



Section IX Athletics

Gregory Ransom, Executive Director

NYSPHSAA Executive Committee Meeting

Meeting Highlights

Thursday, October 10, 2019

- A. Robert Zayas - Executive Director
 - 1. June Scholastic Basketball Showcase:
Recruiting event to be managed by BCANY the last two weekends at the end of June. A formal proposal will be coming forward for the February 2020 Executive Committee Meeting.
 - 2. District Superintendent Ex-Official Member
Dr. Zayas will be bringing a proposal forward for discussion at the February 2020 Executive Committee Meeting.
- B. Joe Altieri – Assistant Director
NYSPHSAA Championship dates and sites through 2023 (attached).
- C. Kristen Jadin – Assistant Director
Scholar-Athlete online submission opens Monday, October 28, 2019. Schools need to apply to receive recognition.

Sectional Concerns:
 - 1. Section IX – Girls Lacrosse Shot clock – Sample proposal from Section XI (attached)
Discussion item for February Executive Committee Meeting
- D. NYSED Physical Education, Health Education and Athletics Update from Darryl Daily (attached)
- E. NYSAAA- Mandatory Athletic Director requirement is very close.
- F. Budget/Audit Committee Meeting:
Membership Dues – should be looking at a plan of putting this request in the Budget process.
- G. Modified Sports Committee – (Report attached)
No Action Item at this time
Discussion Item – Modified boys lacrosse 4 Minute Sudden Victory Overtime (attached)
- H. Officials Coordinating Federation – Dennis Burkett School based Official – Discussion
- I. School Enrollment Numbers and Classification Breakdown (attached)
- J. Boys Ice Hockey – Video Replay, Protocol (attached)
- K. Consideration of Virtual/Connected Events (attached)
- L. Wrestling – Utilized the NFHS Weight Class in all Dual Meets & Dual Mets and Dual Meet Tournaments in the year 2020-2021
- M. NYSPHSAA Position Statement on overuse injuries and specialization (attached)
- N. Boys Lacrosse – Allow Sections to determine Spring Start Date
- O. Office of Teaching Initiatives – Expedited services requests by employers
- P. NYSPHSAA Executive Committee Meeting – Action Items (attached)

NYSPPHSAA EXECUTIVE COMMITTEE MEETING

General Action Items

1. (A) Consider approval of 2020-2021 school enrollment numbers. *Todd Nelson,
NYSPPHSAA Assistant
Director*

APPROVED
2. (A) Consider approval of waivers of the representation rule for various Sections. *Robert Zayas,
NYSPPHSAA Executive
Director*

APPROVED
3. (A) Consider approval of Friends & Neighbors and new member schools. *Robert Zayas,
NYSPPHSAA Executive
Director*

APPROVED

Sports Action/Discussion Items

FALL

4. (A) Consider approval to require five officials for an athlete to qualify for the State Swimming & Diving Championships in an 11 Dive meet. *Boys/Girls Swimming
& Diving Committees*

APPROVED (20-2)
5. (A) Consider approval for the Boys Soccer Regional Rotation. *Boys Soccer
Committee*

APPROVED

WINTER

6. (D) Consideration of approval for a waiver of the NCAA rule 2-11.6 regarding a shot clock reset of 20 seconds. *Girls Basketball
Committee*

APPROVED
7. (D) Consideration of approval to utilize the NFHS weight classes for all Dual Meets and Dual Meet Tournaments in the year 2020-2021 for a two-year pilot in the sport of wrestling. *Wrestling Committee*
8. (A) Consider approval to conduct the NYSPPHSAA/Federation Wrestling Tournament as one tournament. *Wrestling Committee*

APPROVED (17-5)
9. (A) Consider approval for a waiver of the NFHS five-bout rule in post season wrestling. *Wrestling Committee*

APPROVED
10. (A) Consider approval to require all sections to use the InBody Scale for the NYSPPHSAA Weight Certification Program. *Wrestling Committee*

APPROVED

SPRING

11. (D) Consideration of approval to allow individual sections determine their spring start date to either Week #36 or #37. *Boys Lacrosse
Committee*

NYSPPHSA EXECUTIVE COMMITTEE MEETING

12. (A) Consider approval to remove #4 of NYSPPHSA Softball Waivers (USA Softball Rules): "#4. Metal cleats are prohibited on all levels of play. (Dec. 2010)." **APPROVED** *Softball Committee*
13. (A) Consider approval to eliminate the International tie Breaker rule for NYSPPHSA Regionals. **APPROVED** *Softball Committee*
14. (A) Consider approval to adopt the game ending run rule procedure with section/league approval in the sport of baseball. **APPROVED (19-3)** *Baseball Committee*
15. (A) Consider approval of Mark Twain Golf Course as the host of the 2020-2022 NYSPPHSA Boys Golf State Championships. **APPROVED** *Joe Altieri, NYSPPHSA Assistant Director*
- Information Items**
16. (I) Approved Senior All-Star Contests & Combining of Teams *Robert Zayas, NYSPPHSA Executive Director*
17. (I) Championship Philosophy Committee Report *Robert Zayas, NYSPPHSA Executive Director*

Discussion Items at the Section & League Level:

1. Consideration of approval to utilize the NFHS Weight classes for all Dual Meets & Dual Meet Tournaments in the year 2020-2021 for a two-year pilot.
2. Consideration of approval to add recommendation to NYSPHSAA Handbook regarding overuse injuries and specialization
3. Modified Boys Lacrosse Consideration of approval to change the current regulation #2 under Boys Lacrosse regarding overtime to “In the event of a tie, there shall be one 4 minute sudden victory overtime period.”
4. Consideration of approval to allow individual sections determine their spring start date to either week #36 or #37
5. Consideration of approval of the implementation of a shot clock in the sport of Girls Lacrosse
6. Boys Ice Hockey – Video Replay Protocol
7. Consideration of Virtual/Connected Events

