



Indoor Track & Field (B&G)

Sport Handbook - Winter of 2025-26

Section 1: Rules

- A. All contests under the jurisdiction of the RIIL shall be played according to the National Federation of State High School Association Rules, except for any special rulings adopted by the RIIL and listed in this handbook below.
- B. The RIIL strongly recommends head coaches/officials obtain a copy of the most recent NFHS Rulebook.

Section 2: Mandatory Coaches Certification & Continuing Education

- A. ALL Coaches must be appointed by their School Administration and upload their valid certificates to the Coaches' Certification website below. A coach is any adult with access to student-athletes through an education-based athletic program.
 - a. Including, but not limited to: Volunteer Coaches, Assistant Coaches, and Head Coaches.
- B. Coaching Requirements: Article 13
- C. Coaching Out of Season Rules: Article 7, Section 8
- D. Rules on Recruitment: Article 3, Section 11
- E. Sportsmanship Expectations for Coaches: Article 12, Section 3

Section 3: Medical Coverage/Emergency Action Plans

- A. Medical Coverage should be provided by the host school, be in attendance and on duty for the duration of all interscholastic scrimmages and games during the regular season and all tournament round games. The medical personnel must introduce themselves to both coaches and referee prior to the start of the game.
 - a. Pre-Game Safety Checklist
- B. Schools are responsible for providing Medical Coverage for their team throughout the playoffs, including the Semis and Finals/Championships.
- C. Home team medical coverage shall be responsible for both teams unless the visiting school provides its own medical coverage.

D. Levels of Medical Coverage:

| <i>Medical Professional Legal Limitations</i> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> A. <i>Education/Schooling/Training & Licensure</i> B. <i>Scope of Practice</i> C. <i>Able to Return to Play</i> |
| Medical Doctors-MD/DO or Advanced Practice Provider-NP/PA |
| <ul style="list-style-type: none"> A. Advanced degree (Medical School/Successfully passed the licensing board, and RI Licensed) B. Preventative Care, On field Evaluation, Immediate Care, Diagnosis C. Can they Return to Play – Yes |
| Athletic Trainer (RI Licensed) |
| <ul style="list-style-type: none"> A. Minimum Bachelor's Degree (Successfully pass the BOC exam, and RI licensed) B. Preventative Care, On field Evaluation, Immediate Care, Assessment of injury, referral for further diagnosis C. Can they Return to Play during a game/contest? – YES |
| Physical Therapist (RI Licensed) |
| <ul style="list-style-type: none"> A. Degree varies from BS, MS to DPT (Successfully pass the board exam, and RI licensed.) B. Preventative Care, Rehabilitation, Orthopedic exam evaluation C. Can they Return to Play during a game/contest? – NO |
| Physical Therapist w/ Orthopedic Clinical Specialist (OCS) credential (RI Licensed) |
| <ul style="list-style-type: none"> A. Advanced Certification (Successfully pass the board exam, successfully complete requirements for and pass the OCS exam, and RI licensed) B. Rehabilitation, Orthopedic exam evaluation. On the field coverage - not qualified, no emergency training incorporated into initial certification or required to be annually updated. C. Can they Return to Play – NO (During a Game/Contest), Yes (In Clinical Setting) |
| Physical Therapists w/ Sports Certified Specialist (SCS) credential (RI Licensed) |
| <ul style="list-style-type: none"> A. Advanced Certification (Successfully pass the board exam, successfully complete requirements for and pass the SCS exam, and RI licensed) B. Rehabilitation, Orthopedic exam evaluation. On-the-field coverage – Qualified C. Can they Return to Play during a game/contest? – YES |
| EMT - Basic, Intermediate & Paramedic |
| <ul style="list-style-type: none"> A. Successfully complete the EMT program, pass the board exam, and RI licensed) B. Emergency care C. Can they Return to Play during a game/contest? - NO, per RI EMS laws/regulations/protocols |
| School Nurse (RN) |
| <ul style="list-style-type: none"> A. Successful completion of a nursing program (Successfully pass the board exam, and RI licensed) B. Emergency care, referral for further treatment/diagnosis C. Can they Return to Play during a game/contest? – NO |

- E. The judgment of the medical person will be final with regard to the medical condition of a player. No player may continue to play against the medical person's advice under any circumstance.
- F. An Emergency Action Plan with clearly defined written and practice protocols as required by RI General Laws must be developed and in place at every high school.
 - a. When possible, an athletic trainer should be present at all practices and games. An athletic trainer is a key component in any strategy to minimize injury risk and optimize safety for all participants.
 - b. *Rationale*: An effective emergency action plan (EAP) must be in place as a prompt and appropriate response to any emergency situation that can save a life. The EAP should be designed and practiced to address all teams (freshman, junior varsity, and varsity) and all practice and game sites.

