

Sherburne-Earlville



Coach Handbook
2010-2011

INTRODUCTION

The objective of this document is to provide a reference handbook so that all coaches may follow the general regulations governing the functioning of the Athletic Department and its programs. All areas of general routine are included here; regulations required by special, individual or temporary situations will be issued when necessary and presented to the attention of the coaches.

Coaches will be expected to be familiar with all duties, rules and regulations pertaining to their sport and conduct their program accordingly. The Athletic Director has on file a copy of the handbook for section III and a copy of the NYSPHSAA handbook. Coaches will receive a copy of rules, which govern the playing of their sport.

Conscientious performance of routine duties by all coaches is a must in order to effectively administer the program. Laxity, indifference or a highly individualistic attitude toward established regulations prevents the proper functioning of the school program.

As a coach you are a very special person. You have the ability to experience relationships and mold an individual greater than anyone else your athlete may encounter. Take this responsibility seriously! Lead by example. To operate any other way is unacceptable. We are here for the athletes and no other reason. Make this a rewarding and beneficial experience for all.

IMPACT OF COACHES

I have come to a frightening conclusion.
I am the decisive element in the gym, on the field, or on the court.
It is my personal approach that creates the climate.
It is my daily mood that makes the weather.
As a coach, I possess tremendous power to make an athlete's life miserable or joyous.
I can be the tool of torture or an instrument of inspiration.
I can humiliate or humor, hurt or heal.
In all situations it is my response that decides whether a crisis will be escalated or de-escalated and an athlete humanized or dehumanized.

"One hundred years from now, it will not matter what kind of car I drove, what kind of house I lived in, how much money I had, nor what my clothes looked like. But the world may be a little brighter, because I was important to a child"

PHILOSOPHY, PRINCIPLES OF ATHLETICS

COACHING IS TEACHING
And
THE FIELD IS YOUR CLASSROOM

PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS

Athletics should be a broadening experience where athletes prepare their minds and body in order to reach maximum potential.

Interscholastic athletics serve as a miniature model of life in that they provide opportunities for students with regard to responsibility, fair play, cooperation, concern for others, leadership, respect for authority, good citizenship, loyalty and tolerance.

To utilize fully the potential in athletics for educational experiences, the athletic program should:

1. Be regarded as an integral part of the total educational program.
2. Supplement, rather than serve as substitutes for the basic physical education program.
3. Be conducted by persons with adequate training in physical education or the NYS coaching certification program.
4. Be conducted so that the physical welfare and safety of the athletes are assured.

There are no major or minor sports. There is no hierarchy of athletic importance. Each sport has their own role to play in the development of the athletes participating.

Competition is seen as part of the experience of the program, but it is not the full reason why the program exists. While we play to win, winning is not the only thing or even the most essential thing. The number of victories is only one criterion when determining a team's success.

The coach always remains an educator, a counselor, an expert. Students are never demeaned when they are corrected. The language and tactics that are used always reflect the civility, order and respect that is required in all other areas of school life.

CODE OF ETHICS

The staff assigned to the interscholastic athletic program of our school subscribes to the Code of Ethics as recommended by the N.Y.S.P.H.S.A.A.

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish an appropriate relationship between visitors and hosts.
6. To respect the integrity and judgement of sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative and good judgement by the players on the team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well being of the individual players.
10. To remember that an athletic contest is only a game-not a matter of life or death for player, coach, school, official, fan, community, state or nation.

COACHES RESPONSIBILITY

Coaches checklist - self evaluation - responsibilities

I. Pre-Season Responsibilities

- _____ 1. Attend coaches meetings prior to the start of the season.
- _____ 2. Make sure First Aid, CPR/AED certification is updated and on file with the Athletic Department.
- _____ 3. Hold pre-season meeting for athletes and parents to go over parent-athlete folders (schedules, physicals, practice sessions, as well as other administrative paperwork that needs to be complete).
- _____ 4. Turn in to Athletic Department:
 - _____ 4-1. Practice schedule (date, time, location)
 - _____ 4-2. Goal and objectives for your team.
 - _____ 4-3. Assistant coaches responsibility sheet for all assistant, JV and modified coaches under your supervision.
 - _____ 4-4. Work request orders for maintenance of facilities.
 - _____ 4-5. Facility use requests for home contests.
 - _____ 4-6. Transportation request forms.
 - _____ 4-7. Change in schedule request for games and scrimmages.
- _____ 5. Make sure all equipment and home sites are ready for competition as well as practice.

II. In-Season Responsibilities

- _____ 1. Collect all forms before a student is allowed to practice
 - _____ 1-1. Emergency Treatment of minors.
 - _____ 1-2. Risk of Injury.
 - _____ 1-3. Consent form.
 - _____ 1-4. Eye Glass Waiver.
 - _____ 1-5. Health History - Parent Permission
 - _____ 1-6. Code of conduct.
 - _____ 1-7. Complete Squad Information Sheet.
(alphabetical order)
- _____ 2. Follow all guidelines for individual and team practices recommended by the N.Y.S.P.H.S.A.A. handbook.
- _____ 3. Prepare daily practice schedules.
- _____ 4. Return to the Athletic Director numerical roster for programs once the uniforms are handed out.

- ____5. Supervise the students from the time they report until the time they leave your activity. Do not leave student-athletes unattended.
- ____6. Make sure all the equipment, building and storage facilities are secure and all the student-athletes have left the facility before you leave.
- ____7. Make sure proper procedures were followed for squad members to be excused from school for athletic contests. Hand in an updated roster of the players that will be attending the game to the Athletic Director - One week before the contests start.
- ____8. Report all results of the scores to newspaper, Athletic Director, and other media.
- ____9. Review eligibility rules with all student-athletes. They should know what is expected of them. Follow all procedures and fill out proper forms for violations.
- ____10. Fill out accident report forms with 24 hours and follow all district procedures regarding injuries.
- ____11. Stay abreast of coaching techniques by participating in coaching clinics, in-service programs, studying films and reading articles and books pertaining to your sport.
- ____12. Attend and get involved in Sectional seeding meetings and league sport committees.
- ____13. Promote sportsmanship at all levels of your program. Attend athletic contest other than your own (V, JV, and Modified).
- ____14. Cooperate and work with all coaches on our staff to promote High School Athletics.
- ____15. Make sure all fund raising activities are cleared through the Athletic Director.
- ____16. Return all forms as requested.

III. Post Season

- _____ 1. Complete the end of the year report within one week of the season.
- _____ 2. Equipment inventory completed and equipment storage checked in with Athletic Director.
- _____ 3. Complete requisition for equipment, supplies and uniforms to the Athletic Director for next season. Your requisition should include amount, item, catalog number, color, size and price (along with the catalog). If the requisition is not complete, it will be given back.
- _____ 4. Post-Season meeting with the entire staff and Athletic Director. Identify strengths (things to keep) and areas that need improvements (things to change for next year) and develop a plan to get these things done.
- _____ 5. List letter awards presented at the end of the season and a short summary of the season to be included in the awards program.

Any additional comments you might have on improving your program for next year, please add at the bottom of this page.

Please return to the Athletic Director and make appointment to discuss your evaluation. Final portion of salary will not be paid until all obligations are complete.

Signature of Coach

Date

Director of Physical Education and Athletics

Date

Coaching Expectations and Responsibilities

A. *Coaches' Professional and Personal Relationships and Expectations*

The need for precise job description specifications is becoming obvious with the stronger emphasis on credibility and accountability in coaching. There is a definite need for precise criteria to measure coaching accomplishments within the framework of the Sherburne – Earlville School District objectives for their activity programs. These major performance areas stand out above others:

1. **Rapport**

A coach must be able to develop good rapport with numerous individuals and community groups; team personnel, the student body, the professional staff, the community as a whole, spectators, officials, fellow coaches of other teams, media and the parents of players.

2. **Cooperation**

The district expects the highest-level cooperation by all coaches and athletic staff members in the execution of their duties. Coaches must work cooperatively with their school athletic director, administration, other staff, team and parents.

3. **Leadership and Public Relations**

Diligence, enthusiasm, integrity, honesty and a love for the game are all part of the professional pride that should be exhibited by any coach. Personal appearance, dress, and physical condition – all should be exemplary. Public demeanor and decorum should always reflect positively on the school and athletic department.

4. **Discipline**

Every Sherburne – Earlville athletic team requires a high level of discipline among coaches, players and support staff. In this regard, the implementation of discipline and the attitude with which it's implemented is the coach's responsibility. Individually, the coach becomes a model of all that the program represents – observation of school codes, training rules, rules of the game, ideals of good sportsmanship, behavior of participants throughout the season and especially where the student body is concerned. Desire to do well, to win gracefully, to lose with poise and a positive attitude should be emphasized. Staff, players and spectators should be motivated to achieve established goals as a team and as individual players.

5. **Improvement**

All coaches must constantly take advantage of opportunities presented for self-improvement. Regular attendance of district meetings, rules clinics, special workshops and training opportunities in specific fields

is imperative. Membership should be maintained in professional organizations, coaches' associations, and similar groups whose programs are geared toward greater achievement and improved performance. Keeping abreast of current literature in professional journals, newspapers and magazine, and utilizing enrichment material available in other media forms is also expected.

B. Coaching Techniques

1. Use sound and acceptable teaching practices.
2. Run well organized practices
3. Complete pre-season planning well in advance of starting date.
4. Adhere to a highly efficient and technically sound program of injury prevention.
When injuries occur, follow a prescribed routine and maintain good communications with patient, trainer, doctor and parents.
5. Construct a well organized game plan
6. Develop a sound system for equipment accountability, including seasonal inventory, repair, reconditioning and replacement. All purchasing should be accomplished through the Athletic Director.
7. Keep assistant coaches, student managers and statisticians well informed as to what is expected. Cooperate fully with maintenance staff, transportation people and others similarly involved in overall program.

C. Coaches' Responsibilities

1. **To the players on the team**
The main reason for having athletic teams within the school is to help provide opportunities for young women and men to develop their respective capabilities to the fullest extent. Development of positive attitudes is an important means to accomplishing this aim. We must promote and teach only ethical, aggressive and fair play, while stressing good sportsmanship at all times. The coach must be the leader and set the example.

The coach should be fair and unprejudiced with players and sensitive to individual differences, needs, interests, temperaments, aptitudes and tolerances.

Players have a right to expect coaches to possess current knowledge and skill to instruct players competently and to assess their progress. In addition, coaches should be able to use strategies and conditioning methods appropriate for the level of competition and maturity of players.

The coach's primary responsibility is to ensure maximum growth of each squad member. In this regard, the safety and welfare of players should always be uppermost in the coaches' minds.

2. **To the school district**

As a coach, you have high-level visibility throughout the community and may have an impact on the home, the work place and at the meetings of many civic organizations. Your profession, as well as your reputation as a coach, is constantly under scrutiny.

Your actions and public communications should always reflect confidence and respect for the Sherburne – Earlville School District. Much can be done by the coach in public contacts to build and maintain a high level of confidence in the athletic program and the school district.

3. **To the school**

A coach owes her/his school maximal effort and loyalty at all times. She/he must constantly strive for excellence in all areas of her/his school.

To be effective, a coach must be respected. In this regard, good personal habits and neat appearance are important; but most important are the examples set by the coach. Being respected is much more important than being well liked. Treat the faculty, the players, and the general students with the same honor and respect that you would like extended to you. Private, firm, fair and constant discipline must be maintained.

The work of the coach must be consistent with the educational program of the school. The coach should demonstrate mastery of the principles of education and continuing attempts to improve in teaching methods, coaching methods and techniques.

The coach should give support to all endorsed activities of the school. At every opportunity, the coach should urge the student body to be polite, courteous and fair to the visiting team.

4. **To the profession**

A coach in the Sherburne – Earlville School District should continue professional growth in both the academic teaching area and the athletic coaching area. To best accomplish this, a coach should participate in professional growth opportunities whenever possible.

5. **To fellow coaches**

Although the head coach must assume leadership responsibilities, independent thought should be encouraged by all staff members. An important factor is human relations skills, which provide for an open exchange of ideas in a courteous, thoughtful manner.

A wise head coach will praise the assistants and award recognition whenever possible. Disagreements between coaches should be discussed privately and as soon as possible.

The head coach should expect all staff to contribute a full measure of time, effort, thought and energy to the program. The assistant coaches must be willing and able to do things that they may not wish to do, or even like to do. They must fulfill responsibility to the head coach, the athletes, and the sport itself. Conversely, head coaches are obliged to describe expectations for assistant coaches well in advance of a season.

It is most difficult to be a good assistant coach; however, the success of the school, the team and the coaching staff is dependent upon the quality and effort of the assistant coaches.

6. To other coaches in your school

One must always bear in mind that his or her sort is part of the total athletic educational program of the school. Therefore, it is important to support, promote and cooperate with all the other coaches and activity sponsors for the well being of the total program.

A coach should support and cooperate with other coaches whenever possible. All remarks should reflect confidence in one's fellow coaches. A Strong, harmonious, interpersonal relationship must exist among coaches and other faculty members.

