



NYSPHSAA ATHLETIC DIRECTOR ELIGIBILITY WORKSHOP FALL 2018



New AD? _____



MANDATORY STANDARDS & ELIGIBILITY WORKSHOP

2018

The following school representative acknowledges receipt of the NYSPHSAA Rules and Regulations and furthermore understands their responsibility to read and understand and to disseminate the NYSPHSAA Rules and Regulations to their coaches, student athletes and parents.

Print School Name _____

Print First & Last Name _____

(____) _____-_____

Cell Phone Number _____

Print E-Mail Address "clearly" _____

Signature _____

Athletic department Twitter account? @ _____ N/A

IF AVAILABLE:

Superintendent Name: _____

Superintendent e-mail address _____

Principal Name: _____

Principal e-mail address _____

Section _____

Title _____

(____) _____-_____

Office Phone Number _____

Date _____

Workshop Format

- Informational topics
- Rules & Regulations review

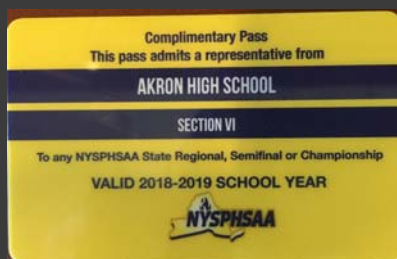


NYSPHSAA Administrative Staff

- Dr. Robert Zayas- Executive Director
- Joe Altieri- Assistant Director
- Todd Nelson- Assistant Director
- Kristen Jadin- Assistant Director
- Lisa Arnold- Finance
- Chris Joyce- Sales & Marketing
- Chris Watson- Communications Director

School Comp Pass

- NYSPHSAA Championship comp pass distributed to all schools at Fall AD Workshops.
- Good for one admission + guest.



Standard Calendar of Weeks (NYSPHSAA State Championships- 7 Year Calendar)									
7/28/2018	Wk #	# of Wks	Fall 2018	Fall 2019	Fall 2020	Fall 2021	Fall 2022	Fall 2023	Fall 2024
Fall Start Date High School (Monday)	7	N/A	8/13	8/19	8/17	8/16	8/15	8/14	8/19
Fall Start Date Modified (Monday)	7	N/A	8/13	8/19	8/17	8/16	8/15	8/14	8/19
Tennis (Girls) Championships	17	11 Wks	10/27-10/29	11/2-11/4	10/31-11/2	10/30-11/1	10/29-10/31	10/28-10/30	11/2-11/4
Cross Country Championships	19	13 Wks	11/10	11/16	11/14	11/13	11/12	11/11	11/16
Girls/ Boys Soccer Championships	19	13 Wks	11/10-11/11	11/16-11/17	11/14-11/15	11/13-11/14	11/12-11/13	11/11-11/12	11/16-11/17
Field Hockey Championships	19	13 Wks	11/10-11/11	11/16-11/17	11/14-11/15	11/13-11/14	11/12-11/13	11/11-11/12	11/16-11/17
Girls Swimming & Diving Championships	20	14 Wks	11/16-11/17	11/22-11/23	11/20-11/21	11/19-11/20	11/18-11/19	11/17-11/18	11/22-11/23
Boys Volleyball Championships	20	14 Wks	11/17	11/23	11/21	11/20	11/19	11/18	11/23
Girls Volleyball Championships	20	14 Wks	11/17-11/18	11/23-11/24	11/21-11/22	11/20-11/21	11/19-11/20	11/18-11/19	11/23-11/24
Football Semifinals	20	14 Wks	11/16-11/17	11/22-11/23	11/20-11/21	11/19-11/20	11/18-11/19	11/17-11/18	11/22-11/23
Football Championships	21	15 Wks	11/23-11/25	11/29-12/1	11/27-11/29	11/26-11/28	11/25-11/27	11/24-11/26	11/29-12/1
Scholar-Athlete Deadline	23	N/A	12/3	12/9	12/7	12/6	12/5	12/4	12/9
Wk #	# of Wks	Winter 2019	Winter 2020	Winter 2021	Winter 2022	Winter 2023	Winter 2024	Winter 2025	
Winter Start Date High School (Monday)	19	N/A	11/5	11/11	11/9	11/8	11/7	11/6	11/11
Winter Start Date Modified (Monday)	19	N/A	11/5	11/11	11/9	11/8	11/7	11/6	11/11
Wrestling Team Duals	30	12 Wks	1/26	2/1	1/30	1/29	1/28	1/27	2/1
Girls/ Boys Skiing Championships	34/35	16 Wks	2/25-2/26	2/24-2/25	2/22-2/23	2/28-3/1	2/27-2/28	2/26-2/27	2/24-2/25
Girls Gymnastics Championships	34/35	16 Wks	3/2	2/29	2/27	3/5	3/4	3/2	3/1
Wrestling Championships	34	16 Wks	2/22-2/23	2/28-2/29	2/26-2/27	2/25-2/26	2/24-2/25	2/23-2/24	2/28-3/1
Boys Swimming & Diving Championships	35	17 Wks	3/1-3/2	3/6-3/7	3/5-3/6	3/4-3/5	3/3-3/4	3/1-3/2	3/7-3/8
Girls/ Boys Indoor Track Championships	35	17 Wks	3/2	3/7	3/6	3/5	3/4	3/2	3/8
Competitive Cheer Championships	35	17 Wks	3/2	3/7	3/6	3/5	3/4	3/2	3/8
Girls/ Boys Bowling Championships	36	18 Wks	3/8-3/10	3/13-3/15	3/12-3/14	3/11-3/13	3/10-3/12	3/8-3/10	3/14-3/16
Ice Hockey Championships	36	18 Wks	3/9-3/10	3/14-3/15	3/13-3/14	3/12-3/13	3/11-3/12	3/9-3/10	3/15-3/16
Scholar-Athlete Deadline	37	N/A	3/11	3/16	3/15	3/14	3/13	3/11	3/17
Girls/ Boys Basketball Championships	37	19 Wks	3/15-3/17	3/20-3/22	3/19-3/21	3/18-3/20	3/17-3/19	3/15-3/17	3/21-3/23
Girls/ Boys Federation Basketball	38	20 Wks	3/22-3/24	3/27-3/29	3/26-3/28	3/25-3/27	3/24-3/26	3/22-3/24	3/28-3/30
Presidents Day									
			18-Feb	17-Feb	15-Feb	21-Feb	20-Feb	19-Feb	17-Feb
Easter Sunday									
			21-Apr	12-Apr	4-Apr	17-Apr	9-Apr	31-Mar	20-Apr
Wk #	# of Wks	Spring 2019	Spring 2020	Spring 2021	Spring 2022	Spring 2023	Spring 2024	Spring 2025	
Spring Start Date High School (Monday)	36	N/A	3/4	3/9	3/8	3/7	3/6	3/4	3/10
Spring Start Date Modified (Monday)	36	N/A	3/4	3/9	3/8	3/7	3/6	3/4	3/10
Scholar-Athlete Deadline	47	N/A	5/20	5/25	5/24	5/23	5/22	5/20	5/26
Boys Tennis Championships	48	13 Wks	5/30-6/1	6/4-6/6	6/3-6/5	6/2-6/4	6/1-6/3	5/30-6/1	6/5-6/7
Girls Golf Championships	48	13 Wks	5/31-6/2	6/5-6/7	6/4-6/6	6/3-6/5	6/2-6/4	5/31-6/2	6/6-6/8
Boys Golf Championships	48	13 Wks	6/1-6/3	6/6-6/8	6/5-6/7	6/4-6/6	6/3-6/5	6/1-6/3	6/7-6/9
Girls Lacrosse Championships	49	14 Wks	6/7-6/8	6/12-6/13	6/11-6/12	6/10-6/11	6/9-6/10	6/7-6/8	6/13-6/14
Boys Lacrosse Championships	49	14 Wks	6/8	6/13	6/12	6/11	6/10	6/8	6/14
Girls/ Boys Outdoor Track Championships	49	14 Wks	6/7-6/8	6/12-6/13	6/11-6/12	6/10-6/11	6/9-6/10	6/7-6/8	6/13-6/14
Baseball Championships	49	14 Wks	6/14-6/15 (week)	6/12-6/13	6/11-6/12	6/10-6/11	6/9-6/10	6/7-6/8	6/13-6/14
Softball Championships	49	14 Wks	6/15 (week)	6/13	6/12	6/11	6/10	6/8	6/14
Memorial Day									
			27-May	25-May	31-May	30-May	29-May	27-May	26-May

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Girls/ Boys Soccer Championships	19	13 Wks.	11/10-11/11	11/16-11/17
Field Hockey Championships	19	13 Wks.	11/10-11/11	11/16-11/17
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Scholar-Athlete Deadline	23	N/A	12/3	12/9
	Wk #	# of Wks	Winter 2019	Winter 2020
Winter Start Date High School (Monday)	19	N/A	11/5	11/11
Winter Start Date Modified (Monday)	19	N/A	11/5	11/11

- Week #1 = first full week of July

Softball/ Baseball Championships

	Week #	# of Wks	Spring 2019
Spring Start Date High School (Monday)	36	N/A	3/4
Spring Start Date Modified (Monday)	36	N/A	3/4
Scholar-Athlete Deadline	47	N/A	5/20
Boys Tennis Championships	48	13 Wks.	5/30-6/1
Girls Golf Championships	48	13 Wks.	5/31-6/2
Boys Golf Championships	48	13 Wks.	6/1-6/3
Girls Lacrosse Championships	49	14 Wks.	6/7-6/8
Boys Lacrosse Championships	49	14 Wks.	6/8
Girls/ Boys Outdoor Track Championships	49	14 Wks.	6/7-6/8
Baseball Championships	49	14 Wks.	6/14-6/15 (est)
Softball Championships	49	14 Wks.	6/15 (est)
	Memorial Day		27-May

SAT Exams- **WARNING!**

SAT TEST DATES	
2018 TEST DATES	2019 TEST DATES
August 25, 2018	March 9, 2019
October 6, 2018	April 3, 2019 <small>some schools offer the April SAT for free at school</small>
November 3, 2018	May 4, 2019
December 1, 2018	June 1, 2019
ACT TEST DATES	
2018 Test Dates	2019 Test Dates
September 8, 2019	February 9, 2019 (in NJ)
October 27, 2018	April 13, 2019
December 8, 2018	June 8, 2018

- Conflicts- Football Sectionals & Cross Country Sectionals; Girls & Boys Soccer Regionals; Field Hockey Regionals.