Section 4: General Regulations for all Sports

- A. Heat Acclimatization: RIIL R&R Article 7, Section 3
- B. Definition of a Game/Scrimmage: RIIL R&R Article 7, Section 2
- C. Coaching Out of Season Rules: RIIL R&R Article 7, Section 8
- D. Use of Equipment During the Summer: RIIL R&R Article 6, Section 13
- E. Sportsmanship Expectations for Coaches, Student-Athletes, & Spectators: RIIL R&R Art. 12, Sect. 3
- F. Loyalty to Home School: RIIL R&R Article 7, Section 7
- G. National Events: RIIL R&R Article 7, Section 11
- H. Penalties for Ejections: RIIL R&R Article 6, Section 7
- I. Protest Procedure: RIIL R&R Article 5
- J. Penalty for Late Entries into the Indoor T&F Championships: RIIL R&R Article 6, Section 18

Section 5: Sport Advisory Committee

A. Each Sport Advisory Committee is comprised of Member School Administrators, Athletic Directors, Coaches, Officials, and other relevant individuals who work with and report to the RIIL on all matters concerning their sport.

B. Cross Country, Indoor T&F, Outdoor T&F Combined Sport Advisory Committee Membership:

| Committee Role | Member | School & Position |
|-----------------------------------|------------------|------------------------------|
| Sport Director | Jamey Vetelino | Westerly Athletic Director |
| PCOA Representative | Chip McGair | South Kingstown Principal |
| PCOA Representative | Dan Richard | St. Raphael Principal |
| Director of Cross Country | Keith Lawton | |
| Director of Indoor Track & Field | Todd Bayha | |
| Director of Indoor Track & Field | Ken Skelly | |
| Director of Outdoor Track & Field | Keith Lawton | |
| Athletic Director | Bobby Palazzo | Classical |
| Athletic Director | Marty Crowley | Cumberland |
| Athletic Director | Vin McGinn | LaSalle |
| Head Coach | Dan Brennan | Hendricken – XC |
| Head Coach | Sue Carlson | Lincoln HS – XC |
| Head Coach | Bill Barrass | Barrington |
| Head Coach | James Lourenco | La Salle – Indoor |
| Head Coach | Frank Notarianni | Cranston West – Indoor |
| Head Coach | Shaun Horgan | Portsmouth |
| Head Coach | Jeff Parenteau | West Warwick – Outdoor |
| Head Coach | Mark Piette | Woonsocket - Outdoor |
| Official | Elise Von Housen | |

Section 6: Season Dates (All dates are subject to change):

A. Important Dates:

| | |
|---------------------------------------|---------------------------------|
| School Year | 2025-26 |
| Sport | Indoor Track & Field |
| Gender | Boys & Girls |
| Start Date | Monday, December 1, 2025 |
| Games Can Begin | Thursday, December 11, 2025 |
| Week #1 Begins On | Monday, December 15, 2025 |
| Week #2 Begins On | Monday, December 22, 2025 |
| Week #3 Begins On | Monday, December 29, 2025 |
| Week #4 Begins On | Monday, January 5, 2026 |
| Week #5 Begins On | Monday, January 12, 2026 |
| Week #6 Begins On | Monday, January 19, 2026 |
| Week #7 Begins On | Monday, January 26, 2026 |
| Last Day of the Regular Season | Sunday, February 1, 2026 |
| Championships Concluded By | Saturday, February 14, 2026 |

A. Postseason:

- a. **Class Championships** on Saturday, January 31, 2026 at The PCTA
- b. **RI State Championships:** Saturday, February 14, 2026 at The PCTA
- c. **New England Championships:** Saturday, February 28th at Reggie Lewis Center in Boston, MA

