

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	1 match	USBA	
Baseball Pitcher	8 10	10 15	14	1 night 2 nights*	2 games* 1 game	NF	7 innings pitchers*
Basketball	9	11	14	2 nights	1 game	NF - BOYS NCAA - GIRLS	7 minute quarters
Bowling	3	3	14	1 night	3 games	USBC	
Cross Country	10	13	10	3 nights	1 run	NF	
Field Hockey	9	11	12	2 nights	1 game	NF	25 min. halves
Football	13	17	7	4 nights**	1 game	NF	10 min. quarters
Golf	3	3	14	1 night	1 match	USGA & LOCAL COURSE RULES	
Gymnastics	10	15	10	2 nights	3 events*	NF- BOYS USAJO - GIRLS	
Ice Hockey	10	15	14	2 nights***	1 game	NCAA	13 min. periods
Lacrosse -Boys	10	15	12	2 nights	1 game	NF	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 & ESA	
Soccer	9	11	12	2 nights	1 game	NF	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 *	NF	
Tennis	6	8	14	1 night	1 match *	USTA	
Outdoor Track	10	15	10	2 nights	3 events *	NF	
Winter Track	10	15	10	2 nights	3 events *	NF	
Volleyball	8	10	14	2 nights	2 matches *	USAVB- BOYS NCAA - GIRLS	
Wrestling	13	15	12 pts.	2 nights	2 bouts *	NCAA - GIRLS NF	Max of 8 pts. thru 2 pt. contests

(*) 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/scrimmage

(***) In Ice Hockey, contests may be played with only one night's rest three times per season for scheduling 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. 100

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.

19. BASEBALL

Game Conditions: See chart p. 100

1. Pitchers must participate in at least 15 practices before an interschool game. For other requirements see chart p. 100.

2. Doubleheaders: A maximum of two (2) doubleheaders may be played during a season. The following restrictions apply to the use of doubleheaders:

- 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.
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.

20. BOYS BASKETBALL

Game Conditions: See chart p. 100.

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. 100.

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. 100.

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. 100.

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. NF 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.

24. FIELD HOCKEY

Game Conditions:

See chart p. 100.

Game Rules:

1. NF Rules

2. Halves shall consist of 25 minutes, maximum.

3. Substitution: Utilize the NF 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. 100.

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.

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 2006-2008 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. 100.

Game Rules:

1. USGA Rules

27. BOYS GYMNASTICS

Game Conditions:

See chart p. 100.

Game Rules:

1. National Federation 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. 100.

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:

a) This may occur no more than three (3) times per season.

b) A team may never play three (3) days in a row.

c) There shall not be more than three (3) contests played per calendar week.

Game Conditions: (see Chart - p. 100)

1) NCAA Ice Hockey rules and NYSPHSAA Ice Hockey Rules Addendum.

2) One and one-half hours of ice time shall be used for a game.

3) Games shall consist of three periods of 13 minutes in length (see Chart - p. 100). Ice resurfacing between periods is not necessary.

4. 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—

a) All players, including the goalkeeper, shall wear all protective equipment.

b) Properly fitted equipment of good quality is mandatory for safe participation in lacrosse.

c) 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.

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) 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. 100.

Game Rules:

1. The length of quarters shall be 9 minutes.
2. 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.
3. A team shall be permitted 3 time-out periods per half. The time-outs cannot be accrued in the course of the game.
4. 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 "Indian Check".
5. There is no such call as a "Brush" in the Modified Program. Contact between crosse and helmet is a personal foul.
6. 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. 101.

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 USWLA 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. 101.

Game Rules:

1. FIS/ESA Rules

2. A skier may enter two (2) events.

33. SOCCER

Game Conditions:

See chart p. 101.

Game Rules:

1. NF 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 NF 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. 101)

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 maximum of two (2) doubleheaders may be played during a season. The following restrictions apply to the use of doubleheaders:
 - 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. 101 for other requirements.

Game Rules:

1. ASA Rules, 7 innings.
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.

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. 101.

