

Modified Committee Newsletter

Fall 2017

Section 1 Modified Committee:

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Section I Athletics

Updates:

Reminder football cleats NFHS safety rules will be used.

NOTE TO COACHES & ATHLETIC DIRECTORS

This Newsletter will be produced prior to each sport season. Please place this into your score books and on your scorer's table prior to each contest. – Thank you, The Modified Committee

MODIFIED ATHLETIC COUNCIL STANDARDS OF COMPETITION

FIELD HOCKEY

Game Rules:

1. NFHS Rules
2. Halves shall consist of 25 minutes, maximum.
3. Substitution: Utilize the NFHS Rolling substitution rule.
4. Time outs: A time out may be called by a team when the ball is dead. Play is restarted as though time out had not been called. Duration of the time out is two minutes. Three time outs may be called by each coach: two in one half and one in the other half.
5. Equipment: Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any modified sport.
6. Clock stops after goals and during timeouts

SOCCER

Game Rules:

1. NFHS Rules
2. The maximum length of the quarter shall be fifteen (15) minutes. There shall be a 2 minute break in between quarters
3. Free substitution is permitted when the ball goes over the side line or end line.
4. Equipment—
 - a) Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any modified sport.
 - b) Shin guards must be worn at all times by all players.
 - c) An all-purpose type foam helmet may be worn.
 - d) A mouthpiece must be worn by the soccer goalie for protective purposes.
5. One time out period per quarter (including each overtime period) may be called whenever the ball is dead. The coach is permitted on the field during the time out period to instruct the players.
6. The sliding tackle is not permitted.
7. The overhead scissors kick is not permitted.
8. Corner flag posts must be flexible in nature (wood, plastic or plastic foam)

and conform to the NFHS rule standard of not being less than 5 feet high. Plastic traffic cones may be substituted in place of corner flags.

9. There shall be two overtime periods of four minutes when the regulation game ends in a tie. A coin shall be flipped prior to the first overtime period. If a tie still exists after the second overtime, no further play shall be conducted.

10. In the event of a disqualification of a player, a substitution must be made for that disqualified player. If a team has no eligible substitute, the team may continue to play shorthanded.

11. The flip throw-in shall not be permitted.

12. The NFHS regulation that the boys' and girls' soccer goalie uniform jersey be numbered shall be waived at the modified level.

MODIFIED SOCCER STANDARDS- Section 1 rules

1. If the soccer field is on a multi-purpose field, the line markings shall be a different color.

2. A minimum of three quality game balls should be used at each game.

TENNIS

Game Rules:

1. USTA

2. Contests should consist of 4 singles and 4 doubles matches, unless agreed upon prior to the contest.

3. One 8 game set shall be played. A 4 point scoring system shall be used with no deuce point. Sections may modify the scoring system.

4. A player may either play singles or doubles, but cannot play both in any one interschool contest.

5. For the purpose of ensuring that every eligible tennis player has the opportunity to play in a match, each may play one (1) additional singles or doubles match per day. The individual limitations/day for tennis shall be increased to two (2) matches per day, provided that every individual eligible player plays once before any player plays twice.

VOLLEYBALL

Boys' Game Rules: NCAA

Girls' Game Rules: NCAA

1. Dutchess & Rockland Schools: Rally scoring in a five (5) game match shall be utilized at the modified level.
Westchester Leagues- plays a minimum of 3 games

- **If a Westchester schools wishes to play 5 games. They should contact opponent to confer, They will need officials permission and will have to pay extra fee (double game).**
- **Coaches could allow officials to depart and then play two additional competitions as a scrimmages.**

2. The number of points in each game of the modified match shall be consistent.

Points will be 20 or 25, but not less than 20 points per game may be used.

3. Two (2) tosses will be permitted per turn of service.

4. The service line may be moved up into the court, at a distance not to exceed two meters from the regulation service line.

5. The Libero player may be used at the modified level. The uniform requirement for the Libero is waived.

6. The minimum net height shall be seven (7) feet for boys and girls.

7. Volleyball rotation may be adjusted so that when a modified athlete successfully serves five (5) consecutive serves that are not returned, that team rotates to its next server.

CROSS COUNTRY

1. Equipment— only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any modified sport.

Game Rules:

1. NFHS Rules
2. The maximum distance shall be 1-1/2 miles in the first half and should increase to 2 miles in the second half of the season.
3. For multi-school contests refer to General Eligibility Rule #10 (p. 162).

