Commissioner) The Governing Board will act on recommendations from the Executive Committee at their next regularly scheduled meeting. The Governing Board will meet no less than three times per year. A quorum of Sixty (60) percent of the member schools must be present to hold a vote on conference issues.

Section 3- Executive Committee

The Executive Committee will address itself to all matters concerning policy and administrative regulations. The Committee shall consist of the Commissioner, the athletic directors/Faculty Managers or their designees of the CRAL member schools, and a representative/designee of the Governing Board, *when possible*. Recommendations' made by the Executive Committee will be presented to

the Governing Board at the next scheduled Governing Board meeting. The Commissioner will be a non-voting member of this committee.

Section 4- Grievance Committee

- a. A Grievance Committee, a drawn committee, shall be formed whose sole responsibility will be to make decisions on any incidents, grievances, disputes, or protests that are filed by a member school. This Committee shall consist of the Commissioner, President, and one (1) Athletic Designee from a member school, these members will be selected by the principals. A pool of three (3) Athletic Designees shall be appointed by their peers to serve on the Grievance Committee. These Athletic Designees shall rotate in alphabetical order (by the name of the school) A-Z. In the event that the school of the President is involved in the grievance, they shall not be involved on the Grievance Committee and additional Athletic Designees shall be added to make a total of three (3) persons involved in resolving the grievance, incident, dispute or protest. No school involved in the grievance procedure shall have a member to this committee.
- b. Grievances/protests shall be filed in writing by the School Principal to the Commissioner and copied to the President a maximum of forty-eight (48) hours after the incident.
- c. The decision of the Committee must be made within forty-eight (48) hours of receipt of the grievance, incident, dispute or protest. Grievances will be heard in a timely fashion with all involved persons meeting at a designated site whenever possible.

Section- 5 Sports Committees

The Commissioner shall appoint chairpersons annually to lead Committees for each sport sponsored by CRAL. Duties of the Sports Committee Liaisons are listed in the Appendix.

Section-6 AD HOC Committees

The Commissioner as needed may form an Ad Hoc Committee; such committees shall terminate upon completion of their charge. A minimum of three (3) AD's/FM's are needed for these committees.

ARTICLE V- COMMITTEE REPORTING

Section- 1 Method of Committee Reporting

- a. AD's/FM's who serve as *liaisons* for a sport shall meet once a year at the All-League meeting to preside over a specific sport committee. AD's/FM's shall be responsible for reviewing sports committee reports and for making proposals and recommendations for "the good of the *League*".
- b. Each committee report, excluding constitutional changes, shall be in the possession of the Commissioner a minimum of one (1) week before the next Executive Committee meeting.
- c. Reports may contain two (2) kinds of items:
 - 1. Data such as schedules, All-CRAL Teams and information about regular or post-season play that will be entered into the minutes with the approval of the Executive Committee.
 - 2. Proposals or resolutions relative to the Constitution/By-Laws of the CRAL.
- d. Proposals or resolutions will be kept separate in the Committee Report and entertained separately at the Executive Committee Meetings.
- e. AD's/FM's serving as *liaisons* may make motions.
- f. It shall be the responsibility of the CRAL Commissioner to receive Committee Reports and forward them to the AD's/FM's at member schools.
- g. It shall be the responsibility of the Commissioner to keep the Constitution/By-Laws updated by forwarding adopted resolutions to each school with minutes and agendas.

Section 2 Preparation of the Annual Budget

The commissioner shall prepare the annual budget. The Budget shall be voted upon at the Spring Meeting of the Executive Committee and forwarded to the Governing Board for approval.

Section 3 Statements to the Press

The Commissioner, an appointed member of the Governing Body, or their designee are the only people to issue formal statements to the press on behalf of CRAL.

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

- a. All- Conference selections shall be released to the local papers by the individual athletic directors.

- b. Results of individual contests shall be released to the press by the host school. All results are to be reported to the Hartford Courant and the CIAC on the same day as the contest.
- c. Member schools shall be responsible for releasing their individual schedules and pertinent game information to the press.

Section 4 Commissioner as Liaison within CRAL

The Commissioner of CRAL will be the liaison in the Legislative Body between the Executive Committee and the Governing Board, and shall act only as directed by the vote of the Executive Committee.

Section 5 Schedules

- a. Conference contests shall take precedence when constructing athletic schedules.
- b. Schedules shall be submitted for adoption by the Executive Committee as follows:

Spring Schedules	May Meeting
Fall Schedules	October Meeting
Winter Schedules	January Meeting
- c. The Commissioner to the Executive Committee at the assigned monthly meeting must submit schedules.
- d. League schedules may be altered to conform to local board of education policies, i.e. religious holidays.
- e. Non-League commitments may be made after the approval of schedules by the Executive Committee provided such non-conference schedules do not conflict with the postponement dates of approved schedules.
- f. The last league date will not be later than the last date to count for state tournament play.
- g. League contests shall take precedence when constructing athletic schedules.
- h. Only mutual consent of the athletic directors/faculty managers and/or principals of the schools involved may change schedules, once approved by the Executive Committee. The school requesting the change shall be responsible for notifying the other conference athletic directors.
- i. 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 League Commissioner who will decide the new home site by the flip of a coin or some other method."
- j. 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 home, girl's teams will be away and

vice versa in sports in which both genders compete in the same season. League schedule dates/times may be changed by mutual agreement of the competing schools.

