



Outdoor Track & Field – B/G Sport Handbook – Spring 2025

Section 1: Rules

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.

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. Coaches' Certification Website: [Here](#)
- D. Coaching Out of Season Rules: [Article 7, Section 8](#)

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: [Here](#)
- B. Schools are responsible for providing Medical Coverage for their team throughout the playoffs, including the Semis and Finals/Championships.
- C. Levels of Medical Coverage:

<u>Medical Professional:</u>	<p><i>A. Education/Schooling/Training & Licensure</i></p> <p><i>B. Scope of Practice</i></p> <p><i>C. Able to Return to Play</i></p>
Medical Doctors- MD/DO Advanced Practice Provider-NP/PA	<p>A. Advanced degree (Medical School/Successfully passed the licensing board, and RI Licensed)</p> <p>B. Preventative Care, On field Evaluation, Immediate Care, Diagnosis</p> <p>C. Can they Return to Play – Yes</p>
Athletic Trainer RI Licensed	<p>A. Minimum Bachelor's Degree (Successfully pass the BOC exam, and RI licensed)</p> <p>B. Preventative Care, On field Evaluation, Immediate Care, Assessment of injury, referral for further diagnosis</p> <p>C. Can they Return to Play during a game/contest? – YES</p>
Physical Therapist RI Licensed	<p>A. Degree varies from BS, MS to DPT (Successfully pass the board exam, and RI licensed.)</p> <p>B. Preventative Care, Rehabilitation, Orthopedic exam evaluation</p> <p>C. Can they Return to Play during a game/contest? – NO</p>
Physical Therapist w/ Orthopedic Clinical Specialist (OCS) credential & RI Licensed	<p>A. Advanced Certification (Successfully pass the board exam, successfully complete requirements for and pass the OCS exam, and RI licensed)</p> <p>B. Rehabilitation, Orthopedic exam evaluation. On the field coverage - not qualified, no emergency training incorporated into initial certification or required to be annually updated.</p> <p>C. Can they Return to Play – NO (During a Game/Contest), Yes (In Clinical Setting)</p>
Physical Therapists w/ Sports Certified Specialist (SCS) credential & RI Licensed	<p>A. Advanced Certification (Successfully pass the board exam, successfully complete requirements for and pass the SCS exam, and RI licensed)</p> <p>B. Rehabilitation, Orthopedic exam evaluation. On-the-field coverage – Qualified</p> <p>C. Can they Return to Play during a game/contest? – YES</p>
EMT - Basic, Intermediate & Paramedic	<p>A. Successfully complete the EMT program, pass the board exam, and RI licensed)</p> <p>B. Emergency care</p> <p>C. Can they Return to Play during a game/contest? – NO, per RI EMS laws/regulations/protocols</p>
School Nurse (RN)	<p>A. Successful completion of a nursing program (Successfully pass the board exam, and RI licensed)</p> <p>B. Emergency care, referral for further treatment/diagnosis</p> <p>C. Can they Return to Play during a game/contest? – NO</p>

- D. Home team medical coverage shall be responsible for both teams unless the visiting school provides its own medical coverage.
- 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: [Article 7, Section 3](#)
- B. Definition of a Game/Scrimmage: [Article 7, Section 2](#)
- C. Coaching Out of Season Rules: [Article 7, Section 8](#)
- D. Use of Equipment During the Summer: [Article 6, Section 13](#)
- E. Sportsmanship Expectations for Coaches, Student-Athletes, & Spectators: [Article 12, Section 3](#)
- F. Loyalty to Home School: [Article 7, Section 7](#)
- G. National Events: [Article 7, Section 11](#)
- H. Penalties for Ejections: [Article 6, Section 7](#)
- I. Protest Procedure: [Article 5](#)

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:
 - a. Sport Director: Jamey Vetelino (Athletic Director, Westerly)
 - b. PCOA Representatives:
 - i. Chip McGair (Principal of South Kingstown) & Dan Richard (Principal of St. Raphael)
 - c. Director of Cross Country: Keith Lawton
 - d. Directors of Indoor Track & Field: Ken Skelly & Todd Bayha
 - e. Director of Outdoor Track & Field: Keith Lawton
 - i. Co-Director of Outdoor Track & Field: Todd Bayha
 - f. RIIAAA Representatives: Bobby Palazzo (Classical), Marty Crowley (Cumberland), Jamal Gomes (Hendricken), Vin McGinn (LaSalle)
 - g. Coaches Representatives: Sue Carlson (Linc), Dan Brennan (BH), Bill Barrass (Barr), James Lourenco (LSA), Frank Notarianni (CW), Shaun Horgan (Narr), Jeff Parenteau (WW), Mark Piette (Woon).

- h. Officials Representatives: Elise VonHousen.