NYSPHSAA Championships - Fall 2018 thru Spring 2023

FALL						
		FALL 2018	FALL 2019	FALL 2020	FALL 2021	FALL 2022
Girls Tennis	Date	October 27-29, 2018	November 2-4, 2019	October 31-Nov 2, 2020	October 30-Nov 1, 2021	October 29-31, 2022
	Site	Tri-City Tennis Club	Tri-City Tennis Club			
B/G Cross Country	Date	November 10, 2018	November 16, 2019	November 14, 2020	November 13, 2021	November 12, 2022
	Site	Sunken Meadow State Park	Plattsburgh	Vernon Verona Sherrill HS	Chenango Valley State Park	Vernon Verona Sherrill HS
Boys Soccer	Date	November 10-11, 2018	November 16-17, 2019	November 14-15, 2020	November 13-14, 2021	November 12-13, 2022
	Site	Middletown High School	Middletown High School	Middletown High School		
Girls Soccer	Date	November 10-11, 2018	November 16-17, 2019	November 14-15, 2020	November 13-14, 2021	November 12-13, 2022
	Site	SUNY Cortland, TC3, Homer	SUNY Cortland, TC3, Homer	SUNY Cortland, TC3, Homer	SUNY Cortland, TC3, Homer	SUNY Cortland, TC3, Homer
Field Hockey	Date	November 10-11, 2018	November 16-17, 2019	November 14-15, 2020	November 13-14, 2021	November 12-13, 2022
	Site	Williamsville North HS	Williamsville North HS	Williamsville North HS		
Girls Swimming	Date	November 16-17, 2018	November 22-23, 2019	November 20-21, 2020	November 19-20, 2021	November 18-19, 2022
	Site	Ithaca College	Ithaca College	Ithaca College		
Boys Volleyball	Date	November 17, 2018	November 23, 2019	November 21, 2020	November 20, 2021	November 19, 2022
	Site	Capital Center, Albany	Capital Center, Albany	Capital Center, Albany		
Girls Volleyball	Date	November 17-18, 2018	November 23-24, 2019	November 21-22, 2020	November 20-21, 2021	November 19-20, 2022
	Site	Cool Insuring Arena, G. Falls	Cool Insuring Arena, G. Falls	Cool Insuring Arena, G. Falls		
Football EAST	Date	November 16-17, 2018	November 22-23, 2019	November 27-29, 2020	November 26-28, 2021	November 25-27, 2022
	Site	Middletown High School	Middletown High School	Middletown High School	Middletown High School	
Football WEST	Date	November 16-17, 2018	November 22-23, 2019	November 27-29, 2020	November 26-28, 2021	November 25-27, 2022
	Site	Union Endicott High School	Cicero North Syracuse HS	Union Endicott HS	Cicero North Syracuse HS	
Football FINALS	Date	November 23-24, 2018	November 29-Dec 1, 2019	December 4-6, 2020	December 3-5, 2021	December 2-4, 2022
	Site	Carrier Dome	Carrier Dome	Carrier Dome	Carrier Dome	
WINTER						
		WINTER 2019	WINTER 2020	WINTER 2021	WINTER 2022	WINTER 2023
Wrestling Dual Meet	Date	January 26, 2019	February 1, 2020	January 30, 2021	January 29, 2022	January 28, 2023
	Site	Onondaga CC, SRC Arena	Onondaga CC, SRC Arena			
Girls Ice Hockey	Date	February 8-9, 2019	February 7-8, 2020	Date TBA	Date TBA	Date TBA
	Site	HARBORCENTER, Buffalo	Herb Brooks Arena, Lk Placid	Section 10		
B/G Skiing	Date	February 25-26, 2019	February 24-25, 2020	February 22-23, 2021	February 28-March 1, 2022	February 27-28, 2023
	Site	Gore Mountain	Bristol Mountain	Whiteface Mountain		
Rifle REGIONAL	Date	March 2, 2019	March 7, 2020	Date TBA	Date TBA	Date TBA
	Site					
Girls Gymnastics	Date	March 2, 2019	February 29, 2020	February 27, 2021	March 5, 2022	March 4, 2023
	Site	Cold Spring Harbor High School	Cold Spring Harbor HS	Kenmore West HS		
Wrestling	Date	February 22-23, 2019	February 28-29, 2020	February 26-27, 2021	February 25-26, 2022	February 24-25, 2023
	Site	Times Union Center, Albany	Times Union Center, Albany	Times Union Center, Albany		
B. Swimming & Diving	Date	March 1-2, 2019	March 6-7, 2020	March 5-6, 2021	March 4-5, 2022	March 3-4, 2023
	Site	Nassau Aquatics Center	Nassau Aquatics Center	Ithaca College	Ithaca College	Ithaca College
B/G Bowling	Date	March 8-10, 2019	March 13-15, 2020	March 12-14, 2021	March 11-13, 2022	March 10-12, 2023
	Site	Strike N Spare Lanes, Syracuse	Strike N Spare Lanes			
B/G Indoor Track	Date	March 2, 2019	March 7, 2020	March 6, 2021	March 5, 2021	March 4, 2023
	Site	Ocean Breeze Athletic Complex	Ocean Breeze Athletic Complex	Ocean Breeze Athletic Complex	Ocean Breeze Athletic Com	
Competitive Cheer	Date	March 2, 2019	March 7, 2020	March 6, 2021	March 5, 2022	March 4, 2023
	Site	RIT	RIT	RIT		
Ice Hockey	Date	March 9-10, 2019	March 14-15, 2020	March 13-14, 2021	March 12-13, 2022	March 11-12, 2023
	Site	HARBORCENTER, Buffalo	HARBORCENTER, Buffalo	HARBORCENTER, Buffalo		
Girls Basketball	Date	March 15-17, 2019	March 20-22, 2020	March 19-21, 2021	March 18-20, 2022	March 17-19, 2023
	Site	HVCC, Troy	HVCC, Troy	HVCC, Troy	HVCC, Troy	
Boys Basketball	Date	March 15-17, 2019	March 20-22, 2020	March 19-21, 2021	March 18-20, 2022	March 17-19, 2023
	Site	Binghamton Floyd Maines Aren	Cool Insuring Arena, G. Falls	Cool Insuring Arena, G. Falls	Cool Insuring Arena, G. Fal	
B/G Federation Basketba	Date	March 22-24, 2019	March 27-29, 2020	March 26-28, 2021	March 25-27, 2022	March 24-26, 2023
	Site	Cool Insuring Arena, G. Falls	Fordham University	Fordham University	Fordham University	Fordham University
SPRING						
		SPRING 2019	SPRING 2020	SPRING 2021	SPRING 2022	SPRING 2023
Boys Tennis	Date	May 30-June 1, 2019	June 4-6, 2020	June 3-5, 2021	June 2-4, 2022	June 1-3, 2023
	Site	USTA National Tennis Ctr	USTA National Tennis Ctr			
Boys Golf	Date	June 1-3, 2019	June 6-8, 2020	June 5-7, 2021	June 4-6, 2022	June 3-5, 2023
	Site	Cornell University	Mark Twain Golf Course	Mark Twain Golf Course	Mark Twain Golf Course	
Girls Golf	Date	May 31-June 2, 2019	June 5-7, 2020	June 4-6, 2021	June 3-5, 2022	June 2-4, 2023
	Site	Deerfield Country Club	Deerfield Country Club	Deerfield Country Club		
B/G Outdoor Track	Date	June 7-8, 2019	June 12-13, 2020	June 11-12, 2021	June 10-11, 2022	June 9-10, 2023
	Site	Middletown HS	Cicero-North Syracuse (3)			
Girls Lacrosse	Date	June 7-8, 2019	June 12-13, 2020	June 11-12, 2021	June 10-11, 2022	June 9-10, 2023
	Site	SUNY Cortland	SUNY Cortland	SUNY Cortland	SUNY Cortland	SUNY Cortland
Boys Lacrosse EAST	Date	June 5, 2019	June 10, 2020	June 9, 2021	June 8, 2022	June 7, 2023
	Site	UAlbany & Adelphi	U Albany	U Albany	U Albany	
Boys Lacrosse WEST	Date	June 5, 2019	June 10, 2020	June 9, 2021	June 8, 2022	June 7, 2023
	Site	CNS & St. John Fisher	SUNY Cortland	SUNY Cortland	SUNY Cortland	
Boys Lacrosse FINALS	Date	June 8, 2019	June 13, 2020	June 12, 2021	June 11, 2022	June 10, 2023
	Site	St. John Fisher	Hofstra University	Hofstra University	Hofstra University	
Baseball	Date	June 14-15, 2019	June 12-13, 2020	June 11-12, 2021	June 10-11, 2022	June 9-10, 2023
	Site	Binghamton	Binghamton	Binghamton		
Softball	Date	June 15, 2019	June 13, 2020	June 12, 2021	June 11, 2022	June 10, 2023
	Site	Moreau Park, South Glens Falls	Moriches Athletic Complex	Moriches Athletic Complex	Moriches Athletic Complex	

