



# **SECTION VI**

# **MODIFIED SPORTS HANDBOOK**

# SECTION VI MODIFIED SPORTS HANDBOOK

Updated 10/20/2008, 4/2/09

## TABLE OF CONTENTS

PHILOSOPHY	PAGE 1
TEAM CONFIGURATION	PAGE 2
ELIGIBILITY RULES	PAGE 3, 4, 5
MODIFIED SPORTS STANDARDS CHART FOR INTERSCHOOL COMPETITION	PAGE 6, 7
NYSPHSAA GAMES RULES & CONDITIONS SECTION VI RULES & GUIDELINES	
BASEBALL	PAGE 8, 9
BASKETBALL - BOYS	PAGE 10
BASKETBALL – GIRLS	PAGE 11
CROSS COUNTRY – BOYS & GIRLS	PAGE 12
FIELD HOCKEY	PAGE 13
FOOTBALL	PAGE 14
LACROSSE - BOYS	PAGE 15, 16
LACROSSE – GIRLS	PAGE 17
SOCCER – BOYS & GIRLS	PAGE 18
SOFTBALL	PAGE 19
SWIMMING – BOYS & GIRLS	PAGE 20, 21
TRACK AND FIELD – BOYS & GIRLS	PAGE 22
VOLLEYBALL	PAGE 23
WRESTLING	PAGE 24, 25

## **SECTION VI MODIFIED SPORTS HANDBOOK**

### **PHILOSOPHY**

It is extremely important that ALL students involved at this level on the interscholastic program have a positive, meaningful, and productive experience. It is also important that ALL students have reasonable opportunity to test learned skills in a competitive situation, and that such competition be as equitable as possible.

1. To provide as broad and varied an athletic program as is possible with an opportunity for competition on an equal basis for all students. A desirable program will encourage participation in intramural competition at several achievement levels and provide inter-school competition in a modified sports program for the more talented in as large a variety of sports as possible.
2. To realize that the individual schools have the final responsibility to equalize competition and must administer the program so that no over-matching of teams or individuals shall be permitted.
3. To conduct the athletic program so that educational objectives shall be achieved; so that no single phase of the educational program is promoted at the expense of other equally important programs.
4. To realize that the athletic program must be integrated with all other activities essential to youth, including those that may be conducted by out-of-school groups, to avoid an excessive load for any students.
5. To administer the program in such a manner that participants are properly examined, approved, equipped, insured, selected, classified, instructed, and supervised so that as safe a program as is possible is conducted.
6. To administer the program so that there shall be no overemphasis, minimum loss of school time, with limited publicity, competent officiating, limited awards (e.g. paper certificates, ribbons) and all efforts made to keep in a proper perspective.
7. To provide qualified faculty leadership that understands the teaching of sports to the age group, the objectives of this modified sports program, and the emphasis of safety procedures.
8. To cooperate with schools in the area in providing an inter-school athletic administrative unit that will achieve the objectives and will aid in the development of the highest type of cordial inter-school relationships.
9. To conduct the program so that the proper respect for authority is achieved and so that all evidences of undesirable athletic mannerisms are avoided.
10. To compete within the spirit of the rules, to give every opponent due credit and respect, and to win honorably and lose graciously.
11. To cooperate with the Sectional Athletic Council in its efforts to provide sound leadership for all middle school in the section. No league or sectional team or individual championships are to be conducted.

## **SECTION VI MODIFIED SPORTS HANDBOOK**

### **TEAM CONFIGURATION**

Team Configurations allowed by NYSPHSAA are as follows:

Schools, leagues and sections may organize Modified Program competition by age, grade 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, and performance).

#### **TYPE OF TEAM GROUPING**

- Combined 7<sup>th</sup> and 8<sup>th</sup> Grade Modified
- 7<sup>th</sup> Grade only
- 8<sup>th</sup> Grade only
- 7<sup>th</sup> – 8<sup>th</sup> and 9<sup>th</sup> Grade Combined
- 9<sup>th</sup> Grade Modified

Students in the 7<sup>th</sup> or 8<sup>th</sup> grade that wish to compete in the grouping designed for 9<sup>th</sup> graders only must be tested using the Selective Classification process.

## **SECTION VI MODIFIED SPORTS HANDBOOK**

### **ELIGIBILITY RULES**

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

1. AGE: Upon entry into the 7<sup>th</sup> grade, a student is eligible for modified program competition. A student is ineligible when the sixteenth (16) birthday is attained; however, if a student attains the sixteenth birthday during a sport season he/she may complete that sport season.
2. BONA FIDE STUDENTS: A contestant must be a bona fide student of grades 7,8,9 of the school represented. NOTE: If it becomes necessary to combine member schools to maintain a team or sport, a written request must be submitted and approval obtained from the league and section involved. School that have combined must submit a report to the Modified Committee and this will be submitted to the executive Committee.
3. CHAMPIONSHIPS-TOURNAMENTS: Tournament competition is not allowed in the Modified Program. No league, sectional team or individual championships are to be conducted, nor are there to be championship playoffs on a team or individual basis.
4. DURATION OF COMPETITION: High School Eligibility Standard #8 becomes effective on the date of entry in the ninth grade.
5. EMERGENCY PROCEDURES: It is recommended that all schools develop emergency procedures to be followed by coaches.
6. EXTENDED PLAYING TIME: Eligibility for play in an extended playing time should be determined on the basis of the following participation standards:
  - a. Players with no participation in the regular game/contest should be eligible for play in an extended playing time.
  - b. Players whose participation in the regular contest was limited, i.e. their total participation was no more than one-half of the regular playing periods/quarters shall be eligible for play in an extended playing time.
  - c. Limited participation shall be further defined to mean that entry into a playing period rather than actual playing time shall constitute “participation” in the regulation contest.
7. HEALTH EXAMINATION: A students who may engage in interschool competition shall receive an adequate health examination and may not practice or participate without the approval of the school medical officer. Note: Medical examinations may be scheduled at any time during the school year and shall be valid for a period of twelve continuous months. Any pupil whose safe participation is in question as a result of the health history interview, or injury, or prolonged absence must be requalified by the school physician prior to participation.