7. To faculty members

A coach is expected to cooperate with every faculty member. If the coach cooperates with the teachers of academic subjects by allowing an athlete to make up a test or homework on practice time, that respect for the athletic program, coaching staff and the values of athletics will be significantly enhanced.

8. Physical plant

Each coach is responsible for the following:

- a) Keeping practice areas and locker rooms in order
- b) Storing equipment and using equipment properly – pride in the equipment and facilities is of primary importance to all athletes and coaches
- c) Keeping storage areas locked

COACHES AREA OF RESPONSIBILITY

A. *Teach*

Coaches can be sued for failure to teach fundamentals and protective skills for particular sports. In addition, athletic directors and head coaches must ensure that:

1. All athletes shall be taught appropriate protective skills.
2. All athletes should be taught fundamentals as an education progression:
 - Simple to complex
 - Known to unknown
 - Synthesize individual skills to develop more complex capabilities
3. Athletes should be praised or encouraged for:
 - Hard work and effort
 - Partial mastery and improvements
4. Assistant coaches and volunteer coaches must be qualified to carry out specific duties and responsibilities

B. *Properly Supervise*

1. Coaches must be physically present during all activity related to practice and competition whether coaching opposite or same gender teams. Coaches of teams must specify locker room expectations, team room expectations and remain in the general area until all athletes have departed.
2. The more hazardous the activity, the greater a coach's responsibility for supervision.
3. Young athletes require special attention with respect to:
 - Readiness for leaving or execution of a dangerous skill
 - Readiness for physical contact
 - Physical maturity differences pairings for practice or scrimmage

C. *School Policy*

Coaches must know school policy in every situation.

1. If no school policy, contact an administrator
2. If you fulfill school policy, you automatically fulfill your duties as a reasonably prudent administrator or coach.
3. Know if you have school policy and do not deviate from it.

D. *Equipment*

If an injury occurs

1. Keep and label the equipment. Get evidence of purchase and sequester it.
2. If the injury was recorded on film, study the film and keep it.
3. Get witnesses immediately

E. *Potential source of Liability for Coaches and Administrators*

1. **Failure to supervise an activity**

2. Negligently entrusting responsibility to an under qualified or unqualified individual
3. Failing to teach appropriate skills
4. Failing to teach skills properly
5. Failing to teach protective skills
6. Failing to provide and maintain a safe practice or playing environment
7. Failing to provide appropriately sized and fitted equipment
8. Failing to inspect, repair, recondition equipment properly
9. Failure to teach athletes to inspect and wear their equipment properly
10. Failure to check young athletes for proper fitting and wearing of equipment
11. Failing to provide proper equipment
12. Failing to warn and deter unsafe or illegal execution of skills
13. Failing to develop and implement policies and procedure intended to enhance safety for each activity
14. Failure to implement recognized safety standards promulgated by various sports regulatory or sports medicine agencies
15. Failure to match or equate athletes by maturity and development
16. Failure to administer first-aid properly
17. Failure to warn of dangers inherent in certain activities.
18. Failing to seek medical approval for an injured athlete to return to practice or competition
19. Failing to keep adequate and accurate records.

F. *Duties of a Coach*

1. Provide a safe practice or competitive environment.
2. Properly plan and supervise an activity.
3. Develop site-specific emergency response plans
4. Evaluate athletes for injury and response with approved first aid/emergency response techniques.
5. Match or equate athletes appropriate with focused attention to maturity or developmental differences.
6. Provide or maintain appropriate, safe and properly fitted equipment.
7. Warn athletes and parents of inherent risks of a sport. Maintain a file of comprehension statements from parents and athletes
8. Supervise appropriately before, during and following practice, conditioning or competition.
9. **Keep thorough records.**
10. Know, document, post and implement school policies.

CHARACTERISTICS OF A GOOD COACH

Professional and Personal

A coach must project an image, which will exemplify everything positive that athletics stand for. The Section III Sportsmanship Policy applies to coaches, as well as athletes.

1. Coach-Player Relationships - Ability to gain respect of players, control their actions, communicate with individual players and the team as a whole.
2. Coach-Staff Relationships - Ability to get along and work cooperatively with fellow coaches and other staff members. Head coaches must show an ability to gain the respect of assistants and lead them in developing an overall program.
3. Coach-Parent Relationships - Ability to meet, communicate and work with parents.
4. Public Relations - Ability to develop good rapport in the community and with the news media.
5. Proper Bench Conduct - Ability to control one's self, emotions and actions in order to concentrate on coaching the players, and set a positive example for all in attendance.
6. Conduct In and Out of School - Understanding and cooperating in carrying out school and league policies and procedures as they relate to athletics.
7. To Properly Carry Out Regular School Teaching Duties and Responsibilities - Ability to place coaching and athletics in their proper perspective, as an outgrowth of the regular school day and physical education program. Teachers must try to arrange practices etc. so that there is minimal interference with their classroom duties. Only scheduled away contests, with an early leaving time, should necessitate coaches leaving early.

Coaching Performance

1. Good team discipline and control.
2. Properly supervise and manage athletes in locker room, field or court, and on trips.
3. Stay knowledgeable and updated in their sport.
4. Appropriate planning and preparation for development of athletes and team. Develop proper techniques and methods for instruction.
5. Appropriate preparation and administration for games.
6. Exercise proper supervision and responsibility for equipment and supplies issued to the team.
7. Inventory equipment and supplies; appropriate requests within budget.
8. Loyalty to school, administration and fellow coaches.

Teaching Techniques

Sound, proven and accepted techniques of teaching should be used that allows individual and group instruction. Athletes should be given the opportunity to use what they are taught through appropriate practice planning. Coaching is teaching and, therefore, subject to the same professional standards.

**IF YOU KEEP DOING WHAT YOU HAVE ALWAYS DONE
YOU WILL KEEP GETTING WHAT YOU HAVE ALWAYS GOTTEN**

APPOINTMENT TO A COACHING POSITION

The success of our athletic program will depend in a large part on coaches who are well qualified and competent.

All coaching appointments are yearly appointments. There is no tenure as far as coaching positions are concerned. At the end of each season the Director of Athletics will evaluate the coach.

All vacancies will be posted.

COACHING EVALUATIONS

SHERBURNE - EARLVILLE COACHES EVALUATION REPORT

Name:

School Year:

Sport:

Level:

Number of Years Coaching: _____

Evaluation: Rating 1-5 (Scale Range: 1. Poor, 2. Needs Improvement, 3. Average,
4. Good, 5. Excellent)

ADMINISTRATION:

RATING: COMMENTS:

- A. Care of Equipment
(issue & return)
- B. Practice Organization
(prepares & follows plans)
- C. Adheres to school policies
(knowledge of handbook)
- D. Supervision of students
(constant & on-going)
- E. Public relations (promote
program in school & media)
- F. Staff supervision and
development (head coach)
- G. Program development and
promotion (head coach)

COACHING SKILLS AND PERFORMANCE:

- A. Knowledge of fundamentals
(basic skills & techniques)
- B. Presentation of fundamentals
(communication & repetition)
- C. Conditioning of players
(fit for play)
- D. Prevention and care of injuries
(safety & treatment)
- E. Game preparation
(strategies & scouting)

- F. Appearance of team on field
(unity and appearance)
- G. Team execution on field
(organization and hustle)
- H. Team attitude and conduct
(enthusiasm & concern for others)
- I. Player & team improvement
(from beginning to end of season)

PROFESSIONAL AND PERSONAL RELATIONSHIPS:

- A. Rapport with:
 - 1. Players
 - 2. Coaching Staff
 - 3. Parents
 - 4. Game officials
 - 5. Coaches of other programs
 - 6. Academic teachers
 - 7. Administration
- B. Discipline
 - 1. Firm control
 - 2. Fair & consistent treatment
of players
 - 3. Use of appropriate language
- C. Sportsmanship
 - 1. Displays and promotes
good sportsmanship

RELATED COACHING RESPONSIBILITIES

- A. Participation in staff meetings
- B. Participation in league meetings
(head coach pre & post meetings)
- C. Keeps updated with current
literature (coach magazines or books)
- D. Attends clinics/camps

Comments:

)

Coaches Comments:

)

Coach

Athletic Director

)

Date

Signatures indicate review was made on date specified.

EQUIPMENT

EQUIPMENT ISSUANCE

The purchase of athletic equipment is the responsibility of the Athletic Director. Coaches will have input concerning personal preference in the budget development process. No coach is to order equipment on their own. The issue, collection, maintenance and inventory of all equipment shall be the responsibility of the Head Coach in charge of that sport. All asst. coaches will assist in carrying out the responsibilities listed above. An appropriate tracking system must be developed so each coach knows exactly what each athlete has been issued. We have had many problems with coaches not keeping an accurate record of distribution, which creates difficulty in collection.

EQUIPMENT COLLECTION

All equipment must be collected immediately at the end of the season. The last game should be followed by equipment collection. Any athlete who leaves a team during the season should have their equipment collected AT THAT TIME.

ALL athletes will assume full responsibility for proper care, return or payment of any equipment issued regardless if its loss or theft.

The collection of equipment is the responsibility of the coach.

Students will be charged the full replacement value of any missing articles.

EQUIPMENT INVENTORY

At the conclusion of the season, all equipment should be inventoried thoroughly - quantity, sizes, and quality should be recorded. This is the best time for the Head Coach to evaluate their budgetary need for the following seasons. An updated inventory must be submitted to the A.D. prior to the Head Coach submitting budget requests.

School equipment and uniforms will not be used or worn for any outside activity or in physical education class.

APPENDIX A

COMMON MYTHS REGARDING SAFETY AND LIABILITY IN SPORT

COMMON MYTHS REGARDING SAFETY AND LIABILITY IN SPORT

IF NO ONE
COMPLAINS ABOUT
THE CONDITION OF
A FACILITY OR
NOTIFIES ME OF AN
UNSAFE CONDITION,
I AM NOT LIKELY TO
BE HELD LIABLE IF
AN INJURY OCCURS.



COMMON MYTHS REGARDING SAFETY AND LIABILITY IN SPORT

ALL OF OUR EQUIPMENT IS
INSPECTED BEFORE THE
SEASON AND THE
MAINTENANCE CREW TAKES
CARE OF THE FACILITIES. OUR
COACHES DON'T HAVE TO
WORRY ABOUT LIABILITY IN
THOSE AREAS.

COMMON MYTHS REGARDING SAFETY AND LIABILITY IN SPORT

NO ONE CAN BE EXPECTED TO
PUT AWAY THE PORTABLE
GOALS, PORTA-PITS,
WRESTLING MATS, OR THE
HEAVY GYMNASTICS
EQUIPMENT AFTER EACH
PRACTICE.

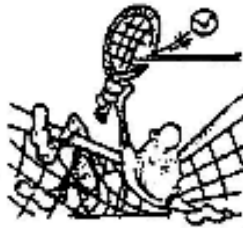
COMMON MYTHS REGARDING SAFETY AND LIABILITY IN SPORT

WE HAVE A
FULL TIME
TRAINER IN
OUR SCHOOL.
THIS RELIEVES
OUR COACHES
OF WORRIES
ABOUT FIRST
AID.



COMMON MYTHS REGARDING SAFETY AND LIABILITY IN SPORT

IF THE
PARTICIPANT'S
INJURY WAS
CAUSED, AT
LEAST, IN PART
BY HIS/HER OWN
NEGLIGENCE, I
CANNOT BE HELD
LIABLE.



COMMON MYTHS REGARDING SAFETY AND LIABILITY IN SPORT

DON'T DISCUSS THE
POSSIBLE DANGERS
OF AN ACTIVITY
WITH THE
ATHLETES. IT WILL
RAISE THEIR FEARS
AND MAKE IT MORE
LIKELY THAT THEY
WILL CONSIDER A
LAWSUIT IN THE
EVENT OF AN
INJURY.



COMMON MYTHS REGARDING SAFETY AND LIABILITY IN SPORT

AVOID
WRITTEN
POLICIES AND
PROCEDURES.
TOO OFTEN
THEY ARE USED
AGAINST YOU
IN COURT.



COMMON MYTHS REGARDING SAFETY AND LIABILITY IN SPORT

WRITTEN PLANNING MAY BE
IMPORTANT FOR THE ROOKIES,
BUT THOSE OF US WITH MORE
EXPERIENCE CAN BETTER USE
OUR TIME IN OTHER WAYS
AND CAN BE MORE FLEXIBLE
IN OUR PRACTICE PLANNING.

COMMON MYTHS REGARDING SAFETY AND LIABILITY IN SPORT

BE SURE YOUR ACCIDENT REPORTS
INCLUDE A QUESTION CONCERNING
PROGRAM CHANGES WHICH MIGHT
PREVENT SIMILAR ACCIDENTS IN THE
FUTURE. THIS WILL BE AN ASSET IN THE
EVENT OF A LAWSUIT BECAUSE IT
CLEARLY ILLUSTRATES YOUR CONCERN
FOR SAFETY.

