

Section One

***MODIFIED ATHLETIC
COUNCIL***

***HANDBOOK
2018-19***

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PHILOSOPHY

It is extremely important that ALL students involved at this initial level of 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 interschool 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 the highest ideals of sportsmanship are upheld; 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 student.
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 over-emphasis, 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 on 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 to lose graciously.
11. To finance the program through Board of Education approved funds.
12. To cooperate with the Sectional Athletic Council in its efforts to provide sound leadership for all junior high schools in the section. No sectional team or individual championships are to be conducted.

**SECTION ONE MODIFIED ATHLETIC COUNCIL SECTION ONE MODIFIED
CHAIRMAN**

Joe Donaldson
Asst. Athletic Director
SW BOCES/Section 1
450 Mamaroneck Avenue
Harrison, NY 10528

STATE REPRESENTATIVES

Beth Staropoli
Athletic Director
Fox Lane HS

Joe Donaldson
Asst. Athletic Director
SW BOCES/Section 1

EXECUTIVE COMMITTEE

Karen Peterson, President ,
Jen Simmons, Executive Director/Treasurer
Jim Mackin, Principal Rep,
_____, 1st Vice-President

Joe Luzzi, Kurt Jesman - Conference I Rep

Jim Rose, Rob Castagna - Conference II Rep

Austin Goldberg, Scott D'Ottavio - Conference III Rep

NORTHERN WESTCHESTER ~ PUTNAM

Conference I - Dean Berardo, Brewster HS
Kurt Jesman – Wappingers
Joe Luzzi – Wappingers

SOUTHERN WESTCHESTER

Conference II Jim Rose, Yonkers HS
Rob Castagna, Byram Hills HS
Kevin Roemer, Scarsdale
Adam Lodewick, Peekskill
Kim Saxton, Peekskill

Conference III Austin Goldberg, Tuckahoe HS
Scott D'Ottavio, Solomon Schechter
Jesse Merchant, Hastings HS

MODIFIED ATHLETIC COUNCIL - SCHEDULING PROCEDURE

1. Geography - BOCES Regions

Southern Westchester
Northern Westchester/Putnam
Rockland
Dutchess

2. Type of Team Grouping

7 & 8th Modified
7th, 8th, & 9th Modified-alternative football & ice hockey only
A - Football, Lacrosse
B - Football, Lacrosse
Individual Sports - Track, Cross Country, Wrestling

3. Size of Participating School

4. Process of Scheduling – Steps

- A. Declaration Forms distributed by SW BOCES to local districts.
- B. Completed Declaration Forms submitted to SW BOCES
- C. Grouping of Declaration Forms by SW BOCES based on prior year's schedule
- D. MAC meeting to finalize sport groupings
- E. Mailing of sport groupings to local districts
- F. Request for changes in sports groups will be made under the following conditions - **this request must be within the specified time period**

- Geography
- Type of team grouping
- Number of teams available
- Participating school size
- Special request from athletic director

- G. Modified scheduling conducted at SW BOCES in concert with MAC Representatives

Schedules will be created: Fall - March 1
Winter - June 1
Spring - October 1

Modified Scheduling Formats

1. Team Sport Scheduling

- A. Home and Home
- B. Single Round
- C. If less than 5 teams in a group - **triple (3) round is used**

MODIFIED ATHLETIC COUNCIL - SCHEDULING PROCEDURE (continued)

2. Individual Participant Contest Scheduling

- A. Teams grouped by # of participants (Wrestling)
- B. Single Round
- C. Multi-school meets - 3 or more teams to participate at one site
(Track, Cross Country)

3. Play day Scheduling Format

This concept is not used presently. It could be used if identified teams want to organize themselves in a Round Robin Format.

3. The number of contests scheduled is determined by the NYSPHSAA handbook. Schedules will be created within the geographical parameters when possible, and by using other means when a schedule cannot be created from within its own geographical area.