8. **INTERSCHOOL PRACTICE SESSIONS/SCRIMMAGES:** A school is limited to three interschool practice sessions/scrimmages which, if conducted, may be held at any time after minimum practice requirements and previous to the last scheduled contest. By sectional approval, in cases where officials are not available for contests and all avenues of obtaining certified officials have been exhausted, additional scrimmages are permissible as replacements to the scheduled contests. Interschool practice sessions/scrimmages are governed by the same hours to elapse between such sessions/scrimmages as for regularly scheduled contests with the exception of football. **NOTE:** In practice sessions/scrimmages: a.) both squads use the same field simultaneously with both coaches making corrections and giving instruction to players as they would do during their own practice, b.) no official score is kept, c.) no definite time is set for scrimmage periods, d.) no admission is charged, e.) no spectators are permitted unless such is the usual plan whenever the squad has a practice.
9. **MIXED COMPETITION:** see Eligibility Standard 15 NYSPHSAA Handbook.
10. **MULTI-SCHOOL CONTESTS:** Multi-school contests may be conducted provided a.) no participant shall compete in more events, matches or games than permitted in any other regularly scheduled contest in that sport, on that day, b.) all Handbook rules are applicable, c.) no tournament competitions are permitted including team and individual championships.
11. **PENALTIES:** a.) If a school uses an ineligible student in any interschool contest, the penalties shall be as follows: 1. In all team sports-forfeiture of contest, 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. 2. a.) In the individual sports all points scored by the individual shall be forfeited and places moved up accordingly. b.) For any violation of eligibility or sports standards, a school or school authority may be censured, placed on probation, or suspended. c.) Consistent with good ethical standards, the prompt reporting of the knowledge of an infraction shall be made to the proper authorities in writing. d.) 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.
12. **PRACTICE SESSIONS:** Each student may participate in only one practice session on 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 try-out 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 try-out periods are contiguous to the beginning of the modified sports season.

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. A contestant promoted to a squad of higher classification may not return to the original squad after participating in a contest with the squad of the higher classification.
14. **SPORTS SEASONS:** All competition shall be completed within the sports season indicated by each individual section.
15. **TIME INTERVAL:** Unless extenuating circumstances arise, it is recommended that no more than two contests should be scheduled per week. Except in football and cross-country, contests may be played with only one night of rest three times per season for rescheduling purposes only. A team may never play three days in a row. There shall not be more than 3 contests played per calendar week. Baseball and softball shall be permitted to play two games a day twice during the season (See baseball/softball Game Conditions).
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/her 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 of dates of such practices to the Principal or Athletic Director of the new school.
17. **TRYOUTS:** a.) A Section may establish tryout periods to allow **EXCEPTIONAL ATHLETES** who have completed and passed the NYS Education Department Selection/Classification (S/C) Procedures and Standards the opportunity to be selected for a high school team. b.) Seventh and eighth grade students must pass the S/C qualifications prior to the tryout period. c.) Ninth grade students do not have to pass the S/C qualifications 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 the modified program until the athlete's tryout is complete. e.) Tryout periods for wrestling, boys 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 the sectionally approved tryout seasons are not subject to the Promotion rule.

## Modified Sports Standards Chart for Interschool Competition

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

(\* ) See details in Game Rules Section  
rescheduling purposes only.

\* Except in football and cross country, contest may be played with only one night's rest three times per season for

(\*\*) Three night/scrimmage

(\*\*\*) In Ice Hockey, contest may be played with only one nights rest three times per season for scheduling or rescheduling. See details in Game Rules section.



## Modified Sports Standards Chart for Interschool Competition - continued

SPORTS	Number Practices Prior To First Scrimmage Team & Individual	Number Practices Prior To First Contest Team & Individual	Team And Individual Maximum No. Contest	Minimum Time Between Contests *	Individual Limitations per day	RULES	TIME & DISTANCE LIMITS
Lacrosse- Boys	10	15	12	2 nights	1 game	NF	9 min. quarters
Lacrosse - Girls	10	13	12	2 nights	1 game	US Lacrosse	25 min. halves
Skiing	8	10	12	2 nights	2 events	FIS & ESA	
Soccer	9	11	12	2 nights	1 game	NF	15 min. quarters
Softball Pitcher	8	10	14	1 night 2 nights *	2 games* 1 game	ASA	7 innings pitchers (1)
Swimming	12	15	14	2 nights	3 events*	NF	
Tennis	6	8	14	1 nights	1 match*	USTA	
Outdoor Track	10	15	10	2 nights	3 events*	NF	
Winter Track	10	15	10	2 nights	3 events*	NF	
Volleyball	8	10	14	2 nights	2 matches *	USAVB-BOYS NCAA-GIRLS	
Wrestling	13	15	12 pts.	2 nights	2 bouts *	NCAA-GIRLS NF	Max of 8 pts. thru 2 pt. contests

(\*) See details in Game Rules Section  
rescheduling purposes only.