APPENDIX B

HIGH SCHOOL SPORTS STANDARDS

HIGH SCHOOL SPORTS STANDARDS CHART FOR INTERSCHOOL COMPETITION

SPORT	Number Practices Prior To First Scrimmage		Number Practices Prior To First Contest		Team And Individual Maximum No. Contests *	Min. Time Between Contests or Scrimmages	Individual Contest Limitations Per Day	RULES	Scrimmage Limitations Per Day
Badminton	6	4	8	6	---	1 night	3 matches	USBA	1
Baseball	8	6	10	8	20	1 night	2 contests	NFHS	2
Battery	10	8	15	13					
Basketball	8	6	10	8	18	1 night	1 contest	NF - BOYS NCAA - GIRLS	1
Bowling	training	training	training	training	20	1 night	6 games	USBC	1
Cross Country	10	8	10	10	16	2 nights	5000 meters or 3.1 miles	NFHS	1
Fencing	10	8	15	13	20	1 night	3 contest	USEA	1
Field Hockey	8	6	10	8	16	1 night	1 contest	NFHS	1
Football	11	11	15	15	9	4 nights (1)	1 contest	NFHS	1
Golf	training	training	training	training	18	1 night	1 match	USGA & LOCAL COURSE RULES	1
Gymnastics	10	8	15	13	16	1 night	6 events (boys) 4 events (girls)	NFHS BOYS USAGJO - GIRLS	1

Ice Hockey	8	6	10	8	20	1 night	1 contest	NFHS	1
Lacrosse	8	6	10	8	16	1 night	1 contest	NFHS- BOYS US Lacrosse - GIRLS	1
Rifle	3	2	5	3	16	1 night	1 contest	NRA	1
Skating	8	6	10	8	16	1 night	2 events	FIS & USSA	1
Soccer	8	6	10	8	16	1 night	1 contest	NFHS	1
Softball	6	4	8	6	20	1 night	2 contests	ASA	2
Swimming	12	10	12	10	16	1 night	4 events	NFHS	1
Tennis	6	4	8	6	18	1 night	2 matches ++	USTA	1
Outdoor Track	10	8	10	10	16+	1 night	4 events	NFHS	1
Winter Track	10	8	10	10	16+	1 night	3 events	NFHS	1
Volleyball	6	4	8	6	20	1 night	Tournament: 15 games 2 matches/day	USVBA Jr- BOYS NCAA - GIRLS	1
Wrestling	10	8	15	13	20 points +	1 night	4 bouts 5 bouts tournament only	NFHS	1

(1) 2 nights for scrimmage

+ indicates maximum plus sections, state championships and games necessary to break divisional or league ties

+ indicates maximum number of contests in which an individual competitor may participate

++ modified scoring system must be used (see p. 118)

NYSPHSAA, Inc. SPORTS STANDARDS

JEWELRY RULE - No jewelry, which includes visible body piercing objects, shall be worn in any sport. Any piece of jewelry that is visible at the start of or during a contest is in violation of the NYSPHSAA Jewelry Rule. Religious medals must be taped to the body and under the uniform. Medical medals must be taped to the body so they are visible. Soft, pliable barrettes are permissible, body gems are not. Metal barrettes are permissible in Girls Gymnastics only. **NOTE:** The sports of Bowling and Golf are exempt from this rule. **Wrist watches are permitted in cross country.**

UNIFORMS - The use of an American flag or a memorial patch/arm band is approved when it is worn and/or placed in accordance to the sport specific rules.

GAME BALLS - NFHS authenticating mark is not required on game balls for competition.

THUNDER & LIGHTNING POLICY (EFFECTIVE 10/25/04): Applies to regular season through NYSPHSAA Finals:

1) Thunder and lightning necessitates that contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion - thunder is thunder, lightning is lightning.

a) With your site administrator, set up a plan for shelter prior to the start of any contest.

2) When thunder is heard and/or when lightning is seen, the following procedures should be adhered to:

a) Suspend play and direct participants to go to shelter, a building normally occupied by the public or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, car).

b) Do not permit people to stand under or near a tree; and have all stay away from poles, antennas, towers and underground watering systems.

c) After thunder and/or lightning have left the area, wait 30 minutes after the last boom is heard or strike is seen before resuming play or competition.

31. **BADMINTON** - A contestant may participate in no more than 3 matches per day. There must be a 15 minute rest between matches 1 and 2, and a 30 minute rest between matches 2 and 3. For other requirements see p. 108.

32. **BASEBALL** - Battery candidates shall have at least fifteen practice sessions. All catchers shall wear a throat guard protector attached to the mask. It is recommended the protector be rubber. A contestant may participate in two regulation games per day with at least a fifteen minute rest between games. A pitcher may pitch in a maximum of twelve (12) innings in one (1) day but no more than eighteen (18) innings in any six (6) consecutive day period. Delivery of one (1) pitch constitutes having pitched an inning. If he pitches in eight (8) or more innings in a day, he must have two (2) nights of rest before he can pitch again. Any violation of the rule will be considered in the same light as a school using an ineligible player. The game will be forfeited. For other requirements see p. 108. **NOTE:** The Baseball Agreement between the National Federation and the Major and Minor Baseball Leagues provides that no professional team may enter into a contract with a student until after graduation or that class has been graduated from high school, or one is no longer eligible for high school competition. Contact NFHS for more details.

State Association Adoptions:

1. Commemorative patches are permitted in accordance with Rule 1-4-4. (Jan. 2006)
2. Umpires may wear navy, light blue or red uniform shirts. (Oct. 2007)

3. TIED AND SUSPENDED GAME RULE: To be used for NYSPHSAA Championship Tournament. May also be used during regular season play with Section approval.

- 1) An official game is 5 innings or 4 and one-half if the home team is ahead. If a winner can be determined and no more baseball can be played that day, the game is over and a winner is declared. The game does not have to go 7 innings.
- 2) If a game is stopped before it becomes an official game, the game is a suspended game. This game will be picked up at that point. Score, inning, count of batter etc, should all be recorded in scorebook.
- 3) If the game is stopped after having gone long enough to be an official game, however a winner cannot be determined due to a tied score. This game becomes a tied/suspended game at that point. This game will be picked up at that point. Score, inning, count of batter etc, should all be recorded in scorebook.
- 4) If a game is stopped after having gone long enough to become an official game and:

a) The visitors score a run or runs in the top half of the inning. The game reverts back to the last completed inning and either a winner is declared or we have a tied/suspended game. Or,

b) The visitors score a run or runs in the top half of the inning and the home team does not complete their at bat. The game reverts back to the last completed inning and either a winner is declared or we have a tied/suspended game. If we have a tied/suspended game we pick up from that point (Visitors runs in the top half of the inning and home team runs in bottom half count). This game will be picked up at that point. Score, inning, count of batter etc, should all be recorded in scorebook.

c) The home team ties the game in the bottom half of the inning but doesn't complete the inning. If we cannot play anymore we have a tied/suspended game at that point. This game will be picked up at that point. Score, inning, count of batter, etc., should all be recorded in scorebook. Or,

d) The home team takes the lead in the bottom half of the 5th or 6th inning, then game is called. At that point the home team is declared the winner.

Scrimmages: A softball/baseball scrimmage must include free substitutions and lineup cards will not be exchanged. Scrimmages must also include *one or more* of the following:

1. Play six (6) outs per half inning (example - 3 outs clear the field/ 3 more outs).
2. Barring order must be altered or modified to include more batters than rules permit.
3. Start with a runner(s) on base with a predetermined situation for at least two (2) full innings. Adopted January 2009.

33. BASKETBALL: Boys' basketball will use a 35 second shot clock. For requirements see p. 108.

Waivers/Modifications - Girls Basketball:

1. The game will consist of 4 quarters of eight (8) minutes each. Intermission will be 1 minute after the 1st and 3rd quarter and 10 minutes at the half. Extra periods shall be four (4) minutes in length. (Oct. 2003)

2. Modification of fouls and penalties, Rule 10, Sections 4, 6 and 8, have been approved. (Oct. 2000)

3. A waiver until 2011 of the requirement of the home team to wear a light colored uniform in girls' basketball. (Oct. 2008)

4. A waiver of the requirement for officials to request a physician's note when an athlete wears a "sleeve" on the arms or legs. (Oct. 2008)

5. For the 2010-2012 season, a waiver of the NCAA womens' rules to allow for the sections that so desire to experiment with sixteen (16) minute halves. This waiver applies only to non-league contests at the varsity level upon mutual agreement of both schools (August 2010)

6. A waiver of the NCAA Rule Book requiring two (2) visible shot clocks, one (1) at each end of the court. If the shot clocks are not functional, the waiver would permit the game to be played with an alternate timing device. (Dec. 2009)

Waivers/Modifications - Boys Basketball:

1. With Section approval schools may experiment with two 16 minutes halves in tournaments and non-league games during the 2010-2012 season. (Oct. 2010)

2. The use of NFHS Rule 2-2-1 for all NYSPHSAA Championship semi-final and final games if it can be done at no additional expense to the Association.

Scrimmages - Boys and Girls: A basketball scrimmage must include 10 minute time periods with running time (except time-outs) and unlimited time outs. The score will be cleared at the end of the time period and the time will be reset. Scrimmages must also include one or more of the following:

1. Optional shot clock
2. Shoot only fouls against the shooter with free throws awarded in a one plus one.
3. At the end of the 1st and 3rd quarters, each team will run five (5) special plays. Example: out-of-bounds play underneath the basket; sideline out-of-bounds;

34. **BOWLING** - USBC rules will be used for scoring purposes only, with the exception of USBC rule #400 pertaining to amateur status. Any violation of USBC rule #400 will result in a one year suspension from the date of the infraction which mirrors the penalty for Eligibility Standard #2.

GAME: A game consists of 10 frames. **MATCH (contest):** Consists of a maximum of 3 games. **Tournament:** Consists of a maximum of 6 games and counts as 1 contest. The Baker format may be used a maximum of two times per season with a maximum of 15 Baker format games per tournament. A combination tournament is permitted with a maximum of eight (8) Baker format games and three (3) individual games. A Combination Tournament counts towards the maximum of two (2) Baker format tournaments. **Individual Limitations:** A student may not participate in more than one contest per day. **Tie Breaking Procedures:** In tournament competition only one of the following tie breaking procedures may be used until the tie is broken: 1. regular game; 2. 9th & 10th frame roll off; 3. one game Baker format. The tie breaking procedure must be designated prior to the start of the tournament. With Section approval, Section championship tournaments may utilize a combination tournament that will consist of a maximum of three (3) standard team games and a maximum of fifteen (15) Baker style games (Dec. 2009). No practice bowling will be allowed in the tournament house after midnight of the day preceding the State Championship. Violations of this rule will result in individual or team disqualification. The oil pattern will be announced in advance of the NYSPHSAA Bowling Tournament. The pattern will be prepared for the practice round, with the understanding the pattern will be set as consistent as possible throughout the tournament. Other pertinent lane information will be included in the pre-tournament announcement. (August 2009). It is recommended that training should precede the first contest and that all competitors be in uniform. The foul line rule shall never be set aside. For other requirements see p. 108.

Scrimmages: In a bowling scrimmage any format may be used and substitutions may be made at any time. No official scores may be kept; therefore, scores may not be used in calculating season average or for qualifying for sectional or state tournaments. Scores may not be used toward league or non-league standing.

35. **CROSS COUNTRY** - Interschool cross country runs shall not exceed 3.1 miles or 5000 meters in length. A maximum of 2 meets per week (Monday-Sunday) shall be permitted. An individual competitor may participate in a maximum of 18 contests. For other requirements see p. 108.

Waivers/Modifications:

1. **Waiver of the NYSPHSAA Jewelry Rule to allow the wearing of a wrist watch.** (Oct. 2008)

36. **FENCING** - Interschool competition in fencing shall be conducted under the rules of the United States Fencing Association, provided such rules do not conflict with NYSPHSAA, Inc. requirements. A contest consists of three (3) bouts. Individual competition may not exceed nine (9) hours in one day. For other requirements see p. 108. For a complete list of approved rule clarifications, go to Handbook section at www.nyspsaa.org.

37. **FIELD HOCKEY** For other requirements see p. 108. Protective eyewear which meets the ASTM Standards shall be worn by all member school field hockey players (May 2007). If undershirts are worn, they must be white in color for the home team and dark in color for the away team (Feb. 2008). Sections may determine which of the approved overtime procedures to follow (May 2006).

State Association Adoptions:

1. Officials may wear a colored or black and white stripe shirt. (Jan. 2005)
2. The game clock may continue to run after goals are scored and when one team is ahead by 5 or more goals. (Jan. 2005)
3. When a player is yellow carded during overtime, the offending team will play shorthanded.

Scrimmages: A field hockey scrimmage must start with a sideline or 16 yard hit and includes one or more of the following:

1. A running clock and/or modified periods
2. Incorporate all or part of the Overtime Procedure into the scrimmage
3. Each team will take 5 offensive corners, playing until either a goal is scored; ball goes out of bounds or crosses the 25yd line.

