



THE CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

Monitoring Participation in Athletic Contests for ALL 2015-16 Football Athletes

Counting quarters and defining a week new approved language

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1. Football student-athletes may not participate in more than 2 levels of competition in any one week period. (Examples of levels: Vars. J.V. Freshman, other)
2. Football student-athletes may not exceed participation in more than 6 quarters in any one week period.

Definitions

- “Level of competition” is defined as either varsity, junior varsity, freshman or any other additional level.
- A “quarter” is counted towards participation once an athlete has been involved in at least 6 plays in any one quarter.
- A “one week period” is defined as a period of time where a minimum of five days (24 hour periods) of rest or practice are scheduled between athletic contests except when games are postponed.

Questions and Answers

Q. Can a JV football athlete, who is a special team’s player on the varsity team, play in all 4 quarters of the varsity game and then play the entire ensuing JV game?

A. Yes, provided that during the varsity special team’s participation the JV athletes did not participate in more than 5 plays in two of the four quarters.

Q. Due to weather we have to move our varsity football game to a Sunday night. How does this affect my next game scheduled for the next Friday night?

A. The CIAC regulations for counting quarters are in effect for regularly scheduled events. Cancellations for inclement weather would not have an impact this regulation.

Q. Can a freshman who plays in an entire freshman game, and then participates on special teams the following night in the varsity game but does not participate in more than 5 plays in any one quarter, participate in two full quarters of the ensuing JV game?

A. No, Football athletes may not participate in more than 2 levels of competition in any one week period.

Q. How do I effectively monitor who plays in how many quarters?

A. Each program must devise a way to monitor this requirement. You should make sure every athlete is aware of the regulation and that the purpose is to lessen the number of contact exposures to the head.

Q. What is the penalty or violating this regulation?

A. The CIAC Board of Control would consider a violation of this rule to be the same as using an ineligible athlete which will include a fine and the athlete being declared ineligible. Serious consideration would also be given to the program being put on probation or prohibition from tournament participation. Violation of this regulation can have serious liability consequences.

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