- k. All members' schools must accommodate local rulings regarding holidays. No games or practices may be held on these days. (i.e. Martin Luther King Day, Three Kings Day etc.)
- l. Afternoon competition (Monday-Friday) will generally begin at 3:45 p.m. after daylight saving no later than 3:00 p.m.)

Section 6 Cancellations

Cancellations of a scheduled event by a member school other than in compliance with the Constitution/By-Laws will result in forfeiture of the scheduled contest.

Section 7 Game Postponements

CRAL contests may be postponed by mutual consent of the schools concerned with the following stipulations:

- a. All postponements shall be determined by the Athletic Director/Faculty Manger or his/her designated representative at the school hosting the event.
- b. Initial contact for possible postponement by the host or visiting school should be made before 12:00pm for an afternoon contest and 3:00 pm for evening contests whenever feasible.
- c. Postponed games or meets must be played on the next available school date, depending on availability of officials, facilities, etc.
- d. Any scheduling controversy because of postponement shall be arbitrated by the President or Commissioner at the time of filing of a formal protest.

Section 8 Medical Services

Medical Services are to be mandated as defined in the CIAC Handbook and the individual sport By-Laws of the CRAL

- A. CRAL shall provide athletic trainers at the League cross country, indoor track and track and field championship meets.
- B. The financial burden for performed medical services shall be the responsibility of the injured party.

ARTICLE VI- LEGISLATIVE BODY

SECTION 1 GOVERNING BOARD

The Governing Board of the CRAL shall consist of each member school's Principal or their designee. This is the policy making board. This board at their regular meetings will act upon all recommendations from the Executive

Committee. The Governing Board shall meet at least three times per year, once each athletic season. Members of this board shall have exclusive voting power. The Commissioner and the President will develop the agenda for the Governor's Board Meetings. Agendas will be forwarded to each school at least one week before the next scheduled meeting.

SECTION 2 EXECUTIVE COMMITTEE

The Executive Committee will vote on sport's specific guidelines recommended by the sport's committees. A majority vote is required for adaption of a new guideline.

SECTION 3 LEAGUE PRESIDENT

The CRAL President shall be selected from the CRAL Principals Pool. After serving for two years, a vote will be cast deciding if the person will remain in the role of CRAL President or if a new candidate will take on the role. A candidate may serve numerous and consecutive terms of office based on a vote of the Governor's Board. A school must have been a member of CRAL for at least three (3) years before an administration from that institution may serve as League President.

SECTION 4 COMMISSIONER AS LIAISON

The Executive Committee will report directly to the Commissioner who will offer recommendations for the Governing Board Approval.

SECTION 5 STIPENDS

A stipend will be paid to the Commissioner each year in a bi-yearly format. The stipend will be \$7000. The stipend may be increase by a vote of the Governing Board.

SECTION 6 DUTIES OF OFFICERS

Commissioner: The Commissioner shall preside at all CRAL meetings. He/she shall appoint all chairpersons authorized by the conference. He/she shall be an ex-officio member of all committees. He/she is responsible for overseeing all operations of CRAL. After serving for two years, a vote will be cast deciding if the person will remain in the role of CRAL Commissioner or if a new candidate will take on the role. The Term of the Commissioner shall be July 1 to June 30 and shall commence in odd numbered years.

President: The President shall act as a liaison between the Commissioner and Governing Board. The President shall perform all the duties of the Commissioner whenever the Commissioner is absent. The term of the President shall be July 1 to June 30 in even numbered years.

SECTION 7 URGENT BUSINESS

The officers of the CRAL may bring urgent business to the Governing Board for their consideration at any time.

SECTION 8 LIMITATIONS

The same member school shall not employ the President and Commissioner.

ARTICLE VII- MEETINGS

SECTION 1 EXECUTIVE COMMITTEE MEETING

The Executive Committee shall meet bi-monthly during the school year. The Commissioner will develop a calendar of meetings each June. A school will be fined \$100 for each meeting the AD/FM is absent from unless the Commissioner is notified at least 24 hours before the meeting.

SECTION 2 SPECIAL/EMERGENCY MEETINGS

The Commissioner can petition the President for a special/emergency meeting of the Executive Committee.

SECTION 3 GOVERNOR'S BOARD MEETINGS

The Governor's Board will meet once each sports season (Fall, Winter, Spring). In the case of an emergency a Governor's Board Meeting may be called by the President, this meeting may be held via conference call. A quorum must be met for a vote to be taken.