38. **FOOTBALL** - A contestant (or team) may participate in no more than 10 interschool football contests, inclusive of sectional championships. The 9th game is permitted, with section approval, for teams who do not qualify for sectional play. For the teams involved in the sectional tournament, the maximum number of contests shall be 10. For those sections involved in the state championship three additional games are permitted for a total of 13 games for the season: 1 game for regionals, 1 game for semifinals, and 1 game for championships. Interschool contests (both scrimmages and contests) in football shall be permitted only in those schools which have an adequate number of students on the squad who are physically fit, eligible and prepared for each game as follows: Eleven man football—16 or more; eight man or nine man football—14 or more; six man football—12 or more. All football games of the NYSPHSAA, Inc. shall be played following National Federation Football rules.

The first two (2) days of practice must be noncontact, without the use of protective equipment and mechanical blocking devices. The use of cones, ropes, ladders, step-over dummies, soft hand shields and similar devices as teaching aids is permissible. Helmets may be worn. **The next three (3) days** provide a transition from the conditioning phase to full contact. During this phase, players are permitted to wear a helmet and shoulder pads. Blocking dummies, sleds and similar devices are permitted. During this phase, player to player tackling drills, team scrimmaging, running full contact plays, etc., are not permitted. **The following six (6) days** consist of contact practice

with full protective equipment and the use of all training devices. Full player to player contact and team scrimmaging is permitted. **Four (4) additional practices** must be completed by the individual and team prior to the first contest. Interscholastic scrimmages may commence after eleven (11) practices have been completed by the individual player and team. Interscholastic contests may commence after fifteen (15) practices have been completed by the individual player and team. (May 2010)

NOTE: For any violation of this rule, the head coach will be suspended from the next regularly scheduled contest. The coach may not be present at the game site nor communicate in any manner during the contest with any person present at the site. Not being present at the site means the disqualified coach is not present in the locker room, on the sidelines, in the stands or site area before, during or after the game.

The minimum time between interschool football scrimmages shall be two days. It is recommended that a physician be present at all football games. If the services of a physician cannot be obtained, coverage should be provided by persons qualified to give emergency care (e.g. physician assistants, emergency squads, athletic trainers). For other requirements see p. 108.

Scrimmages: Football scrimmages shall be governed by the following: (a) no official score is kept, (b) no definite time is set or kept, (c) coaches are permitted on the field to provide instruction and make corrections, (d) different configurations governing possession time and down and distance situations (than those normally used in a game) may be used to govern play, (e) unlimited time-outs and stoppages of play are permitted and encouraged for the purpose of both providing instruction and adequate rest periods, (f) the use of officials would be permitted and encouraged whenever possible for the purpose of instruction regarding the rules and proper application of rules, (g) no kickoffs are permitted, (h) punts and extra point kick attempts may involve live play until the ball is kicked. Punts may not be advanced and all fumbled punts and muffs will be blown dead immediately, (i) the total number of plays should be recorded to prevent an individual player from being involved in more than a maximum of 90 live contact plays during the entire scrimmage, (j) no admission may be charged, (k) the participation of student support groups such as cheerleaders, bands, kicklines, etc. are prohibited.

39. **GOLF** - Practice sessions should precede the first match. It is recommended that practice and matches be carefully supervised by the school coach. For other requirements see p. 108.

For NYSPHSAA Championship play:

1. **Range Finders** are not approved during competition, however may be used in practice rounds by coaches or players.
2. **Rulings** may only be pointed out by the competitors and markers. Spectators are not permitted to make rulings.
3. **Practice Rounds:** Only competitors may play in the student-athlete's practice rounds. Coaches are limited to being on the course in a supervisory and coaching capacity.

Scrimmages: A golf scrimmage must include *one or more* of the following:

1. Use different tees
2. Play multiple shots and multiple putts
3. Play two (2) or three (3) balls
4. Alter playing format: match play, Ryder cup, or best ball format

40. **GYMNASTICS** - Metal barrettes are permissible. For all competition the Technical Handbook for Girls' Gymnastics, 4th edition, will be used (approved August 2009). For requirements see p. 108.

41. ICE HOCKEY - All games shall be played according to the rules of the NFHS Hockey Rulebook with all approved changes and interpretations as established by the NYSPHSAA, Inc. Ice Hockey Committee. Ice Hockey games shall consist of three (3) fifteen (15) minute periods. The minimum number of ice hockey players for competition as well as interschool practice sessions shall be nine players and one goaltender. All players shall wear helmet including ear piece, full face masks and throat protectors and all goalkeepers must wear a throat guard or neck protector. All players must wear helmets while on the bench or in the penalty box. During the regular season each game begins on a clean sheet of ice and at minimum the ice is cleaned after the 2nd period. If the ice is not cleaned after each period there will be at least a three (3) minute rest period or intermission between periods 1 and 2. For other requirements see p. 109. For a complete list of approved NFHS waivers, go to Handbook section at www.nysphsaa.org.

Scrimmages: An ice hockey scrimmage shall be divided into two (2) halves with the time to be determined by coaches. The time clock and penalty clocks may be used for time keeping only but no score may be kept. During the scrimmage one or more of the following must be included:

1. Each team must play short-handed in predefined situations.
2. Use of half (1/2) ice situations

42. LACROSSE - All games shall be played according to the rules of the NFHS Lacrosse Guide (boys) or U.S. Lacrosse Standards (girls) with all approved changes and interpretations as established by the NYSPHSAA, Inc. Lacrosse Committees. In girls' lacrosse field players are required to wear lacrosse goggles which meet ASTM standards. In 2009 Boys JV Lacrosse will play 12 minute quarters. (May 2007) For other requirements see p. 109.

Waivers/Modifications:

Girls Lacrosse:

1. Permanently waive Rule 1 Field Dimension for regular season play only. (Aug. 2004)
2. Goalkeeper Substitutions: After reporting to the score table, a goalkeeper is permitted to move down the sideline to await the current goalkeeper to exit the field. She then may enter the field of play. (Oct. 2005)
3. Suspended Game: In Sectional, Regional and State Semi-Finals and Finals the game will be resumed from the point of interruption on the next available date. Teams that have possession at the point of interruption will retain possession in a draw alignment with the opposing center 4 meters away. If there is no team possession, it will be a draw. (May 2010)

Scrimmages: A lacrosse scrimmage must have modified time periods and include one or more of the following:

1. Alternate possessions.
2. Start the scrimmage with either a Draw (girls) or a Face-Off (boys)
3. Include the following game situations:
 - a. Face-Off/Draws - Boys/Girls
 - b. Clears and Rides - Boys/Girls
 - c. Extra Man and Man-Down - Boys/Girls
 - d. Fast Breaks - Boys/Girls

43. OUTDOOR TRACK & FIELD - A contestant shall be permitted in any one meet to compete in any four events. There must be one night of rest between contests and no more than three contests scheduled per week. An individual competitor may participate in a maximum of 18 contests. Wrist watches are approved for practice only.

For other requirements see p. 109. **NOTE:** Failure of the home school to meet its obligation of providing legal equipment for an event shall result in all points for the event being forfeited to the offended team.

Scrimmages: A track and field scrimmage must conform to the following:

1. No Scoring – no official results or place finishers recorded.
2. No performance may be used to meet the qualifying standard or be considered a record.
3. Competitors and events must adhere to the limitations of the NFHS.

44. **RIFLERY** - Interscholastic competition in riflery shall be conducted according to the rules of the National Rifle Association. For competition between teams in both small bore and air rifle, four contestants may fire with all four scores to count for the team score. One or more of these three positions are to be used: prone, offhand, or kneeling as determined by the Section. Only .22 caliber rifles with iron sights and .22 caliber rimfire ammunition are to be used. Air rifle events are approved. The home team is to furnish official N.R.A. targets for both teams. All safety precautions must be observed at all times. Rifles shall be cased when transported. Competitors shall wear hearing protective devices. The use of eye protection is recommended. For other requirements see p. 109. Coaching will be permitted for air rifle during Regional competition. (Oct. 2006)

45. **SKIING** - Each contestant shall wear a protective hard shell helmet during practice and competition for all alpine skiing practices and races, giant slalom and slalom. A contestant may participate in no more than two events in any one day of competition, provided that the last event of the day is cross country and that no more than one cross country event is raced per day. It is recommended that all meets be conducted under the rules of the U.S. Eastern Amateur Ski Association, the National Ski Association of America, and the Federation International de ski (F.I.S.). For other requirements see p. 109.

Waivers/Modifications: The minimum ski lengths for slalom and giant slalom. (May 2005)

Scrimmages: A skiing scrimmage will consist of one (1) or more runs of slalom, giant slalom and/or Nordic. Electronic timing and officials may be used for instructional purposes only.

46. **SOCCER** - For other requirements see p. 109.

Boys Overtime Procedure: Regular season games should consist of two 40 minute halves with two 10 minute sudden victory overtimes, if needed, to break the tie. Beginning with Section play and continuing on through the State Tournament, overtimes would consist of two 15 minute sudden victory periods and, if still tied, penalty kicks. The only exception to this would be in the State Championship game where co-champions would be declared after the two sudden victory overtime periods. (May 2008)

Girls Overtime Procedure: Regular season games would have two 40 minute halves followed by two mandatory 10 minute fully played overtimes. In Sectional and State Tournament play, the overtimes would be two 10 minute periods of full play followed by two 5 minute sudden victory overtime periods, if needed. Co-champions would be declared in the State Championship game if the tie was not broken after the two 5 minute sudden victory overtimes. (May 2008)

State Association Adoptions: (May 2008)

Length of Period: The game will be played in two equal halves of 40 minutes each.
Shorten Periods: By mutual agreement or in any emergency, by agreement of coaches or ordered by the head referee, provided it is determined to shorten the periods before the game or before the second half begins and all remaining periods are the same length.

Suspended Game: If less than one-half of the game has been completed, the game will be restarted from the point of interruption.

Time on Field: Time may be kept on the field by the head referee.

Score on Field: The official score may be kept by the head referee.

Reserve Official: The reserve official may assume the duties of the scorer.

Yellow Card Accumulation Policy: It is the intention of the NYSPHSAA Sportsmanship Committee to address the issue of the accumulation of Yellow Cards during the soccer season by an individual player or coach. The situations surrounding Red Cards are dealt with directly under the NYSPHSAA Guidelines for Sportsmanship and Misconducts outlined in the State Handbook for all sports. The consequences for the accumulation of excessive Yellow Cards will be as follows:

1. Five Yellow Cards accumulated by a single player or coach in the regular season will result in a one game suspension. Disqualifications due to an accumulation of five yellow cards occurring in the last game of the season will carry over into the next season of participation, if the team does not enter post season play.

2. The continued accumulation of Yellow Cards by the same individual or coach will result in a one game suspension per additional Yellow Card.

3. In the event that the player or coach receives two Yellow Cards in the same game, resulting in a Red Card, the two Yellow Cards will not count toward the season total, since the player or coach will receive a one game suspension as a result of the misconduct and ejection.

4. The accumulation card total is for regular season play only and the process will start over again for post season play. However, any penalties awarded as a result of the last regular season game will carry over into the post season.

5. The post season policy will provide a one game suspension after three Yellow Cards and a one game suspension for each additional card received through the State Final. A one game suspension resulting from a yellow card in a team's last post season game will carry over into the next season of participation.

6. The coaches of both schools are to report all Yellow Cards to their League and Section by means of Mail, E-mail or Fax for tabulation. The officials should report to their boards concerning games in which cards are given and the reasons for issuance of the card. Board policy will determine the method of notification to the League and Section. A final end of the year report including data on disqualifications shall be sent to the NYSPHSAA Sportsmanship Coordinator.

7. Refusing to report, or failing to report infractions and allowing players to continue play under these circumstances will result in the forfeiture of all games in which the individual in question participated.

Scrimmages: A soccer scrimmage may not exceed a total of 100 minutes and unlimited substitutions are permitted. The length of time for the periods of play is to be determined by the coaches, not to exceed 40 minutes in any one period: halves, three periods or quarters. Scoreboards may be used for timekeeping only. The clock will begin with the goal keeper in possession of the ball. When a goal is scored, play will be restarted with goalie possession. The goalie can restart play with a goal kick, goalie throw or goalie punt.

47. **SOFTBALL** - A contestant may participate in 2 regulation games per day with at least a 15 minute rest between games. By Section adoption 5 inning double headers may be played. Varsity softball teams can play three (3) contests in one day only for invitational tournaments during the regular season. Tie breaker rule in effect at top of the 10th inning. An unannounced substitution during a contest will be not be penalized. For other requirements, see p. 109.

Waivers/Modifications:

1. A permanent waiver that the pitching distance will remain at 40 feet for the varsity, JV and freshmen levels. (Aug. 2008)

2. Metal cleats are prohibited beginning with the 2010 season. (Dec. 2009)

Scrimmages: A softball/baseball scrimmage must include free substitutions and lineup cards will not be exchanged. Scrimmages must also include *one or more* of the following:

1. Play six (6) outs per half inning (example - 3 outs clear the field/ 3 more outs).

2. Batting order must be altered or modified to include more batters than rules permit.

3. Start with a runner(s) on base with a predetermined situation for at least two (2) full innings.

48. **SWIMMING** - Shaving (wet or dry) is prohibited at all swimming competitions and practice sites. Violation will result in disqualification. Sections may permit schools to compete in quad/dual meets. The minimum diving depth requirements are as follows: Pools built before January 1987 meet the NFHS minimum depth requirement (currently 10 feet) and pools built after January 1987 meet the NYS Department of Health's minimum requirement (currently 11 feet). For other requirements see p. 109.