\* Except in football and cross country, contest may be played with only one night's rest three times per season for  
(\*\*) Three night/scrimmage

(\*\*\*) In Ice Hockey, contest may be played with only one nights rest three times per season for scheduling or rescheduling. See details in Game Rules section.

## **SECTION VI MODIFIED SPORTS HANDBOOK**

### **BASEBALL**

1. Tryouts:
  - a. If S/C is passed, may tryout for higher level (JV or Varsity), the first 3 of 5 days of the high school season
2. Practices:
  - a. May start March 1
  - b. No practice with JV or Varsity
  - c. 1 practice per day
  - d. No more than 6 calendar days per week (not 7 days in a row)
  - e. Limited to 2 hours maximum (45 minutes minimum)
3. Scrimmages
  - a. Team and individuals must have 8 practices before first scrimmage, pitchers must have 10
4. Games:
  - a. Team and individuals must have 10 practices before first game, pitchers must have 15
  - b. 1 night rest between games (2 nights for pitchers)
  - c. Maximum of 14 games
  - d. Maximum of 2 games per day (7 innings maximum for pitchers)
  - e. Maximum of 2 doubleheaders in a season
  - f. Teams may not play 3 games in 2 consecutive days
  - g. No more than 3 games a week may be played.
5. Special Rules:
  - a. NF rules
  - b. 7 inning games
  - c. 6 innings per game for doubleheaders (maximum of 14 innings in a day, this allows a total maximum of 2 extra innings in the event of tie game(s))
  - d. A designated hitter will not be allowed
  - e. An extra player, referred to as EP is optional (on a game-by-game basis), but if one is used, it must be known prior to the start of the game (official lineup card) and be listed on the scoring sheet in the regular batting order. If the EP is used, he must be used for the entire game. Failure to complete the game with the EP results in the forfeiture of the game (except in case of injury or ejection from game with no eligible players left to enter, the rules permit play with eight men). If an EP is used, all 10 players bat, but only 9 can play defense each inning. The person designated as the EP (not a defensive player at the start of the game) may at a later time play a defensive position; the defensive player now is only a batter for that inning and not a fielder. There will always be one player in the lineup not on the field defensively. The EP may be substituted for at any time, either by a pinch-runner or pinch-hitter who then becomes the EP. The substitute must be a player who has not yet been in the game. Substitutes and reentry will be treated as in the past. A player may re-enter the game into his same batting order position.

- f. Catchers shall wear the full protective equipment: helmet, mask, chest protector, shin guards, throat protector
- g. Batters and base runners shall wear protective headgear
- h. Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any modified sport.

6. Pitching Rules:

- a. A pitcher may pitch no more than 12 full innings in any one calendar week and no more than 7 innings in an one game
- b. Any pitcher pitching more than 4 innings in one game must have at least 2 nights of rest before pitching again. When removed from pitching, the contestant may play another position.
- c. Any player warming up a pitcher, on or off the field, shall wear protective equipment

## **SECTION VI MODIFIED SPORTS HANDBOOK**

### **BASKETBALL - BOYS**

1. Tryouts:
  - a. If S/C is passed, may tryout for higher level (JV or Varsity), the first 3 of 5 days of the high school season
2. Practices:
  - a. May start November 1
  - b. No practice with JV or Varsity
  - c. 1 practice per day
  - d. No more than 6 calendar days per week (not 7 days in a row)
  - e. Limited to 2 hours maximum (45 minutes minimum)
3. Scrimmages
  - a. Team and individuals must have 9 practices before first scrimmage
4. Games:
  - a. Team and individual must have 11 practices before first game
  - b. 2 nights rest between games (*contests may be played with only one night's rest three times per season for rescheduling purposes only*)
  - c. Maximum of 1 game per day
5. Special Rules:
  - a. NF rules
  - b. 7 minute quarters
  - c. If a game is tied at the end of regulation play, there will be an overtime period of 3 minutes duration. If still tied, additional overtime "sudden victory" periods will be played until at least 1 point is scored. Overtime periods will have a maximum length of 3 minutes.
  - d. Free substitution is facilitated by permitting substitutions on any dead ball and any violation
  - e. Sections may adopt the use of a small ball. The section shall determine the actual size of the ball
  - f. The 3 point shot is not allowed