SECTION 4 SPORTS COMMITTEE MEETINGS

The Sports Committee Meeting will be made up of the AD Liaison, Sport's Chairperson, and all the coaches of that sport. This committee is responsible for developing procedures for running that individual sport. All these meetings are mandatory; if a school is not represented at either a pre or postseason meeting it will be fined \$100 dollars for each and every absence.

ARTICLE VIII- FINANCES

SECTION 1 EXPENDITURES

The Executive Committee oversees the expenditures of CRAL Annual dues shall be as determined at the Spring Meeting of the Governors Board. League dues and C.I.A.C. fees will be paid in accordance with the procedures in place at

member schools. CRAL dues shall be paid in full by August 31st of each school year. Checks should be mailed directly to the CRAL Treasurer.

SECTION 2 ANNUAL BUDGET

The Finance Committee shall submit a budget for the following school year for approval at the Spring Meeting of the Governor's Board.

ARTICLE IX- AWARDS

SECTION 1 AWARDS TO TEAMS AND INDIVIDUALS

Policy: The League shall recognize team and individual achievement. Recognition shall be based upon league play of the member schools participating in a given sport.

a. CRAL will give awards as per individual sport by-Laws.

b. CRAL All Academic Award- This award shall be earned when a varsity or junior varsity athlete has an academic average of 88% or better (no rounding up) and the student-athlete has no grade below a B in the quarter they are competing. The student-athlete must all so be in good standing on their team, the school and community.

- a. All-League certificates will be presented to designated individuals in each sport recognized by the league. Individual school may provide patches, etc. at their own expense.
- b. Coaches of each sport according to conference procedures will select all League teams.
- c. A trophy will be presented to the winning team(s) of each sport.
- d. In case of ties, the League will declare co-champions.
- e. All League games must be played.
- f. Champions are to be determined by the win-loss record of recognized league games only.
- g. League champions shall be decided on a point basis as follows:
2 points for a win and 1 point for a tie and 0 points for a loss
- h. League coaches of that sport select all-Conference Team- Players from individual schools. Selections of each League's competition must be based on a total season's merit and effort. While post-season meets/games are allowed, they should be looked upon as just another variable for making selection and not the sole basis.

All-League Selection Process

See the individual sport's by-laws for specific information on this process.

ARTICLE X- COMMITTEES

SECTION 1 FORMING COMMITTEES

Committees shall be established as needed. The Commissioner shall appoint a Liaison of each sport committee. Liaisons shall be members of the Executive Committee. The Commissioner shall appoint chairpersons of AD HOC Committees as needed.

Sport Committees will:

- a. Review the League schedule as presented for the following season.
- b. Recommend to the League a set of rules/By-Laws to govern competition in the sport they represent.
- c. Recommend to the League the criteria for determining a League champion (including the process for breaking all ties)
- d. Establish the criteria for, then select all-League teams at the conclusion of each season.
- e. File an end-of-season report with the Commissioner. Upon receipt of said report, the Commissioner shall distribute a summary of the completed seasons to the Governing Board. Such report must include:
 1. Final team standings, with won/loss records
 2. The name of the championship teams and runners-up for the League and for each division.
 3. A list of the student/athletes selected for all-League teams.
 4. Any recommended rule changes that the committee wishes to be implemented for the following year. Recommendations for rule changes must be accompanied by a statement of purpose, a rationale, and a list of votes (recorded by school) for and against any proposed rule change. The rule change must also be approved by the Executive Committee.
- f. It is recommended that Sport Committees give consideration in reviewing schedules to the issue of travel, starting times, and play dates in order to reduce potential difficulties for member schools to meet their obligations.
- g. The sport committees will have preseason and postseason meetings in person in which every participating school is represented.

ARTICLE XI- GENERAL PROVISIONS

SECTION 1-GUIDING RULES AND REGULATIONS

The League will be guided by the rules and regulations of CRAL and the CIAC.

SECTION 2 PARTICIPATION BY MEMBER SCHOOLS

Member schools must participate in all sports offered by CRAL in which they field a team. Teams with co-operative programs, which included membership in another conference, are exempt from this clause.

SECTION 3 REPORTING OF GAME RESULTS

The Hartford Courant shall be the official newspaper of CRAL As a minimum; the home school shall report the results of each contest to this newspaper. It is strongly recommended that each school report all of their results to local newspapers as well.

ARTICLE XII- PARLIAMENTARY AUTHORITY

SECTION 1- GOVERNING RULES OF ORDER

The rules contained in the current edition of Robert's Rules of Order, newly revised, shall govern CRAL. In all cases to which they are applicable and in which they are not inconsistent with the Constitution and any special rules of order established by CRAL.

ARTICLE XIII- AMENDMENTS

SECTION 1 PROPOSING AN AMENDMENT

Any member school may propose an amendment in writing to the Commissioner of the League.