B. Indoor Track & Field Division Breakdown:

| Dwyer Division | Bayha Division | Headley Division | Sullivan Division |
|-----------------------|--------------------------|-------------------------|--------------------------|
| Burrillville | Bishop Hendricken | Achievement First | Cranston West |
| Central | Bay View | Barrington | Hope |
| Johnston | Central Falls | Chariho | Mt. Pleasant |
| La Salle | Classical | Cranston East | North Kingstown |
| Lincoln | Coventry | Cumberland | North Smithfield |
| Middletown | East Greenwich | East Providence | Ponaganset |
| Moses Brown | EWG | Mt. Hope | Prout |
| North Providence | Juanita Sanchez | Narragansett | Rogers |
| Portsmouth | Providence Country Day | Pilgrim | Scituate |
| Toll Gate | Lincoln School for Girls | Smithfield | St. Raphael's |
| Westerly | South Kingstown | Shea | Tiverton |
| Woonsocket | West Warwick | Tolman | |

C. Indoor Track & Field Class Breakdown by School Size:

| CLASS A | CLASS B | CLASS C | |
|-------------------|---------------------|-----------------------|------------------------|
| Bishop Hendricken | Barrington | Smithfield | St. Raphael |
| Central | Central Falls | South Kingstown | Blackstone Valley Prep |
| Classical | Chariho | Juanita Sanchez | Moses Brown |
| Coventry | Davies | Burrillville | Scituate |
| Cranston East | East Greenwich | Westerly | Narragansett |
| Cranston West | Johnston | Rogers | Paul Cuffee |
| Cumberland | Lincoln High School | North Smithfield | Providence Country Day |
| East Providence | Mt. Hope | Middletown | St. Mary's Bay View |
| Hope | North Providence | Achievement First PVD | Lincoln School |
| La Salle | Ponaganset | Exeter/West Greenwich | St. Patrick Academy |
| Mt. Pleasant | Portsmouth | Tiverton | Block Island |
| North Kingstown | Shea | Prout | |
| Pilgrim | Tolman | | |
| Toll Gate | West Warwick | | |
| Woonsocket | | | |

- D. Score Reporting for all Regular Season and Postseason League Games: In accordance with Article 6, Section 14, all contest scores are to be reported on-line on the RIIL Website. Coaches obtain access to the system through their Athletic Director.
- E. It shall be the responsibility of the host to provide a safe and secure environment for the teams and officials by ensuring the playing field and sidelines are continuously cleared of **everyone** except certified & appointed coaches, team managers/scorers, student-athletes, medical personnel, and school designated personnel. Media are allowed with prior permission of the host school.
- F. The RIIL and Sport Directors will set a date/time for all contests.
- F. Practice Limitations:
 - a. Preseason Practice Limitations are also located in Heat Acclimatization: Article 7, Section 3
 - b. Scrimmages allowed after 5 days of practice
 - c. Games allowed after 10 days of practice

Section 7: Postseason Qualification & Format:

- A. Included in Section 8

Section 8: RIIL Rules & Regulations Specific to Track & Field

- A. **Rosters** shall be completed via the RIIL website and made available to the public no later than 10 days after the start of practice. Rosters must be updated when students are added/removed from the team. Rosters must include: full name and grade.
- B. **Uniforms:**
 - a. Schools shall consult the NFHS Rulebook for specific regulations pertaining to uniforms
- C. **RI Interscholastic Injury Fund:**
 - a. The Injury Fund is a non-profit organization separate from the RIIL.
 - i. Additional information can be found at: <http://www.injuryfund.org/>
 - b. The purpose of the nonprofit Injury Fund is to establish, raise, maintain and distribute funds to the athletic departments of high schools participating in the Rhode Island Interscholastic League. Distributions will be made to assist athletes, coaches or officials injured in sanctioned interscholastic competitions and practices with their medical expenses that exceed the amount paid by the injured party's primary, required medical insurance. Any and all financial assistance rendered by the RI Injury Fund to RIIL Member Schools shall be given purely on a voluntary basis and in such amounts and in such manner as the Board of Directors in its sole discretion shall determine.
 - c. Non-League competitions scheduled to spread awareness of and benefit the Injury Fund are allowed by RIIL Rules in addition to any stated game caps contained herein.
 - d. Students, Coaches, and Officials whose teams participate in an Injury Fund event in a given sport are covered by the Injury Fund