## **SECTION VI MODIFIED SPORTS HANDBOOK**

### **BASKETBALL - GIRLS**

1. Tryouts:
  - a. If S/C is passed, may tryout for higher level (JV or Varsity), the first 3 of 5 days of the high school season
2. Practices:
  - a. May start November 1
  - b. No practice with JV or Varsity
  - c. 1 practice per day
  - d. No more than 6 calendar days per week (not 7 days in a row)
  - e. Limited to 2 hours maximum (45 minutes minimum)
3. Scrimmages
  - a. Team and individuals must have 9 practices before first scrimmage
4. Games:
  - a. Team and individual must have 11 practices before first game
  - b. 2 nights rest between games (*contests may be played with only one night's rest three times per season for rescheduling purposes only*)
  - c. Maximum of 1 game per day
5. Special Rules:
  - a. NCAA rules
  - b. The thirty-second shot clock rule shall be optional
  - c. 7 minute quarters
  - d. If a game is tied at the end of regulation play, there will be an overtime period of 3 minutes duration. If still tied, additional overtime "sudden victory" periods will be played until at least 1 point is scored. Overtime periods will have a maximum length of 3 minutes.
  - e. Free substitution is facilitated by permitting substitutions on any dead ball and any violation
  - f. Sections may adopt the use of a small ball. The section shall determine the actual size of the ball
  - g. The 3 point shot is not allowed

## **SECTION VI MODIFIED SPORTS HANDBOOK**

### **CROSS-COUNTRY – BOYS & GIRLS**

1. Tryouts:
  - a. If S/C is passed, may tryout for higher level (JV or Varsity), the first 3 of 5 days of the high school season.
2. Practices:
  - a. May start September 1
  - b. No practice with JV or Varsity (see tryout above)
  - c. 1 practice per day
  - d. No more than 6 calendar days per week (not 7 days in a row)
  - e. Limited to 2 hours maximum (45 minutes minimum)
3. Scrimmages:
  - a. Must have 10 practices before first scrimmage
  - b. Limited to 3 scrimmages though a contest can be played as a scrimmage if no officials
  - c. Need 3 nights rest between scrimmages
4. Games:
  - a. Must have 13 practices before first game
  - b. Need 3 nights rest between games (contests may not be played with only 1 nights rest, even for rescheduling purposes)
  - c. Maximum of 10 games
  - d. 1 run per day
  - e. No tournaments
5. Player Movement
  - a. No player may be advanced to a higher level of competition after completion of 50% of their modified schedule (must pass S/C)
  - b. If a player competes against a JV or Varsity performer, he/she may not return to the modified program that season in that sport
  - c. A player is ineligible when his/her 16<sup>th</sup> birthday is reached though she may finish the season
6. Special Rules:
  - a. NF rules
  - b. Maximum distance shall be 1-1.5 miles in the first half of the season and may increase to 2 miles in the second half of the season
  - c. The Section Athletic Council shall determine the date for the mid-season crossover
  - d. Only sneakers or molded soles or cleats, no spikes or metal posts are permitted

## **SECTION VI MODIFIED SPORTS HANDBOOK**

### **FIELD HOCKEY**

1. Tryouts:
  - a. If S/C is passed, may tryout for higher level (JV or Varsity), the first 3 of 5 days of the high school season.
2. Practices:
  - a. May start September 1
  - b. No practice with JV or Varsity (see tryout above)
  - c. 1 practice per day
  - d. No more than 6 calendar days per week (not 7 days in a row)
  - e. Limited to 2 hours maximum (45 minutes minimum)
3. Scrimmages:
  - a. Must have 9 practices before first scrimmage
  - b. Limited to 3 scrimmages though a game can be played as a scrimmage if no officials
  - c. Need 2 nights rest between scrimmages
4. Games:
  - a. Must have 11 practices before first game
  - b. Need 2 nights rest between games (for rescheduling only, 1 nights rest 3x's per season)
  - c. Maximum of 12 games
  - d. 1 game per day
  - e. State recommends no more than 2 days of competition per week and never more than 3 days of competition per week
  - f. No tournaments
  - g. Use of extended playing time an option (check NYSPHSAA handbook for guidelines)
  - h. Maximum of 12 games for the season
5. Player Movement
  - a. No player may be advanced to a higher level of competition after completion of 50% of their modified schedule (must pass S/C)
  - b. If a player competes against a JV or Varsity performer, he/she may not return to the modified program that season in that sport
  - c. A player is ineligible when his/her 16<sup>th</sup> birthday is reached though she may finish the season
6. Special Rules:
  - a. NF rules
  - b. 25 minute halves, maximum
  - c. Sneakers or molded soles or cleats
  - d. Time outs: A time out may be called by a team when the ball is dead. Play is restarted as though time out had not been called. Duration of the time out is two minutes.
  - e. Three (3) time outs may be called by each coach: two in one half and one in the other half.

## **SECTION VI MODIFIED SPORTS HANDBOOK**

### **FOOTBALL**

1. Tryouts
  - a. If S/C is passed, may tryout for higher level (JV or Varsity), the first 3 of 5 days of the high school season.
2. Practices:
  - a. May start on the Monday prior to Labor Day
  - b. No practice with JV or Varsity (see tryout above)
  - c. 1 practice per day
  - d. No more than 6 calendar days per week (not 7 days in a row)
  - e. Limited to 2 hours maximum (45 minutes minimum)
  - f. For individual participants, the first 3 days of practice are non-contact, the next 5 days are pads only, first full contact on the 9<sup>th</sup> day of practice
3. Scrimmages:
  - a. Must have 13 practices before first scrimmage
4. Games
  - a. Must have 17 practices before first game
  - b. Need 4 nights rest between games
  - c. Maximum of 7 games
  - d. 1 game per day
  - e. Use of extended playing time an option (check NYSPHSAA handbook for guidelines)
5. Player Movement
  - a. No player may be advanced to a higher level of competition after completion of 50% of their modified schedule (must pass S/C)
  - b. If a player competes against a JV or Varsity performer, he/she may not return to the modified program that season in that sport
  - c. A player is ineligible when his/her 16<sup>th</sup> birthday is reached though she may finish the season
6. Special Rules:
  - a. NF rules
  - b. 10 minute quarters
  - c. Sneakers or molded soles
  - d. No kick-off, ball will be placed at the 35 yard line
  - e. 2 points for a kicked extra point, 1 for a run or pass extra point
  - f. After a safety, the scoring team puts the ball in play at the 50 yard line
  - g. Consult the NYSPHSAA Modified Football Handbook