SECTION 2 ANNOUNCEMENT OF A PROPOSED AMENDMENT

The Commissioner of the League shall submit the proposed amendment in writing to the Executive Committee at least two (2) weeks before the next regular meeting.

SECTION 3 APPROVAL PROCESS

The amendment will be discussed at the regular or special meeting of the Executive Committee following at least two (2) weeks notice to the Executive Committee. There will be no action taken at this meeting. The amendment will be voted upon at the next regular or special meeting of the executive Committee following the discussion. The vote of the Executive Committee will require a simple majority in favor of the proposal in to be moved onto the Governing Board. The recommendation shall be submitted to the Governing Board for approval.

SECTION 4 REQUIRED VOTES TO PASS AN AMENDMENT

To amend the Constitution/By-Laws, seventy-five (75) percent of the Governing Board will be required to vote in favor of the proposed amendment.

SECTION 5 PROXIES

The Governing Board members may designate proxies for voting purposes.

ARTICLE XIV ACADEMIC ELIGIBILITY

SECTION 1 ELIGIBILITY REQUIREMENTS FOR STUDENT/ATHLETES

All student-athletes shall be academically eligible in accordance with the standards of the Connecticut Interscholastic Athletic Conference (CIAC) and their school district to be allowed to participate in interscholastic athletics in the

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1. Post Season Tournament Summary

1. Seeding Criteria

Each team will be awarded two points for wins in the Conference and one point for a tie in the League. Only Conference contests will be used in the seeding process. In the event of a tie the following process will be employed:

- A. Head to Head Competition
- B. Wins against Higher Seeds
- C. Number of Wins
- D. By lot (teams not represented at preseason meeting will be given worst lot numbers)

CRAL Post-Season Tournament Summary

Sport:
Dates of Contests:
Host Site:
Host Athletic Director:
Sport Liaison:
Report Completed by:

TOURNAMENT RESULTS (LIST TEAMS AND SCORES)

HOME TEAM	VISITORS	SCORE (HOME/VISITOR)

2. Capitol Region Athletic Conference **Application for Membership**

Jonathan Winer
Commissioner
111 Charter Oak Ave
Hartford, CT 06106
Home 203-909-1002
Work 860-509-3611
jowiner@crec.org

Additional Information/Data

Please provide the following with the attached application form

1. A list of all boy and girl's varsity and sub varsity sports offered (by season).
2. A list of the last five (5) years records (win-loss-tie) for all boy and girl's varsity sports offered.
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), these will be kept confidential and will only be used for conference contact directory. Please include all administrative staff, athletic administration, coaches, assistant coaches, trainer (s), and team physician.
4. Total enrollment figures for boys and girls.
5. Spectator seating capacity of gym, pool, outdoor fields, auditorium and main cafeteria.
6. List all outdoor "lighted" (artificially illuminated) field or courts, which your school uses for athletic events.
7. List any (CIAC Approved) co-op sports and list all partner school, please provide which school is the host school.
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,) offered.
10. A sample of your logo and school/team colors (also, email a jpeg file of your logo to the commissioner of the CRAL) 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, 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 (captain's lunch: MVP Awards; scholar/athlete awards, other)

Please return this form to the CRAL Commissioner

Capitol Region Athletic League
Membership Application

Please complete this Membership Application and the Additional/Data Form attached.

Name of Institution- _____ Name of Principal- _____

Address of the Institution- _____

Contact information of Principal:

Work Phone- _____ Cell Phone- _____

E-mail- _____

Contact information of Athletic Director:

Work Phone- _____ Cell Phone- _____

E-mail- _____

PLEASE READ AND AFFIX DESIGNATED SIGNATURES

In joining the CRAL, this institution agrees to comply with all the CRAL, policies governing the conduct of boys and girl's interscholastic athletics.

1. Shall be full-time students who are academically eligible in terms of requirements set by this institution for participation co-curricular activities.
2. Shall be a member in good standing of the Connecticut Association of Schools (CAS)/Connecticut Interscholastic Athletic Conference (CIAC).

I hereby affirm _____ as a member of CRAL, will abide by the policies and regulations established by the Capitol Region Athletic League

Date: _____ Signature of Principal _____

Please return this form to the Commissioner of the CRAL all questions should be addressed to the Commissioner.

3. Capitol Region Athletic League
GAME EJECTION NOTICE

<u>SCHOOL REPORTING:</u>	
<u>DATE OF GAME/OPPONENT:</u>	
<u>SPORT:</u>	
<u>ATHLETES NAME/#</u>	
<u>COACHES NAME</u>	

<u>REASON FOR EJECTION:</u>

<u>NEXT SCHOOL CONTACTED:</u>	
<u>BY WHOM:</u>	
<u>WHEN:</u>	
<u>REPORTED BY:</u>	

Send via e-mail to:
 League Commissioner
 AD of school played
 AD of next school played

This form must be completed anytime a coach or athlete is ejected from a contest; this includes conference and non-conference contests. Failure to do so will lead possible sanctions or fines instituted by the Conference.