MODIFIED CROSS COUNTRY STANDARDS - Boys & Girls, Section 1 rules

1. The order of events are determined by meet director
2. Team scoring will be allowed in small meets only for the first 4 places of each team.

FOOTBALL

Game Conditions For 11-Man Football:

1. The first three days of practice sessions must be non-contact exercises and equipment shall be limited to the helmet, face mask, dental protection device, T-shirt, supporter, shorts, ankle supports, socks, shoes, protective pads for elbow and/or knee areas. During the next five days the addition of shoulder pads, along with the use of blocking dummies, sleds, and other similar teaching and training devices is permissible. No scrimmages or live contact drills are allowed. The next five days shall consist of contact with full protective equipment and the use of training devices. Scrimmages are permitted on the fourteenth day. Four additional practice days must be held prior to the first contest.
2. No school team, or individual player, may participate in more than 7 games. These games shall be scheduled with no more than one game per week. In extreme cases games may be rescheduled if approved by the sectional athletic council. A minimum of four nights of rest must elapse between any games. The time between football scrimmages and the time between football games and scrimmages must be three nights.
3. At least 16 players must be dressed and available to play on an 11-man team; for all interschool contacts, both scrimmages and contests.

Game Rules For 11-Man Football:

1. Time periods shall be 10 minute quarters.
2. Team offensive formations are limited to standard formations. There may be a maximum split of 1 yard between linemen. If a wide receiver is employed, the maximum split from the tackle cannot be more than 10 yards. On the snap of the ball, there may be only 2 players outside of the normal tackle alignment on either or both sides of the field. Motion is allowed toward the two receiver side of the formation provided the ball is snapped before the player crosses the middle of the formation. If the ends split on punt formation, the team must punt. There are no "walkaway" ends when receiving the punt from this formation. Definition of side of formation - the half of the formation from midline of the center that has a set back to that side and two players outside the tackle. If the ends split on punt formation, the team must punt. All downfield blocking must be done above the waist. Until the snap the defense shall be 6-2-2-1 or 6-2-3 with six players in an imaginary straight line within 2 yards of the ball; two linebackers must be at least 1 yard behind the deepest lineman; three defensive backs must be at least 3 yards behind the deepest linebacker, inside the 10 yard line defensive backs may be 2 yards behind the deepest linebacker. Penalties: improper formation - 5 yards; downfield blocking - 15 yards.
3. No kick-off - start play from own 35 yard line.
4. ***Punting – All teams should be taught and encouraged to punt. If a team feels that they are unable to execute it safely the ball will be walked off 15 yards. (As per NYSPHSAA handbook regulation, which states: live play until the football is kicked. Punts may not be advanced and all fumbled punts and muffs will be blown dead immediately) Page 70.***
5. Two (2) points shall be allowed for a kicked extra point and one (1) point for a run or pass. (Optional for section wide use with approval of the section.)
6. Safety - scoring team put ball in play on 50 yard line.
7. All downfield blocking must be done above the waist. Downfield blocking is interpreted as any blocking of an opponent taking place downfield from the free blocking zone, which for this rule is extended from sideline to sideline. The downfield

blocking rule is also in effect whenever a defensive team becomes an offensive team as the result receiving a punt, pass interception, or the recovery of certain types of fumbles. The point that offensive play begins extending from sideline to sideline, would be interpreted as the inception of that play and thus, for rule clarification purposes, would be the scrimmage line for that play (i.e. the point the punt or interception was received). The penalty for a violation of this rule will be 15 yards as spelled out in Rule 9, Section 1 of National Federation Football Rules.

8... When an offensive team employs a wide receiver (split end or flanker), the defensive end to that side of the formation may assume a “walkaway” position. The end may align at a maximum depth even with the two inside linebackers and no wider than half the distance between the wide receiver and the next lineman.

9.. With Section approval, schools will be allowed to use two (2) wide receivers on opposite sides of the formation.

10. NFHS cleat rule will be followed.

MODIFIED FOOTBALL STANDARDS- Section 1 rules

1. ***SEE HANDBOOK FOR GOVERNING RULES***

2. A doctor, trainer or EMT shall be present at all football games as per Section One rule.

3. Fencing around the field is recommended. Spectators must remain in the designated spectator area.

4. It is recommended that mature adults, preferably faculty members, are assigned to the chains and down markers for modified games.