## **SECTION VI MODIFIED SPORTS HANDBOOK**

### **LACROSSE – BOYS**

#### **Administration**

##### 1. Tests:

- a. Every contestant should be carefully checked to determine his readiness before being allowed to participate as for football, with the exception of:
  - i. Individual Skills – A thorough program of physical conditioning, running and lacrosse skills such as throwing, catching, scooping, faking and dodging should be conducted prior to permitting one to participate in live contact drills. No one should be permitted in live contact drills until ability has been proved in the individual skills. Contact drills should be conducted against equals only.
  - ii. Equipment – Properly fitted equipment, of good quality, is mandatory for safe participation in lacrosse. The essential protective equipment must include a lacrosse helmet with face mask, lacrosse arm guards, lacrosse shoulder pads, lacrosse gloves, and a mouthpiece. Goalkeeper must wear a chest protector and throat protection. Shoes with molded rubber soles are required. Face masks for lacrosse competition must have a center bar. With the exception of the goalie's stick, there shall be no rule restriction on the length of the stick in modified lacrosse if the stick falls between 40-72 inches.

##### 2. Tryouts:

- a. If S/C is passed, may tryout for higher level (JV or Varsity), the first 5 of 7 days of the high school season

##### 3. Practices:

- a. May start March 1
- b. No practice with JV or Varsity (see tryout above)
- c. 1 practice per day
- d. No more than 6 calendar days per week (not 7 days in a row)
- e. Limited to 2 hours maximum (45 minutes minimum)

##### 4. Scrimmages:

- a. Must have 10 practices before first scrimmage
- b. Limited to 3 scrimmages though a game can be played as a scrimmage if no officials
- c. Need 2 nights rest between scrimmages

##### 5. Games:

- a. Must have 15 practices before first game
- b. Need 2 nights rest between games (for rescheduling only, 1 nights rest 3x's per season)
- c. Maximum of 12 games
- d. 1 game per day
- e. State recommends no more than 2 days of competition per week and never more than days of competition per week
- f. No tournaments
- g. Use of extended playing time an option (check NYSPHSAA handbook for guidelines)

6. Player Movement

- a. No player may be advanced to a higher level of competition after completion of 50% of their modified schedule (must pass S/C).
- b. If a player competes against a JV or Varsity performer, he/she may not return to the modified program that season in that sport
- c. A player is ineligible when his/her 16<sup>th</sup> birthday is reached though she may finish the season

7. Special Rules:

- a. NF rules
- b. 9 minute quarters
- c. 2 overtime periods of 2 minutes, if still tied no sudden victory
- d. Three timeouts per half
- e. Sneakers or molded soles or cleats
- f. A one-arm swing with a crosse, whether contact is made or not, shall be considered a personal foul-slashing.
- g. There is no such call as a "Brush" in the Modified Program. Contact between crosse and helmet is a personal foul
- h. Contact with the ball is disallowed by any offensive players when the ball is loose in the crease
- i. Body checking is allowed ONLY against a player who is in possession of the ball
- j. The ten second rule is eliminated.
- k. Substitutes are permitted whenever the ball goes out of bounds.
- l. When a goalkeeper gets a penalty, the in home player will serve the penalty if a second goalkeeper is unavailable.

## **SECTION VI MODIFIED SPORTS HANDBOOK**

### **LACROSSE – GIRLS**

1. Tryouts:
  - a. If S/C is passed, may tryout for higher level (JV or Varsity), the first 3 of 5 day of the high school season.
2. Practices:
  - a. May start March 1
  - b. No practice with JV or Varsity (see tryout above)
  - c. 1 practice per day
  - d. No more than 6 calendar days per week (not 7 days in a row)
  - e. limited to 2 hours maximum (45 minutes minimum)
3. Scrimmages:
  - a. Must have 10 practices before first scrimmage
  - b. Limited to 3 scrimmages though a game can be played as a scrimmage if no officials
  - c. Need 2 nights rest between scrimmages
4. Games:
  - a. Must have 13 practices before first game
  - b. Need 2 nights rest between games (for rescheduling only, 1 nights rest 3x's per season)
  - c. Maximum of 12 games
  - d. 1 game per day
    - i. State recommends no more than 2 days of competition per week and never more than days of competition per week
  - e. No tournaments
    - i. Use of extended playing time an option (check NYSPHSAA handbook for guidelines)
5. Player Movement
  - a. No player may be advanced to a higher level of competition after completion of 50% of their modified schedule (must pass S/C)
  - b. If a player competes against a JV or Varsity performer, he/she may not return to the modified program that season in that sport
  - c. A player is ineligible when his/her 16<sup>th</sup> birthday is reached though she may finish the season
6. Special Rules:
  - a. US Lacrosse rules
  - b. 25 minute halves
  - c. Sneakers or molded soles or cleats
  - d. One timeout per team, per half. May be called when ball is not in play.
  - e. All players must wear mouthpieces
  - f. All field players must wear lacrosse goggles which meet ASTM standards
  - g. Goalkeepers must wear the following equipment: helmet with face mask, mouthpiece, throat protector, padding on hands, arms, legs, shoulders and chest to conform with USWLA rules (padding does not excessively increase the size of these body parts maximum thickness one inch)
  - h. Modified stick checking, as outlined in the US Lacrosse Rulebook under the Girls' Youth Rules – Level A, is allowed. Modified checking is checking the stick only if it is below shoulder level. The check must be in a downward direction and away from the body.