4. Coach's Ejection Rule

COACHES EJECTION RULE

The Capitol Region Athletic League 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 CRAL 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 Capitol Region Athletic League 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.

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 CRAL 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) would 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/Faculty Manager 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/coach.
4. Contact, in writing, the CRAL Commissioner. (Use the form titled ejection notification in the CRAL Constitution.
5. Contact, in writing, the Athletic Director of the next scheduled contest providing him/her the name of the suspended player/coach.

A SCHOOL WHOSE COACH OR ATHLETES ARE SUSPENDED MORE THAN TWICE IN A SEASON MAY BE PROHIBITED FROM COMPETING IN THE CONFERENCE TOURNAMENT

5. Capitol Region Athletic League
Athletic Director League Responsibilities
2018-2019

September

1st Updated membership directories, cell #'s, email addresses for all Administrators and coaching staff by September 1st

October

25th Sport Liaisons- fall meeting with coaches from all divisions- held by Oct. 25th
- Please make sure all coaches are notified of the meeting date, site and time.

November

20th Fall sportsmanship ballots to Commissioner by Nov. 20th (New Concept)

25th Fall all conference & divisional records to Commissioner by Nov. 25th

This is the job of the sport's liaisons.

by Nov. 25th, this is the duty of the AD's hosting the Tournament semis and finals.

February

28th Sport Liaison – winter meeting with all coaches to be held by Feb. 28th-
Please make sure all coaches are contacted and are aware of the date, site and time of the meeting.

March

7th Winter sportsmanship ballots to Commissioner by March 7th

14th Winter all conference & divisional records to the Commissioner by March

14th, once again this is the job of the sports liaison.

24th Winter tournament summaries & financial reports to Commissioner by March 24th, this is the duty of the AD's hosting the Tournament semi's and finals.

May

16th Sport Liaison- Spring meeting with all coaches held by May 16th- Please make sure all coaches are notified of the date, site and time of the meeting.

16th Spring sportsmanship ballots to Commissioner by May 16th

22nd Spring all conference & divisional records to the Commissioner by May 22nd

June

3rd Spring Tournament summaries & financial reports submitted to the Commissioner by June 3rd- this is the duty of the AD's hosting the Tournament semi's and finals.

6. Responsibility of AD Liaison and Sports Advisor Chairperson

AD/FM Liaison will attend all pre and post-season meeting for their sport.

AD Liaison Responsibilities:

1. Communicate the date, time and site of the meeting to all coaches in their sport.
2. AD Liaison is to confirm that the coaches have followed the correct procedures in the selection process when determining the number of all-conference selections. Liaison is also to take attendance.
3. Submit the overall standings for each team (via email) to the commissioner within 24 hours following the **end of season meeting. Use the appropriate form – see example below.**
4. Submit the all-conference selections for each team (via email) to the commissioner within 24 hours following the **end of season meeting. (See example below)**, list school and then players selected. The AD is responsible for the approval of the all-conference selections.
5. Attend and run the pre and post-season League meeting to ensure that all CRAL regulations are followed.
6. Complete the proposal form designating a vote by school for all of the coach's proposals and submit to commissioner with tournament forms if applicable.

Sport Advisor Chairperson Responsibilities:

1. A coach may serve as a Chairperson of the Sport Committee if the Commissioner approves the selection. This chairperson will serve as an advisor to the AD Liaison.

The Pre-season meeting will be held to review the sports by-laws so all coaches are aware of the League Procedures.

The Post-Season meeting will be held to select the All-League team and develop and proposals to the sport's by-laws that will be review by the Executive Committee.

7. THIS IS THE ONLY FORM THAT WILL BE ACCEPTED WHEN SUMITTING RECORDS AND ALL-LEAGUE. PLEASE TYPE ALL INFORMATION.

LEAGUE STANDINGS AND ALL-LEAGUE TEAMS

(Sport/Year)

(Sport Liaison)

(AD Liaison)

School

League Record - Overall Record

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

8. ALL-League SELECTIONS - Name/School (CORRECT SPELLING)
(List school and players selected for all-conference, for example:)

Two Rivers- Jane Smith, Mary White, Jennifer Black
Med Prep- Susan Kelly, Patricia Martin

Capitol Region Athletic League

VOTING FORM

SPORT _____ DATE _____

AD Liaison _____ Chairperson _____

Proposal _____

School	YES	NO	ABSTAIN	ABSENT	
AF					
AAE					
INN					
MLC					
PH					
PSA					
UNI					

8. Number of All-League Nominations

Soccer – 14 Players Attain All-League Status

First Place – (up to 6), Second Place (up to 5), Third (up to 4) and Fourth Place (up to 3), Fifth (up to 2), Sixth Place and beyond (up to 1).