5. No scouting of modified games shall be permitted.

6. The use of phones is permitted.

7. Schools may use a youth sized ball.

8. The home school shall be responsible for crowd control.

9. The 5th Quarter or X Quarter shall be utilized. Coaches and AD’s should converse with opponents and officials coordinate prior to day of game.

X Quarter: Is defined as a time for our younger or inexperienced players to get game experience. Coaches can be on the field and they can decide whether to run set number of plays or use chains etc. Scoring during X quarter should not be counted as it is viewed as an learning experience and there may be a mismatch of players on the field.

Officials will be paid an additional fee for this quarter. Time should be 10 minutes, same as other quarters or duration be decided by coaches based on their teams numbers.

1st quarter -10 minutes

2nd quarter - 10 minutes

X quarter - 10 minutes

Half Time - 5 minutes

3rd quarter – 10 minutes

4th quarter – 10 minutes

Football Contact Limitations: Contact in the sport of football for High school and modified football teams shall have no more than two “Full-Contact practices” per week during the season; with no Full-Contact” session to exceed 90 minutes. “Full-contact” means a practice where drills or live action is conducted that involves collisions at game speed, where players execute tackles and other activity that is typical of an actual tackle football game. *Limitation of “Full-Contact practices” will begin with the 13th day (high school and the 14th day (modified).*

MODIFIED SPORTS STANDARDS CHART FOR INTERSCHOOL COMPETITION

Sport	# of Practices Prior to First Scrimmage Team/ Individual	Number of Practices Prior to First Contest Team/ Individual	Team and Individual Maximum No. Contests	Minimum Time Between Contests*	Individual Limitations per Day	Rules	Time and Distance Limits
Badminton	6/4	6/4	14	1 Night	2 Matches/ 1 Contest	USBA	
Baseball	10/8	12/10	14	1 Night	2 Games *	NFHS	
Baseball Pitcher	10	12	14	2 Nights *	1 Game	NFHS	Pitch Count Restrictions
Basketball	8/6	10/8	14	2 Nights	1 Game	NFHS- Boys NCAA- Girls	7 Minute Quarters
Bowling	3/3	3/3	14	1 Night	3 Games	USBC	
Cross Country	8/6	8/6	10	3 Nights	1 Meet	NFHS	
Field Hockey	8/6	10/8	12	2 Nights	1 Game	NFHS	25 Minute Halves
Football	13/12	17/16	7	4 Nights **	1 Game	NFHS	10 Minute Quarters
Golf	3/3	3/3	14	1 Night	1 Match	USGA & Local Course Rules	
Gymnastics	10/10	15/15	10	2 Nights	3 Events */ 1 Contest	NFHS- Boys USAJO- Girls	
Ice Hockey	10/10	15/15	14	2 Nights ***	1 Game	NFHS	13 Minute Periods
Lacrosse- Boys	10/8	12/10	14	2 Nights	1 Game	NFHS	9 Minute Quarters
Lacrosse- Girls	10/8	10/8	12	2 Nights	1 Game	NFHS/ US Lacrosse	
Skiing	10/8	10/8	12	2 Nights	2 Events	FIS & ESA	
Soccer	8/6	10/8	12	2 Nights	1 Game	NFHS	
Softball	8/6	10/8	14	1 Night	2 Games *	ASA	
Swimming & Diving	10/8	12/10	14	2 Nights	3 Events/ 1 Contest	NFHS	
Tennis	6/4	6/4	14	1 Night	2 Matches *	USTA	
Track & Field (Outdoor)	10/8	10/8	10	2 Nights	3 Events/ 1 Contest	NFHS	
Track & Field (Indoor)	10/8	10/8	10	2 Nights	3 Events/ 1 Contest	NFHS	
Volleyball	8/6	10/8	14	2 Nights	2	NCAA	
Wrestling	12/10	15/13	14 Pts.	2 Nights	2 Bouts *	NFHS	Max of 10 Pts. Thru 2 Pt. Contests

(*) See details in Game Rules Section

*Except in football and cross country, contests may be played with only one night's rest.

(**) Three nights/scrimmage

(***) In Ice Hockey, contests may be played with only one night's rest three times per season scheduling or rescheduling. See details in Game Rules section.