Waivers/Modifications: Sections may reduce the number of dives for junior varsity and freshman meets. (Aug. 2002)

Scrimmages: In a swimming scrimmage no official times or scores will be kept. Times may not be used to meet the qualifying standard. More than one heat per event is permitted.

49. **TENNIS** - A player may compete in either a singles or doubles competition on the same day. In tournament play, the maximum number of matches shall be three in one day. Participation in a two-day invitational tennis tournament shall count as one of the 20 contests permitted and only three such tournaments shall be allowed within the 20 meet limitation. Only two matches are allowed per day and both matches must use a modified scoring system that conforms to one of the following formats: best 2 of 3 sets, using no-add scoring, with a 12 point tie breaker at 6 all; or, ten game pro-set, using regular scoring with a 12 point tie breaker at 9 all. (May 2003)

In league and Sectional competition, Sections would have the option to increase the number of matches to four (4) in one day using modified scoring with rest periods being 30 minutes for the quarter final and below, 45 minutes for the semi-finals and 60 minutes for the finals. (May 2010) For other requirements see p. 109.

The Commitment to Compete form must be completed to be eligible to compete in the NYSPHSAA tournament (Boys-May 2003; Girls-May 2006). At the NYSPHSAA Championship coaching on the court is permitted, however cheering remains prohibited (Jan. 2009).

Scrimmages: A tennis scrimmage must alter format so it does not follow the regular competition format for league/sectional play. Suggested formats include but are not limited to:

1. Teams use tie breaks only
2. 5 game pro-sets with a tie break at 5-5
3. An 8 game pro-set – 1st one to 3 points.
4. Modified 8 game pro-set – 1st players to 3 points completes the scrimmage.
5. Teams compete using an 8 game pro-set rather than 2 out of 3 sets with tie breakers at 6-6.

50. **VOLLEYBALL** - A contestant (or team) may participate in a maximum of 2 matches in a day. Each day of a tournament shall count as 1 contest. The total number of tournament games played in one day shall not exceed 15 games. An additional 15 point game is permitted only to break ties in pool play to advance to finals as per tie-breaking procedures. In tournament play volleyball teams shall have at least ten minutes of rest between matches. All games will be played according to NCAA Rules with all games played to 25 points. Teams will be permitted 18 substitutions and will switch at 13 points in the deciding game. For other requirements see p. 109.

Waivers/Modifications:

A. Girls and Boys Volleyball:

1. Two score keepers are permitted with the home score book as the official score book. (Feb. 2008)
2. With Section approval, the use of lines people during league play may be waived. (May 2007)
3. Teams can warm-up behind or adjacent to the court during the warm-up period. (May 2005)
4. If uniform specifications are not compliant, these procedures will be followed: (April 2004)
 - a. Notify the coach of the team at fault of the violation. The team will attempt to legalize the uniform of the team member(s) in questions.
 - b. If the uniform fault cannot be legalized, meet with the opposing coach to determine whether a protest will be filed.
 - c. If no protest is filed at this time, no future protest will be accepted on this issue.
 - d. If protest is filed, follow protest procedure and play the match.
 - e. The libero uniform is exempt from this modification.
5. The time length of all time outs is 60 seconds (August 2009).
6. Jewelry Rule: A waiver of NCAA Rule 7.2.3 to permit, if a substitution request is acknowledged (whistled), and the player is wearing an illegal uniform or jewelry or has illegal equipment, the substitution is denied and a delay sanction assessed. If warm-up activities or play must be interrupted because of a player wearing an illegal uniform, jewelry or equipment, that team is assessed a delay sanction. The jewelry must be removed before the player can participate further. If, during the warm-up period, a player responds promptly to a referee's request to remove jewelry or illegal equipment, a delay sanction is not assessed. (May 2010)

Scrimmages: A volleyball scrimmage must include *one or more* of the following:

1. Each server shall serve 3-5 consecutive serves regardless if the point was scored before the other team would get the ball. (rotate)
2. Games would start at point 4 all and end at point 25 or a game could be timed with no point cap.

B. Boys Volleyball:

1. The use of NCAA Volleyball Rules with the same modifications used in girls' volleyball beginning in the fall of 2009 (Jan. 2009).
2. A player may touch the opponent's court with hand(s) or feet, provided some part of the hand(s), foot/feet remain either in contact with or directly above the center line, and the penetration does not interfere with the opponents play.

51. **WINTER TRACK** - A contestant (girl or boy) shall be limited to participation in three events. There must be one night of rest between contests and no more than three contests scheduled per week. An individual competitor may participate in a maximum of 18 contests. Wrist watches are approved for practice only. For other requirements see p. 109.

Scrimmages: A track and field scrimmage must conform to the following:

1. No Scoring – no official results or place finishers recorded.
2. No performance may be used to meet the qualifying standard or be considered a record.
3. Competitors and events must adhere to the limitations of the NFHS.

52. WRESTLING - Multiple Dual Meet Events: Each individual competing in these events is charged 1 point for each dual meet. **Triangular Meet:** Three teams compete, with each team wrestling a dual meet against each of the other two teams at the same site. Each individual is charged 2 points toward their dual meet schedule. **Double-Dual Meet:** Three (or more) teams compete, with each team wrestling a dual meet against two of the other teams at the same site. Each individual is charged 2 points toward their dual meet schedule. **Quadrangular Meet:** Four teams compete, with each team wrestling a dual meet against each of the other three teams at the same site. Each individual is charged 1 point for each match wrestled counting toward their dual meet schedule. **Dual Meet Tournaments - Bracket Tournament:** Teams are placed in a bracket, with the winning teams advancing to a championship. Losing teams may compete in a consolation bracket to determine team placement. **Pool Tournament:** Teams are placed in pools. Teams compete in dual meet competition against every team in their pool, to determine the rank of teams in each pool. Teams from each pool wrestle against the same-ranked team(s) from the other pool(s) to determine team placement. **Round-Robin Tournament:** Each team wrestles a dual meet against every other team in the tournament. Team placements may be determined by win/loss record, or by total points accumulated in all meets. Each individual competing in these events will be charged two points toward their twenty-two point limitation and one tournament of the allowable six maximum tournaments as per the NYSPHSAA Handbook. Any school wishing to conduct a dual meet tournament with a unique format shall apply to NYSPHSAA for consideration. Under extenuating circumstances (postponements due to inclement weather, school cancellations) a school may request permission from Section Coordinator to wrestle two dual meets in one day, with a limitation of two per season.

a. A contestant may participate in competitions not to exceed 22 points during the regular season. A dual meet will be assessed one point, while tournaments will be assessed two points. Participation as a contestant or in any exhibition match in any meet shall count as a contest and only six tournaments shall be permitted within the 22 point limitation. A contestant may compete in a maximum of five bouts in one day in tournament competition only. A wrestler must compete (exhibition, forfeit, varsity/JV match) and be charged a competition point, towards the 22 pt. maximum, in order to count toward the minimum required contests under the Representation Standard (six contests).

b. The minimum weight class in which a contestant may compete will be determined by a NYSPHSAA approved assessor, following guidelines of the Minimum Weight Certification Program. A contestant shall be prohibited from wrestling within a weight classification more than one class above his/her actual weight. For other requirements see p. 109.

c. A contestant may compete in a maximum five bouts in one day in tournament competition only.

d. A wrestler may compete two times in a regular two-team dual meet in the following situations:

1. A wrestler from Team A accepts a forfeit from Team B.
 - a. The Team A wrestler may wrestle an exhibition match with a Team B member.
 - b. Points Team A: 1 for the forfeit and 1 for the exhibition match.

- c. Points Team B: 1 for the exhibition match.
- 2. Wrestling vs. the extra wrestlers weighed in.
 - a. A wrestler from Team A wrestles a match vs. Team B. Team B has a second wrestler weighed in at this weight (or one weight class higher). The Team A wrestler may wrestle an exhibition match with the other Team B wrestler.
 - b. Points Team A: 1 for the first match and 1 for the exhibition match.
 - c. Points Team B: 1 for the exhibition match.
- 3. Team A and B may match a wrestler in two exhibitions.
 - a. Points Team A: 2 for the exhibitions.
 - b. Points Team B: 2 for the exhibitions.

The following must be followed in each of the above situations:

- 1. There must be a 45 minute rest between matches.
- 2. The wrestlers may only wrestle one weight class higher than their weighed in weight class.
- 3. Each match/forfeit counts 1 point toward the individual's 22 point limit. (May 2008)

Additional information:

- a. All wrestlers with braces on their teeth are required to wear a mouth guard to cover all appliances. (Oct. 2006)
- b. NFHS 1.5% Weight Loss Rule is waived. (May 2007)
- c. A wrestler found to have cheated on the hydration test can no longer participate in wrestling from that point for the remainder of the season. (May 2008)
- d. A Parents' Awareness Form for the wrestling minimum weight certification is required to be signed by the parent/guardian and the student and kept on file by the school athletic director.

Scrimmages: A wrestling scrimmage must include *one or more* of the following:

- 1. Must wrestle in predefined situations such as pinning, takedowns, turns, etc.
- 2. Must wrestle in neutral position. If a takedown occurs would go back to the neutral position.
- 3. Must wrestle in the referee's position using both styles. If a pin occurs, restart in the referee's position.

NYSPHSAA, INC. WRESTLING WEIGHT CONTROL PLAN

On the recommendation of the State Wrestling Committee and with the approval of the State Executive Committee the following weight classes are in effect: 96, 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215 and 285 for dual meets and tournaments.

1. The NYSPHSAA Wrestling Minimum Weight Certification Program is to be followed by all high schools sponsoring wrestling. Based on 7% body fat for males/14% for females, the minimum wrestling weight is the lowest weight at which an athlete will be allowed to compete. Certification must be conducted by a NYSPHSAA Approved Assessor and must occur within 14 days, exclusive of Sundays and school closing for holidays or emergencies, from the first day of the season. **Wrestlers will be certified at a minimum weight (May 2010).**

Centralized Assessment Sites will be mandated for the minimum weight assessment of all wrestlers (other than those utilizing hydrostatic testing). Only the refractometer shall be used to test hydration.

2. The use of sweat boxes; hot showers; whirlpools; rubber, vinyl and plastic type suits; or similar artificial heating devices; diuretics or other methods for quick weight reduction purposes is prohibited and shall disqualify an individual from competition. See NFHS Rule 4-4-4.

3. A profile form from a NYSPHSAA Approved Assessor must be filed in the home school prior to competition. Sectional wrestling forms must be received by the Section Wrestling Chairman before competition.

4. Dual meets scheduled on a school day shall use the honor weigh-in procedure. A certified list of recorded weights signed by the Principal or Athletic Director shall be submitted at the official weigh-in before the meet. Honor Weigh-Ins for a school day, dual meet wrestling matches are allowed; Honor Weigh-Ins for non-school day, dual meet wrestling matches are not allowed and if one team has school and the opponent does not have school on the day of a dual meet, Honor Weigh-Ins are allowed. Each wrestler shall make the scratch weight at the weigh-in to be conducted prior to the school's first scheduled academic instruction period on the day of the match and may be permitted an allowance of 3 pounds at the matside weigh-in. One not making the scratch weight at the early weigh-in **will not** be permitted the 3 pounds allowable and must make scratch weight at the matside in order to compete. In the event that a competition is postponed or cancelled, the honor weigh-in is not an official weigh-in, and therefore does not count towards the 50% rule.

5. **Restrictions for Competition:** The minimum required weight for all weights as listed **MUST** be met and **RECORDED** at both the honor weigh-in and the matside weigh-in.

- a) To compete at the 96 lb. class a wrestler **MUST** weigh in excess of 88 lbs. to be eligible.
- b) To compete at the 103 lb. class a wrestler **MUST** weigh in excess of 93 lbs. to be eligible.
- c) To compete at the 215 lb. class a wrestler **MUST** weigh in excess of 180 lbs. to be eligible.
- d) To compete at the 285 lb. class a wrestler **MUST** weigh in excess of 210 lbs. to be eligible.

6. The minimum required weight for the 96 lb., 103 lb., 215 lb. and 285 lb. weight class **MUST** be met and **RECORDED** at both the honor weigh-in and the mat side weigh-in.

7. A wrestler found to have cheated on the hydration test can no longer participate in wrestling from that point for the remainder of the season.

8. There shall be an allowance of one pound granted each day over the weight limit of the previous day in tournament competition. There is a 1 pound allowance for all involved teams the second day of a dual meet or tournament competition conducted on consecutive days. The maximum allowance for consecutive dual meets or the first day of a tournament following a dual meet is 2 pounds. **NOTE:** A minimum of 48 hours notification to your opponent is required in order to be granted this one-pound allowance. This rule is voided at post-season wrestling tournaments, namely Class and Sectional competitions that are involved in the process of selection of competitors for championship competition.

