



Outdoor Track & Field – Boys & Girls

Sport Handbook - Spring 2026

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: Regular Season:

A. Important Dates:

School Year	2025-26
Season	Spring of 2026
Sport	Outdoor Track & Field
Start Date	Monday, March 16, 2026
Games Can Begin	Thursday, March 26, 2026
Week #1 Begins On	Monday, March 30, 2026
Week #2 Begins On	Monday, April 6, 2026
Week #3 Begins On	Monday, April 13, 2026
Week #4 Begins On	Monday, April 20, 2026
Week #5 Begins On	Monday, April 27, 2026
Week #6 Begins On	Monday, May 4, 2026
Week #7 Begins On	Monday, May 11, 2026
Week #8 Begins On	Monday, May 18, 2026
Week #9 Begins On	Monday, May 25, 2026
Last Day of the Regular Season	Saturday, May 30, 2026
RIL Championships Concluded By	Saturday, June 6, 2026

a. Regular Season Meets:

- i. Dual Meet #1: Week of Monday, April 6th
- ii. Dual Meet #2: Week of Monday, April 20th
- iii. **Invitational** Weekend: Saturday, April 25th
 1. Typically: coed Classical Classic Inv.at Conley Stadium.
- iv. Dual Meet #3: Week of Monday, April 27th
- v. **Invitational** Weekend: Saturday, May 2nd
 1. Typically: coed St. Germain Inv. at West Warwick.
- vi. Dual Meet #4: Week of Monday, May 4th
- vii. **Division Championships**: Saturday, May 17th or Sunday, May 18th

viii. **Class Championships:** Saturday, May 23rd or Sunday, May 24th

ix. **Invitational Weekend:** Saturday, May 30st

1. Typically: girls Last Chance Inv. (at Conley Stadium), boys Hendricken Inv.

b. Postseason:

i. **RI State Championships:** Saturday, June 6th at Brown University Stadium

ii. **New England Championships:** Saturday, June 13th at TBD

B. Outdoor Track & Field Division Breakdown by Geography:

c. Outdoor Track & Field has 48 Teams in Four (4) Divisions:

Northern	Southern	Central	Eastern
Burrillville	Chariho	Achievement First	Barrington
Central Falls	Coventry	Bishop Hendricken	East Providence
Cumberland	Exeter-West Greenwich	Central	Middletown
Johnston	East Greenwich	Classical	Mount Hope
Lincoln	Narragansett	Cranston East	PCD/Lincoln Sch. Co-op
North Providence	North Kingstown	Cranston West	Portsmouth
North Smithfield	Prout	Hope	Rogers
Ponaganset	South Kingstown	Juanita Sanchez	Shea
Scituate	West Warwick	LaSalle	St. Mary's Bay View
Smithfield	Westerly	Moses Brown	St. Patrick's
Woonsocket		Mount Pleasant	St. Raphael's
		Paul Cuffee	Tiverton
		Pilgrim	
		Toll Gate	

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

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

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 school officials/administrators/supervisors 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. Home teams shall set a date/time for all contests.

a. If there is a conflict in the date/time of the contest with the visiting team(s) and mutual agreement cannot be reached, the visiting school Principal/Athletic Director shall submit a **written request** to the RIIL to review the circumstances of the disagreement and render a decision. **This must be done prior to the submission of the Home Confirmation Schedule.**

b. Once the Home Confirmation Schedule is submitted, *changes will not be allowed unless there are extenuating circumstances.*

F. Postponement of Regular Season Varsity Games after the confirmation deadline:

a. Where unusual circumstances prevail or where weather conditions are unfavorable, a game may be postponed by mutual consent of the Principals and/or Athletic Directors

- b. Postponed games shall be rescheduled to the next day when the teams, facility, and officials are available.
 - i. Includes weekends and/or school vacations.
 - ii. League games must take precedent over non-league games or lesser events
 - iii. Rescheduled games must be within all other guidelines contained in this handbook and the RIIIL Rules & Regulations.
- c. Additional Officials Fees for Games Changed within Two Weeks of original date/time:
Article 6, Section 5

G. 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. 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.

- B. For an athlete to compete in the State Championship Meet they must be among the top (18 or 24) and ties (15 in relay events). Rank order performance lists as maintained by the Meet Director shall determine eligibility to compete. Field will be filled to eighteen (18) except the 110 Hurdles and 100 Dash, which will be a maximum field of twenty-four (24). The Games Committee may adjust the number of competitors in the Hurdles and Dash to a field of 24. In vertical jumps, athletes tying for the 18th qualifying spot will be added only if they do not cause the entrant field to exceed 20. The minimum field size will be 12. Rank Order performance lists as maintained by the Meet Director(s) shall determine eligibility to compete. Marks from divisional championships, class championships as well as additional meets designated as “qualifying” meets shall be used in developing ranking lists. The maximum field size for relay events shall be 15. Alternates will be allowed to compete if they have been previously entered and if scratches are determined from the scratch deadline prior to the start of the meet. The sport committee is

authorized to move some field events to be conducted on the afternoon previous to the State Championship meet in an effort to expedite the meet for the benefit of all athletes, coaches and fans.