SAT Exams- **WARNING!**

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ACT TEST DATES	
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December 8, 2018	June 8, 2018

- Conflicts- Basketball Regionals; Ice Hockey Championships; Girls & Boys Bowling Championships;

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ACT TEST DATES	
2018 Test Dates	2019 Test Dates
September 8, 2019	February 9, 2019 (in NJ)
October 27, 2018	April 13, 2019
December 8, 2018	June 8, 2018

- Conflicts- Boys Tennis, Girls Golf, Boys Golf Championships; Track Sectionals; Baseball & Softball Sectionals, Girls LAX Regionals

ACT Exams- WARNING!

Conflicts-

- Baseball, Softball Regionals
- Track & Field, Girls Lax, Boys Lax Championships

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Championship Schedules

- It continues to be the practice of the NYSPHSAA not to amend schedules for fairness and equity to all participating teams and students.



Code of Conduct Revisions

- Athletic Director will sign “one” Code of Conduct on behalf of their school
- Schools responsible for:
 - Student/ Coach behavior
 - Medical Release/ Emergency information
 - Consent for use of Photography/ Video



NYSPHSAA Code of Conduct 2018-2019 Regional & State Championships

Participation in NYSPHSAA Regional and Championship events is considered an honor and privilege; with this understanding, athletes and coaches are expected to adhere to standards of behavior and conduct. NYSPHSAA appreciates the work of Athletic Administrators to ensure teams, athletes and coaches are aware of NYSPHSAA standards and expectations when participating in post-season events.

Code of Conduct for Athletes:

1. Use of alcoholic beverages, tobacco products and other drugs (*unless prescribed by a physician*) will not be tolerated.
2. All curfews and bed checks will be adhered to as established by the Section supervisor or coach.
3. Athletes are responsible for their conduct in regard to public property such as: hotel rooms, transporting vehicles, fields and courts, locker rooms, etc. Athletes or the school they represent will be held financially responsible for any damage they incur.
4. Athletes must use transportation "authorized" by their section and school to and from the event.
5. There will be no gambling of any kind.

Code of Conduct for Coaches/ Sectional Supervisors shall:

1. Enforce Code of Conduct for athletes. Report problems to supervisors and send written reports to the Section and home school district.
2. Establish curfews and bed checks.
3. Be responsible for athletes from departure point of trip until trip is completed and ensure all athletes have transportation to their home district.
4. Make sure all emergency medical information is available for all student-athletes on site.
5. Notify proper authorities in the event an athlete is injured.
6. Abstain from the use of alcohol and controlled substances (*unless prescribed by a physician*).
7. Abstain from gambling of any kind.

All violations will be reported to the appropriate Section and/or School District Representative. Each Section reserves the right to have the individual(s) immediately removed from the event/venue and pursue any further disciplinary action as they deem necessary.

Emergency Medical Release:
NYSPHSAA member schools are responsible for ensuring coaches and/or Section supervisors have all necessary Emergency Medical Release information on site for all participating student-athletes.

Consent for use of Photography/ Video:
NYSPHSAA member schools are responsible for notifying the NYSPHSAA Executive Director (in writing at least 48 hours prior to a NYSPHSAA post-season event), if student-athletes do not consent to their photographs, videos or image being used in NYSPHSAA promotional materials (i.e. press releases, website, brochures, commercials,

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By signing below, the NYSPHSAA member school acknowledges understanding, knowledge and agreement with the information above.

Member School Name: _____ Section: _____

(Please Print)

Athletic Director's Name: _____

(Please Print)

Athletic Director's Signature: _____ Date: _____

Required Number of Practices & Games

HIGH SCHOOL SPORT STANDARDS

Sport	Number Practices Prior to First Scrimmage		Number Practices Prior to First Contest		Team and Individual Maximum No. Contests	Min. Time Between Events or Scrimmages	Individual Contest Limitations Per Day	RULES	Scrimmage Limitations Per Day
	TEAM	IND	TEAM	IND					
Badminton	6	4	8	6		1 night	3 matches 1 contest	USBA	1
Baseball	10	6	15	8	20	1 night	2 contests	NFHS	2
Battery	10	8	15	13					
Basketball	8	6	10	8	20	1 night	1 contest	NF-Boys NCAA-Girls	1
Baseball/ Girls/ Boys									
Bowling	Training	Training	Training	20	1 night		6 games	USBC	1
Competitive Cheerleading	10	8	10	8	12	1 night	1 competition	NFHS	1
Cross country	10	8	10	10	16	2 nights	5000meters or 3 miles	NFHS	1
Fencing	10	8	15	13	20	1 night	3 contests	USFA	1
Field Hockey	8	6	10	8	16	1 night	1 contest	NFHS	1
Golf	11	10	15	14	19	4 nights (1)	1 contest	NFHS	1
Golf	Training	Training	Training	16	1 night		1 match 2-9 hole local course non-schd days	USGA Local course rules	1
Gymnastics	10	8	15	13	16	1 night	6 events (Boys) 4 events (Girls) 1 contest	Boys- NFHS Girls- USAGym/ NCAA	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
Life	3	2	5	3	16	1 night	1 contest	NCA	1
Shooting	8	6	10	8	16	1 night	2 events	ITA & USFA	1
Swimming	6	4	8	6	20	1 night	1 contest	NFHS	1
Swimming/ Diving	12	10	12	10	16+	1 night	2 contests	USA	2
Tennis	6	4	8	6	16	1 night	4 events 1 contest 2 matches ++	NFHS	1
Outdoor Track	10	8	10	10	16+	1 night	4 events 1 contest	USFA	1
Winter Track	10	8	10	10	16+	1 night	3 events 1 contest	NFHS	1
Volleyball	6	4	8	6	20	1 night	2 matches/day	NCAA	1
Wrestling	10	8	15	13	20 points*	1 night	4 hours 1 hour tournament only	NFHS	1

(1) 2 nights for scrimmage

* indicates maximum plus section, state championships and games necessary to break divisional or league

Spalding

- Available on NYSPHSAA website
 - Go to Resources → forms
- New GBB and BBB Product number
- NOSCAE Stamp

SPALDING OFFICIAL BALL LIST

Alpha

- **HEADB R:** Thick 2 ply TPU bladder for the ultimate air retention.
- **LINER:** Ultra durable 7 ply TPU liner, more puncture resistant than other materials.
- **COVER:** Spalding exclusive "TP" tack. Thinner leather is now thicker to provide increased
- **stitch & shape retention**
- **LACES:** Taped Diamond Reinforced laces deliver exceptional grip in wet & dry conditions.
- **SPIN TECH SEWN STRIPE:** Provides quarterbacks key touch points to improve grip & control.

Item Number > 72-675M

TE-8000 LEGEND

- Exclusive Microfiber Composite Leather Cover for Advanced Motion Management.
- Soft Carcase and Deep Channels for better feel and flexibility.
- Blended Ball bladder for enhanced air retention.
- 100% Nylon winding material for best shape retention and durability.

Item Number > 76-2256 (9 ball size), 76-2268 (28.5)

Baseball

SB-1212

- Premium Full Grain Leather Cover
- Grey and White wood windings
- Raised seams for improved grip and control

Item Number > 41-00015

SB-1212S

- Premium Full Grain Leather Cover
- Grey wood windings
- Raised seams for improved grip and control

Item Number > 41-00115

Softball

SB-12

- Cover: Leather
- Center: Cork
- Specs: 12", 47 GPH, 375 lbs Compression
- Commonly the ball of choice in NY

Item Number > 41-311Y

Boys Volleyball

T2-1326

- Select Japanese Leather Cover with 2 Ply Soft Cloth Lining for superior shape retention.
- T-Scam Construction
- 13 Colors Options Available

Item Number > 41-311Y

Girls Volleyball

T2-1326

- Select Japanese Leather Cover with 2 Ply Soft Cloth Lining for superior shape retention.
- T-Scam Construction
- 13 Colors Options Available