New York State Public High School Athletic Association



Executive Committee Meeting – October 10, 2019

GIRLS LACROSSE – SHOT CLOCK

Action Item
 Discussion Item

Presenter:

Tim Mullins, Section XI Executive Committee Male Representative

Proposal:

Consideration of approval of the implementation of a shot clock in the sport of Girls Lacrosse.

Effective Start Date:

Spring 2021

Rationale:

The use of the shot clock has been an integral part of women's lacrosse at the NCAA level since 2017. Due to the lack of this device at the high school level, our student athletes are not fully prepared for the next level. Under the 90-second possession clock rule, the offensive team must register a shot within that window or the opposition will be awarded the ball at its location on the field when time expires. The implementation of the shot clock would limit the abuse of clock management and increase the pace of play. The enactment of the shot clock would also help minimize injuries. In order to regain possession of the ball, players become more aggressive with their sticks and bodies.

Proposal Originated:

Section XI Concern

Budgetary Impact:

\$1,300 - \$2,000

Notes:

The Girls Lacrosse Committee will address at their December 5, 2019 meeting.

Attachments:

None

NYSED PHYSICAL EDUCATION, HEALTH EDUCATION, and ATHLETICS UPDATE SUMMER 2019

1. PROFESSIONAL DEVELOPMENT OPPORTUNITIES

- New York State Association for Health, Physical Education, Recreation and Dance (NYSAPERD) Conference (November 20-23, 2019) in Verona, New York- See website: <http://www.nysahperd.org/content/professional-development/nys-ahperd-conference.cfm>
- New York State Council of Administrators Conference (November 20-23, 2019) in Verona, New York-See website:

<https://www.nysahperd.org/content/professional-development/Council-of-Administrators-Annual-Conference.cfm>
- Society for Health and Physical Education of America (SHAPE), National Conference SALT LAKE CITY, UTAH (April 21-25, 2020)- See website:
<http://www.shapeamerica.org/>

- New York State Athletic Administrators Association (NYSAAA) Leadership Training Program and Certification Program- See website:
<http://nysaaa.org/contact-us>
- New York State Athletic Administrators Association (NYSAAA) Annual Conference 2020 SARATOGA SPRINGS – (March 17-20, 2020) -See website:
<http://nysaaa.org/conference/conference-dates>

- Note- NYSAAA, NYSAPERD are approved for NYSED CTLE credit.

IMPORTANT PHYSICAL EDUCATION AND ATHLETIC RELATED ITEMS:

2. NEW YORK STATE LEARNING STANDARDS REVIEW PROCESS FOR PHYSICAL EDUCATION HAS BEGUN (2018-2019)

- Collaborating with NYSAPERD and numerous constituents- Kicked off at SED on August 6-7, 2018. Multiple (5) meetings were held throughout 2018-2019. Next steps: Public comment- Fall 2019, complete introduction and finalize standards with outcomes. Reviewed National and NYS Learning Standards and Outcomes for NYS. Process and review team included multiple diverse representatives; (SED, ELA's, BOCES, NYSAPERD, COA, NYSBAA, NYSUT and SAANYS, K-12 and Higher Education Institutions across the state). Going out to public comment in Fall 2019. Anticipating feedback and amendments. Hoping to have approved by early spring 2020. Follow up would include professional development to the field Summer/Fall 2020 with BOCES and NYSAPERD.

