

**JOHN JAY MIDDLE SCHOOL
MODIFIED ATHLETICS
GENERAL SPORTS STANDARDS**

Boy's and Girl's Cross Country
Coach Kastanis – gkastanis@klschools.org
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The rules governing play, eligibility and participation shall be those outlined by the Handbook of the New York State Public High School Athletic Association. Specific modified rules shall be governed by the General Eligibility Rules for the Modified Program, which are listed in the modified section of the New York State Public High School Athletic Association Handbook.

- The standard starting time for contests played on school days is 4:15 pm. Cross Country meets are not scheduled on weekends.
- A student may participate in only one school sponsored sport during a season.
- The team and individual maximum number of contests is 8 and athletes must have 10 practices to be eligible to compete in the first contest.
- Practices are daily (Monday-Friday) from 3:00 pm to 4:00 pm. Practices end in time for student athletes to take home the 4:15 activity bus.
- Students must be in school a minimum of five (5) periods to participate in practices/games. Please check the athletic calendar for your team's practice schedule.
- Equipment: only sneakers or shoes with molded soles and molded cleats are permitted, shoes with metal posts or spikes are not permitted at all.
- The maximum distance shall be 1-1/2 miles in the first half and can increase to 2 miles in the second half of the season.