Item Number > 41-311Y

Soccer

T2-8000

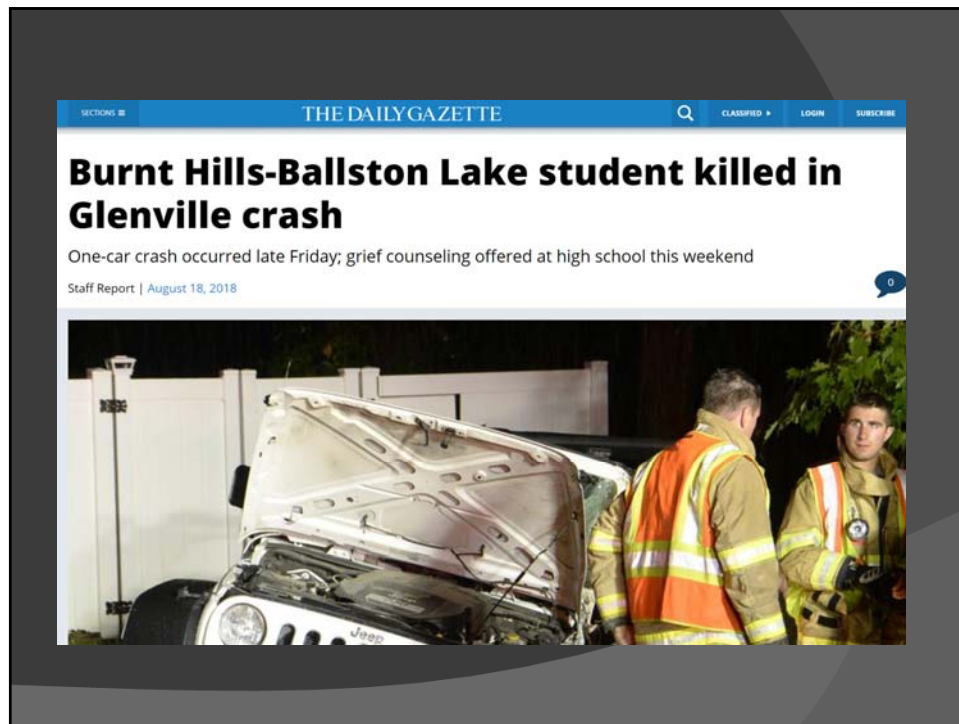
- Hand stitched TPU Cover
- Latex Bladder for the Ultimate in Playability

Item Number > 64-7929

For More Information Contact
Vern Pindar at Vernon.Pindar@spalding.com or (860) 306-2430

Traffic Safety

- NYS GTSC would like to host traffic safety events at schools throughout the state.
 - Have access to guest speakers, simulators, demonstration crews, etc. and can offer them at no charge.
- Traffic Safety Week events, homecoming, prom, etc. would all be great times for schools to host these events.
- Interested-contact Chris Joyce or Sgt Todd Engwer (todd.engwer@dmv.ny.gov, @518-473-7972)



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MaxPreps



- Schedules
- Scores
- Rosters- State Program
- Photos- State Program
- Messaging
 - Update your school's profile
 - Team App (Flyer)

TODD NELSON
ASSISTANT DIRECTOR

USA Football



- 1) Schools sign up
- 2) One coach per school attend in-person clinic
- 3) All coaches take the online courses through the NFHS
- **ALL THREE** above must be completed to be certified as a USA Heads Up Coach

Updated Guidelines for Concussion Management (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.

NYSPHSAA and TCM Partnership Overview

- NYSPHSAA and Total Concussion Management (TCM) are teaming up to provide member schools a standard protocol for sideline screening of concussions and other concussion management services.
 - Our goal is to that minimize risk to our student athletes and change the culture of concussion management in NYS. "When In Doubt, Sit Them Out" is no longer good enough.
- TCM currently services 78 schools and organizations and has 856 users in NYS.
- TCM is leading the way to address several gaps in concussion recognition and removal during sports and recreational play including:
 - Emergency protocol needs to be done first, regardless when the athlete complains of other symptoms.
 - Multi-level testing must be performed quickly by any school staff member present when an athlete receives a concussion-related impact.
 - Continuous monitoring and immediate follow-up notification to key personnel is mandatory. An athlete that has been removed must be monitored. We push information within the critical 72-hour window to ensure the athlete "get's a second look" (reassessment) and diagnosis. In many cases, symptoms arise after the event is over.



NYSPHSAA and TCM Partnership Benefits

- TCM will provide to all 7th-12th grade NYSPHSAA member schools:

- The easySCAT Sideline solution for during play screening which includes signs and symptom testing and proper removal and follow-up notifications.
- Concussion management policy maturity assessment which compares your current policy and procedures with the Berlin 2016 world-wide protocol based on the 11 "R's" discussed in the consensus paper.
- Berlin 2016 best practice concussion policy template for when updating your current concussion management policy covering 1) sideline assessment, 2) medical diagnostic evaluation, 3) Return-to-Play/Learn strategy.
- Advisor and Consultant services to assist in educating personnel and updating current policies and procedures.

- NYSPHSAA will also use easySCAT Sideline at all NYSPHSAA state championships for concussion screening during play.

easySCAT Sideline Solution pricing for a 1-year subscription
(one price per school for UNLIMITED students, users and activities)

Member School Category	Member School Band	Low (enrollment)	High (enrollment)	List Price	NYSPHSAA Price (35% Discount)
	Very Small	0	150	\$245.00	\$159.25
	Small	151	250	\$495.00	\$321.75
	Medium	251	500	\$895.00	\$581.75
	Large	501	1,000	\$1,195.00	\$776.75
	Very Large	1001	2,000	\$1,895.00	\$1,231.75
	Extra Large	2001	3,000	\$2,695.00	\$1,751.75
	per student		>3000	\$1.00	\$0.65

Concussion Management Policy Maturity Assessment and Best Practice Template
(projected availability 12/31/2018)

Service	Price	NYSPHA Price
Best Practice Assessment Survey + Recognize and Remove	\$300.00	Free of Charge
Scoring and Gap Analysis using Berlin 2016 11 "R's" (when available)	\$100.00	Free of Charge
Best Practice Concussion Management Policy in Electronic Format configured for the school based on a short survey	\$300.00	Free of Charge



Getting Started

To purchase through the NYSPHSAA partnership please contact TCM at sales@easyscat.com or call us. Also, easySCAT Sideline can be purchased through your local BOCES using your interscholastic code. The NYSPHAA discount still applies.

Dominic Palumbo
EVP Sales
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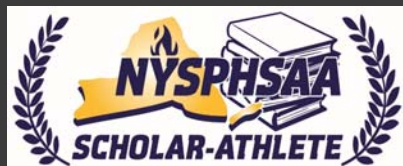
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Participation Survey

- Distributed in late March/early April
- Due by the end of May
- Important information for NYSPHSAA, sport committees, NFHS, championships, etc.
- Use High School BUILDING BEDS CODE to access (same as Scholar-Athlete)

MANDATORY



DEADLINES

FALL

Monday, Week #23

December 3, 2018

WINTER

Monday, Week #37

March 11, 2019

SPRING

Monday, Week #47

May 20, 2019

School of Distinction/Excellence

School of Distinction

100% of varsity athletic programs qualified for and received Scholar-Athlete Team Award

School of Excellence

75% of varsity athletic programs qualified for and received the Scholar-Athlete Team Award

Application Required: Deadline JUNE 30th.

*Application available on the Scholar-Athlete website AFTER Spring Scholar-Athlete Deadline.

Qualified is interpreted to mean teams having met the deadline date to apply as set for each sports season. Schools must also meet the deadline for the School of Distinction and School of Excellence application.

Hazing Prevention: It's Everyone's Responsibility™ High School Training Kit

- 20 minute multimedia presentation that uses examples specific to student-athletes to help prevent hazing activity in high school.
- Facilitator's Guide
- Discussion topics
- Optional assessments.
- To access the course go to: <https://nysphsaa.prevent.zone/>

FREE



NY's anti-hazing law prohibits certain physical initiation acts

Recommend 0 0

By Nicky Hickling **CONNECT**
 Posted: Aug 13, 2018 3:57 PM EDT
 Updated: Aug 13, 2018 3:57 PM EDT



ADVERTISEMENT

ALBANY, N.Y. (AP) — Gov. Andrew Cuomo has signed anti-hazing legislation that was prompted by the death of a New York City college student fatally injured while pledging a fraternity.

The Democrat says the bill he signed into law Monday is aimed at keeping students safe as they return to classes later this month.

The law prohibits certain physical contact or requiring physical activity in any organization's initiation ceremony.

The measure passed the state Legislature earlier this year, five years after the death of 18-year-old Chun "Michael" Deng, of Queens. The Baruch College student died after suffering a head injury during a fraternity hazing ritual in Pennsylvania's Pocono Mountains.

Cheng was blindfolded, forced to wear a heavy backpack and then repeatedly tackled. He was knocked unconscious and later died at a hospital.

CSEA Excelsior Award

- The award honors an individual who has displayed extraordinary dedication and support of high school athletics.
- Nominations dues October 12th
- Form on NYSPHSAA Website



Community Service Challenge

NYSPHSAA will partner with Team Up 4 Community to provide a FREE platform for students, coaches, teams, administrators, and schools to apply for the NYSPHSAA Community Service Challenge. **A challenge will take place each sports season.** A team does not need to be in season to apply. The NYSPHSAA SAAC will determine a winner after each season's submission deadline.

Submissions for fall opened August 13th!

Deadline Dates:

Fall	Monday of Week #19-	November 5, 2018
Winter	Monday of Week #36-	March 10, 2019
Spring	Monday of Week #49-	June 2, 2019



New!



- ◉ 10-15 minute inspirational video, presented in a sports documentary style each month.
- ◉ GOAL: Feature current or past NYSPHSAA student-athletes, coaches, and administrators.
- ◉ All Captains Club episodes are made available on YouTube for additional viewing. To send story suggestions, contact Kristen Jadin (kjadin@nysphsaa.org) or Chris Watson (cwatson@nysphsaa.org).