- e. **Injury Fund Format:** Indoor Track & Field will schedule one pre-season event per gender at a single location for all schools to participate.
- D. In the event a “playoff game” must be suspended because of conditions which make it impossible to continue to play, the game will be rescheduled and restarted from the exact point of the suspension of play.
- E. **Playoff Warmup:** Teams must be allowed no less than 20 minutes to warm up on the field prior to the start of any playoff game unless specific warmup procedures are contained elsewhere in this handbook.
- F. **Sub-Varsity**
 - a. Sub-Varsity shall be scheduled at the discretion of the Coaches Association in collaboration with the Athletic Directors.
 - b. Sub-varsity games will not be allowed after the final day of the varsity regular season.
- A. Schools signifying an intent to compete in Track & Field by that very fact manifest their intention to compete in four (4) Dual Meets, Invitationals (State Qualifiers), Class Championship, Division Championship, and the State Championships sponsored by the RILL.
- B. Athlete participation:
 - a. **Dual Meet** An athlete is allowed to participate in not more than four (4) events, provided that not more than two (2) running events are over 400 meters (600 meters – Winter Track). A combination of more than 2 of 800, 1000, 1500, 3000 and/or 4x800 meters will not be allowed.
 - b. **All Other Meets** – An athlete may compete in a maximum of **four (4)** events. **There will be no restrictions on these events.** Athletes may not be entered into events for which they would not be eligible to compete. An athlete is considered entered into an individual event at the time team entries are submitted. Relay entries become final at the time of check-in with meet clerk.
- C. Fair Effort/Scratch Rule: Athletes legally declared in all running events with qualifying rounds must honestly participate. An athlete must compete as necessary to advance to the next round of competition or be barred from all remaining competitions of the meet. After a deadline for confirmation has been set or a scratch meet held a competitor must compete in the events entered or be barred from all subsequent competitions of the meet. An athlete failing to start or take a trial (other than a designated pass), or who quits an event, shall be considered to have abandoned the competition and shall not participate in any subsequent events. An athlete may not elect to pass all trials in an event.
 - a. All field event competitors must be checked in prior to the start of the event. If an athlete is not checked in, or has checked in but has not made a full attempt to advance in the event when required, the athlete is disqualified from the rest of the meet. An athlete may not elect to pass all trials in an event without being disqualified from the rest of the meet.

- b. All running event competitors must be checked in prior to the start of the event. If an athlete is not checked in, or has checked in but has not made a full attempt in the event when required, the athlete is disqualified from the rest of the meet. An athlete may not elect to scratch in an event without being disqualified from the rest of the meet.

D. CHAMPIONSHIP MEETS

- a. The championship meets will be conducted under the direction of the Director(s) of Track using a format determined by the Director(s), approved by the Sport Committee, and published with the RIIIL Track schedule.
- b. Individuals from schools that do not have a Track team may not enter the RIIIL & Class and State Meets except as provided for in Article 3, Section 7 (Individual Participation in the absence of a Team). In addition, individuals may not enter the Class Meet without competing in a minimum of two (2) prior meets as designated by the Director of Track. Entry into the State Meet shall be the same for individuals as for members of full teams. Individuals will be credited with their performances in all major meets but will not be considered in the calculation of team scoring.

E. MISCELLANEOUS

- a. Entry information for the New England Meet will be provided to coaches as the information becomes available but no later than the State Meet.
- b. **RI** RIIIL State records will be developed from meets recognized and approved by the RIIIL. Performances to be considered for state records must be submitted to the RIIIL office with a proof of performance form.
- c. In addition to all existing Coaches Requirements detailed in Article 13 of the RIIIL Rules & Regulations, Pole Vault Coaches must complete the NFHS Pole Vault Certification course (or equivalent by approval of the RIIIL).
- d. No athlete may compete or practice in the pole vault event unless under the supervision of a certified pole vault coach. The sport committee shall designate acceptable certification programs. Certification must be renewed after three years.