Basketball – 10 Players Attain All-League Status

First Place – (up to 5), Second and Third Place (up to 4), Fourth (up to 3), Fifth and Beyond (up to 2)

Baseball and Softball – 11 Players Attain All-League Status

First Place (up to 3), Second (up to 3), Third Place (up to 2), Fourth (up to 2), Fifth Place and Beyond (up to 1)

Volleyball – 10 Players Attain All-League Status

First Place (up to 4), Second (up to 3) Third Place (up to 2), Fourth (up to 2), Fifth Place and Beyond (up to 1)

8. Good Sportsmanship Award

The Good Sportsmanship Award will be presented to CRAL School 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

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

C. Nomination Procedure

At the end of each sports season, head coaches will meet and rank the teams in order (1 through 10 with 1 being the best and 10 being the worst) in terms of who exhibited the best sportsmanship throughout the season. They cannot vote for their own school. The results will be counted and reported to the athletic directors/faculty managers and principals. The results of all sports throughout the year will be tabulated and the school with the best score will win the award. In case of a tie, the schools involved will share the award for the school year.

D. Time of Presentation

1. The award will be given at the June meeting of the CRAL Executive Board Meeting.
2. The award will be retained for one year at the designated school after which it will be brought to June meeting by representatives of that school

9. Related Groups

Cheerleaders, Band, Pep Club-

The home team will be allowed to have these related groups present at events. The away team must request permission to have their related groups attend the event. The home team has the right to deny the request.

In the case of neutral sites for events, the schools will have to work with the facility to decide if related groups can attend the event.

The Executive Committee shall determine regulations governing related groups at league contest.

- A. The CIAC and the CRAL shall govern by High School Federation Rules Where applicable and/or as amended all contests.
- B. Related Groups shall be chaperoned.
- C. Cheerleaders
 - 1. A total of twenty-five (25) visiting cheerleaders shall be entitled to free admission at league contests. Squads that exceed this number shall be admitted with the consent of the host school.
 - 2. Pyramids
 - a. Pyramids shall not exceed three (3) levels.
 - b. Pyramids of (3) levels shall allow only one level standing and pyramids of two (2) levels shall allow both levels standing.
 - c. Less than two (2) areas of support to base surface shall denote standing position (not two feet or two hands).
 - d. 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 contest and never during foul shots.
- H. In any given contest, requests for changes in regulations shall be my mutual consent of athletic directors/faculty managers of the competing schools.

The winter meeting date for the CRAL coaches is the time of year when cheerleading coaches meet and conduct business.

10.Sportsmanship Code and Crowd Control

PREAMBLE – This code is introduced to maintain the high standard of athletic activities in the Greater Hartford 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 Athletic Directors/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 other school functions.

THE COACH’S RESPONSIBILITY – It is the responsibility of the coach to make certain that his/her players conducts himself or herself 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 on the estimated size of the crowd and the rivalry involved. Removing obvious troublemakers before the individuals have an opportunity to create an incident can prevent many cases of disorder. 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. Any school officials should not make derogatory statements concerning any team to news media. (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/faculty managers 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. The host school shall make exceptions to this rule.
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 Bylaws

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 Capital Region Athletic 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 league 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 League 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 League opponents at least once per season.
- M. The season ending League meet will be scheduled on a specific date and will be part of the approved League schedule.
 - a. If a team fails to compete, they will forfeit a win to each of their opponents.
 - b. The initial race at the League championship will commence at 3:30PM if four races are scheduled.

- c. Varsity races are limited to seven runners per team
 - d. The League team championship is determined on the basis of one point for each dual meet victory plus one point for each League team victory in the divisional championship.
- N. 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 League 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 League 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)

All League Selection Process

1. The first ten finishers in the League Championship Meet will be declared All-League.
2. Any runner who earns All-State Status is automatically All-League.
3. Three wild cards can be awarded if there are exceptional runners who have not met the first two criteria.

SOCCER (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 Capital Region Athletic League.
- B. The length of conference contests shall be as follows:
 - Varsity – two, forty-minute periods - for both Boys and Girls, there will be no Overtime played during the regular season per the principals Spring 2016 decision.

The League Tournament will follow CIAC Guidelines per overtime.

- 1. The semifinals will have two ten-minute overtimes with no golden goal; if at the end of that time the score is still tied teams will go to a shootout.
 - 2. In the finals if the teams are tied at the end of regulation, they will play two fifteen-minute overtimes, with no golden goal. If at the end of OT the teams are still tied they will be declared Co-champions. (No shootout will occur)
- 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 for 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.).
- H. All teams will play each other twice.
- I. Selection of **14** players must be based on merit and a total season's effort.

League Tournament Seeding

- A. Each team will earn 2pts for each win vs. a League opponent during the regular season. A tie will earn one point.
 - 1. In the event of a tie the following criteria will be employed:
 - a. Head to head competition
 - b. By lot (teams not represented at preseason meeting will be given worst lot numbers)

Per the Principals Decision (Spring 2016) only the top four teams will qualify for the tournament.