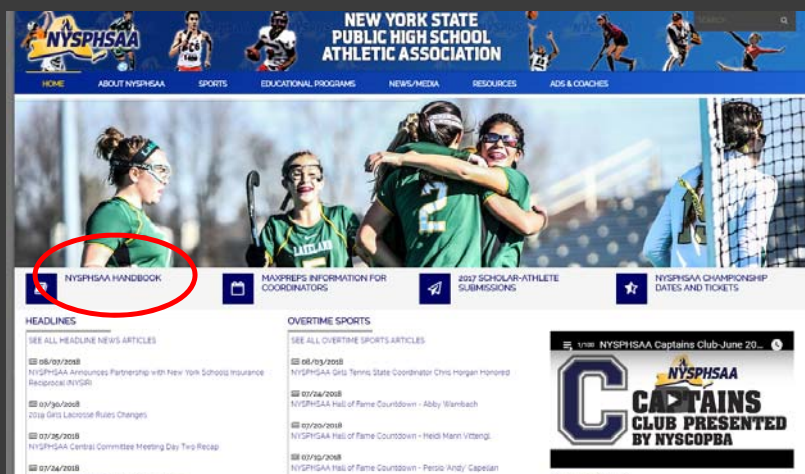


"Our goal is to dedicate efforts to promote safety, sportsmanship, leadership (in the classroom and athletic arena), and positive relationships with coaches, administrators and other student-athletes. We work to represent the perspective of all NYSPHSAA student-athletes by presenting their concerns to the NYSPHSAA, thereby developing initiatives for future improvement of all NYSPHSAA member schools and communities."

- Each section has 2 student-athlete representatives
 - (1 male and 1 female rep)
- Application distributed in April
- 1 spot open in each section, each year
- Optional 2 year term (if a junior representative)
- Sections are beginning their own section SAAC.

NYSPHSAA/ NYSED RULES AND REGULATIONS


NYSPHSAA Handbook



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NYSED Commissioners Regulations

NYSED COMMISSIONER'S REGULATIONS

NYSED TOOLKIT:

[NYSED Curriculum and Instruction: Physical Education, Athletics and Coaching](#)

- Learning Standards for Health, PE, and Family & Consumer Sciences
- Resources and Guidelines
- Adapted Physical Education
- Athletics and Coaching
 - Guidelines
 - Resources
 - Forms



ATHLETIC PLACEMENT PROCESS:

- [Athletic Placement Process](#)
- [Athletic Placement Process FAQ](#)

COACHING CERTIFICATION:

- [Coaching Certification Information](#)

MIXED COMPETITION:

- [Mixed Competition Standards](#)

REGULATION 135.4:

- [135.4 Official Compilation of Codes, Rules and Regulations of the State of New York](#)

SCHOOL HEALTH EXAMINATIONS:

- [School Health Examination Guidelines](#)

The screenshot shows the NYSED website interface. At the top, the NYSED logo and 'New York State EDUCATION DEPARTMENT' are displayed, along with social media icons for LinkedIn, Facebook, Twitter, and RSS. A navigation bar includes links to NYSED, Education Areas, Standards & Curriculum, Assessments, Certification & Licensing, School Business, and Data & Reporting. The main content area is titled 'Curriculum and Instruction' and features a sidebar with a menu for 'Physical Education' (including Learning Standards, Adaptive Physical Education, Approved Coaching Courses, Athletics and Coaching, Frequently Asked Questions, Profile, Additional Resources, and Awards and Scholarships). The 'Athletics and Coaching' section is active, displaying a list of resources: NEW Coaching Course Guidelines, NFHS Coaching Course New York State (NYS) Specific Second Pathway Guidelines, Internship Evaluation Information Form, Coaching Experience Verification, Courses Accepted as Meeting the Coaches First Aid and CPR Requirement, Approved Coaching Courses Information, Coaching Course Equivalents, Extension of Time to Meet Coaching Requirements, Athletic Placement Process for Interschool Athletic Programs (with a sub-link for APP Frequently Asked Questions (FAQ)), Guidelines for Sports Standards, and Mixed Competition.

NYSED ▾ Education Areas ▾ Standards & Curriculum ▾ Assessments ▾ Certification & Licensing ▾ School Business ▾ Data & Reporting ▾

Curriculum and Instruction

Physical Education

Physical Education is a required subject for all students in grades K-12. When students reach the commencement level of the learning standards for physical education, they will have the knowledge and skills to participate in a variety of healthy activities; understand and appreciate the benefits of maintaining a healthful lifestyle; understand how to evaluate and access resources in their community to pursue a healthy and active life; and will be aware of the many career opportunities available in this field.



Physical Education Learning Standards

Adaptive Physical Education

Approved Coaching Courses

Athletics and Coaching

Physical Education Frequently Asked Questions

Physical Education Profile

Additional Resources

Awards and Scholarships

General Education and Diploma Requirements

Multiple Pathways

Teacher Centers

Physical Education Information

Learning Standards for Health, PE, and Family & Consumer Sciences

- [Introduction to Standards](#)
- [Learning Standards](#)

Education Commissioner's Regulations for Physical Education

- [Part 135 Health, Physical Education and Recreation](#)
 - [Section 135.1: Definitions](#)
 - [Section 135.4: Physical Education](#)

Athletic Placement Process

A. Physical Fitness Standards

- The previous guidance included separate fitness tests for specific sports and levels of play. Beginning in the fall of 2015, the President's Physical Fitness Test will be the physical fitness standard used in the APP. See: <https://www.presidentschallenge.org/challenge/physical/benchmarks.shtml> To meet the APP physical fitness standards the student must meet the 85th percentile level of the national norm for their age in 4 out of 5 test components (see Appendix E, I, and J in the APP document). For students trying out for swimming, students may choose either the 1 mile walk/run or the 500 yard swim. (See Appendix J).

30 feet apart-Student picks up 2 blocks or similar, cross starting line. Times counted in seconds.

- **One Mile Run/Walk** (Measure heart/lung endurance) -Times are recorded in minutes and seconds.
- **Pullups** -Option 1 (Measures upper body strength and endurance) Can use either overhand grasp (palms facing away from the body) or (palm facing towards the body). Chin must clear the bar to count as a pullup. Reminder-Smooth motion rather than jerky or swing motion.
- **Right Angle Pushups** -Option 2 (For upper body strength and endurance) Keeping knees and back straight, lower body until 90-degree angle.

Athletic Placement Process

B. Maturity Assessment

- The role of the medical director is essentially the same in the revised process, as the medical director continues to determine the physical maturity of the student. However, in the past Selection Classification Process, the Tanner scores were

- The Tanner scores on (chart H found in the APP document) are no longer required numbers, as was the case in the previous Selection Classification Process but, are now recommended numbers for the APP. Please note: The recommended Tanner scores are based on the average Tanner score of the average ~~aged male or female~~ that typically competes at those levels. Tanner scores are higher for females compared to males at the same levels, which more accurately reflects the earlier ages that females achieve physical maturity.

When the student is ready for the student's selection process, when determining whether or not the student is of a comparable or similar level of physical maturity in relation to those they wish to compete with. These changes to the Selection Classification Process were made to lessen, but not eliminate, the chances of injury for a younger student competing with older students who tend to be larger and more physically mature. This change is based on recommendations from multiple physicians and medical professionals.

- The Tanner scores on (chart H found in the APP document) are no longer required numbers, as was the case in the previous Selection Classification Process but, are now recommended numbers for the APP. Please note: The recommended Tanner scores are based on the average Tanner score of the average aged male or female that typically competes at those levels. Tanner scores are higher for females compared to males at the same levels, which more accurately reflects the earlier ages that females achieve physical maturity.

Coaching Certification

- All NYSPHSAA member schools must abide by NYSED regulations for Coaching Certification
- Includes:
 - Non-Public Schools
 - Volunteer Coaches
 - Assistant Coaches

Mixed Competition

GUIDE TO MIXED COMPETITION
APPROVAL FOR INTERSCHOLASTIC ATHLETICS
 REGULATIONS OF THE COMMISSIONER OF EDUCATION
 SECTION 135.4(c)(7)(i)(c)

TEAMS PROVIDED IN A SPORT			
1. PANEL APPROVED SPORTS *	ONE TEAM FOR MALES	ONE TEAM FOR FEMALES	MALE & FEMALE TEAMS
a) Males on a female team	(Not applicable)	With approval of Supt. or Chief School Officer, Review Panel and Section. ** Subclause (2) & (4)	Not Permitted Subclause (3)
b) Females on a male team	With approval of the Review Panel Subclause (2)	(Not applicable)	With approval of Superintendent or Chief School Officer and Review Panel. ** Subclause (2) and (3)
2. ALL OTHER SPORTS	ONE TEAM FOR MALES	ONE TEAM FOR FEMALES	MALE & FEMALE TEAMS
a) Male on a female team	(Not applicable)	With approval of Supt. or Chief School Officer and Section. Subclause (4)	Not Permitted Subclause (3)
b) Female on a male team	No approval required Permitted under Subclauses (1), (3) and (4)	(Not applicable)	With approval of Superintendent or Chief School Officer Subclause (3)

* Baseball/Softball, Basketball, Boxing, Field Hockey, Football, Ice Hockey, Lacrosse, Rugby, Soccer, Speedball, Team Handball, Power Volleyball (net height less than 8 feet) and Wrestling.

**This order of approvals is recommended so as to avoid the unnecessary formation of a review panel in cases where the superintendent or chief school officer does not wish to approve the student for mixed competition.

Definitions

DEFINITIONS

ADVISORY COUNCIL: All school personnel of member schools are considered advisory members. They may make recommendations on athletics to the Executive Committee and serve on committees of the Association. (Constitution, Article II, (4)).

AGE OF MAJORITY: Age of majority refers to persons sixteen to eighteen years of age living apart from their parents and financially independent of them. Minors claiming emancipation must have established a residence in which they maintain themselves beyond the support and control of their natural parents.

ATHLETIC COUNCIL: The administrative body for each of the sections of the NYSPHSAA, Inc. consisting of representatives from leagues and member schools. (Constitution, Article VI, (2))

BONA FIDE STUDENT: A bona fide student is a regularly enrolled boy or girl whose name is on the official attendance register of the secondary school represented and who is in good standing. ([Eligibility Standard #6](#))

CENTRAL COMMITTEE: The Central Committee is the legislative body of the NYSPHSAA, Inc. consisting of a chief school officer, a principal, and two athletic representatives elected from each section, and the elected officers and ex-officio members. (Constitution, Article III, (1) (a)).