F. WINTER SEASON - INDOOR TRACK & FIELD

- a. Dual Meet Entries- Dual meet entries must be submitted to the RIIIL Track & Field Director in a manner determined by the Director. Entry deadline and number of changes will be designated by the Director. Teams are limited to four (4) entries per event. Entrants in the 3000 may be limited to 3 per team if the additional runners would require a third heat of the 3000.
- b. Order of Events – Indoor Dual Meets:
 - i. Field Events:
 - High Jump
 - Girls: Start at 4', up 2" per round, winner eligible to compete until out

- Boys: Start at 5', up 2" per round, winner eligible to compete until out
 - Pole Vault is being introduced as a scoring event in the 2025-26 Invitationals and Championships with Dual Meets used as practice time for the event.
 - Girls: Start at 7, Boys: Start at 9'
 - Long Jump
 - Shot Put
 - Girls: 4 kg, Boys: 12 lbs
 - Weight Throw
 - Girls: 20 lbs, Boys: 25 lbs
 - ii. Track Events:
 - 3,000 Meters
 - 4 x 100 Relay
 - 1,500 Meters
 - High Hurdles
 - Dash
 - 600 Meters
 - 300 Meters
 - 1000 Meters
 - 4 x 400 Relay
- c. Order of Events – Indoor Class and State Championships:
- i. Field Events:
 - High Jump
 - Subsequent heights beyond those listed below are TBD
 - Girls Class Meet Start at 4'4", up 2" until 3 or fewer
 - Boys Class Meet Start at 5'4", up 2" until 3 or fewer
 - Girls State Meet Start at 4'8", up 2" until 3 or fewer
 - Boys State Meet Start at 5'6", up 2" until 3 or fewer
 - Pole Vault (new in 2025-26)
 - Subsequent heights beyond those listed below are TBD
 - Girls Class & State Meets – Start at 7'0", up 6" until 3 or fewer
 - Boys Class & State Meets – Start at 9'0", up 6" until 3 or fewer
 - Long Jump
 - Shot Put
 - Weight Throw
 - ii. Track Events:
 - 4 x 800m Relay
 - 4 x 100m Relay

- 3,000m Run
 - 55m Hurdle Trials
 - 55m Dash Trials
 - 1,500m Run Unseeded (Class Meet)
 - 55m Hurdle and Dash Semis (Class Meet Only) NOTE: Semifinal round of hurdles and dash will be dropped if FAT timing is available.
 - 1500m Run Seeded
 - 55m Hurdle Finals
 - 55m Dash Finals
 - 600m Run
 - 300m Dash
 - 1000m Run
 - 4 x 400m Relay
- d. For an athlete to be eligible to compete in the Indoor Class meet, an athlete must meet be in the Top Twenty-Four (24) entries in individual events (exceptions: 24 entries for dash & hurdles), Relays are OPEN to one (1) entry per school.
- e. For an athlete to compete in the Indoor State Championship they must be among the top Twenty-Four (24) with ties and Fifteen (15) in relay events. Rank order performance lists as maintained by the Meet Director shall determine eligibility to compete. Performances from dual meets, class meets, as well as any additional meets designated as “qualifying” meets shall be used in developing ranking lists. Four (4) alternates will be accepted in individual events and 2 alternates in the relays. Alternates will be allowed to compete if they have been previously entered and if scratches are determined from the scratch meeting prior to the start of the meet. Alternates will be decided by the designated scratch period.

Section 9: Officials

- A. The State Meet Director shall act as director of all RILL State Championship meets. They will work under the authority of the Director of Track and will have authority to make any changes in the prescribed order of events or in other details in connection with the RILL State Championship. The Director shall notify coaches of such changes at least forty-eight (48) hours in advance of a given State Meet, unless in their judgment the changes must be made at the scene of the meet and immediately prior to its start.
- B. The Director(s) of Track shall make adequate provisions for supervising the Meets.
- C. RILL assigned official's authority extends to pre- and post- game oversight. Fighting and unsportsmanlike penalties will be within the authority of the officials at all times at the contest site.
- C. With the assistance of the Directors, it shall be the responsibility of the officials to see that the competition areas are cleared of everyone except certified & appointed coaches, team managers, scorers, players, medical personnel, and school designated personnel.