NYSED PHYSICAL EDUCATION, HEALTH EDUCATION, and ATHLETICS UPDATE SUMMER 2019

3. CONTENT ADVISORY PANEL (CAP) for PHYSICAL EDUCATION Content Advisory Panel (CAP) for Physical Education

The Content Advisory Panel for Physical Education is established. The Panel will function in an advisory capacity to the Office of Curriculum & Instruction and the Department, providing written and verbal feedback on suggested resources, policies, and implementation strategies.

Members are appointed for a one-year term by the New York State Education Department. The panel will represent a variety of constituents; including elementary, middle level, and high school teachers, school administrators, and curriculum specialists.

CAP will hold three meetings each school year in Albany. Members will serve without compensation, but their reasonable and necessary expenses for attending the meetings will be reimbursed. IE: hotel at the state rate, meals, and mileage/train.

First meeting will be held December 3, 2019.

4. MOST RECENT NYS PHYSICAL EDUCATION AUDITS AND COMPLIANCE CHECKLIST THAT WAS USED BY THE NYS COMPTROLLER'S OFFICE (2018-2019)

➤ See: <https://www.osc.state.ny.us/localgov/audits/swr/2018/School-District-PE-Compliance/global.htm>

➤ KEY RECOMMENDATIONS FROM AUDITS:

Develop and institute a PE program to ensure that:

- Students receive the minimum required amount of PE.
- The PE plan addresses all requirements in the Commissioner's regulations.

➤ Please contact Darryl Daily at Darryl.Daily@nysed.gov for a (draft) compliance checklist so you can prepare for any future potential audits by the NYS Comptrollers Office.

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5. NYSED PHYSICAL EDUCATION TEACHER TEST DEVELOPMENT REVIEWER OPORTUNITY

- The New York State Education Department (NYSED) is seeking educators to participate in test development activities for the New York State Teacher Certification Examinations (NYSTCE) Content Specialty Tests (CSTs) in Early Childhood Education (birth to grade 2 – Math and ELA), Literacy (grades K-12), English to Speakers of Other Languages (grades K-12), Physical Education (grades K-12) and English Language Arts (grades 5-12). These certification exams have already been revised. The activity this fall is to validate items for an item bank expansions based on the current frameworks.
- NYSED is looking for New York State educators who hold permanent or professional certification in New York State and are practicing teachers in these areas, supervising programs in these areas, or New York State educator preparation faculty who are preparing teachers to practice in the field.
- Qualified educators with expertise in the teaching or supervising these programs, including those with experience with ELL and SWD populations, as well as educator preparation faculty who are preparing these teachers, are encouraged to apply.
- The NYSED invites all educator and educator stake holders to nominate highly qualified educators at <http://research.net/s/NYSTPNominate> or provide me with a list of nominees, subject area, and contact information. If you use the nomination portal, please add the certification area in the additional comment section. Please be sure your nominations are received by **July 31, 2019**. Please ask all nominees to complete our online application located at <https://www.research.net/s/NYSTPRecruit>. These activities are tentatively scheduled for the week of December 9, 2019.
- All NYSTCE exams are developed in accordance with national industry and professional standards for educational testing. If you have any questions or concerns about the NYSTCE committee work or the development process, please feel free to contact Anne Hartjen (anne.hartjen@nysed.gov) or Emily Bryans (emily.bryans@nysed.gov).
- Anne S. Hartjen
Supervisor in Education Programs
- New York State Education Department
Office of State Assessment
- 760 EBA
89 Washington Avenue
Albany, New York 12234
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NYSED PHYSICAL EDUCATION, HEALTH EDUCATION, and ATHLETICS UPDATE SUMMER 2019

6. UNIFIED SPORTS EXTENDED ELIGIBILITY (Request and review 2018-TBD)

- The Department has been requested by NYSPHSAA to review the eligibility rule for Unified Sports.
- There is continued collaboration between NYSPHSAA and SED with this initiative.
- Brought to the BOR at September meeting. Public comment and review of guidelines to follow.

7. ATHLETIC DIRECTOR CERTIFICATION (Request and review 2018-TBD)

- Upper management has given the go ahead for the Office of Teaching Initiatives to begin developing license procedures around the National Certification requirements and regulations around it.
- There is continued collaboration between NYSAAA and SED on this initiative. More information to follow.
- Internal SED meetings will be in Fall 2019.

8. APPROVED COACHING COURSE LIST FOR FA/CPR/AED (Updated February 2019)

- The list has been updated on February 2019.
- See: <http://www.nysed.gov/common/nysed/files/programs/curriculum-instruction/courses-accepted-coaches-first-aid-and-cpr-aed-requirement.pdf>

9. CONCUSSION MANAGEMENT GUIDELINES UPDATED (June 2018)

- [The New York State Education Department Guidelines for Concussion Management in Schools](#) have been revised to reflect the current recommendations on managing concussions. Previous guidance was that students must be completely symptom free to return to activities. Now there is emerging research suggesting that some symptoms may be acceptable during return to activities. The updated guidelines now reflect this practice along with emphasizing that schools follow guidance of the student's health care provider on what symptoms are acceptable for return to activities.
- A gradual return to physical activity typically is done by progressing a student through levels of activity that increase in duration and/or intensity. Gradual return to activity should occur with the introduction of a new activity level every 24 hours. If any post-concussion symptoms return, the student should stop the activity and drop back to the previous level of activity. Current research suggests that some level of symptoms with activity is acceptable. Therefore, schools will need to follow provider orders on return to activities. Students should be monitored by district staff daily following each progressive level of physical activity, for any return of signs and symptoms of concussion. A gradual progression should be followed based on the private healthcare provider's or other specialist's orders and recommendations.