Coaches are reminded of the goal differential rule; a victory of eight or more goals will lead to the head coach being suspended for one game. This action will occur whether the game is varsity or JV and whether the game is a League contest or not.

VOLLEYBALL (Girls)

Procedure 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 Capital Region Athletic League.
- B. The team that wins the best of five (5) games wins a varsity match.
- 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. Táchira 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. Teams will play each other twice.
- H. Selection of ten (10) All-League players must be based on merit and total season's effort.
- I. Schools who charge admission should notify their opponents at the beginning of each season.

League Tournament Seeding

- A. Each teams League record will be compared, with the teams with the best four records within the League making the tournament.
- B. If there is a tie the following criteria will be used:
 - 1. Head to head competition
 - 2. Number of higher seeds beaten
 - 3. By lot (teams not represented at preseason meeting will be given worst lot numbers)
- C. All Tournament games will be played at the higher seed.

Winter Sports Procedures
BASKETBALL
Men and Women
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 Capitol Region Athletic League.
- 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. Scheduling of contests consists of the following: Each league team will play all other league teams twice (once at home and once away).
- F. Member schools will follow the Sportsmanship and Crowd Control Code established by the Executive Board of the Capitol Region Athletic League.

All CRAL Member schools shall endeavor to provide trained scorers and clock management workers at all CRAL Basketball Contests.

INDOOR TRACK & FIELD
Men and Women
Procedures and Regulations

CRAL Indoor Track Championship Bylaws

Original 12/10/16, revised 01/03/17, revised 01/12/18

Bylaws were developed at a meeting held 11/28/16. In attendance: Chris Mahl, Two Rivers; Bryan McCain, Academy of Science and Innovation; James Bongiovanni, HMTCA; Peter Leeds, meet director.

I. MEET MANAGEMENT

1. Each conference school to provide at least one meet official or worker; each school to provide student workers to assist at field events and to perform other meet management tasks. Conference to hire meet officials when budget allows. Conference to hire meet entry and timing company. The meet director is responsible for assigning tasks; some schools may be asked to provide additional assistance in order for the meet to proceed efficiently.
2. Facility to provide all equipment to conduct a track meet (hurdles, pits, rakes, measuring tapes). If possible, facility to provide public address system. Timing company to provide hip numbers, entry sheets, and clipboards.
3. Spikes shall be whatever the facility allows; HPHS 3/16". Conference shall check spikes at start line; improperly sized spikes may be cause for disqualification from that event; this requirement must be consistent and not arbitrary. Disqualification for improper equipment shall not result in disqualification from other events.
4. Uniforms: All athletes shall compete in school-issued uniforms.
5. There shall be a scratch period or scratch meeting prior to the start of the meet.
6. Scratch sheets shall be provided to each team. Athletes scratched at this time shall be eligible for all other listed events without disqualification.
7. The Games Committee shall be the meet director plus coaches who attended pre-season meeting or by a vote of those coaches who attend the pre-season meeting. The Jury of Appeals shall be the Games Committee minus the meet director; the Jury of Appeals however must have four members. The meet director shall serve as referee.

8. The conference shall provide a trainer.
9. Awards: The top three finishers in each event shall receive medals. The top two teams shall receive a team award.

II. RULES OF COMPETITION

1. Measuring horizontal jumps and throws: Each athlete shall have one official measurement; additional measurements shall be if athlete has met or exceeded minimum standard, which shall be the 10th place or final scoring place from previous year's meet. Standards shall be published prior to the current season.
2. Advancing to finals.
 - a. Hurdles and dash: Top six (6) by time (or however many lanes on the track straightaway); semi-finals shall be seeded pyramid-style based on POP's.
 - b. Horizontal jumps and throws: Seven (7) athletes or all scoring places plus one (1) shall advance to finals.
 - c. Vertical jumps shall be contested five-alive.
3. Opening heights in vertical jumps
Boys HJ 4'6 Girls HJ 3'10
Boys PV TBD Girls PV TBD
4. All rules of competition, including false starts, shall be per state meet rules and / or NHSFA rules of competition.
5. Scoring shall be to six (6) places (10-8-6-4-2-1). If meet is held on 8-lane straightaway track, scoring shall be to eight (8) places.

III. QUALIFYING / ENTRY INFORMATION

1. Athlete meet entry limits
Each team to have three (3) entries per event
Additional entries allowed by athletes meeting Class S qualifying standard

Specifically, a team can have more than three entries per event if the additional entries meet the Class S standard.