## **SECTION VI MODIFIED SPORTS HANDBOOK**

### **SOCCER – BOYS & GIRLS**

1. Tryouts:
  - a. If S/C is passed, may tryout for higher level (JV or Varsity), the first 3 of 5 days of the high school season.
2. Practices:
  - a. May start September 1
  - b. No practice with JV or Varsity
  - c. 1 practice per day
  - d. No more than 6 calendar days per week (not 7 days in a row)
  - e. Limited to 2 hours maximum (45 minutes minimum)
3. Scrimmages
  - a. Team and individuals must have 9 practices before first scrimmage
4. Games:
  - a. Team and individuals must have 11 practices before first game
  - b. 2 nights rest between games
  - c. Maximum of 12 games
  - d. Maximum of 1 game per day
5. Special Rules:
  - a. NF rules
  - b. 15 minute quarters
  - c. Free substitution is permitted when the ball goes over the sideline or end line
  - d. One time out period per quarter (including each overtime period) may be called whenever the ball is dead. The coach is permitted on the field during the time out period to instruct the players.
  - e. The sliding tackle is not permitted.
  - f. The overhead scissors kick is not permitted.
  - g. The corner flag posts must be flexible in nature (wood, plastic or plastic foam) and conform to the NF rule standard of not being less than 5 feet high. Plastic traffic cones may be substituted in place of corner flags.
  - h. There shall be two overtime periods of four minutes when the regulation game ends in a tie. A coin shall be flipped prior to the first overtime period. If a tie still exists after the second overtime, no further play shall be conducted.
  - i. In the event of a disqualification of a player, a substitution must be made for that disqualified player. If a team has no eligible substitute, the team may continue to play shorthanded.
  - j. The flip throw-in shall not be permitted.
  - k. Equipment:
    - (1) Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any modified sport
    - (2) Shin guards must be worn at all times by all players
    - (3) An all-purpose type foam helmet and a mouthpiece shall be worn by the soccer goalie for protective purposes. The helmet must cover and protect the ears, and have a chin strap.

## **SECTION VI MODIFIED SPORTS HANDBOOK**

### **SOFTBALL**

1. Tryouts:
  - a. If S/C is passed, may tryout for higher level (JV or Varsity), the first 3 of 5 days of the high school season
2. Practices:
  - a. May start March 1
  - b. No practice with JV or Varsity
  - c. 1 practice per day
  - d. No more than 6 calendar days per week (not 7 days in a row)
  - e. Limited to 2 hours maximum (45 minutes minimum)
3. Scrimmages
  - a. Team and individuals must have 8 practices before first scrimmage
4. Games:
  - a. Team and Individuals must have 10 practices before first game
  - b. Need 1 night rest between games (2 nights for pitchers)
  - c. Maximum of 14 games
  - d. Maximum of 2 games per day (7 innings maximum for pitchers)
  - e. Maximum of 2 doubleheaders in a season
  - f. Teams may not play 3 games in 2 consecutive days
  - g. No more than 3 games a week may be played.
5. Special Rules:
  - a. ASA rules
  - b. 7 inning games
  - c. 6 innings per game for doubleheaders (maximum of 14 innings in a day)
  - d. A player may re-enter the game once
  - e. Catchers shall wear the full protective equipment: helmet, mask, chest protector, shin guards, throat protector
  - f. Batters and base runners shall wear protective headgear
  - g. Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any modified sport.
6. Pitching Rules:
  - a. 36 foot minimum pitching distance
  - b. A pitcher may throw in a maximum of 7 innings in one day
  - c. Any pitcher pitching more than 4 innings in one game must have at least 2 nights of rest before pitching again. When removed from pitching, the contestant may play another position.
  - d. Any player warming up a pitcher, on or off the field, shall wear protective equipment