CLUB TEAM: Neither the regulations of the Commissioner of Education nor the NYSPHSAA recognize extra class activities called "club teams". Interscholastic teams may not practice/scrimmage with or compete against "club teams".

COMMISSIONER'S REGULATIONS: The Regulations of the Commissioner of Education are policies and controls enacted by the Board of Regents and administered by the State Education Department. The NYSPHSAA has additional regulations and standards. See By-Laws and Regulations. NOTE: All NYSPHSAA private/parochial schools must comply with all coaching certification requirements as outlined in the Commissioner's Part 135.4 effective July 1, 2016.

COMPETITOR: Any competitor must be a bona fide student in the member school district represented and is considered to be the school team or part of such team. Compliance with all NYSPHSAA bylaws and standards and conformance with all NYSED regulations is required. Participation as an individual competitor counts toward the maximum number of contests permitted and meets the requirements of the [Representation Standard #26](#).

A local business wants to donate \$10 to our Booster Club for every touchdown our team scores this season. Is this permissible?

- a. Yes; with permission and approval from your school's Superintendent.
- b. Yes; as money may be donated to the school as long as student's do not directly receive any portion of the donation.
- c. No; donations cannot be made based upon a student's performance.**
- d. No; donations must go directly to the school and not the school's Booster Club account.

CLUB TEAM: Neither the regulations of the Commissioner of Education nor the NYSPHSAA recognize extra class activities called "club teams". Interscholastic teams may not practice/scrimmage with or compete against "club teams".

COMMISSIONER'S REGULATIONS: The Regulations of the Commissioner of Education are policies and controls enacted by the Board of Regents and administered by the State Education Department. The NYSPHSAA has additional regulations and standards. See By-Laws and Regulations. NOTE: All NYSPHSAA private/parochial schools must comply with all coaching certification requirements as outlined in the Commissioner's Part 135.4 effective July 1, 2016.

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CONDUCTING A CONTEST: All contests shall be under the direction and supervision of qualified school personnel who shall have full knowledge of and give full approval to the plans for the contest. It is necessary to be physically present with authority to change any part of the procedures which are contrary to NYSPHSAA, Inc. policy or not in the best interests of secondary school competitors ([Eligibility Standard #26](#)). When a contest or game is held in conjunction with a fund-raising effort, the following criteria is required to be met:

1. The host school is required to have the charity event approved by a school administrator and /or Board of Education.
2. The sport specific game rules (NFHS, NCAA, etc.) may not be altered.
- 3. All NYSPHSAA and NYSED eligibility standards must be followed.**
- 4. Donations may not be made based on the outcome of student performance.**

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Bylaws and Eligibility Standards

1. Age and Grade

- July 1st
- Student turns 19 prior to July 1st = Ineligible

1. AGE AND GRADE:

Regulation of the Commissioner of Education



A student shall be eligible for interschool competition in grades 9, 10, 11 and 12 until his/her nineteenth birthday. If the age of nineteen years is reached on or after July 1, the student may continue to participate during that school year in all sports.

NOTE: Students may be eligible regardless of age or grade if they have been approved through the State Education Department's Athletic Placement Process.

The 15-year-old below the 9th grade needs only to meet the [Athletic Placement Process](#) maturity standards to be eligible at the high school level. ([Duration of Competition #8](#))

Reporting Procedure: All violations shall be reported to the League and Section.

2. Amateur

2. AMATEUR:

a. A student who represents a school in an interscholastic sport shall be an amateur in that sport. An amateur is one who engages in athletic competition solely for the pleasure of the activity and for the physical, mental, and social benefits derived from participation. When competing in non-NYSPHSAA sponsored events, an athlete forfeits amateur status in a sport by:

1. Competing for money or other compensation (allowable entry fees, travel, meals, and lodging expenses may be accepted.)

2. Receiving an award or prize of monetary value which has not been approved by this Association. NOTE: Only awards or prizes having a monetary value of two hundred fifty dollars (\$250) or less per competition will be approved by the Association. When honoring student-athletes for success in NYSPHSAA sponsored championship events, Boards of Education are encouraged to approve limited awards that are appropriate to high school level competition.

3. Capitalizing on athletic fame by receiving money or gifts of monetary value (scholarships to institutes of higher learning are specifically exempted).

4. Signing a professional playing contract in that sport.

b. Instructing, supervising, or officiating in any organized youth sports program, recreation, playground, or camp activities will not jeopardize amateur standing. Receiving compensation for officiating shall not affect amateur standing.

c. A student who violates the above rule may apply to the league or to the designated body within that section for reinstatement one year from the date of the latest violation.

Reporting Procedure: All violations shall be reported to the League and Section.

3. Appeal Procedure

3. APPEAL PROCEDURE:

The NYSPHSAA, Inc. is an association of member schools. Therefore, appeals will only be entertained from school, leagues and sections.

1. The decision of the Athletic Council clearly is contrary to the evidence presented.

2. The facts found by the Athletic Council constitute a violation of the Association's Constitution, standards or rules, or Regulations of the Commissioner of Education, or

3. A procedural error affected the reliability of the information that was utilized to support the finding of the Athletic Council.

Questions:

- “My son attends a small private school that does not offer high school football. Can he play football at the public school where we live?”
- “Can a homeschool student in our district play volleyball for our school?”

6. Bona Fide Students

6. BONA FIDE STUDENTS:

Regulation of the Commissioner of Education

[\[NYSED LINK\]](#)



A contestant must be a bona fide student of the high school represented and must be taking at least four subjects including Physical Education. A foreign exchange student may be considered a bona fide student if all of these eligibility rules are satisfied. A student in an education program in two schools may represent only the home school.

NOTE: A student in shared services, part-time or full-time program, taking the equivalent of four subjects including Physical Education, is considered as being registered in the home school. Exceptions for special cases must be approved by League and Section.

A student who satisfies all eligibility standards, enrolled in the equivalent of three requirements for graduation, may be enrolled in one or more college courses for advance placement. The student must be earning a minimum of three high school credits and Physical Education to be eligible.

For assistance in determining the eligibility of students enrolled in a GED program, please contact the NYSPHSAA office.

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Combining of Teams- Graduated Scale

2018-2019

Class AA = 100%
 Class A = 100%
 Class B = 100%
 Class C = 40%
 Class D = 30%

The graduated scale is used for up to 3 "team" mergers and mergers with 4 or more "teams" take 100% of their BEDS; ONLY in team sports. (July 2017)

Beginning in 2019-2020

The percentage is dependent upon the association's "Sport Specific classification cut-off numbers" (July 2018)

Five Classes (100%, 100%, 100%, 40%, 30%)

Four Classes (100%, 100%, 40%, 30%)

Three Classes (100%, 40%, 30%)

Two Divisions (100%, 40%)

7. College

7. COLLEGE:

A student is no longer eligible to represent the school in that sport in that season if the student participates in practice or competition with or against any individual or team(s) representing a college that season. Prior to completion, the NYSPHSAA Executive Director may grant an exemption of the College Rule for an individual sport athlete when vying for a standard that would qualify them for the Olympic trials and/or Olympic Games when this opportunity is not offered through the New York State Public High School Athletic Association and/or the National Federation of State High School Associations. The exemption would permit a student to participate as an "unattached" individual with no affiliation to their school team in a competition against open and college competitors in an approved competition set forth by the Olympic Committee without violating the [College Rule](#). (Jan. 2012).

Reporting Procedure: All violations shall be reported to the League and Section.

[\[COLLEGE RULE VIDEO INTERPRETATION\]](#)



- Transfer Rule, Foreign Exchange, College Rule, Representation Rule, Duration of Competition and the Bona Fide Student Regulation.



8. Duration of Competition (NYSED)

- Regardless of participation
- Consecutive Semesters
 - 7th graders = 6 consecutive years
 - 8th graders = 5 consecutive years
 - 9th graders = 4 consecutive years

- ◉ A field hockey player enters 9th grade in 2014. The student is diagnosed with cancer in the fall of 2014, requiring extensive hospitalization missing the remainder of the school year and ultimately requiring additional semesters to graduate. In 2017, the school applies for an extension of eligibility to allow her to play during the 2018-2019 season. Does she qualify?

A) No, because she exceeds the age limit.

B) No, because she played field hockey during her freshman season.

C) Yes, because she would qualify for an extension of eligibility because her illness caused her to need extra semesters to graduate.

D) Yes, because all students who require additional semesters to graduate can receive an extension of eligibility.

Extension of Eligibility

- ◉ 5th year of eligibility
- ◉ Student “missed” a semester of eligibility as a result of an illness or accident, or social/ emotional condition which as led to needing additional semesters to graduate



Extension of Eligibility Questions

- ◉ What semester of eligibility did the student miss?
- ◉ What was the student's illness, accident, or social/ emotional condition which is requiring additional semesters to graduate?
- ◉ When will the student turn 19?
 - Prior to July 1st?

8. A student from Australia has registered in our school as a foreign exchange student. The student is part of a CSIET program. He recently swam for Australia's National Team in the World Championships. Is he eligible to swim for our boys swim team in the winter?


- a. No; if he swam for a national team, he would be considered ineligible for high school competition in New York.
- ☒ b. Yes; since he is part of a CSIET program, he is given a one-year waiver of the Transfer Rule.
- c. Yes; all foreign exchange students receive a one-year waiver of the Transfer Rule.
- d. No; foreign exchange students are only eligible at the sub-varsity level.