2. One relay team in each event, no entry standard
3. Entries must include Proof Of Performance (for seeding purposes)
4. Athletes may be entered with no POP, but those athletes shall be seeded with no performance listed and shall not be seeded higher than any athlete with a recorded POP.
5. Each athlete may be entered in three individual events OR one or two individual events plus any number of relays; relays may have up to six names listed; an athlete is a competitor when he or she is listed on the day of the meet as a member of that relay. (Same as state meet entry rules.)
6. Athletes shall be entered into the data-entry system per the pre-meet instructions, which shall be disseminated at least 14 days prior to the meet. Once entries are published, no changes may be made, but scratches may be made at any time.
7. Once the deadline for athlete registration has passed, meet director will review entries and contact coaches in case of issues or potential errors. Entries will be published no later than three days before the meet.
8. All events shall be contested if there are athletes entered; no events shall be combined by gender.
9. Order of events shall be the same as the state order of events EXCEPT that hurdles and 55 meter dash semi-finals shall be conducted as the first track events; finals for the hurdles and dash shall be held per state order.
10. Weather permitting, all teams must compete in at least one meet prior to CRAL Championship.

Spring Sports Procedures BASEBALL and SOFTBALL

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 Capitol Region Athletic League.
- B. The length of varsity games to be counted for league championship play shall be ruled by the umpire-in-chief in accordance with the established rules.
- C. 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).
- D. A first quality ball shall be used for all games.
- E. Afternoon starting time – no later than 3:45 p.m. Evening varsity starting time – no later than 7:00 p.m.
- F. All teams will play each other twice within the league.
- G. No junior varsity or freshman game shall have an inning start after 6:00 p.m.

I. MEET MANAGEMENT

1. Each conference school shall provide at least one meet official or worker; each school shall provide student workers to assist at field events and to perform other meet management tasks. Conference shall hire meet officials when budget allows. Conference shall contract with meet entry and timing company. The meet director is responsible for assigning tasks; some schools may be asked to provide additional assistance to ensure that the meet will proceed efficiently.
2. Facility shall provide all equipment to conduct a track meet (hurdles, pits, rakes, measuring tapes), unless otherwise notified. If possible, facility shall provide public address system. Timing company shall provide hip numbers, entry sheets, and clipboards.
3. Spikes shall be whatever the facility allows. Conference shall check spikes at start line; improperly sized spikes may be cause for disqualification from that event; this requirement must be upheld consistently throughout the competition. Disqualification for improper equipment shall not result in disqualification from subsequent events.
4. Uniforms: All athletes shall compete in school-issued uniforms.
5. There shall be a scratch period or scratch meeting prior to the start of the meet.
6. Scratch sheets shall be provided to each team. Pre-meet scratches will allow events to be re-seeded.
7. The Games Committee shall be the meet director plus coaches selected by consensus of coaches through a pre-meet email selection process. The Jury of Appeals shall be the Games Committee minus the meet director; the Jury of Appeals however must have four members. The meet director shall serve as referee.
8. The conference shall provide a trainer.
9. Awards: The top three finishers in each event shall receive medals. The top two teams shall receive a team award.

II. RULES OF COMPETITION

1. Measuring vertical jumps and throws: Each athlete shall have one official measurement; additional measurements shall be if athlete has met or exceeded minimum standard, which shall be the 10th place or final scoring place from previous year's meet. Standards shall be published prior to the current season.
2. Advancing to finals.
 - a. Hurdles and dash: Top six (6) by time (or however many lanes on the track straightaway); semi-finals shall be seeded pyramid-style based on POP's.
 - b. Vertical jumps and throws: Seven (7) athletes or all scoring places plus one (1) shall advance to finals.
 - c. Horizontal jumps shall be contested five-alive.
3. Opening heights in horizontal jumps
Boys HJ 4'6 Girls HJ 3'10
Boys PV TBD Girls PV TBD
4. All rules of competition, including false starts, shall be per state meet rules and / or NHSFA rules of competition.
5. Scoring shall be to six (6) places (10-8-6-4-2-1). If meet is held on 8-lane straightaway track, scoring shall be to eight (8) places.

III. QUALIFYING / ENTRY INFORMATION

1. Athlete meet entry limits for CRAL Championship shall be as follows:
Each team is allowed to have three (3) entries per individual event;
additional
entries (three automatics plus others) will be allowed if an athlete or athletes have met Class S qualifying standard.
2. Each school is allowed one relay team in each event, no entry standard.
3. Entries with no performance in an event will be seeded with no performance given. Athletes listed with no performance shall not be seeded higher than any athlete with a recorded proof of performance.
4. An athlete may be entered in three individual events OR one or two individual events plus any number of relays; relays may have up to six names listed;

an athlete is a competitor when he or she is listed on the day of the meet as a member of that relay. (Same as state meet entry rules.)

5. Athletes shall be entered into the data-entry system per the pre-meet instructions; instructions shall be sent to coaches at least 14 days prior to the meet. Once entries are published, only clerical corrections (changes) may be made.
6. Entries will be reviewed by the meet director, then released to coaches at least four days prior to the meet.
7. All events shall be contested if there are athletes entered; no events shall be combined by gender.
8. Order of events shall be the same as the state order of events EXCEPT that hurdles and 100 meter dash semi-finals shall be conducted as the first track events; finals for the hurdles and dash shall be held per state order.
9. All teams must compete in at least one meet prior to CRAL Championship.