NYSPHSAA will grant a 2 pound growth allowance for each weight class on December 25. This 2 lb. growth allowance does not apply to the minimum weight requirements for the weights of 96 lbs., 103 lbs., 215 lbs. and 285 lbs.

9. Weigh-in for the second day of a tournament must be on the morning of the second day, with a 1 lb. allowance.

10. Effective in 2006-2007 and after, 50% of the weigh-ins during the season must be at the minimum weight he/she will wrestle during the state tournament series.

a. An official weigh-in counts towards this 50% rule whether an athlete competes or not, as long as he/she is eligible to compete and has made weight at both the honor weigh-in (a.m.) and the mat side weigh-in (p.m.).

11. Section sponsored tournaments are not considered part of the regular season; therefore, do not count toward the 50% rule, 22 pt. rule or the Representation Standard.

MODIFIED SPORTS STANDARDS CHART FOR INTERSCHOOL COMPETITION

SPORT	Number Practices Prior To First Scrimmage Team & Individual	Number Practices Prior To First Contest Team & Individual	Team And Individual Maximum No. Contests	Minimum Time Between Contests*	Individual Limitations per Day	RULES	TIME AND DISTANCE LIMITS
Badminton	6	8	14	1 night	2 matches**	USBA	
Baseball Pitcher	8 10	10 15	14	1 night 2 nights *	2 games * 1 game	NFHS	7 innings pitchers *
Basketball	9	11	14	2 nights	1 game	NFHS - BOYS NCAA - GIRLS	7 minute quarters
Bowling	3	3	14	1 night	3 games	USBC	
Cross Country	10	15	10	3 nights	1 run	NFHS	
Field Hockey	9	11	12	2 nights	1 game	NFHS	25 min. halves
Football	13	17	7	4 nights **	1 game	NFHS	10 min. quarters
Golf	3	3	14	1 night	1 match	USGA & LOCAL COURSE RULES	
Gymnastics	10	15	10	2 nights	3 events *	NFHS - BOYS USAIO - GIRLS	
Ice Hockey	10	15	14	2 nights ***	1 game	NFHS	13 min. periods
Lacrosse - Boys	10	15	12	2 nights	1 game	NFHS	9 min. quarters

Lacrosse - Girls	10	13	12	2 nights	1 game	US Lacrosse	25 min. halves
Skiing	8	10	12	2 nights	2 events	FIS & ISA	
Soccer	9	11	12	2 nights	1 game	NFHS	15 min. quarters
Softball pitcher	8	10	14	1 night 2 nights *	2 games * 1 game	ASA	7 innings pitchers (1)
Swimming	12	15	14	2 nights	3 events *	NFHS	
Tennis	6	8	14	1 night	2 matches *	USTA	
Outdoor Track	10	15	10	2 nights	3 events *	NFHS	
Winter Track	10	15	10	2 nights	3 events *	NFHS	
Volleyball	8	10	14	2 nights	2 matches *	USAVB - BOYS NCAA - GIRLS	
Wrestling	15	15	12 pre.	2 nights	2 bouts *	NCAA - GIRLS NFHS	Max of 8 pos. thru 2 pos. attempts

(*) See details in Game Rules Section

*Except in football and cross country, contests may be played with only one night's rest three times per season for rescheduling purposes only.

(**) Three nights/contests

(***) In Ice Hockey, contests may be played with only one night's rest three times per season for rescheduling or rescheduling. See details in Game Rules section.

NYSPHSAA, Inc. MODIFIED GAME RULES AND GAME CONDITIONS

Situations not covered by the following specified modified rules shall be governed by the Eligibility Standards of the New York State Public High School Athletic Association, Inc.

With sectional approval, variations of modified athletic game rules and conditions may be adopted selectively for use by specified conferences or leagues.

18. BADMINTON

Game Conditions: See chart p. 138

Game Rules:

1. NAGWS Rules
2. Contests should consist of 4 singles and 4 doubles matches, unless agreed upon prior to the contest.
3. A player may either play singles or doubles, but cannot play both in any one interschool contest.
4. For the purpose of ensuring that every eligible badminton player has the opportunity to play in a match, each may play one (1) additional singles or doubles match per day. The individual limitations/day for badminton (Reference: Modified Sports Standards Chart, NYSPHSAA Handbook, pages 134-135) shall be increased to two (2) matches per day, provided that every individual eligible player plays once before any player plays twice.

19. BASEBALL

Game Conditions: See chart p. 138

1. Pitchers must participate in at least 15 practices before an interschool game. For other requirements see chart p. 138.
2. Doubleheaders: A team may play two (2) games in one day twice during a season, either a double header against a single opponent, or two successive games against two different opponents. The following double header restrictions must be followed:
 - a) The maximum number of doubleheaders allowed is two (2).
 - b) A team may not play three (3) games in two (2) consecutive days. No more than three (3) games a week may be played.
 - c) Pitching limitations remain the same.
 - d) Each game of the doubleheader is to be six (6) innings. No team may play more than 14 innings in one day. This allows a total maximum of two (2) extra innings in the event of tie game(s).
3. Equipment—
 - a) Catchers shall wear the full protective equipment of helmet, mask with throat protector, chest protector, shin guards and cup.
 - b) Batters and base runners shall wear protective headgear.
 - c) Any player warming up a pitcher, on or off the diamond, shall wear a mask.
 - d) Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any modified sport.

Game Rules:

1. Regulation game shall be 7 innings. With Section/League approval, a 'metey rule' experiment in modified baseball and softball will be permitted, allowing a game

to end after a team at the short end of the 15 run rule has completed their fifth at bat.

2. A pitcher may pitch no more than 12 full innings in any one calendar week and no more than 7 innings in any one game. After pitching 4 or more full innings in any one game there must be at least 2 nights of rest before pitching again. When removed, the contestant may play any other position.

3. Designated hitter will not be allowed.

4. An extra player, referred to as EP is optional (on a game-by-game basis), but if one is used, it must be known prior to the start of the game (official lineup card) and be listed on the scoring sheet in the regular batting order. If the EP is used, he must be used for the entire game. Failure to complete the game with the EP results in the forfeiture of the game (except in case of injury or ejection from game with no eligible players left to enter, the rules permit play with eight men). If an EP is used, all 10 players bat, but only 9 can play defense each inning. The person designated as the EP (not a defensive player at the start of the game) may at a later time play a defensive position; the defensive player now is only a batter for that inning and not a fielder. There will always be one player in the lineup not on the field defensively. The EP may be substituted for at any time, either by a pinch-runner or pinch-hitter who then becomes the EP. The substitute must be a player who has not yet been in the game. Substitutes and reentry will be treated as in the past. A starter may re-enter the game into his same batting order position.

5. The re-entry rule may be waived only if an injured player must be replaced and all eligible substitutions were used during the game.

6. With Section/league approval, when the team at bat has two outs with the catcher on base, a pinch runner may be used to allow the catcher to get his/her gear on prior to the third out. (The pinch runner is a player who is a substitute, or in the case that all substitutes have been used, a player off the bench who is not currently in the lineup. This rule does not change the normal substitution rules and does not overshadow the need to get all players in the lineup; it allows for cutting time off the transition between innings.)

20. BOYS BASKETBALL

Game Conditions: See chart p. 138.

Game Rules:

1. The maximum length of the quarter shall be seven (7) minutes.
2. If a game is tied at the end of regulation play, there will be an overtime period of three (3) minutes duration. If it is still tied, additional overtime "sudden victory" periods will be played until at least one (1) point is scored. Overtime periods will have a maximum length of three (3) minutes.
3. Free substitution is facilitated by permitting substitutions on:
 - a) any dead ball
 - b) any violation
4. Sections may adopt the use of a small ball. The section shall determine the actual size of the ball.
5. The 3 point shot is not allowed.

21. GIRLS BASKETBALL

Game Conditions: See chart p. 138.

Game Rules:

1. NCAA Women's Rules. The thirty-second clock rule shall be optional.
2. The maximum length of the quarter shall be seven (7) minutes.
3. If a game is tied at the end of regulation play, there will be an overtime period

of three (3) minutes duration. If it is still tied, additional overtime "sudden victory" periods will be played until at least one (1) point is scored. Overtime periods will have a maximum length of three (3) minutes.

4. The 3 point shot is not allowed.

22. BOWLING

Game Conditions:

- See chart p. 138.

Game Rules:

1. All competition shall be conducted under United States Bowling Congress Rules and NYSPHSAA, Inc. requirements.
2. At no time shall the foul line rule be set aside.

23. CROSS COUNTRY

The Section Athletic Council shall determine the date for the mid-season change-over.

Game Conditions:

1. See chart p. 138.
2. Equipment— Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any modified sport.

Game Rules:

1. NFHS Rules
2. The maximum distance shall be 1-1/2 miles in the first half and should increase to 2 miles in the second half of the season.
3. For multi-school contests refer to General Eligibility Rule #10 (p. 132).

24. FIELD HOCKEY

Game Conditions:

- See chart p. 138.

Game Rules:

1. NFHS Rules
2. Halves shall consist of 25 minutes, maximum.
3. Substitution: Utilize the NFHS Rolling substitution rule.
4. Time outs: A time out may be called by a team when the ball is dead. Play is restarted as though time out had not been called. Duration of the time out is two minutes. Three time outs may be called by each coach: two in one half and one in the other half.

5. Equipment: Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any modified sport.

Game Rules for 7 Player Field Hockey:

1. All preceding game rules will apply with the following modifications:
 - a) Fields shall be 50-70 by 50 yards with regulation size circles.
 - b) Teams shall consist of 6 field players and a goalie.
 - c) Play will be divided into 3 - 17 minute periods, substituting as per the rules.
- Scoring will be determined by the coaches at the preseason meeting (i.e. total goals scored will determine the winner, or keep score by periods).

25. FOOTBALL

Game Conditions: See chart p. 138.

Administration:

Modified football should be administered so that all safety precautions are in effect. Every effort should be made during practice and game situations to pair contestants of as nearly equal ability as is possible. Factors to be considered in the selection of squad members are age, weight, physiological maturity, skills, coordination and desire.

Tests:

Each pupil should be carefully checked to determine readiness before being allowed to participate in interschool contests as follows:

1. **Physical** - Medical examination which shall include a thorough review of health history before, and as needed, during the season. Tetanus shots as recommended.
2. **Maturity** - Careful evaluation of the individual's age, weight, height, physiological maturity and degree of coordination with relation to all of the others, especially one above or below average of others in height, weight, physiological maturity as related to age, should be made.
3. **Individual Skills** - A thorough program of screening for a period of two weeks shall be conducted. Basic conditioning, running, cutting, falling, rolling, catching, line, and backfield fundamentals, blocking and tackling techniques, ball handling drills should be participated in. Dummies and sleds should be used and no one should be permitted in live contact drills until ability has been proven to partake in them. Match participants of equal size and ability for participation during live contact drills.
4. **Team Skills** - Team play leading to game situations should be taught through controlled scrimmages with contestants placed in groups of similar maturity and skills.
5. **Desire** - Observation of the individual's alertness and general desire to participate must be noted. (The above mentioned types of testing and teaching, with complete cataloging of the individual's ability, should enable the coach to screen all candidates and determine their readiness for competition.)

**Please refer to the special NYSPHSAA, Inc. Booklet,
THE MODIFIED PROGRAM OF FOOTBALL
FOR BOYS IN GRADES 7-8-9.**

6. **Equipment**—
 - a) Properly fitted equipment of good quality is mandatory for safe participation in football.
 - b) All essential protective devices are to be used.
 - c) In addition to the normal pads and helmets, dental and face protection guards should be provided.
 - d) Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any modified sport.
 - e) All protective pads should be covered by the uniform.
 - f) If protective pads are exposed, the uniform part should be replaced or repaired.

Game Conditions For 11-Man and 8-Man Football:

1. The first three days of practice sessions must be non-contact exercises and equipment shall be limited to the helmet, face mask, dental protection device, T-shirt, supporter, shorts, ankle supports, socks, shoes, protective pads for elbow and/or knee areas. During the next five days the addition of shoulder pads, along with the use of

blocking dummies, sleds, and other similar teaching and training devices is permissible. No scrimmages or live contact drills are allowed. The next five days shall consist of contact with full protective equipment and the use of training devices. Scrimmages are permitted on the fourteenth day. Four additional practice days must be held prior to the first contest.

2. No school team, or individual player, may participate in more than 7 games. These games shall be scheduled with no more than one game per week. In extreme cases games may be rescheduled if approved by the sectional athletic council. A minimum of four nights of rest must elapse between any games. The time between football scrimmages and the time between football games and scrimmages must be three nights.

3. At least 16 players must be dressed and available to play on an 11-man team; at least 16 players for an 8-man team for all interschool contacts, both scrimmages and contests.