9. Foreign Exchange/ International Student

- Three categories of foreign students:
 - 1) Foreign Exchange students in a CSIET program
 - 2) Foreign Exchange students not in a CSIET program
 - 3) International Students

 STANDARDS FOR INTERNATIONAL STUDENT EXCHANGE 		
2018-2019 J-1 INBOUND LISTED PROGRAMS		
Academic Foundation for International Cultural Exchange (AFICE) Listing Status: Full	Face the World Foundation Listing Status: Full	Program of Academic Exchange (PAX) and The Laurasian Institution Listing Status: Full
AFS-USA Listing Status: Full	Foreign Links Around the Globe (FLAG) Listing Status: Full	Reflections International Listing Status: Full
American Councils for International Education Listing Status: Full	Forte International Exchange Association Listing Status: Full	Rotary International
American Cultural Exchange Service (ACES) Listing Status: Full	Foundation for Academic Cultural Exchange (FACE) Listing Status: Full	Central States Rotary Youth Exchange Program Listing Status: Full
American Institute for Foreign Study Foundation Listing Status: Full	Foundation for Worldwide International Student Exchange (WISE) Listing Status: Full	Eastern States Student Exchange (ESSEX) Rotary Listing Status: Full
Amicus International Student Exchange Listing Status: Full	German American Partnership Program, Inc. Listing Status: Full	Empire State Youth Exchange Listing Status: Full
Aspect Foundation Listing Status: Full	Global Insights Listing Status: Full	North Star Rotary Youth Exchange Listing Status: Full
ASSE International Student Exchange Programs Listing Status: Full	Greenheart Exchange Listing Status: Full	Ohio-Erie Rotary Youth Exchange Program Listing Status: Full
ASSIST Listing Status: Full	Inter-Ed, LTD Listing Status: Provisional	Rotary California-Nevada District 5190 Listing Status: Full
Association for Teen-Age Diplomats Listing Status: Full	IE-International Experience USA Listing Status: Full	Rotary YES/SCANEX Listing Status: Full
Ayusa International Listing Status: Full	International Cultural Exchange Service (ICES) Listing Status: Full	Rotary Youth Exchange Florida Listing Status: Full
Borderless Friends Forever Foundation Listing Status: Full	International Education Student Exchange Program Listing Status: Provisional	South Central Rotary Youth Exchange Listing Status: Full
Children of All Nations Listing Status: Provisional	International Fellowship Listing Status: Full	Western States Student Exchange, Inc. (WESSEX) Listing Status: Full
Council for Educational Travel, USA (CETUSA) Listing Status: Full	International Student Exchange Listing Status: Full	Sister Cities International Listing Status: Provisional
Council on International Educational Exchange (CIEE)	Nacel Open Door Listing Status: Full	States 4-H International Exchange Program Listing Status: Full

Foreign Exchange/ International Student

- 1) Foreign Exchange students in a CSIET program
 - Receive One year waiver of transfer rule
- 2) Foreign Exchange students not in a CSIET program
 - “Subject” to transfer rule
 - Ineligible in any sports with prior playing experience (higher or equal level) 
- 3) International Students
 - “Subject” to transfer rule
 - Ineligible in any sports with prior playing experience (higher or equal level)

10. Health Examination

10. HEALTH EXAMINATION:

Regulation of the Commissioner of Education:

[\[NYSED LINK\]](#)



A student who may engage in interschool competition shall receive an adequate health examination and health history update when required, and may not practice or participate without the approval of the school medical officer. NOTE: Physicals

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REQUIRED NYS SCHOOL HEALTH EXAMINATION FORM TO BE COMPLETED IN ENTIRETY BY PRIVATE HEALTH CARE PROVIDER OR SCHOOL MEDICAL DIRECTOR			
Note: NYSED requires a physical exam for new entrants and students in Grades Pre-K or K, 1, 3, 5, 7, 9 & 11; annually for interscholastic sports; and working papers as needed; or as required by the Committee on Special Education (CSE) or Committee on Pre-School Special Education (CPSE).			
STUDENT INFORMATION			
Name:	Sex: <input type="checkbox"/> M <input type="checkbox"/> F	DOB:	
School:	Grade:	Exam Date:	
HEALTH HISTORY			
Allergies <input type="checkbox"/> No <input type="checkbox"/> Medication/Treatment Order Attached <input type="checkbox"/> Anaphylaxis Care Plan Attached <input type="checkbox"/> Yes, indicate type: <input type="checkbox"/> Food <input type="checkbox"/> Insects <input type="checkbox"/> Latex <input type="checkbox"/> Medication <input type="checkbox"/> Environmental			
Asthma <input type="checkbox"/> No <input type="checkbox"/> Medication/Treatment Order Attached <input type="checkbox"/> Asthma Care Plan Attached <input type="checkbox"/> Yes, indicate type: <input type="checkbox"/> Intermittent <input type="checkbox"/> Persistent <input type="checkbox"/> Other:			
Seizures <input type="checkbox"/> No <input type="checkbox"/> Medication/Treatment Order Attached <input type="checkbox"/> Seizure Care Plan Attached <input type="checkbox"/> Yes, indicate type: <input type="checkbox"/> Type: Date of last seizure:			
Diabetes <input type="checkbox"/> No <input type="checkbox"/> Medication/Treatment Order Attached <input type="checkbox"/> Diabetes Medical Mgmt. Plan Attached <input type="checkbox"/> Yes, indicate type: <input type="checkbox"/> Type 1 <input type="checkbox"/> Type 2 <input type="checkbox"/> HbA1c results: Date Drawn:			
Risk Factors for Diabetes or Pre-Diabetes: Consider screening for T2DM if BMI% > 85% and has 2 or more risk factors: Family Hx T2DM, Ethnicity, Sx Insulin Resistance, Gestational Hx of Mother; and/or pre-diabetes.			
BMI: kg/m ² Percentile (Weight Status Category): <input type="checkbox"/> <5 th <input type="checkbox"/> 5 th -49 th <input type="checkbox"/> 50 th -84 th <input type="checkbox"/> 85 th -94 th <input type="checkbox"/> 95 th -98 th <input type="checkbox"/> 99 th and>			
Hyperlipidemia: <input type="checkbox"/> No <input type="checkbox"/> Yes Hypertension: <input type="checkbox"/> No <input type="checkbox"/> Yes			
PHYSICAL EXAMINATION/ASSESSMENT			
Height:	Weight:	BP:	Pulse: Respirations:
TESTS Positive Negative Date PPD/PRN <input type="checkbox"/> <input type="checkbox"/> Sickle Cell Screen/PRN <input type="checkbox"/> <input type="checkbox"/> Lead Level Required Grades Pre-K & K Date <input type="checkbox"/> Test Done <input type="checkbox"/> Lead Elevated ≥10 µg/dL <input type="checkbox"/> System Review and Exam Entirely Normal		Other Pertinent Medical Concerns One Functioning: <input type="checkbox"/> Eye <input type="checkbox"/> Kidney <input type="checkbox"/> Testicle <input type="checkbox"/> Concussion – Last Occurrence: Mental Health: <input type="checkbox"/> Other:	
Check Any Assessment Boxes <u>Outside</u> Normal Limits And Note Below Under Abnormalities			
<input type="checkbox"/> HEENT <input type="checkbox"/> Dental <input type="checkbox"/> Neck	<input type="checkbox"/> Lymph nodes <input type="checkbox"/> Cardiovascular <input type="checkbox"/> Lungs	<input type="checkbox"/> Abdomen <input type="checkbox"/> Back/Spine <input type="checkbox"/> Genitourinary	<input type="checkbox"/> Extremities <input type="checkbox"/> Skin <input type="checkbox"/> Neurological <input type="checkbox"/> Speech <input type="checkbox"/> Social Emotional <input type="checkbox"/> Musculoskeletal
Assessment/Abnormalities Noted/Recommendations:			

15. Mixed Competition

15. MIXED COMPETITION:

Regulation of the Commissioner of Education:

[\[NYSED LINK\]](#)



Male and female pupils on interschool athletic teams. [See Commissioner Regulation.](#)

- a. Equal opportunity to participate in interschool competition either on separate teams or in mixed competition on the same team shall be provided to male and female students, except as hereinafter provided. In schools that do not provide separate competition for male and female students in a specific sport, no student shall be excluded from such competition solely by reason of sex except in accordance with the provision of sub clauses (b) and (d) of this clause. For the purpose of this clause, baseball and softball shall be considered to constitute a single sport.
- b. In the sports of baseball, basketball, boxing, field hockey, football, ice hockey, lacrosse, rugby, soccer, softball, speedball, team handball, power volleyball where the height of the net is set at less than eight feet, and wrestling, the fitness of a given student to participate in mixed competition shall be determined by a review panel consisting of the school physician, a physical education teacher designated by the principal of the school and if requested by the parents of the pupil, a physician selected by such parents. Such panel shall make its determination by majority vote of the members, and in accordance with standards and criteria issued by the department.
- c. Where a school provides separate competition for male and female pupils in interschool athletic competition in a specific sport, the superintendent of schools, or in the case of a nonpublic school or school system which elects to be governed by this clause, the chief executive officer of the school or school system, may permit a female or females to participate on a team organized for males. However, where separate competition is provided, males may not participate on teams organized for females.

Mixed Competition

GUIDE TO MIXED COMPETITION
APPROVAL FOR INTERSCHOLASTIC ATHLETICS
 REGULATIONS OF THE COMMISSIONER OF EDUCATION
 SECTION 135.4(c)(7)(i)(c)

TEAMS PROVIDED IN A SPORT			
1. PANEL APPROVED SPORTS *	ONE TEAM FOR MALES	ONE TEAM FOR FEMALES	MALE & FEMALE TEAMS
a) Males on a female team	(Not applicable)	With approval of Supt. or Chief School Officer, Review Panel and Section. ** Subclause (2) & (4)	Not Permitted Subclause (3)
b) Females on a male team	With approval of the Review Panel Subclause (2)	(Not applicable)	With approval of Superintendent or Chief School Officer and Review Panel. ** Subclause (2) and (3)
2. ALL OTHER SPORTS	ONE TEAM FOR MALES	ONE TEAM FOR FEMALES	MALE & FEMALE TEAMS
a) Male on a female team	(Not applicable)	With approval of Supt. or Chief School Officer and Section. Subclause (4)	Not Permitted Subclause (3)
b) Female on a male team	No approval required Permitted under Subclauses (1), (3) and (4)	(Not applicable)	With approval of Superintendent or Chief School Officer Subclause (3)

* Baseball/Softball, Basketball, Boxing, Field Hockey, Football, Ice Hockey, Lacrosse, Rugby, Soccer, Speedball, Team Handball, Power Volleyball (net height less than 8 feet) and Wrestling.

