

Connecticut State Latin Day Rules for Competitive Athletic Events

- All athletic play must be in tunics!
- Advanced registration is required only for soccer and volleyball. All other events will be on a “drop-in” basis. Some activities will be listed as doubles and some as singles. None will be both.

Badminton—Coed Only!

Badminton Courts

Scheduling of games will be done on a drop-in basis.

1. Only one pair (one boy and one girl) may compete from each school.
2. This is a single elimination event.
3. Eleven points will decide all initial games.
4. Fifteen points will decide the semifinal and final matches.
5. There will be a ten-minute time limit per game except for the final.
6. Players will keep their own scores and report them to the judges.

Bocce

The Bocce Courts

1. Four players per team; at least one player must be a girl. One team from each school may compete.
2. This is a single elimination event.
3. Five points will decide all initial games.
4. Six points will decide semifinals and finals.
5. There will be a ten-minute time limit per game except for the finals.
6. The ruling of the judge will be final on close shots.

Chariot Races

Upper Field

1. Two races will be run: one for boys and one for girls.
2. Distance is approximately 60 yards.
3. Two boys pulling; two girls pulling (no charioteers).
4. Heats will be run under the same guidelines as the sprints.

Decimated Marathon (2.6 miles)

Starting line at the Ballfield Area

1. One boy and one girl from each school may compete.
2. Race begins with a gun.
3. Each runner must follow the course laid out. Any runner who tries to take a short cut will be disqualified.
4. Winners will be judged as they cross the finish line.

Free Throw

Basketball Courts

1. One boy and one girl from each school may compete.
2. Each participant gets five shots in the first round.
3. Best of five in each division (boys and girls) will continue by shooting one shot until all but one are eliminated.

Frisbee Toss

Lower Ballfield

1. One boy and one girl from each school may compete.
2. This event will be run like a discus throw.
3. Each participant gets one throw.
1. Distance, not accuracy, will determine the winner.

Relay Race

Lower Field

1. Distance is approximately 4 by 60 yards.
2. Two boys and two girls from each school must compete.
3. Heats will be run on a first-come, first-served basis.

Soccer—Coed

Lower Ballfield

Playing times will be assigned before CSLD according to the date of receipt of registration. Since only one field is available on the Lower Ballfield, 16 games each 15 minutes long will be played. There will be no play down rounds since each school will be able to play only one game. The first 32 schools to register (based on receipt of registration) will be allowed to compete.

1. There will be six players on each team. At least two players must be girls.
2. Single-sex schools may borrow players from other schools.
3. High school soccer rules apply.
4. If the game is tied after 15 minutes, each team will select three players (at least one must be a girl) to take direct kicks from the penalty area. If teams are still tied, the contest will be declared a draw.
5. The referee has the power to eject any player for the remainder of the game if s/he is guilty of the following:
 - a) violent or dangerous play
 - b) foul or abusive language
 - c) abusive behavior (e.g., spitting)
 - d) continues to break rules after being issued a yellow card.

Softball Toss

Lower Ballfield

2. One boy and one girl from each school may compete.
3. This event will be run like a shot put.
4. Each participant gets one throw.
5. Distance, not accuracy, will determine the winner.

Sprint

Lower Field

1. Distance is approximately 60 yards.
2. One boy and one girl from each school may compete.
3. Two heats will be run for each race. The top four runners from each heat will participate in the finals.
4. Race begins with a gun.
5. Heats will be run on a first-come, first-served basis.

Standing Broad Jump

Lower Ballfield

1. One boy and one girl from each school may compete.
2. Each participant gets one jump.
3. This is a standing broad jump. Measurement will take place from the point of takeoff to where the feet impact.
4. Farthest jump wins.

Swimming, Freestyle Boys'

Pool

1. One boy from each school can participate.
2. Preliminary heats will consist of four boys each.
3. Each boy will swim two lengths of the pool. Times will be recorded.
4. The four boys with the fastest times will compete in the Final Heat to determine winners.
5. Final heat will occur after the girls' preliminary heats.

Swimming, Freestyle Girls'

Pool

1. One girl from each school can participate.
2. Preliminary heats will consist of four girls each.
3. Each girl will swim two lengths of the pool. Times will be recorded.
4. The four girls with the fastest times will compete in the Final Heat to determine winners.
5. Final heat will occur after the boys' Final Heat.

Swimming, Co-Ed Relay

Pool

1. One boy and one girl from each school can participate.
2. Each person will swim one full lap (back and forth) of the pool.
3. The four teams with the best times will compete in the Final Heat to determine winners.

Tennis—Singles Only!

Tennis Courts

Scheduling of games will be done on a drop-in basis. Boys will play in the morning. Girls will play in the afternoon.

1. Only one boy and one girl from each school may compete.
2. This is a single elimination event.
3. In the initial rounds only one set will be played.
4. There will be a fifteen-minute time limit for each set in the initial rounds.
5. The semifinal and final matches will be two of three sets.
6. All games are no AD games.
7. Individual players will keep their own scores for each set and report the results to the judge.

Three-on-Three Basketball

Basketball Courts

This will be a single-sex event. Girls will play in the morning and boys in the afternoon.

1. Each school may enter two teams: one boys' and one girls'.
2. This will be a round robin event.
3. This is a half court event.
4. Until the semis the winner will be the first team to reach ten points or whoever is leading after ten minutes.
5. Each basket counts one point.
6. Semifinal and final games will be to 12 points (no time limit).
7. Basic half court rules apply.

Tug of War

Top Softball Field

1. 1500 pounds of students or 12 small students may compete.
2. There will be at least two ropes going simultaneously.
3. Match ups will be on a first-come, first-served basis.
4. This is a single elimination event.
5. Winner must pull the opposing team across the designated line.
6. Gloves may be worn.
7. No wrapping the rope around arms or hands.
8. Only the anchor may loop the rope, but not tightly.
9. Any students seen jumping on the ends of the lines to "help" will automatically disqualify the team pulling the rope.

N.B. Sneakers only may be worn. No cleats, no boots, no sandals, and no bare feet.

This event may be stopped at any time by the judges if conditions become unsafe. The main concern of the judges will be the safety and well being of the students.

Volleyball Competition—Coed only!

The Volleyball Courts

Playing times will be assigned before CSLD according to the date of the receipt of registration.

1. Although there is no limit to team size, there may be only six players on the court at the same time.
2. At least three players must be girls.
3. This is a single elimination event.
4. 11 points except the semis and finals (15 points) will determine all games.
5. Games must be won by two points, or by whoever is ahead after ten minutes.
6. There is no time limit on the final game.
7. There will be two judges per game to keep score and call the lines.
8. No more than three hits to get the ball over the net
9. The ball may not be pushed or thrown over the net.
10. The same person may not hit the ball twice in a row. On a double hit the ball is dead.
11. Rotations must be made out of position five and into position four.
12. Substitutions are unlimited.
13. Semis and finals will be played with whistles for the purpose of stopping play and scoring.
14. Decisions of the judges will be final.

Note

1. A school entering more than one contestant/team per event will be disqualified.
2. Events start on time. Times and locations are listed on the daily schedule. Students who behave rudely or disrespectfully will be disqualified immediately
3. Tell students ahead of time the rules for different events and impress upon them that most of the rules have been established for safety as well as for fairness. Students should not participate in any event if they do not feel that they can follow the rules.
4. All students participating must wear tunicas or they will be disqualified.
5. If you have any questions regarding the rules or the operation of the event, please contact Ron Swanson at (860) 236-4221 (day) or (860) 282-9477 (evening).