## **SECTION VI MODIFIED SPORTS HANDBOOK**

### **SWIMMING – BOYS & GIRLS**

1. Administration: Schools may have the option of running combined modified and varsity swimming and diving meets, alternating the events.
2. Tryouts: If S/C is passed, may tryout for higher level (JV or Varsity), the first 3 of 5 days of the high school season.
3. Practices:
  - a. Leagues will determine start dates
  - b. No practice with JV or Varsity (see tryout above)
  - c. 1 practice per day
  - d. No more than 6 calendar days per week (not 7 days in a row)
  - e. Limited to 2 hours maximum (45 minutes minimum)
4. Scrimmages:
  - a. Must have 12 practices before first scrimmage
  - b. Limited to 3 scrimmages though a meet can be played as a scrimmage if no officials
  - c. Need 2 nights rest between scrimmages
5. Games:
  - a. Must have 15 practices before first meet
  - b. Need 2 nights rest between meet (for rescheduling only, 1 nights rest 3x's per season)
  - c. Maximum of 14 meets
  - d. 1 meet per day
  - e. State recommends no more than 2 days of competition per week and never more than 3 days of competition per week
  - f. No tournaments
  - g. Swimmers may compete in a maximum of three events (1 relay and 2 individual, or 2 relay and 1 individual)
  - h. For order of events consult the NYSPHSAA Modified Swimming Handbook
  - i. Order of Events for Combined Modified/Varsity Swimming Meets
    - (1) Modified 200 yd. medley relay
    - (2) Varsity 200 yd. medley relay
    - (3) Modified 200 yd. freestyle
    - (4) Varsity 200 yd. freestyle
    - (5) Modified 100 yd. individual medley
    - (6) Varsity 200 yd. individual medley
    - (7) Modified 50 yd. freestyle
    - (8) Varsity 50 yd. freestyle
    - (9) Modified diving (1 voluntary + 3 optional dives) – two separate diving events are to occur with all modified diving completed before varsity diving occurs.
    - (10) Varsity diving (1 voluntary + 5 optional dives are per NF rules book)
    - (11) Modified 50 yd. butterfly
    - (12) Varsity 100 yd. butterfly
    - (13) Modified 100 yd. freestyle
    - (14) Varsity 100 yd. freestyle
    - (15) Varsity 500 yd. freestyle
    - (16) Varsity 200 yd. freestyle relay
    - (17) Modified 50 yd. backstroke

- (18) Varsity 100 yd. backstroke
- (19) Modified 50 yd. breaststroke
- (20) Varsity 100 yard breaststroke
- (21) Modified 200 yd. freestyle relay
- (22) Varsity 400 yd. freestyle relay

6. Player Movement

- a. No player may be advanced to a higher level of competition after completion of 50% of their modified schedule (must pass S/C)
- b. If a player competes against a JV or Varsity performer, he/she may not return to the modified program that season in that sport
- c. A player is ineligible when his/her 16<sup>th</sup> birthday is reached though she may finish the season.

7. Special Rules:

- a. NF rules
- b. A swimmer is permitted one false start before disqualification. The use of the no re-call false start rule shall not be utilized.
- c. With prior mutual agreement of teams, league or section races may be conducted by seeded heats with the winners established on time alone. No finals events may be conducted

## **SECTION VI MODIFIED SPORTS HANDBOOK**

### **TRACK & FIELD – BOYS & GIRLS**

1. Tryouts:
  - a. If S/C is passed, may tryout for higher level (JV or Varsity), the first 3 of 5 days of the high school season.
2. Practices:
  - a. May start March 1
  - b. No practice with JV or Varsity (same facility may be used as workout should be age appropriate)
  - c. 1 practice per day
  - d. No more than 6 calendar days per week (not 7 days in a row)
  - e. Limited to 2 hours maximum (45 minutes minimum)
3. Scrimmages:
  - a. Must have 10 practices before first scrimmage
  - b. Limited to 3 scrimmages though a game can be played as a scrimmage of no officials
  - c. Need 2 nights rest between scrimmages
4. Games:
  - a. Must have 15 practices before first game
  - b. Need 2 nights rest between meets (for rescheduling only, 1 nights rest 3x's per season)
  - c. Maximum of 10 meets
  - d. 1 meet per day
  - e. State recommends no more than 2 days of competition per week and never more than 3 days of competition per week
  - f. No tournaments
5. Player Movement
  - a. No player may be advanced to a higher level of competition after completion of 50% of their modified schedule (must pass S/C)
  - b. If a player competes against a JV or Varsity performer, he/she may not return to the modified program that season in that sport
  - c. A player is ineligible when his/her 16<sup>th</sup> birthday is reached though he/she may finish the season
6. Special Rules:
  - a. NF rules
  - b. Maximum of 3 events per day; no more than two track event or two field events. The total distance of two running events may not exceed 2300 meters. (Optional 3000 is only event for that runner)
  - c. A runner is allowed one (1) false start before disqualification
  - d. Only sneakers or shoes with molded soles and molded cleats. Shoes with spikes are NOT permitted.
  - e. 4 k metal shot, 1 k discus, high jump, long jump, pole vault and triple jump
  - f. 55 meter 30" hurdle race with 5 hurdles
  - g. 200 meter 30" hurdle race with 5 hurdles
  - h. The 3000 m and 4x400 m relay are optional.
  - i. Suggested order of events is listed in the State Handbook