Please note: No such pupil shall resume athletic activity until the pupil has been symptom free for not less than twenty-four hours and **has been evaluated by and received written and**

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signed authorization from a licensed physician; and for extra class athletic activities, has received clearance from the medical director to participate in such activity. [8NYCRR 136.5 (d)]

- *Please direct questions to the Office of Student Support Services at 518-486-6090 or studentsupportservices@nysed.gov.*

10. RECENT SCHOOL HEALTH SERVICES CHANGES (Effective July 1, 2018)

- Revisions to commissioner's regulations 136.1-135.3 go into effect 7/1/18.
- Grade levels for health examinations and required screenings have been revised.
- <http://www.p12.nysed.gov/sss/documents/HealthRequirements.pdf>
- <http://www.p12.nysed.gov/sss/documents/ReqNYSSchoolHealthExamForm.pdf>
- New guidelines are available for Health Examination, Vision Screening, Hearing Screening, and Scoliosis Screening. Due to changes in screening requirements it is important that school health personnel review the new guidelines.

Please Note- Schools districts **should** continue to accept **ANY** health exam form received as NYSED and medical providers' organizations continue to partner to revise the NYS Required Health Exam Form and develop an electronic record compatible version.

School districts **SHOULD NOT REQUIRE** health care providers to use a particular form. District should accept any health exam form received.

School districts can choose to use the [NYS Health Exam Form](#) currently on the NYSCSH/NYSED website. The fact that the form is not required should be communicated when it is shared.

- **NYSED will notify school districts when the new revised NYS Required Health Exam Form is ready for use and when it will be required.**
- *Questions may be directed to the Office of Student Support Services, at 518-486-6090, or studentsupportservices@nysed.gov*

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11. NEW INITIATIVES TO COMBAT SUBSTANCE ABUSE AMONG SCHOOL-AGED CHILDREN AND STUDENT ATHLETES (2018)

- Heroin and opioid use continues to grow at an alarming rate. Recent studies have shown that the percentages of high school students in New York State who have reported using heroin or who have injected an illegal drug have more than doubled from 2005 to 2015.
- Another recent concern with the Department of Health (DOH) is use of Fentanyl among youth.
- Education and healthcare leaders can increase awareness by talking about underage drinking, substance use disorders, addiction, warning signs, and how to access help. These materials provide guidance on how to have those conversations.
- NYSED partnered with the New York State Health Department and the New York State Office of Alcoholism and Substance Abuse Services to provide the [New York State Addiction and Substance Use Disorder Educational Resource](#).
- A Free Flash Drive Educational Resource was developed through the New York State Department of Health, specifically to assist you in reaching your students and their families in combating this epidemic. This tool provides readily accessible and striking sample presentations, videos and discussion guides on how to engage students that may be dealing with sports-related injuries and pain relief involving opioid prescriptions or self-treatment with opioid medications. We know how our athletes look up to physical education teachers, athletic directors and coaches to guide them, so please order a flash drive.



The New York State Addiction and Substance Use Disorder Educational Resource is available free on a flash drive that may be ordered by sending an email to: B0019W@health.ny.gov (email address contains zeros), or by mailing your request to:

PUBLICATIONS NYSDOH Distribution Center P.O. Box 343 Guilderland, New York
12084

Materials sent to addresses within New York State are provided free of charge. Quantities may be limited.

Please include the name of your school, company, or facility; physical address; name and email address of contact person; and the following description and order number: New York State Addiction and Substance Use Disorder Educational Resource - Pub.# 12029. (Flash drives cannot be mailed to post office boxes).

NYSED PHYSICAL EDUCATION, HEALTH EDUCATION, and ATHLETICS UPDATE SUMMER 2019

12. GUIDELINES FOR COACHING (FIRST AID/CPR/AED) (Updated February 2018)

- See: <http://www.p12.nysed.gov/ciai/pe/toolkitdocs/COACHING-COURSE-GUIDELINES-FINAL-01292018.pdf>

IMPORTANT HEALTH EDUCATION RELATED ITEMS:



A) GUIDANCE FOR PROVIDING EDUCATIONAL RESOURCES TO ADDRESS SUBSTANCE ABUSE (June 2019)

<http://www.p12.nysed.gov/sss/documents/Ed%20Material%20Law%20Guidance%20final.pdf>

B) MENTAL HEALTH EDUCATION LEGISLATION (Effective July 1, 2018)

- Mental Health Education Legislation Chapter 390 of the Laws of 2016 amending Section 804 of Article 17 and states *as of July 2018 all schools under the jurisdiction of the department will ensure their health education programs recognize the multiple dimensions of health by including mental health and the relation of physical and mental health so as to enhance student understanding, attitudes and behaviors that promote health, well-being and human dignity* – <http://public.leginfo.state.ny.us/lawssrch.cgi?NVLWO>
- SED & Mental Health Association of NYS collaborated as a stakeholder task force to develop guidance resources to implement the new mental health law by July 2018.
- See link: <http://www.p12.nysed.gov/ciai/health/> and <http://www.p12.nysed.gov/ciai/health/Mentalhealtheducation.html>
- Meetings and professional are ongoing with collaboration between NYSED and MHANYS

C) SOCIAL-EMOTIONAL LEARNING GUIDELINES (BOE- Presentation May 2018)

- Introducing New Guidance and Resources for Social Emotional Learning |  BR
(D) 1
- Supplemental Presentation:
-  Social Emotional Learning - Essentials for Learning, Essentials for Life
- <http://www.p12.nysed.gov/sss/sel>

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D) HIV/AIDS GUIDANCE DOCUMENT (Pending approval Fall 2019)

- Document will provide a curriculum framework to assist local school districts to develop quality instructional HIV/AIDS Prevention Education Programs, in alignment with Commissioner's Regulations (CR's) §135.3.
- See: <http://www.p12.nysed.gov/sss/documents/hiv-aids-guidance.pdf>
- See: <http://www.p12.nysed.gov/sss/documents/hiv-aids-guidance.pdf>

E) Letter to Schools from Commissioners of the New York State Department of Health and Education Department to raise awareness and educate on the dangers of e-cigarettes. (606 KB) - January 02, 2019

- Evidence-based [E-Cigarettes and Vaping Webinar](#) , and an [E-Cigarettes Learning Page](#) available at the NYS Center for School Health, a contracted technical assistance resource center for the NYSED, with additional resources located at the [NYSDOH Get the Facts Website](#).