Game Rules For 11-Man Football:

1. Time periods shall be 10 minute quarters.
2. Team offensive formations are limited to standard formations including the use of only one side receiver. There may be a maximum split of 1 yard between linemen. If a wide receiver is employed, the maximum split from the tackle cannot be more than 10 yards. On the snap of the ball, there may be only 2 players outside of the normal tackle alignment on either or both sides of the field. Motion shall be prohibited to the side of a formation that has two players outside of the first tackle. If the ends split on punt formation, the team must punt. Clarification - The only time a team may split both ends is when punting the ball. There are no "walkaway" ends when receiving the punt from this formation. Definition of side of formation - the half of the formation from midline of the center that has a set back to that side and two players outside the tackle. If the ends split on punt formation, the team must punt. All downfield blocking must be done above the waist. Until the snap the defense shall be 6-2-2-1 or 6-2-3 with six players in an imaginary straight line within 2 yards of the ball; two linebackers must be at least 1 yard behind the deepest lineman; three defensive backs must be at least 3 yards behind the deepest linebacker, inside the 10 yard line defensive backs may be 2 yards behind the deepest linebacker. Penalties: improper formation - 5 yards; downfield blocking - 15 yards.
3. No kick-off - start play from own 35 yard line.
4. Two (2) points shall be allowed for a kicked extra point and one (1) point for a run or pass. (Optional for sectionwide use with approval of the section.)
5. Safety - scoring team put ball in play on 50 yard line.
6. All downfield blocking must be done above the waist. Downfield blocking is interpreted as any blocking of an opponent taking place downfield from the free blocking zone, which for this rule is extended from sideline to sideline. The downfield blocking rule is also in effect whenever a defensive team becomes an offensive team as the result receiving a punt, pass interception, or the recovery of certain types of fumbles. The point that offensive play begins extending from sideline to sideline, would be interpreted as the inception of that play and thus, for rule clarification purposes, would be the scrimmage line for that play (i.e. the point the punt or interception was received). The penalty for a violation of this rule will be 15 yards as spelled out in Rule 9, Section 1 of National Federation Football Rules.
7. Sections may adopt the use of a small ball.
8. Coaches shall be permitted on the field in the experimental five quarter football program. (Optional for sectionwide use with approval of the section.)

9. When an offensive team employs a wide receiver (split end or flanker), the defensive end to that side of the formation may assume a "walkaway" position. The end may align at a maximum depth even with the two inside linebackers and no wider than half the distance between the wide receiver and the next lineman.

10. With Section approval, schools will be allowed to use two (2) wide receivers on opposite sides of the formation.

Game Rules For 8-Man Football:

1. 11-man rules are used for 8-man football with modifications.
2. The field size shall be 80 yards between the goal lines and 40 yards wide with 15 yard side zones and team box boundaries being between the 25 yard lines.
3. At least 5 offensive players shall be on their line at the snap with 3 players assigned in the backfield. Note: Linesplits, formations, motion, etc. as per existing modified rules.
4. Until the snap, the defense shall be 4-2-2 with 4 players in an imaginary, straight line 2 yards off the ball. Two linebackers must be at least 1 yard behind the deepest lineman; two defensive backs must be at least 3 yards behind the deepest linebacker.
5. No kick-off. Start play from own 30 yard line.
6. Safety - scoring team puts ball in play on 40 yard line.

NOTE: See 2010-2012 MODIFIED FOOTBALL BOOKLET

For information about experimental programs authorized for specific Sections in this sport consult your Section Representative or Sports Chairman.

26. GOLF

Game Conditions:

See chart p. 138.

Game Rules:

1. USGA Rules

27. BOYS GYMNASTICS

Game Conditions:

See chart p. 138.

Game Rules:

1. NFHS Rules shall govern.
2. A gymnast may enter 3 events with the exception of two team members whose entries may be unlimited.
3. Events - Special Specifications-Minimum Exercise (specific events for meets and their order may be determined by League or Section).
 - a) **Free Exercise** - 40' x 40' mats placed diagonally across 40' square. Exercise should combine elements of agility, tumbling, strength and flexibility. The competitor should move in different directions and utilize entire areas. The minimum time of routine is 45 seconds with a maximum time of 70 seconds.
 - b) **Long Horse Vaulting** - 47" height with type of take off board determined by League or Section. Two vaults may be performed utilizing National Federation Table of Difficulty with best vault to score.
 - c) **Side Horse** - gymnast must work on all three parts of horse without stops or holds and with a minimum of four moves.
 - d) **Horizontal Bar** - An adult spotter (the gymnast's coach) must be used. The exercise should consist of a minimum of six moves including a mount and dismount with a minimum of holding and stopping.
 - e) **Parallel Bars** - The exercise should consist of a minimum of six moves, including a mount and dismount, and consist of swinging and vaulting movements combined

with strength and holding positions. Movements below and above the bars should also be shown as well as one change of direction.

f) **Still Rings** - The exercise should consist of a minimum of six moves, including a mount and dismount, and should include swinging, strength and hold positions.

Specific Rules for Events

1. Safety and Spotting - a contestant shall be allowed to have a spotter while performing without deduction, unless spotter aides or assists contestant.
2. The coach shall check all apparatus for safety and correct height setting.
3. The use of 4" landing mats are recommended on all events with the equivalent of 4" of mats required under the horizontal bar, still rings and vault landing area. A 12" mat may be used for dismounts without deduction.

28. GIRLS GYMNASTICS

Game Conditions:

See chart p. 138.

Game Rules:

1. USA Gymnastics Junior Olympic Rules
2. A gymnast may enter 3 events per meet, however, 2 team members are permitted to enter all events.
3. Each team shall be permitted at least 15 minutes of warm-up before the start of the meet.
4. Specific Rules for Events:
 - a) It is the coaches' responsibility to check all apparatus for safety and correct settings.
 - b) Only unaltered manufactured vaulting boards shall be used.
5. Required dimensions and specifications for events:
 - a) Vaulting: Competitors can set the vault from 100cm to 135cm. The horse may be adjusted only once per team; therefore, lineups should reflect this change if needed.
 - b) Uneven Bars: Either bar can be adjusted to accommodate the gymnasts within the manufacturer's specifications.
 - c) Balance Beam: Height between 100cm and 125cm.

29. ICE HOCKEY

Administration

1. Tests: Every contestant should be carefully checked to determine his readiness before being allowed to participate, as for football, with exception of:

Individual Skills - A thorough program of physical conditioning, skating and ice hockey skills should be conducted prior to permitting one to participate in live contact drills. No one should be permitted in live contact drills until ability has been proved in the individual skills. Contact drills should be conducted against players of equal size and ability only. (It is recommended that all players watch the USA Ice Hockey video covering the proper techniques of body checking.)

2. Equipment:

- a) All players, including the goalkeeper, shall wear all protective equipment.
- b) Properly fitted equipment of good quality is mandatory for safe participation in ice hockey.
- c) The essential protective equipment must include an ice hockey helmet with a face mask, elbow pads, ice hockey shoulder pads, ice hockey pants, shin guards, ice hockey gloves, neck guard, ice hockey skates and a mouthpiece.
- d) It is recommended that a player's personal equipment be tested for safety protection in a manner that is satisfying to the individual school district.

3. For the purposes of scheduling or rescheduling, the minimum time interval between ice hockey contests may be decreased from two (2) nights to one (1) night, with the following restrictions:

- This may occur no more than three (3) times per season.
- A team may never play three (3) days in a row.
- There shall not be more than three (3) contests played per calendar week.

Game Conditions: (see Chart - p. 138)

- NFHS Ice Hockey rules and NYSPHSAA Ice Hockey Rules Addendum.
- One and one-half hours of ice time shall be used for a game.
- Games shall consist of three periods of 13 minutes in length (see Chart p. 138). Ice resurfacing between periods is not necessary.
- No overtime periods shall be permitted.

30. BOYS LACROSSE

Administration:

1. **Tests:** Every contestant should be carefully checked to determine his readiness before being allowed to participate as for football (see above) with exception of:

Individual Skills - A thorough program of physical conditioning, running and lacrosse skills such as throwing, catching, scooping, faking and dodging should be conducted prior to permitting one to participate in live contact drills. No one should be permitted in live contact drills until ability has been proven in the individual skills. Contact drills should be conducted against equals only.

2. **Equipment—**

- All players, including the goalkeeper, shall wear all protective equipment.
- Properly fitted equipment of good quality is mandatory for safe participation in lacrosse.
- The essential protective equipment must include a lacrosse helmet with a face mask, lacrosse arm guards, lacrosse shoulder pads, lacrosse gloves, and a mouthpiece. Goalkeepers must wear a chest protector and throat protection.
- Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any modified sport.

e) Face masks for lacrosse competition must have a center bar.

f) With the exception of the goalie's stick, there shall be no rule restriction on the length of the stick in modified lacrosse if the stick falls between 40-72 inches.

g) Modified lacrosse players are exempt from the uniform outer clothing and helmet color regulations (Rule 1, Section 9, Article 1a and 2c).

Game Conditions:

See chart p. 138.

Game Rules:

- The length of quarters shall be 9 minutes.
- Two overtime periods of 2 minutes are to be played in the event the game is a tie; and no sudden death period is to be allowed.
- A team shall be permitted 3 time-out periods per half. The time-outs cannot be accrued in the course of the game.
- A one-arm swing with a crosse, whether contact is made or not, shall be considered a personal foul - slashing. This includes the over-the-head check.
- There is no such call as a "Brush" in the Modified Program. Contact between crosse and helmet is a personal foul.
- Contact with the ball is disallowed by any offensive players when the ball is loose in the crease.

7. Body checking is allowed **ONLY** against a player who is in possession of the ball.
8. The ten second rule is eliminated.
9. In a 5 period lacrosse game the mercy rule shall be in effect at the end of the third period of play.
10. Substitutes are permitted whenever the ball goes out of bounds.
11. When a goalkeeper gets a penalty, the in home player will serve the penalty if a second goalkeeper is unavailable.

31. GIRLS LACROSSE

Game Conditions:

See chart p. 139.

Game Rules:

1. US Lacrosse
2. Halves shall consist of 25 minutes, maximum.
3. Equipment—
 - a) Properly fitted equipment of good quality is mandatory for safe participation in lacrosse. All field players are required to wear lacrosse goggles which meet ASTM standards.
 - b) Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any modified sport.
 - c) All players must wear mouthpieces.
 - d) Goalkeepers must wear the following equipment: 1. Helmet with face mask, 2. Mouthpiece, 3. Throat protector, 4. Padding on hands, arms, legs, shoulders and chest to conform with US Lacrosse rules (padding does not excessively increase the size of these body parts—maximum thickness one inch).
4. Modified stick-checking in modified girls lacrosse, as outlined in the US Lacrosse Rulebook under the Girls' Youth Rules - Level A, may be used.
5. A time out may be called when the ball is not in play. One time out per team, per half will be allowed. Duration of the time out will be two minutes.

32. SKIING

Game Conditions:

See chart p. 139.

Game Rules:

1. FIS/ESA Rules
2. A skier may enter two (2) events.

33. SOCCER

Game Conditions:

See chart p. 139.

Game Rules:

1. NFHS Rules.
2. The maximum length of the quarter shall be fifteen (15) minutes.
3. Free substitution is permitted when the ball goes over the side line or end line.
4. Equipment—
 - a) Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any modified sport.
 - b) Shin guards must be worn at all times by all players.
 - c) An all-purpose type foam helmet and a mouthpiece shall be worn by the

soccer goalie for protective purposes. The helmet must cover the head, cover and protect the ears, and have a chin strap.

5. One time out period per quarter (including each overtime period) may be called whenever the ball is dead. The coach is permitted on the field during the time out period to instruct the players.

6. The sliding tackle is not permitted.

7. The overhead scissors kick is not permitted.

8. Corner flag posts must be flexible in nature (wood, plastic or plastic foam) and conform to the NFHS rule standard of not being less than 5 feet high. Plastic traffic cones may be substituted in place of corner flags.

9. There shall be two overtime periods of four minutes when the regulation game ends in a tie. A coin shall be flipped prior to the first overtime period. If a tie still exists after the second overtime, no further play shall be conducted.

10. In the event of a disqualification of a player, a substitution must be made for that disqualified player. If a team has no eligible substitute, the team may continue to play shorthanded.

11. The flip throw-in shall not be permitted.

34. SOFTBALL

Game Conditions: (see Chart - p. 139)

1. Any pitcher pitching more than 4 innings in one game must have at least 2 nights of rest before pitching again. When removed from pitching, the contestant may play any other position.

2. Ten player teams optional with section approval.

3. Doubleheaders: A team may play two (2) games in one day twice during a season, either a double header against a single opponent, or two successive games against two different opponents. The following double header restrictions must be followed:

a) The maximum number of doubleheaders allowed is two (2).

b) A team may not play three (3) games in two (2) consecutive days. No more than three (3) games a week may be played.

c) Pitching limitations remain the same.

d) Each game of the doubleheader is to be six (6) innings. No team may play more than 14 innings in one day. This allows a total maximum of two (2) extra innings in the event of tie game(s). See chart p. 139 for other requirements.

Game Rules:

1. ASA Rules, 7 innings. With Section/League approval, a 'mercy rule' experiment in modified baseball and softball will be permitted, allowing a game to end after a team at the short end of the 15 run rule has completed their fifth at bat.

