

Modified Committee Newsletter

Winter 2018/2019

Section 1 Modified Committee: Joe Donaldson (Chair)
Jim Rose – Yonkers; Adam Lodewick – Peekskill; Scott
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Hudson

Winter 2018-2019

Education through Athletics

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

I. MODIFIED BASKETBALL STANDARDS (Grade 7, 8, 9) be aware of NCAA rule changes for girls

{14 games max per team, 8/6 practices prior to scrimmage, 10/8 practices prior to game.

A. "Pressing" by definition is an extension of one's defense. It is usually interpreted by the defense extending their formation to $\frac{1}{2}$, $\frac{3}{4}$, or full court. In boys' and girls' basketball the half court line can become an extra defensive player because of the 10-second time restriction.

B. A team is considered NOT to be "pressing" if, after a change of possession, the team on defense retreats back to the top of the key extended. The team will remain behind the restraining line until the ball passes the mid-court line. At this time the defense can extend beyond the restraining line.

C. From the start of the season to Martin Luther King Day (3rd Monday in January), **No press of any form can be used until the last 2 minutes of the contest and the overtime period, if needed. After MLK Day, pressing is allowed at any time.**

D. From the start of the season (1st Monday after Thanksgiving) to Martin Luther King Day (3rd Monday in January) only "**man to man**" defense is to be used in the games. On the Tuesday after Martin Luther King Day until the end of the season, any and all defenses can be used.

E. **7/8 Basketball Program** - It is important that the highest standards of sportsmanship and fair play be maintained among both coaches and participants.

F. **Program Implementation**

1. **Tryouts/Player Selection** - All coaches must maintain at least 12 players on the roster in order to play a five period game. If a team does not have 12 players available at game time, the game will be played under the regular four period format.

Modified Basketball Program Implementation *(continued)*

2. Game Format

a. At the beginning of the 5 period game, each coach will submit copies of his/her roster forms, dividing the team equally into A and B squads, to the opposing coach and scorer's table. Once A and B players have been determined, no switch may be made for the entire game (except in case of injury, ejection, or foul disqualification which causes the number on one squad to fall below five players, in which case any player from the other squad may be substituted.)

b. **Squads will play each period as follows:**

1st period A squad

2nd period B squad

3rd period A squad

4th period B squad

5th period Any player from either A or B who has not played in more than 2 quarters (i.e. the player who shifted squads due to the injury/disqualification rule.) See #1.

c. In a five period game there will be 7 minute periods with 1 minute between periods. In a four period game there will be 7 minute periods with 1 minute between periods. Half time will always consist of a 5-minute break.

d. Six time-outs per game are allowed.

e. **The 3-point shot is allowed. If your court does not have a 3pt. line it will not be used.**

**** 10 seconds in the backcourt will be enforced****

f. There shall be only one overtime period that is 4 minutes in length. There shall be two time-outs for that period with no carry over of time outs from the game. All players are eligible for the overtime period. If a tie exists at the end of the overtime period, the game will be a tie game.

g. Bonus situation (free throws). The one and one rule will be enforced on the 5th team foul in each period; **at the end of each period all team fouls will be eliminated.** Team fouls are not to be continuous from period to period.

h. The 28.5 basketball is to be used for girls only; boys use the 29.5 basketball.

i. Halftime- is after the 2nd period, regardless of a 4 or 5 quarter game.

II. MODIFIED WRESTLING STANDARDS

{14 points max, 12/10 practices before scrimmage, 15/13 practices before game.

1. See Handbook for Governing Rules
2. All scales will be checked and certified annually.
3. Weigh-ins are on the honor system. Follow Game Rules.
4. Each bout will be scored individually. Team score will not be kept.
5. Five 10 second time-outs will be allowed during the match to assist new wrestlers.
6. Coaches must contact the host coach to discuss match procedures.
7. All teams must follow same weight classes as the Varsity and Junior Varsity, if used.
8. A contestant or team may participate in competitions not to exceed 12 points.
 - a) 1 point meets are any competitions where a wrestler or wrestlers compete in 2 bouts
 - b) 2 point meets are any competitions where a wrestler or wrestlers compete in 3- 4 bouts

MODIFIED WRESTLING STANDARDS (cont'd)

9. Length of time periods for bouts

If a wrestler wrestles one match:

1st period: 1 & ½ minutes

2nd period: 1 & ½ minutes

3rd period: 1 & ½ minutes

Wrestlers who compete in two, three or four bouts in a contest. Length of periods shall be:

1st period: 1 minute

2nd period: 1 & ½ minutes

3rd period: 1 & ½ minutes

10. There is no limit to the total team bouts in a contest.

11. Coaches must send signed roster form with AD signature to opposing coaches via email or fax prior to the day of the meet.

12. Sudden Victory Period – Wrestlers start in the standing position, and the period shall not exceed 30 seconds.

13. A copy of roster should be sent to Kevin Roemer: Kroemer@scarsdaleschools.org

14. It is recommended to check weights throughout the season and update rosters accordingly and resend out.

15. Coaches are to weigh in athletes the evening prior to competition to check weights. Scales are to be ready to spot check wrestlers on match day.

16. **Weights: New York State Modified Program 2**

1. Weights: Wrestlers may wrestle each other within a 10-lb. weight variance.

2. Matching wrestlers: both coaches will get together and match their wrestlers. All safety measures on the squad roster form are to be used to equalize competition, namely, experience, physical strength and maturity.

3. There is no limit to the total team bouts in a contest.

4. Scoring: 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

17. Matching wrestlers: Both coaches will get together and match their wrestlers. All safety measures on the squad roster form are to be used to equalize competition, namely, experience, physical strength and maturity.

III. CHEERLEADERS

A. Policies controlling cheerleading have been developed at the Sectional level.

B. Basketball cheerleaders can only cheer at home games.

C. Must follow high school rules

IV. Ice Hockey

{14 max contests, 10/10 practices prior to scrimmage, 15/15 practices prior to game.

1. Tests: Every contestant should be carefully checked to determine his readiness before being allowed to participate, as for football, with exception of:

Individual Skills – A thorough program of physical conditioning, skating and ice hockey skills 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. (It is recommended that all players watch the USA Ice Hockey video covering the proper techniques of body checking.)

2. Equipment:

a) All players, including the goalkeeper, shall wear all protective equipment.

b) Properly fitted equipment of good quality is mandatory for safe participation in ice hockey.

- c) The essential protective equipment must include an ice hockey helmet with a face mask, elbow pads, ice hockey shoulder pads, ice hockey pants, shin guards, ice hockey gloves, neck guard, ice hockey skates and a mouthpiece.
 - d) It is recommended that a player's personal equipment be tested for safety protection in a manner that is satisfying to the individual school district.
3. For the purposes of scheduling or rescheduling, the minimum time interval between ice hockey contests may be decreased from two (2) nights to one (1) night, with the following restrictions:
- a) This may occur no more than three (3) times per season
 - b) A team may never play three (3) days in a row.
 - c) There shall not be more than three (3) contests played per calendar week.

Game Conditions: See MS chart

- 1. NFHS Ice Hockey rules and NYSPHSAA Ice Hockey Rules Addendum.
- 2. One and one-half hours of ice time shall be used for a game.
- 3. Games shall consist of three periods of 13 minutes in length (see Chart p. 140). Ice resurfacing between periods is not necessary.
- 4. No overtime periods shall be permitted

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.