## **SECTION VI MODIFIED SPORTS HANDBOOK**

### **VOLLEYBALL – BOYS & GIRLS**

1. Tryouts:
  - a. If S/C is passed, may tryout for higher level (JV or Varsity), the first 3 of 5 days of the high school season.
2. Practices:
  - a. May start September 1
  - b. No practice with JV or Varsity
  - c. 1 practice per day
  - d. No more than 6 calendar days per week (not 7 days in a row)
  - e. Limited to 2 hours maximum (45 minutes minimum)
3. Scrimmages:
  - a. Must have 8 practices before first scrimmage
  - b. Limited to 3 scrimmages though a match can be played as a scrimmage of no officials
  - c. Need 2 nights rest between scrimmages
4. Matches:
  - a. Must have 10 practices before first match
  - b. Need 2 nights rest between matches (for rescheduling only, 1 nights rest 3x's per season)
  - c. Maximum of 14 matches
  - d. 2 matches per day
  - e. State recommends no more than 2 days of competition per week and never more than 3 days of competition per week
  - f. No tournaments
  - g. Use of extended playing time an option
  - h. The use of lines people in regular season Girls Volleyball was eliminated effective 2009-10 (Section VI Athletic Council 11/19/09)
5. Player Movement
  - a. No player may be advanced to a higher level of competition after completion of 50% of their modified schedule (must pass S/C)
  - b. If a player competes against a JV or Varsity performer, he/she may not return to the modified program that season in that sport
  - c. A player is ineligible when his/her 16<sup>th</sup> birthday is reached though he/she may finish the season
6. Special Rules:
  - a. Girls: NCAA Rules                      Boys: USAVB rules
  - b. Rally scoring in a five (5) game match shall be utilized at the modified level
  - c. The number of points in each game of the modified match shall be consistent. Section VI has approved the use of 25 points
  - d. Two (2) tosses will be permitted per turn of service
  - e. Section VI has approved the use of a three of three game match
  - f. The libero player will NOT be used at the modified level
  - g. The minimum net height shall be seven (7) feet
  - h. The service line may be moved in one (1) meter

## SECTION VI MODIFIED SPORTS HANDBOOK

### WRESTLING

1. Tryouts:
  - a. If S/C is passed, may tryout for higher level (JV or Varsity), the first 5 of 7 days of the high school season.
2. Practices:
  - a. May start November 1
  - b. No practice with JV or Varsity
  - c. 1 practice per day
  - d. No more than 6 calendar days per week (not 7 days in a row)
  - e. Limited to 2 hours maximum (45 minutes minimum)
3. Scrimmages:
  - a. Must have 13 practices before first scrimmage
  - b. Limited to 3 scrimmages though a match can be played as a scrimmage of no officials
  - c. Need 2 nights rest between scrimmages
4. Matches:
  - a. Must have 15 practices before first match
  - b. Need 2 nights rest between matches (for rescheduling only, 1 nights rest 3x's per season)
  - c. Maximum of 12 points per competitor per season
  - d. Scoring: Regular scoring system. Teams receive zero (0) points for tied bouts. All bouts count.
  - e. A 3-bout (2 point multi meet) contest cannot be conducted as the last competition of the season. These meets must be conducted in a round robin format (not a bracket elimination format), with no recognition of place winners
  - f. Points assessed for competitions
    - (1) 1 point meet- compete in 1 or 2 bout
    - (2) 2 point meet- compete in 3 bouts
  - g. No contestant or team can accumulate more than 8 points out of the maximum of 12 points allowed via 2 point contests.
  - h. No contestant or team can accumulate more than 3 points per week
  - i. Time periods for bouts:

One bout: Program 1: 3- 1 ½ minute periods (specific weight classes)  
Program 2: 1<sup>st</sup> period- 1 minute, 2<sup>nd</sup>, 3<sup>rd</sup> periods- 1 ½ minutes (weigh variance program) Two or three bouts: Program 1 and
  - j. There shall be no competition between wrestlers with an age difference of more than 24 months.
  - k. There must be a 45 minute rest period between bouts.\*
  - l. There will be no overtime period.

\*Changed NYSPHSAA meeting Oct. 20, 2008

- m. **Program 1:** Official weight classes: 80,86,92,98,104,110,116,122,128,134,140,148. Optional weight classes: 74 and 158 and unlimited classes with contestants competing weighing within 10 pounds of each other. For schools having only 7<sup>th</sup> and 8<sup>th</sup> graders a 155 pound weight class may be optional
- n. **Program 2:** Weight class is listed first, variance second: 70-80 lbs. (4 lbs.); 80-90 lbs. (4 lbs.); 90-100 lbs. (3 lbs.); 100-110 lbs. (3 lbs.); 110-120 lbs. (3 lbs.); 120-130 lbs. (2 lbs.); 130-140 lbs. (3 lbs.); 140-150 lbs. (5 lbs.); 150-160 lbs. (5 lbs.); heavier weights (as much as 8 lbs.). (Variance permits contestant to compete against a contestant who is either in a lower or upper weight group. As long as both wrestlers stay within the variance listed.

5. Player Movement

- a. No player may be advanced to a higher level of competition after completion of 50% of their modified schedule (must pass S/C)
- b. If a player competes against a JV or Varsity performer, he/she may not return to the modified program that season in that sport
- c. A player is ineligible when his/her 16<sup>th</sup> birthday is reached though he/she may finish the season

6. Weight Control

- a. The PE Director or designee shall establish each wrestler's weight class prior to the first match. A contestant may not wrestle out of this established class unless Physician and parent authorization is given
- b. A squad list with weight class, birth dates and ages must be sent to opposing schools.
- c. Wrestlers may progress in weight at the same pound and date allowance as the high school wrestlers.

7. Special Rules:

- a. Boys- NF rules                      Girls- NCAA rules
- b. Honor Weigh-In: The procedures described in the Wrestling Weight Control Plan Shall be followed.
- c. There is NO limit to the total team bouts in a contest. Matching individuals is the focus.
- d. Use regular scoring system with teams receiving zero points for tied bouts or count number of bouts won or a combination of both, All bouts to count in team scoring.