2. There shall be a 36 foot minimum pitching distance.

3. A player may re-enter the game once.

4. Equipment:—

a) Catchers shall wear the full protective equipment: 1. Helmet, 2. Mask, 3. Chest Protector, 4. Shin Guards, 5. Throat Protector.

b) Batters and base runners shall wear protective headgear.

c) Any player warming up a pitcher, on or off the field, shall wear protective equipment.

d) Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any modified sport.

5. The re-entry rule may be waived only if an injured player must be replaced and all eligible substitutions were used during the game.

6. With Section/league approval, when the team at bat has two outs with the catcher on base, a pinch runner may be used to allow the catcher to get his/her gear on prior to the third out. (The pinch runner is a player who is a substitute, or in the case that all substitutes have been used, a player off the bench who is not currently in the lineup. This rule does not change the normal substitution rules and does not overshadow the need to get all players in the lineup; it allows for cutting time off the transition between innings.)

35. SWIMMING & DIVING

Administration:

Schools may have the option of running combined modified and varsity swimming and diving meets, alternating the events.

Game Conditions:

See chart p. 139.

Game Rules:

1. The NFHS Rules of Swimming and Diving shall be followed except as indicated below.
2. A swimmer is permitted one false start before disqualification. The use of the no re-call false start rule shall **not** be utilized.
3. Swimmers may compete in a maximum of three events.
(1 relay and 2 individual, or 2 relay and 1 individual).
4. The events and their order shall be:
 1. 200 yd./m. medley relay
 2. 200 yd./m. freestyle
 3. 100 yd./m. individual medley
 4. 50 yd./m. freestyle
5. Diving competition shall consist of (1) voluntary dive (dd not to exceed 1.8) which shall be done first: week 1-forward group; week 2-back group; week 3-inward group (begin rotation over), and three (3) optional dives: two (2) of the three (3) must be from different groups.
 6. 50 yd./m. butterfly (optional - 100 yd. butterfly)
 7. 100 yd./m. freestyle
 8. 50 yd./m. backstroke (optional - 100 yd. backstroke)
 9. 50 yd./m. breaststroke (optional - 100 yd. breaststroke)
10. 200 yd./m. freestyle Relay

Order of Events for Combined Modified/Varsity Swimming Meets

1. Modified 200 yd./m. medley relay
2. Varsity 200 yd./m. medley relay
3. Modified 200 yd./m. freestyle
4. Varsity 200 yd./m. freestyle
5. Modified 100 yd./m. individual medley
6. Varsity 200 yd./m. individual medley
7. Modified 50 yd./m. freestyle
8. Varsity 50 yd./m. freestyle
9. Modified diving (1 voluntary + 3 optional dives) - two separate diving events are to occur with all modified diving completed before varsity diving occurs.
10. Varsity diving (1 voluntary + 5 optional dives as per NFHS rules book)
11. Modified 50 yd./m. butterfly
12. Varsity 100 yd./m. butterfly
13. Modified 100 yd./m. freestyle
14. Varsity 100 yd./m. freestyle
15. Varsity 500 yd./m. freestyle

16. Varsity 200 yd./m. freestyle relay
17. Modified 50 yd./m. backstroke
18. Varsity 100 yd./m. backstroke
19. Modified 50 yd./m. breaststroke
20. Varsity 100 yd./m. breaststroke
21. Modified 200 yd./m. freestyle relay
22. Varsity 400 yd./m. freestyle relay

5. With prior mutual agreement of teams, league or section races may be conducted by seeded heats with the winners established on time alone. No final events may be conducted.

6. For multi-school contests, refer to General Eligibility Rule #10 (p. 129).

36. TENNIS

Game Conditions:

See chart p. 139.

Game Rules:

1. USTA
2. Contests should consist of 4 singles and 4 doubles matches, unless agreed upon prior to the contest.
3. One 8 game set shall be played. A 4 point scoring system shall be used with no deuce point. Sections may modify the scoring system.
4. A player may either play singles or doubles, but cannot play both in any one interschool contest.
5. For the purpose of ensuring that every eligible tennis player has the opportunity to play in a match, each may play one (1) additional singles or doubles match per day. The individual limitations/day for tennis (Reference: Modified Sports Standards Chart, NYSPHSAA Handbook, pages 138-139) shall be increased to two (2) matches per day, provided that every individual eligible player plays once before any player plays twice.

37. TRACK AND FIELD (OUTDOOR AND WINTER)

Game Conditions:

See chart p. 139.

Game Rules:

1. Equipment— Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any modified sport.
2. A runner is permitted one false start before disqualification.
3. A student may enter a maximum of 3 events per day; no more than two track events or two field events may be entered each day. If a student is participating in two running events, the total distance may not exceed 1200 meters for indoor track and 2300 meters for outdoor track (total distance refers to specific events, not total distance of heats).
4. The 55 meter 30" hurdle race with five hurdles shall have the following spacings:
 - a) start to first hurdle - 12 meters
 - b) distance between hurdles - 8 meters
 - c) fifth hurdle to finish - 11 meters

With Sectional/League approval, a two year pilot program may be implemented that would increase the height of the hurdle in the 44m modified boys' event from 30 inches to 33 inches.

5. The 200 meter 30" hurdle race with 5 hurdles shall have the following spacings:
 - a) start to first hurdle - 20 meters
 - b) distance between hurdles - 35 meters
 - c) fifth hurdle to finish - 40 meters
6. The 4 K metal shot may be used for outdoor track.
7. A. The suggested running events and their recommended order for spring track and field meets shall be:

<ol style="list-style-type: none"> a. 55 m 30" hurdles b. 200 m dash c. 1500 m run d. 100 m dash e. 400 m dash 	<ol style="list-style-type: none"> f. 200 m 30" hurdles g. 800 m run h. 3000 m run (optional) i. 4 x 200 m relay j. 4 x 100 m relay k. 4 x 400 (optional) *
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7. B. The suggested field events shall be: 4 K shot put, 1 K discus, high jump, long jump, pole vault and triple jump.
8. The suggested running events and their recommended order for combined boy-girl outdoor track meets shall be:

<ol style="list-style-type: none"> a. 55 m 30" hurdles b. 55 m 30" hurdles c. 200 m dash d. 200 m dash e. 1500 m run f. 1500 m run g. 100 m dash h. 100 m dash i. 3000 m run (optional) j. 400 m dash k. 400 m dash l. 200 m hurdles m. 200 m hurdles n. 800 m run o. 800 m run p. 3000 m run (optional) q. 4 x 200 m relay r. 4 x 200 m relay s. 4 x 100 m relay t. 4 x 100 m relay u. 4 x 400 m relay (optional)* v. 4 x 400 m relay (optional)* 	<ol style="list-style-type: none"> boys girls boys girls boys girls boys girls girls boys girls boys girls boys girls boys boys girls boys girls boys girls 	<p>* The maximum distance limitation for each athlete must be upheld if this event is included.</p>
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9. Possible events for winter track and field competition include:

<ol style="list-style-type: none"> a. 50/55 m dash (boys) b. 50/55 m dash (girls) c. 200 m dash d. 300 m dash e. 400 m dash f. 600 m dash g. 800 m run h. 1000 m run i. 1500 m run 	<ol style="list-style-type: none"> j. 3000 m run k. 4 K shot put (plastic covered) l. long jump m. triple jump n. high jump o. pole vault p. 4 x 200 m relay q. 4 x 400 m relay r. sprint medley relay
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In facilities with tracks other than 200m in length appropriate modifications in distances are acceptable. For multi-school contests, refer to General Eligibility Rule #10 (p. 132).

38. VOLLEYBALL**Game Conditions:**

See chart p. 139.

Boys' Game Rules: USAVB**Girls' Game Rules: NCAA**

1. Rally scoring in a five (5) game match shall be utilized at the modified level.
2. The number of points in each game of the modified match shall be consistent. With sectional approval, either 20 or 25, but not less than 20, points per game may be used.
3. Two (2) tosses will be permitted per turn of service.
4. With sectional approval, the service line may be moved in one (1) meter.
5. With sectional approval, the use of the three (3) game match rather than the five (5) game match may be used.
6. With sectional/league approval, the Libero player may be used at the modified level. The uniform requirement for the Libero is waived.
7. With sectional approval, the minimum net height shall be seven (7) feet for boys and girls.

39. WRESTLING**Game Conditions:** See chart p. 139.

1. A contestant (or team) may participate in competitions not to exceed 12 points during their season. Points assessed to competitions are as follows:
 - a) 1 Point Meets are any competitions where a wrestler or wrestlers compete in one or two bouts.
 - b) 2 Point Meets are any competitions where a wrestler or wrestlers compete in 3 bouts.
2. No contestant (or team) can accumulate more than 8 points out of the maximum 12 points allowed via 2 point contests.
3. No contestant (or team) can accumulate more than 3 points per week.
4. There shall be no competition between wrestlers with an age difference of more than 24 months.
5. At least 2 nights shall elapse between contests.
6. The time periods for bouts shall be as follows:
 - a) If a contestant competes in only one bout per contest, the time periods are:
 Program 1: Three 1 and $\frac{1}{2}$ minute periods
 Program 2: 1st Period - 1 minute
 2nd and 3rd Periods - 1 and $\frac{1}{2}$ minutes
 - b) If a contestant competes in two or three bouts per contest, the time periods will be either: (1) Three 1 minute periods, or (2) 1st Period: 1 minute; 2nd and 3rd Periods: 1 $\frac{1}{2}$ minutes.
- There must be a 45 minute rest period between bouts.*
- c) There will be no overtime period. With Section approval, a sudden victory overtime period shall be permitted in modified wrestling. Wrestlers must start in the standing position, and the period shall not exceed 30 seconds. (May 2010)
7. Weight Control:
 - a) The Physical Education Director shall establish each wrestler's weight class prior to the first match. A contestant may not wrestle out of this established weight class except as indicated under b.
 - b) No attempt at weight reduction before the official weigh-in is permitted except on written permission from the parents and a written recommendation of a physician. Once a wrestler is established in a weight class, weight reduction and participation in a lower weight class is permitted only under a doctor's authorization and with the parent's permission.

c) A squad list, indicating the established weight classes for each team member as well as birth dates and ages, shall be sent to all opposing schools.

d) Wrestlers participating in the Modified Program may progress in weight in their individual classes at the same pound and date allowance as high school wrestlers.

8. Weigh-ins on the day of a dual meet shall be established by the Section Athletic Council.

9. For multi-school contests, refer to General Eligibility Rule #10 (p. 132).

Game Rules (Program 1)

1. **Weight Classes:** the official weight classes for competition are: 80, 86, 92, 98, 104, 110, 116, 122, 128, 134, 140, 148. For schools having only 7th and 8th grade students a 155 pound weight class may be optional. Optional classes may be 74, 158 and unlimited classes with contestants competing weighing within 10 pounds of each other.

2. **Honor Weigh-In:** The procedures described in the Wrestling Weight Control Plan shall be followed, p. 122-123.

3. There is no limit to the total team bouts in a contest.

4. **Scoring:** Use regular scoring system with teams receiving zero points for tied bouts or count number of bouts won or a combination of both. All bouts to count in team scoring.

Game Rules (Program 2)

1. **Weights:** Weight class is listed first, variance second: 70-80 lbs. (4 lbs); 80-90 lbs. (4 lbs); 90-100 lbs. (3 lbs); 100-110 lbs. (3 lbs); 110-120 lbs. (3 lbs); 120-130 lbs. (2 lbs); 130-140 lbs. (3 lbs); 140-150 lbs. (5 lbs); 150-160 lbs. (5 lbs); heavier weights (as much as 8 lbs.).

Variance: The variance listed above permits a contestant to compete against a contestant who is either in a lower or upper weight group. As long as both wrestlers stay within the variance listed, (ie. a wrestler in the 70-80 lbs. group who weighs 78 lbs. can compete with a wrestler in the 80-90 lbs. weight group as long as the heavier wrestler does not weigh more than 82 lbs.)

2. **Matching wrestlers:** Both coaches will get together and match their wrestlers. All safety measures on the squad roster form are to be used to equalize competition, namely, experience, physical strength and maturity.

3. There is no limit to the total team bouts in a contest.

4. **Scoring:** Use regular scoring system with teams receiving zero points for tied bouts or count number of bouts won or a combination of both. All bouts to count in team scoring.

**REVISED SELECTION/CLASSIFICATION SCREENING PROCEDURE
MODIFIED PROGRAM PLACEMENT**

The State Education Department's Regulations for the Selection/Classification Program now include Modified Program placement criteria. The Modified Program structure (grades 7,8,9) is only recognized by the NYSPHSAA, Inc.

- * The procedures established by the Regulations of the Commissioner of Education and the State Education department shall be followed.
- * Placement in the Modified Program shall be based on the maturation and physical fitness standards established by the NYSED.
- * Only after evaluation and approval by the NYSED may students ineligible for participation by the Modified Program standards of age and grade be placed downward into the Modified (junior high school) sport programs.

NOTE: Refer to the State Education Department's manual on Selection/Classification for procedures and standards. (See p. 52)