**This order of approvals is recommended so as to avoid the unnecessary formation of a review panel in cases where the superintendent or chief school officer does not wish to approve the student for mixed competition.

Question

- My girls soccer coach asked me today if she could scrimmage the local elite travel club team prior to the season beginning?



18. Outside Agencies

18. OUTSIDE AGENCIES:

Cooperation is permitted with any organization, college, or university, which may offer encouragement and/or the use of facilities for competition. An application form must be submitted to the Section Athletic Council prior to the planning of a contest. Approval may be given if these conditions are satisfied:

1. A school, league, Section or the Association must cosponsor the activity.
2. Secondary school personnel shall be responsible for planning and for conducting the activity.
3. The contest shall be developed with due regard for health and safety standards as set forth by the Commissioner's Regulations, and policies and standards of the NYSPHSAA, Inc.
4. Insurance shall be provided which will protect the participants in case of injury and the organization or institution against liability.
5. The philosophy and standards which are to be followed shall be consistent with those listed in the NYSPHSAA, Inc., HANDBOOK.
6. Financial arrangements are to be clearly specified in the application for approval.

19. Penalties

19. PENALTIES:

a. If a school uses an ineligible student in any interscholastic contest, such contest shall be forfeited to the opposing schools. In individual sports, the use of an ineligible player would result in the contest being forfeited, however, the performances and outcomes of the other individuals would stand.

c. If an individual or team exceeds the maximum number of contests permitted, the penalty is team ineligibility from the date of violation for the rest of the season. In the sports of wrestling, cross country, indoor track and outdoor track, swimming and diving when an individual exceeds the maximum number of contests, only the individual would no longer be eligible for that season. When an athlete exceeds the maximum number of contests the level in which the student-athlete participated as an ineligible competitor will be affected.

f. School Districts may appeal to the Section to gain relief from the prescribed penalty if the violation of eligibility standards resulted from circumstances out of the District's control.

22. Practice Sessions

b. No student or team may be permitted to participate in school organized practice or play on seven consecutive days during the regular season. Specifically, during the regular season, physical and/or instructional activities related to the sport on seven consecutive days are prohibited.

NOTE: Any contests leading up to Sectional play is considered "regular season."

Only one practice session a day and only six days of a calendar week may be counted toward the total practice sessions required. A practice session conducted on the same day as a game cannot be counted to meet the minimum practice requirement to be eligible for that day's contest. All required practice sessions shall be organized and planned for a reasonable length of time and shall include vigorous activity specific to the sport for the purpose of improving the physical condition of the players. Warm-ups prior to a game/ contest are not considered "practice." Each of the required number of practices for an individual must include vigorous activity; however, practice sessions required for the team beyond those needed by the individual may be used solely for meetings, film review and similar activities.

NOTE: Practice is considered an integral part of the interschool program in that sport. An individual must be eligible according to age and all other Eligibility Standards to participate in practices or competitions with the high school squad in that sport.

c. School sponsored activities conducted out of the sport season such as general conditioning, weight training, weight lifting, intramurals, recreation, open gyms, club activities and camps are permitted:

1. if such programs are not mandated by coaches or school personnel;
2. if such programs are available to all students.

e. Upon returning from military training, student-athletes shall be eligible for participation in interscholastic athletics once they have completed the required number of practices. Eligibility for participation will also include meeting all eligibility requirements imposed by the Commissioner of Education and NYSPHSAA such as, but not limited to, health examination, age, grade, etc.

g. Games and practice between students and adults (alumni or faculty) are not approved.

26. Representation

Team Sports: For the sports of baseball, basketball, field hockey, ice hockey, lacrosse, soccer, softball and volleyball an individual is eligible for the team if he/she has been an eligible participant on a team in that sport in that school for a minimum of six (6) scheduled contests during the regular season. For football, a student must be an eligible participant for a minimum of three (3) contests. For Competitive Cheerleading, a student must be an eligible participant for a minimum of two (2) competitions.

Team/Individual and Individual Sports: For the sports of archery, badminton, bowling, cross country, fencing, golf, gymnastics, rifle, skiing, swimming, tennis, outdoor track, winter track and wrestling an individual must also have represented their school in six (6) scheduled contests during the season to be eligible. These required contests must occur on six (6) different dates and must be conducted prior to the conclusion of the team's regular schedule. See "NOTE" below.

NOTE: Teams organized for one gender may only practice and compete against teams of that same gender. Furthermore, once an individual competes on a team for one gender during the regular season, he/she may not compete for or against a team organized for the other gender during that regular season.

NOTE: for individual, individual/ team sports, when a school district does not have a team designated for each singular gender, the Section Executive Director may grant a waiver of the Representation Standard for Sectional Competition when a student has met the qualification for participation in the current school year's NYSPHSAA Championship event. The waiver request must be submitted to the Section Executive Director before the start of Sectional Competition. The athlete must meet all eligibility standards, to receive the waiver.

- **Example:** allows girls to play golf on boys team during the regular season and play in girls Sectional tournament.

28. Sportsmanship

Any coach:

1. Who receives a disqualification penalty in a sport shall not participate in the next regularly scheduled contest;
2. Who receives a second disqualification penalty in the same sport in the same season shall not participate in the next two regularly scheduled contests; and
3. Who receives a third disqualification penalty in the same sport in the same season will not be allowed to participate for the rest of the season (regular season or post schedule play), the Section Athletic Council will assess the penalty carrying over into the next season of participation.
4. The Section Athletic Council will have the authority to extend the period of ineligibility in those cases where the actions of the individual that was disqualified from a contest or scrimmage are warranted. The period of ineligibility cannot exceed one year from the date of the disqualification.

Any Player:

1. Who receives a disqualification penalty in a sport shall not participate in the next regularly scheduled contest;
2. Who receives a second disqualification penalty in the same sport in the same season shall not participate in the next two regularly scheduled contests; and
3. Who receives a third disqualification penalty in the same sport in the same season will not be allowed to participate for the rest of the season. If the third ejection takes place in the last contest of the season (regular season or post schedule play,) the Section Athletic Council will assess the penalty carrying over into the next season of participation.
4. The Section Athletic Council will have the authority to extend the period of ineligibility in those cases where the actions of the individual that was disqualified from a contest or scrimmage are warranted. The period of ineligibility cannot exceed one year from the date of the disqualification.

31. Transfer Rule

- Transfers begin with a “change in registration”
 - No Change in registration = no transfer
- With a corresponding change of address the student is eligible.
- Without a corresponding change of address
 - Ineligible for 1 year – sport specific

Non-Corresponding Change of Address

- Changing registration without a change of address
- Waivers & Exemptions



Transfer Rule

Question:

- “A student transferred to our school in September without a corresponding change of address and was declared ineligible for the sport of basketball since he played last year. The parents have now purchased a home in our school district (October), can he play?”

Answer:

- No; a period of ineligibility cannot be superceded; the student is ineligible. Change in registration and residence MUST be “corresponding.”

Transfer Waivers

Transfers without a corresponding change of address:

- Health & Safety (Hardship)
- Financial
- District of Residency



Transfer Rule

- Superintendents approve students to attend school; Superintendents DO NOT declare athletic eligibility.
- Example:
 - Student moves with mom who rents an apartment in school district. Dad and sister remain at previous home/ school district.
 - = Student is ineligible without a waiver/ exemption

District of Residency Waiver

- Students who return from any school to the public school of the residence of his/her parents (or other persons with whom the student has resided for at least six months) or a private school within that districts boundaries shall receive a waiver of the transfer rule. Such transfer without penalty will only be permitted once in a high school career.
- Schools must submit the required transfer form to the Section office. Athletes are not permitted to practice before the form has been submitted. Athletes are not permitted to compete without approval.

Transfer Exemptions

- ④ 1. Age of majority; can substantiate they are independent and self-supporting.
- ④ 2. If a private or parochial school ceases to operate
- ④ 3. A student who is a ward of the court or state; Guardianship does not fulfill this requirement.
- ④ 4. Divorced or “legally” separated parents.
- ④ 5. A student who is declared homeless by the superintendent pursuant to Commissioner's Regulation 100.2.
- ④ 6. A student of a military employee who is transferred to an active military base may enroll in the non-public school closest to their residence and maintain eligibility if the student enrolls in a non-public school immediately following the change in residence.

32. Transgender Guidelines

Procedure:

1. The student or the parent(s)/guardian shall notify the Superintendent (or designee) that the student would like the opportunity to participate in interscholastic athletics consistent with the gender he/she identifies as.
2. The student's home school will determine the eligibility of a student seeking to participate in interscholastic athletics in a manner consistent with his/her gender identity where the student's gender identity does not correspond to his/her sex assigned at birth.
3. The Superintendent (or designee) will confirm the gender identity asserted for purposes of trying out for an interscholastic sports team through documentation from the parent, guardian, guidance counselor, or from a doctor, psychologist or other medical professional.
4. On a seasonal basis the school will provide approval of eligibility to try out for an interscholastic sports team or teams which corresponds to the student's gender identity.
5. The Athletic Director should notify the NYSPHSAA if any accommodations are needed.