F) NEW YORK STATE COMBAT HEROIN AND PRESCRIPTION OPIOID ABUSE CAMPAIGN

- At its meeting in January 2015, the Board of Regents convened a [panel to discuss combatting opioid and heroin use and abuse](#). Presenters shared their thoughts on [prevention, warning signs, intervention, referral, treatment, recovery, and outreach](#).
- In 2015, New York State enacted [laws allowing schools to provide and maintain opioid antagonists](#) (naloxone) on-site, and late last year, NYSED issued [guidance and information for schools regarding opioid overdose prevention programs](#). Additional resources to combat opioid and heroin use and abuse include:
 - [Kitchen Table Toolkit](#)
The Kitchen Table Toolkit was developed to assist individuals (parents, spouses, siblings, teachers, coaches, counselors, probation officers, etc.) with initiating conversations about heroin and opioid abuse. Information, resources, and supports are available so no one needs to be alone in the fight to combat heroin and opioid abuse. Recognizing that addiction is not exclusive to heroin and opioids, this information may be applicable for alcohol and other drugs, also addressed in this toolkit. See page 12 for school-focused information.
- For updated Health Education Standards Supplemental Guidance Document See: <http://www.p12.nysed.gov/ciai/pe/documents/NYSED%20Heroin-Opioids%20Instructional%20Resource%20Packet6.17.pdf>

NYSED PHYSICAL EDUCATION, HEALTH EDUCATION, and ATHLETICS UPDATE SUMMER 2019

G) DEVELOPMENT OF RESOURCES TO EDUCATE ON NEED TO ENCOURAGE ORGAN AND TISSUE DONATION

- Legislation (Summer 2016)-SED began working collaboratively with multiple organizations that promote organ and tissue donation to provide a toolkit that contains model exemplar lesson plans and best practice instructional resources on the importance and value of organ and tissue donation. Information will be shared as it becomes available. See: <http://alliancefordonation.org/coming-soon-new-york-state-high-school-curriculum-organ-eye-and-tissue-donation>
- Please note-APRIL is National "DONATE LIFE" month.

H) DEVELOPMENT OF RESOURCES FOR SEPSIS

- SED worked collaboratively with organizations that promote sepsis to provide model exemplar lesson plans and best practice instructional resources for school districts. See: <https://rorystauntonfoundationforsepsis.org/education-modules/>

I) GAMBLING RESOURCES

- In recognition of Problem Gambling awareness Month (April), the Office of Alcoholism and Substance Abuse Services released a tool kit in collaboration with the New York State Education Department (NYSED) to help identify early problem gambling habits in teens.
- According to OASIS, "The new comprehensive Toolkit can be used by school administrators, educators, pupil personnel services, parent-teacher associations, parents, and community groups to teach students and parents about preventing underage gambling."
- See: <https://www.oasas.ny.gov/gambling/SchoolDistrictResources.cfm>

J) COMMISSIONER'S REGULATIONS TO REQUIRE INSTRUCTION IN CARDIOPULMONARY RESUSITATION ("Hands Only" CPR) AND INSTRUCTION IN THE USE OF AUTOMATED EXTERNAL DEFILIBRATORS (Requirement began September 2015)

- Students in senior high school shall be provided instruction in hands-only cardiopulmonary resuscitation and the use of an automated external defibrillator at least once before graduation.
- See link for memo to the field: <http://www.p12.nysed.gov/ciai/pe/toolkitdocs/memo-CPR%20instruction%20in%20HS-%20Sept%202015.pdf>
- See link: <https://yourethecure.org/aha/advocacy/details.aspx?BlogId=2&PostId=4139>

**NYSED PHYSICAL EDUCATION, HEALTH EDUCATION, and ATHLETICS UPDATE
SUMMER 2019**

K) TIC AND LYME DISEASE LEGISLATION (Summer 2016)

- NYSED and Department of Conservation collaborated on instructional tools and materials for school districts to advance and promote education awareness on tick identification and protection.
- See: <http://www.nysed.gov/curriculum-instruction/tick-and-tick-borne-disease>

Contact Information:

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<http://www.nysed.gov/curriculum-instruction/physical-education/>

Health Education Website:

<http://www.nysed.gov/curriculum-instruction/health-education>

September 23, 2019

To: Modified Athletics Representatives
Section Athletic Council

From:

Re: Fall 2019 Meeting Report
NYSPHSAA Committee for Modified Athletics

The fall meeting of the NYSPHSAA Committee for Modified Athletics took place on Friday, September 20, 2019 in Latham, New York. A synopsis of the meeting is as follows:

I. Items that went to the State Executive Committee:
None at this time

II. Items that went to the State Safety Committee:
None at this time.

III. Items which will occur before the Spring 2019 Modified Committee meeting:

Appropriate report presentations by fall and winter sport coordinators. The following sports are scheduled for review: boys' and girls' basketball, cheerleading, cross-country, field hockey, gymnastics, ice hockey, boys' and girls' soccer, boys' and girls' swimming, boys' and girls' volleyball, and wrestling

IV. Discussion Items
None at this time.

V. Action Items
None at this time.

VI. Information Items

- 1. Modified Athletics Review Completed.** Over the past two years, there has been an extensive review of the modified athletics philosophy, and all the rules and game conditions of the modified sports. This information was compiled by the Modified Committee, and all items were approved by the NYSPHSAA Executive Committee at their Summer 2019 meeting. The changes have moved modified athletics closer to the high school program, while simultaneously attempting to preserve the safety and development of young athletes, and protect the quality and goals of modified athletics.
- 2. There were no discussion or action items** at this fall meeting, nor did much new information come out of this meeting. This school year will be an opportunity to evaluate

and implement the new variations and rules. The verbiage of the Modified Game Rules and Game Conditions section of the NYSPHSAA handbook has been edited and reduced. As existing high school sport and Federation rules were adopted for use by modified athletes, the old modified game conditions were removed from the modified section of the handbook. Be certain to read the modified portion of the handbook carefully. Care should be taken to communicate these variations to sectional athletic directors and coaches, sport coordinators, school communities, and officials' organizations, especially if they impact on contracts and salaries.