Section 6: Season Schedule:

A. Important Dates:

a. Preseason:

- i. First Day of Practice: Monday, March 17, 2025
- ii. Preseason is ~2 weeks
- iii. First Day to schedule a Scrimmage: Saturday, March 22, 2025

b. Regular Season:

i. Dual Meet #1: Week of Monday, April 7th

ii. Dual Meet #2: Week of Monday, April 21st

iii. **Invitational** Weekend: Saturday, April 26th

1. Typically: coed Classical Classic Inv. at Conley Stadium.

iv. Dual Meet #3: Week of Monday, April 28th

v. **Invitational** Weekend: Saturday, May 3rd

1. Typically: coed St. Germain Inv. at West Warwick.

vi. Dual Meet #4: Week of Monday, May 5th

vii. **Division Championships:**

1. Saturday, May 17th: North at Cumberland & Central at Cranston West

2. Sunday, May 18th: South at Coventry & East at Barrington

viii. **Class Championships** on Saturday, May 24th

- a. Class A at Coventry, Class B at Portsmouth, Class C at EWG

ix. **Invitational** Weekend: Saturday, May 31st

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

c. Postseason:

i. **RI State Championships:** Saturday, June 7th at Brown University Stadium

ii. **New England Championships:** Saturday, June 14th at TBD

B. 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.

C. 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.

D. Division Breakdown by Geography:

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

Northern: (11)	Southern: (10)	Central (14)	Eastern (13)
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	

E. Class Breakdown by School Size:

Class A		Class B		Class C	
Central	1852	Barrington	1099	Westerly	653
East Providence	1691	North Providence	1099	Burrillville	635
Woonsocket	1667	West Warwick	1076	Rogers	629
Cranston West	1660	Chariho	1004	North Smithfield	533
Cranston East	1526	Tolman	999	Middletown	526
Mount Pleasant	1496	Lincoln High	973	Achievement First	462
Cumberland	1421	Ponaganset	869	Exeter-West Greenwich	452
North Kingstown	1286	Johnston	825	Prout	440
Toll Gate	1239	Mount Hope	790	Tiverton	436
Coventry	1202	Central Falls	789	St. Raphael's	429
LaSalle	1199	Portsmouth	786	Moses Brown	416
Hope	1156	Shea	775	Blackstone Valley Prep	406
Pilgrim	1141	East Greenwich	742	Scituate	388
Classical	1109	Smithfield	730	Narragansett	372
Bishop Hendricken	532	Juanita Sanchez	698	Paul Cuffee	250
		South Kingstown	688	Providence Country Day	189
				St. Mary Bay View	173
				St. Patrick's	88

- 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.*
- G. 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 RIIL Rules & Regulations.
 - c. Additional Officials Fees for Games Changed within Two Weeks of original date/time: [Article 6, Section 5](#)
- H. 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, not including Sundays
- I. 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.
- a. Rosters must include: name, grade, and jersey number.

Section 7: Postseason Qualification & Format:

A. TO BE ADDED

B. Division Championship Past Host Sites:

North	South	East	Central
24 North: Ponaganset	24 South: Coventry	24 East: Barrington	24 Central: Conley Stadium
23 North: Cumberland	23 South: West Warw	23 East: Barrington	23 Central: Conley Stadium
22 North: Ponaganset	22 South: Coventry	22 East: Portsmouth	22 Central: Conley Stadium
21 North: Johnston	21 South: Westerly	21 East: Portsmouth	21 Central: Conley Stadium
19 North: Ponaganset	19 South: South King	19 East: Portsmouth	19 Central: Conley Stadium
18 North: Lincoln	18 South: Coventry	18 East: Portsmouth	18 Central: Conley Stadium
17 North: Cumberland	17 South: West Warw	17 East: Portsmouth	17 Central: Conley Stadium
16 North: Cumberland	16 South: Coventry	16 East: Portsmouth	16 Central: Conley Stadium
15 North: Ponaganset	15 South: Westerly	15 East: Barrington	15 Central: Conley Stadium
14 North: Cumberland	14 South: East Green	14 East: Barrington	14 Central: Conley Stadium

C. Class Championship Past Host Sites:

Class A	Class B	Class C
24 Class A: Coventry	24 Class B: West Warwick	24 Class Ex-W. Green
23 Class A: Coventry	23 Class B: Portsmouth	23 Class C: Narragansett
22 Class A: Coventry	22 Class B: West Warwick	22 Class C: Ex-W. Green
21 Class A: Coventry	21 Class B: Conley Stadium	21 Class C: Narragansett
19 Class A: Coventry	19 Class B: West Warwick	19 Class C: Ex-W. Green
18 Class A: Coventry	18 Class B: West Warwick	18 Class C: Narragansett
17 Class A: Toll Gate	17 Class B: Westerly	17 Class C: Ponaganset
16 Class A: Coventry	16 Class B: Portsmouth	16 Class C: Ponaganset
15 Class A: Cumberland	15 Class B: Barrington	15 Class C: Ponaganset
14 Class A: Cumberland	14 Class B: Westerly	14 Class C: Ponaganset

Section 8: RIIL Rules & Regulations Specific to Volleyball – Article 31

A. TO BE ADDED

Section 9: Officials

- A. RIIL 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.
- B. 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).