Game Rules:

1. The National Federation 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. medley relay

2. 200 yd. freestyle

3. 100 yd. individual medley

4. 50 yd. 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. butterfly (optional - 100 yd. butterfly)

7. 100 yd. freestyle

8. 50 yd. backstroke (optional - 100 yd. backstroke)

9. 50 yd. breaststroke (optional - 100 yd. breaststroke)

10. 200 yd. freestyle Relay

Order of Events for Combined Modified/Varsity Swimming Meets

1. Modified 200 yd. medley relay

2. Varsity 200 yd. medley relay

3. Modified 200 yd. freestyle

4. Varsity 200 yd. freestyle

5. Modified 100 yd. individual medley

6. Varsity 200 yd. individual medley

7. Modified 50 yd. freestyle

8. Varsity 50 yd. 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 NF rules book)

11. Modified 50 yd. butterfly

12. Varsity 100 yd. butterfly

13. Modified 100 yd. freestyle
14. Varsity 100 yd. freestyle
15. Varsity 500 yd. freestyle
16. Varsity 200 yd. freestyle relay
17. Modified 50 yd. backstroke
18. Varsity 100 yd. backstroke
19. Modified 50 yd. breaststroke
20. Varsity 100 yd. breaststroke
21. Modified 200 yd. freestyle relay
22. Varsity 400 yd. 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.

36. TENNIS

Game Conditions:

See chart p. 101.

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.

37. TRACK AND FIELD (OUTDOOR AND WINTER)

Game Conditions:

See chart p. 101.

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

5. The 200 meter 30" hurdle race with 5 hurdles shall have the following spacings:
- start to first hurdle - 20 meters
 - distance between hurdles - 35 meters
 - 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:
- | | |
|---------------------|--------------------------|
| a. 55 m 30" hurdles | f. 200 m 30" hurdles |
| b. 200 m dash | g. 800 m run |
| c. 1500 m run | h. 3000 m run (optional) |
| d. 100 m dash | i. 4 x 200 m relay |
| e. 400 m dash | j. 4 x 100 m relay |
| | k. 4 x 400 (optional) * |
- 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:
- | | | |
|--------------------------------|-------|--|
| a. 55 m 30" hurdles | boys | |
| b. 55 m 30" hurdles | girls | |
| c. 200 m dash | boys | |
| d. 200 m dash | girls | |
| e. 1500 m run | boys | |
| f. 1500 m run | girls | |
| g. 100 m dash | boys | |
| h. 100 m dash | girls | |
| i. 3000 m run (optional) | girls | |
| j. 400 m dash | boys | |
| k. 400 m dash | girls | |
| l. 200 m hurdles | boys | |
| m. 200 m hurdles | girls | |
| n. 800 m run | boys | |
| o. 800 m run | girls | |
| p. 3000 m run (optional) | boys | |
| q. 4 x 200 m relay | boys | |
| r. 4 x 200 m relay | girls | |
| s. 4 x 100 m relay | boys | |
| t. 4 x 100 m relay | girls | |
| u. 4 x 400 m relay (optional)* | boys | |
| v. 4 x 400 m relay (optional)* | girls | |
9. Possible events for winter track and field competition include:
- | | |
|-------------------------|-----------------------------------|
| a. 50/55 m dash (boys) | j. 3000 m run |
| b. 50/55 m dash (girls) | k. 4 K shot put (plastic covered) |
| c. 200 m dash | l. long jump |

* The maximum distance limitation for each athlete must be upheld if this event is included.

- | | |
|---------------|------------------------|
| d. 300 m dash | m. triple jump |
| e. 400 m dash | n. high jump |
| f. 600 m dash | o. pole vault |
| g. 800 m run | p. 4 x 200 m relay |
| h. 1000 m run | q. 4 x 400 m relay |
| i. 1500 m run | r. sprint medley relay |
- (400m,200m,200m,800m)

In facilities with tracks other than 200 m in length appropriate modifications in distances are acceptable.

38. VOLLEYBALL

Game Conditions:

See chart p. 101.

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. The libero player will not be used at the modified level; and
7. With sectional approval, the minimum net height shall be seven (7) feet for boys and girls.

39. WRESTLING

Game Conditions: See chart p. 101.

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 are:

Program 1 & 2: Three 1 minute periods

There must be a 1 hour rest period between bouts.

c) There will be no overtime period.

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. A 3-bout (2 point multi meet) contest cannot be conducted as the last competition of the season. These meets must be conducted in a round robin format (not a bracket elimination format), with no recognition of place winners.

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. 84-85.

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 NYSPHSAA, Inc.

* Only after evaluation and approval by the NYSPHSAA, Inc. 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.