3. **With sectional approval, more restrictive variations** of modified game rules and conditions may still be adopted selectively for use by specified conferences or leagues. Extended playing time and other methods of increasing student participation continue to be encouraged. Some sections have decided to proceed slowly as they decide which variations they would like to utilize.
4. **New recommendations and modifications** suggested from this point on can only be justified and approved if they meet the criteria of improving player development, minimizing risk, and/or increasing student-athlete participation.
5. **Principal on Modified Committee.** Scott Reinhart, a principal in Section V, has been appointed as a representative of the NYS Middle-School Principals Organization on the NYSPHSAA Modified Committee. The principals' association hopes to improve a network of support for modified athletics across the state and enhance communications among school administrators and athletic administrators. Scott will become a non-voting ex-officio member of the Modified Committee.
6. **Baseball.** Sport coordinator Steve Nolan reminded the Committee that as of this year, chest protectors and all practice and game baseballs must be NOCSEA approved and stamped on the equipment.
7. **Field Hockey.** Sport coordinator Barbara Felice stressed that girls' field hockey and lacrosse goggles are different and their use cannot be interchanged between the sports. The field hockey goggles have a straight bar down the front. They must be stamped with the ASTM seal, and cannot have sealed tags hanging from them.
8. **Shading in Modified Football.** Todd Heimer reminded the Committee that there is no shading permitted in modified football; only the allowance of the gap alignment.
9. The Modified Committee is planning a **workshop presentation at the spring conference of the NYS Athletic Administrators Association** in March 2020. Participating members of the Committee will be C0-Chairperson Jim Rose, Julie Arnold

and Matt Librock (Section VI), Cathleen Dnyprowsy (Section VIII) and Georgia McCarthy (Section XI). If anyone else would like to participate or offer suggestions for the workshop content, contact Jim Rose.

VII. Remaining NYSPHSAA Modified Committee 2020 Meeting Date
Spring 2020 March 27, 2020 9:30 AM NYSPHSAA Office

If you wish to have us bring items from our section to the NYSPHSAA meetings for consideration, please speak up at our local meetings, or put your thoughts in writing for discussion. Contact your modified state and local sectional representatives and sport coordinators if you have suggestions, concerns or good ideas. Change starts at the local level; we encourage and welcome your input and participation.

New York State Public High School Athletic Association



Executive Committee Meeting – October 10, 2019

MODIFIED BOYS LACROSSE – 4 MINUTE SUDDEN VICTORY OVERTIME

Action Item
 Discussion Item

Presenter:

Jim Rose, NYSPHSAA Modified Co-Chairperson

Proposal:

Consider approval to change the current regulation #2 under Boys Lacrosse regarding overtime to "In the event of a tie, there shall be one 4-minute sudden victory overtime period."

Effective Start Date:

Spring 2020

Rationale:

Current rule states two 2-minute periods with no sudden victory. This would be in line with the current NFHS rules for the sport of Boys Lacrosse.

Proposal Originated:

NYSPHSAA Modified Committee

Budgetary Impact:

None

Notes:

This recommendation was supposed to be included in the Spring with the other Modified recommendations but due to an oversight it was not included in the May Executive Committee packet.

Attachments:

None

CLASSIFICATION BREAKDOWN

5 CLASS SPORTS

CURRENT

<u>CLASS</u>	<u>CUT-OFF</u>	<u># OF SCHOOLS</u>	<u>PERCENTAGE</u>
AA	965 – UP	107	13.42%
A	500-964	178	22.33%
B	270-499	174	21.83%
C	150-269	164	20.57%
D	149 – DOWN	174	21.83%

DIVISION I/DIVISION II

CURRENT

DIVISION I	600 – UP	242	30.36%
DIVISION II	599 – DOWN	555	69.63%

NOTE: ANY VARIATION SPORT WILL PRESENT A RECOMMENDATION TO THE EXECUTIVE COMMITTEE AT THE MAY MEETING.

New York State Public High School Athletic Association



Executive Committee Meeting – October 10, 2019

BOYS ICE HOCKEY – VIDEO REPLAY PROTOCOL

- Action Item
 Discussion Item

Presenter:

Scott Stuart, NYSPHSAA Boys Ice Hockey State Coordinator

Proposal:

The NYSPHSAA Boys Ice Hockey State Committee is seeking to adopt a video replay protocol for Sectionals, Regionals and State Tournament games. The protocol is necessary due to adopting use of video replay, **Video Replay Rule 9-13** in the NFHS Rulebook in May 2018. **A video replay criterion has been added and highlighted under #3.**

The proposed protocol is below:

1. **Video Replay** -Per adoption in May 2018, video replay is permissible in any postseason game (where available) for the purposes of determining goals, undetected goals and for determining correct time on the game clock. In order to reverse an on-ice ruling, the replay must include conclusive video evidence.
2. **On-Ice Officials Procedure** -The referee must use a video monitor located at ice level to review any of the criteria. An On-Ice Official makes the final decision.
3. **Video Replay Criteria** - The following criteria are subject to the use of video replay and may be reviewed through either referee's discretion or by a coach's challenge:
 1. A puck crossing the goal line
 2. A puck entering the net before the goal frame is dislodged
 3. A puck entering the net before or after expiration of time at the end of a period, a whistle, or referee's determination that play has stopped
 4. A puck directed into the net by a hand or a distinct kicking motion
 5. A puck deflected into the net by an official
 6. To establish the correct time on the game clock
 7. To determine if an attacking player prevented the goalkeeper from defending the goal in accordance of Rule 7-13.5
 8. To determine if a puck is directed or deflected into the net by a high stick
 9. **To determine if the offensive zone entry immediately preceding the goal was onside**
4. **Non-Detected Goal** -In situations where a non-detected goal is awarded, officials will reset the game clock accordingly. If penalties occur prior to or after the undetected goal, these penalties will be enforced regardless of team.

New York State Public High School Athletic Association



Executive Committee Meeting – TBD

CONSIDERATION OF VIRTUAL/ CONNECTED EVENTS

Action Item
 Discussion Item

Presenter:

Robert Zayas, NYSPHSAA Executive Director

Proposal:

Consideration of approval for the addition of “*Virtual/ Connected Events*” to the NYSPHSAA Championship Philosophy (*see below*) for a two-year pilot, allowing NYSPHSAA staff to work with a third-party vendor to host events for students and schools.