Appeals:

All appeals with respect to a District's determination as to eligibility of a transgender student to participate in interscholastic sports will go directly to the Commissioner of Education.

High School Sports Standards

Jewelry Rule

JEWELRY RULE:

No jewelry, which includes visible body piercing objects, shall be worn in a 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. The use of metal hair fasteners to secure hair is permissible in Girls Gymnastics. NOTE: The sports of Bowling and Golf are exempt from this rule. Wristwatches are permitted in cross country and in practice only for track and field. Hair restraints, to control a competitor's hair, are permitted in track and field and cross country. (Dec. 2010)



Drone Policy

DRONE POLICY:

Approved May 5, 2017 (Executive Committee)

The New York State Public High School Athletic Association prohibits the use or possession of unmanned aircraft or aerial systems (UAS), also known as drones, for any purpose by any person or entity at all scrimmages, regular season and post season events.

This prohibition applies to the area above and upon all spectator areas, fields of play, courts, arenas, stadiums, mats, gymnasiums, pools, practice facilities, parking areas and or other property being utilized for the purpose of the interscholastic activity.

If there is a report of UAS activity at an athletic event school, Section and/or State Association officials will, in consultation with the sports officials, suspend the play until such time as the UAS is removed from the area as defined above or the school, Section/ State and sports officials determine it is safe to proceed.

For purposes of this policy, a UAS is any unmanned airborne device or aircraft. The NYSPHSAA, Section and/or Member School reserves the right to refuse admission to anyone operating or attempting to operate a UAS or to request the immediate removal of any person using or attempting to use a UAS in violation of this policy.

The NYSPHSAA Executive Director has the authority to grant an exception to this policy to law enforcement, public safety agencies, NYSPHSAA media partners, or other entities or individuals. Any request for an exception to the policy must be submitted to the Executive Director at least a week prior to the event. The exception is limited to the specific event requested and requires the consent of the host venue.



Thunder and Lightning Policy

THUNDER & LIGHTNING POLICY:

EFFECTIVE 10/25/01

Applied 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 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, and 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.

Heat Index and Wind Chill Policy

HEAT INDEX AND WIND CHILL POLICY

EFFECTIVE SPRING 2010

Applies to Regular season through NYSPHSAA finals.

- [Heat Index Procedures](#)
- [Wind Chill Procedures](#)

4. BASKETBALL (BOYS)**4.01 Rules: NFHS****4.02 Maximum Number of games: 20****4.03 Practice Requirements:**

Number of practices prior to first scrimmage: 8 (team), 6 (individual)

Number of practices prior to first contest: 10 (team), 8(individual)

4.04 Nights rest between contests: 1 night**4.05 Individual contests limitation per day: 1 contest****4.06 Scrimmage limitations per day: 1 scrimmage****4.07 Waivers of NFHS Basketball Rules:**

1. A waiver of the orange ball for the month of February if both teams agree. (Dec. 2010)

2. A waiver of Rule 2-12 to require the officials' scorer to wear a striped shirt only in NYSPHSAA Semi-finals and Finals.

3. A waiver of rule for timeouts to allow for four (4) timeouts per game, plus one (1) 30-second timeout per half, in a regulation game.

4.08 NYSPHSAA Boy Basketball Rules:

1. Boys' basketball will use a 35 second shot clock.

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.

4.09 Boys Basketball Scrimmage Rules:

1. A basketball scrimmage must include ten (10) minute time periods with running time (except time-outs) and unlimited time outs.

2. 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:

3. Optional shot clock

Modified Sports

Structure of Modified

- Executive Committee reviewing

Five areas to bring to modified committee:

- 1) Consideration for extended playing time to mirror high school rules
- 2) Consideration to have “option” for more games
- 3) Consideration for “*Modified*” to be changed to “*Middle School Athletics*”
- 4) Consideration for re-formatting of online rules
- 5) More emphasis on modified rules at annual Fall athletic director workshops

1. Modified Age

1. AGE: Upon entry into the 7th grade, a student is eligible for modified program competition. One is ineligible when the sixteenth birthday is attained; however, if a student attains the sixteenth birthday during a sport season he/she may complete that sport season. NOTE: Schools, leagues and sections may organize Modified Program competition by age, grade, geography and/or ability levels within the limitations of the NYSPHSAA Eligibility Rules to ensure safe and equitable competition. Teams shall practice and compete only against other teams that use the same criteria for organization (i.e. age, grade, performance).

Extended Playing Time

SPORT	TIME LIMIT			MINIMUM # OF PLAYERS
	Regulation Game	5 Period Play	4 Quarter Extended Play	4 Quarter Extended Play
BASKETBALL	7 minute quarters	7 minute quarters	9 minute quarters (quarter 1-8 min)	7
FIELD HOCKEY	25 minute halves	12 minute periods	15 minute quarters	15
FOOTBALL	10 minute	10 minute quarters	12 minute quarters	19
BOYS LACROSSE	9 minute quarters	9 minute quarters	11 minute quarters	14
GIRLS LACROSSE	25 minute halves	12 minute periods	15 minute quarters	16
SOCCER	15 minute quarters	15 minute periods	18 minute quarters	15
Volleyball	3 out of 5 game matches	5 games	6 games with a max of 20 pts per game	12

12. Practice Sessions

12. PRACTICE SESSIONS: Each student may participate in only one practice session a day on only six days of a calendar week. Practice sessions shall be limited to two hours and be at least 45 minutes in length. No student may be permitted to participate in school organized practice or play on seven consecutive days.

All required practice sessions shall include vigorous activity related to the specific sport.

A tryout session may be used toward the required number of practices needed prior to the first scrimmage or contest when the high school and modified seasons start simultaneously or when the high school tryout periods are contiguous to the beginning of the modified sports season.

13. Promotion

13. PROMOTION: A contestant in grades 7, 8, and 9 who practices or competes with or against a freshman, junior varsity or varsity performer shall not return to the modified athletic program in that same season in that same sport. Contestants shall not be promoted to a higher classification within the modified program or to a junior varsity or varsity team after completion of fifty percent of their modified schedule.

NOTE: EXCEPTIONS:

a) General Eligibility Rule #17 "TRYOUTS."

b) In school where no junior varsity program is provided in a specific sport, a ninth grade modified contestant may be promoted to the varsity team at any point in the season if He/she displays the skills and maturity to compete at the varsity level. A promoted 9th grade contestant is eligible to participate immediately upon promotion providing that he/she has completed the necessary number of required practices for that specific sport. The contestant may not exceed the total number of contests as outlined in the [High School Sport Standards Chart](#).

Promotion continued...

c) In a section whose "early winter" season ends in mid-winter, followed by the "late winter" season, the modified ninth grader could not be elevated to the varsity for post schedule contests in a sport played in the "early winter" modified season.

d) Promotion Regulation shall be waived for Boys' and Girls' Swimming & Diving and Boys' and Girls' Outdoor Track and Field permitting schools with section approval the option of running combined modified and varsity swimming and diving meets, alternating events.

e) The NYSPHSAA Executive Director may grant a waiver of the promotion rule if a High School team is dropped by the school district.

16. Transfer

16. TRANSFER: A student who is enrolled in one school may subsequently transfer no more than once during a school year without a corresponding change in the residence of his parents or guardians, or having reached the age of majority establishes a residency.

a) A student who transfers from one school to another becomes eligible after starting regular attendance.

b) Transfer students trying out for sports before school opens in the fall shall register and be accepted by the principal of that school before the medical examination and the first practice. This shall constitute the start of regular attendance for fall sports.

NOTE: After approval by the school medical officer a student may practice immediately and must satisfy the specific Sports Standard according to the number of practice sessions required.

c) Practices at the previous school district may be counted toward the minimum number of practices required provided the principal or athletic director of the previous school submits, in writing, the number and dates of such practices to the principal or athletic director of the new school.

d) 7th and 8th graders that compete at the high school level will be subject to the [transfer rule](#) in "that" sport (effective with the 2017-2018 school years).

17. Tryouts

17. TRYOUTS:

a. A section may establish tryout periods to allow EXCEPTIONAL ATHLETES who have completed and passed the [NYS Education Department Athletic Placement Process](#) (APP) the opportunity to be selected for a high school team.

b. Seventh and eighth grade students must pass the APP qualifications prior to the tryout period.

c. Ninth grade students do not have to pass the APP qualification to participate in the tryout.

d. The tryout period for a modified athlete shall be defined as participation in three (3) of the first five (5) practice days of the high school season. During the tryout period, the modified athlete may not return to modified program until the athlete's tryout is complete.

e. Tryout periods for wrestling, boy's lacrosse and ice hockey shall be a maximum of five (5) Of the first seven (7) practice days of the high school season.

f. The tryout period for football shall be a maximum of eight (8) of the first ten (10) days of the high school season.

g. Student athletes participating in sectional approved tryout sessions are not subject to the Promotion rule.

h. In cases involving new transfer students, overlapping season, and/or medical conditions the student's try-out period will be 3 out of 5 days, 5 out of 7 days, or 8 out of 10 days of the high school season depending on the sport.

Modified Start Dates

THE SECTION-COUNCIL FOR MODIFIED ATHLETICS

1. Establishes essential administrative units and sports chairmen to provide the leadership necessary for the Modified Sports Programs in the schools of the section. Official league representatives and sports chairmen shall comprise the Section's Council for Modified Athletics.

a) Shall establish the dates for the opening of all sports seasons.

Fall – With Section/League approval the modified program: Fall season starting date will be week #7 in the NYSPHSAA Standard Calendar.

Winter – With Section/League approval Week #19 is the earliest possible date for the winter sports season. Later dates may be set.

Spring – With Section/League approval Week #36 is the earliest possible date for the spring sports season.



Thank You

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