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, grade, and jersey number.
- 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:** 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 time of the suspension of play.
- E. **Sub-Varsity**
 - a. Sub-Varsity will be scheduled at the discretion of the Coaches Association in partnership with Athletic Directors.
- E. 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 RIIL.
- F. 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.

G. 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.

H. 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 RIIL** State records will be developed from meets recognized and approved by the RIIL. Performances to be considered for state records must be submitted to the RIIL office with a proof of performance form.
- c. 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.

I. Outdoor Track & Field Events

- a. Dual Meet entries – Unlimited
- b. Order of Events – Outdoor Dual Meets:
 - i. Field Events
 - High Jump (Girls open at 4'0", Boys open at 5'0")
 - Pole Vault (Girls open at 5'6", Boys open at 7'0")
 - Long Jump
 - Triple Jump
 - Discus Throw (Girls: 1kg, Boys: 1.6kg)
 - Hammer Throw (Girls: 4kg, Boys: 12 lbs)
 - Javelin Throw (Girls: 600g, Boys: 800g)

- Shot Put (Girls: 4kg, Boys: 12 lbs)
- ii. Track Events:
 - High Hurdles (Girls 100m, Boys 110m)
 - 100m Dash
 - 1500m Run
 - 4 x 100m Relay
 - 400m Dash
 - 300m Hurdles
 - 800m Run
 - 200m Dash
 - 3000m Run
 - Note: may be contested as the first running event if agreed to by all teams
 - 4 x 400m Relay
- c. Order of Events – Outdoor Division, Class, and State Championships:
 - i. Field Events:
 - High Jump
 - Subsequent heights beyond those listed below are TBD
 - Girls Division/Class Meet – Start at 4’5”, up 2” until 3 or fewer
 - Boys Division/Class Meet – Start at 5’4”, up 2” until 3 or fewer
 - Girls State Meet – Start at 4’9”, up 2” till 3 or fewer
 - Boys State Meet – Start at 5’8”, up 2” till 3 or fewer
 - Pole Vault
 - Subsequent heights beyond those listed below are TBD
 - Girls Division and Class Meet – Start at 6’0”, up 6” until 3 or fewer
 - Boys Division and Class Meet – Start at 8’0”, up 6” until 3 or fewer
 - Girls State Meet – Start at 7’0”, up 6” until 3 or fewer
 - Boys State Meet – Start at 10’6”, up 6” until 3 or fewer
 - Long Jump
 - Triple Jump
 - Discus Throw
 - Hammer Throw
 - Javelin Throw
 - Shot Put
 - ii. Track Events:
 - 4 x 800m Relay
 - 4 x 100m Relay

- High Hurdle Trials
 - 100m Dash Trials
 - 1500m Run Unseeded
 - 1500m Run Seeded
 - High Hurdle Finals
 - 100m Dash Finals
 - 400m Dash Sections
 - 300m Hurdles
 - 800m Run Sections
 - 3000m Run Unseeded
 - 3000m Run Seeded
 - 200m Dash Sections
 - 4 x 400m Relay
- d. In order to account for the FAT marks, .24 will be added to the provisional standards for state meet qualifying purposes.
 - e. Division, Class, and State Meets shall score to 8 places, with 9 to finals in all Field Events except the vertical jumps which do not utilize trials and finals.
 - f. In all qualifying meets, implements should be weighed and measured, if possible, prior to competition.
 - g. State Meet Qualifying Procedures: Qualifying procedures will be provided to coaches at the Spring Interpretation Meeting.
 - h. 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.

Section 9: Officials

- A. The State Meet Director shall act as director of all RIIIL 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 RIIIL 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. RIIIL 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.

- D. Police protection, when necessary, must be provided by the home school. The home school is responsible for all crowd control measures. There is an urgent need for increasing vigilance in this matter. Schools must make every effort to ensure that players, officials, and spectators are protected. Duties of the police will be determined and outlined by the home school.
- C. With the assistance of the home team supervision, 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.
- D. The home team should provide an adult game supervisor at all home events. In particular, an adult game supervisor must be present at ice hockey, basketball, field hockey, lacrosse, baseball, softball, football, soccer, volleyball and wrestling contests. The supervisor shall not be a student nor a coach involved with the game. The supervisor shall identify himself or herself to the game officials thirty (30) minutes prior to the start of the game. The supervisor shall be responsible for game administration and crowd control. They should notify police, and rink representatives to seek appropriate assistance when applicable. In the event of a problem, the Principal/Athletic Director must notify the RIIL office the next day and submit a written report detailing the incident(s).