VIRTUAL/ CONNECTED EVENTS: Involves students connecting in a shared online environment, typically hosted within the interface of a specific game. Students compete within a framework of rules and regulations against other students at different schools. Connected events are designed to be highly interactive and challenging, looking and feeling like their physical counterparts, causing teammates to collaborate in real time toward a shared competitive purpose.

Effective Start Date:

Fall 2020.

Rationale:

Implementation of Virtual/ Connected events will increase engagement opportunities for student participants and spectators. A two-year pilot will allow the membership to evaluate interest and long-term sustainability of Virtual/ Connected Events.

Proposal Originated:

NYSPHSAA E-Sports Committee.

Budgetary Impact:

Potential of student fees paid by member schools for participation purposes per game, per season.

Notes:

None.

Attachments:

Beyond The News article (June 2018)

NFHS High School Today article (November 14, 2018)

SUNY Canton Adds Full Time eSports Coordinator (Feb. 24, 2019)

New York State Public High School Athletic Association



Executive Committee Meeting – October 10, 2019

WRESTLING – UTILIZE THE NFHS WEIGHT CLASSES IN ALL DUAL MEETS & DUAL MEET TOURNAMENTS IN THE YEAR 2020-2021

Action Item
 Discussion Item

Presenter:

Marty Sherman, NYSPHSAA Wrestling State Coordinator

Proposal:

The NYSPHSAA Wrestling Committee is seeking approval to utilize the NFHS weight classes for all Dual Meets and Dual Meet Tournaments in the year 2020-2021 for a two-year pilot. The 99lbs. weight class would not be a scoring contested bout during the 2020-2021 school years. All individual tournaments, including the NYSPHSAA State Championships will include the 99 lbs. weight class during the two-year pilot.

Effective Start Date:

Winter 2020 - 2021

Rationale:

Approval of this proposal would allow for schools not having a 99 lbs. wrestler not to have to forfeit 6 points right off the bat. There seems to be widespread concern over the amount of forfeits at this weight class and this would us closer to the NFHS weight classes.

Proposal Originated:

NYSPHSAA Wrestling Committee Spring 2019

Budgetary Impact:

None

Notes:

The committee voted in favor of this proposal during their Spring meeting. The CAC had some concerns with the proposal as originally written up and asked to have the proposal. Resubmitted for the October meeting as a discussion item with a final vote in February. This proposal would still allow 99lb wrestler to compete in exhibition matches during dual meets.

Attachments:

None

New York State Public High School Athletic Association



Executive Committee Meeting – October 10, 2019

NYSPHSAA POSITION STATEMENT ON OVERUSE INJURIES & SPECIALIZATION

Action Item
 Discussion Item

Presenter:

Todd Nelson, NYSPHSAA Assistant Director

Proposal:

Consider approval to place the following statement in the NYSPHSAA Handbook under the recommendation section. "NYSPHSAA **believes** that a variety of interscholastic sports provide different skill sets and life-long lessons to student athletes. NYSPHSAA **recommends** that student athletes participate in multiple sports during their Middle School and High School careers. NYSPHSAA **supports** the research and following recommendations from the Department of Orthopedics and Rehabilitation at the University of Wisconsin School of Medicine and Public Health.

Effective Start Date:

Immediately

Rationale:

As part of the NYSPHSAA Strategic Plan the Safety Committee is creating this position statement on overuse injuries and specialization.

Proposal Originated:

NYSPHSAA Safety Committee

Budgetary Impact:

None

Notes:

None

Attachments:

See attached recommendation from University of Wisconsin.

New York State Public High School Athletic Association



Executive Committee Meeting – October 10, 2019

NYSPHSAA POSITION STATEMENT ON OVERUSE INJURIES & SPECIALIZATION

NYSPHSAA **believes** that a variety of interscholastic sports provide different skill sets and life-long lessons to student athletes. NYSPHSAA **recommends** that student athletes participate in multiple sports during their Middle School and High School careers. NYSPHSAA **supports** the research and following recommendations from the Department of Orthopedics and Rehabilitation at the University of Wisconsin School of Medicine and Public Health.

MONTHS PER YEAR (ONE SPORT)

1	2	3	4	5	6	7	8	9	10	11	12
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HOURS PER WEEK (ONE SPORT INCLUDING ACTIVE PRACTICE AND GAMES)

HOURS PER WEEK < AGE	HOURS PER WEEK > AGE
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Additional Items:

- NYSPHSAA to produce a video and brochure for schools to use as a resource with coaches, students, and parents about overuse injuries.

New York State Public High School Athletic Association



Executive Committee Meeting – October 10, 2019

BOYS LACROSSE – ALLOW SECTIONS TO DETERMINE SPRING START DATE

Action Item
 Discussion Item

Presenter:

Jim Amen, NYSPHSAA Boys Lacrosse State Coordinator

Proposal:

Consider approval to allow individual sections to determine their spring start date to either Week #36 or Week #37.

Effective Start Date:

Spring 2021

Rationale:

With the vote to move the spring season to week 37 being 6-5 there is an obvious desire by most sections to keep the start date at week 36. In a most recent survey conducted by the Chairperson of the State Coordinator for Boys Lacrosse Committee. It is very evident as pointed out in the survey results that Week 36 is the preferred start date. (63% of the coaches surveyed responded that they prefer Week 36). All but two (2) Section Coordinators prefer Week 36. While the weather will always be a factor the weather is very unpredictable and we are liable to have bad weather in Week 37 which would further affect the season. Additionally, the shortened season will require teams to play three (3) games in a week. This too, is not desirable from a physical and educational standpoint. The committee realizes that on occasion there might be three (3) games played in a week, but this should not be the norm. Please see the attached summary of 295 responses to the aforementioned survey.

Proposal Originated:

NYSPHSAA Boys Lacrosse Committee

Budgetary Impact:

None

Notes:

None

Attachments:

FULL SURVEY RESULTS- *for viewing rights please e-mail Dr. James Wright, Ed. D., CMAA @ jwright@shufsd.org*