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	12	2 Nights	1 Game	NFHS	9 Minute Quarters
Lacrosse- Girls	10/8	10/8	12	2 Nights	1 Game	NFHS/ US Lacrosse	25 Minute Halves
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.**

MODIFIED SPORTS STANDARDS		<i>Section I</i>							
MODIFIED SPORTS STANDARDS CHART FOR INTERSCHOOL COMPETITION									
Sport	Number of Practices Prior to First Scrimmage Team & Individual	Number of Practices Prior to First Contest Team & Individual	OLD Section I	NYS	Minimum Time Between Contests*	Individual Limitations Per Day	Rules	Time and Distance Limits	
			Team and Individual Maximum No. Contests	Team and Individual Maximum No. Contests					
Badminton	6/4	6/4	12	14	1 night	2 matches* 1 contest	USBA		
Baseball	10/8	12/10			1 night	2 games*			7innings
Pitcher	10	12	12	14	2 nights*	1 game	NFHS		Pitchers*
Basketball	8/6	10/8	12	14	2 nights	1 game	NFHS-Boys NCAA-Girls		7 minute quarters
Bowling	3/3	3/3	12	14	1 night	3 games	USBC		
Cross Country	8/6	8/6	8	10	3 nights	1 run	NFHS		
Field Hockey	8/6	10/8	10	12	2 nights	1 game	NFHS		25 min. halves
Football	13/12	17/16	6	7	4 nights**	1 game	NFHS		10 min. quarters
Golf	3/3	3/3	12	14	1 night	1 match	USGA & Local Course Rules		
Gymnastics	10/10	15/15	8	10	2 nights	3 events* 1contest	NFHS-Boys USAJO-Girls		
Ice Hockey	10/10	15/15	12	14	2 nights***	1 game	NFHS		13 min. periods
Lacrosse - Boys	10/8	12/10	10	12	2 nights	1 game	NFHS		9 min. quarters
Lacrosse - Girls	10/8	10/8	10	12	2 nights	1 game	US Lacrosse		25 min. halves
Skiing	10/8	10/8	10	12	2 nights	2 events	FIS & ESA		
Soccer	8/6	10/8	10	12	2 nights	1 game	NFHS		15 min. quarters
Softball	8/6	10/8	12	14	1 night	2 games*	ASA		7innings
Pitcher	See Section I Rules								
Swimming / Diving	10/8	12/10	12	14	2 nights	3 events* 1contest	NFHS		
Tennis	6/4	6/4	12	14	1 night	2 matches*	USTA		
Outdoor Track	10/8	10/8	8	10	2 nights	3 events* 1contest	NFHS		
Winter Track	10/8	10/8	8	10	2 nights	3 events* 1contest	NFHS		
Volleyball	8/6	10/8	12	14	2 nights	2 matches*	NCAA-Girls and Boys		
Wrestling	12/10	15/13	12	14	2 nights	2 bouts*	NFHS		Max of 8 pts. Thru 2 pt. contests

(*) See details in GameRules Section

*Except in football and cross country, contests may be played with only one night's rest three nights/scrimmage

(**)Three nights/scrimmage

(***) In Ice Hockey, contests may be played with only one nights rest three times per season scheduling or rescheduling.

See details in Game Rules section.

MODIFIED DECLARATION FORMS – DEFINITION OF TERMS

The information given on the “Declaration Form,” by the Athletic Director or designee, is accepted by the MAC as being a commitment to the sport, classification and schedule.

CLASSIFICATIONS MODIFIED GRADE 7& 8

This classification includes students for the modified program 7 & 8 ONLY – Grade 9 students are not to be considered for this program and no student 15 years of age is to be considered at the beginning of the sports season.

MODIFIED GRADE 7 – 8 – 9 (alternative Football, ice hockey only, field hockey and lacrosse)

This classification includes students for the modified program in grades 7-8-9, inclusive, as defined by NYSPHSAA. It is suggested by the MAC that 7th grade students who will be participating against 9th grade students be tested using the Selection Classification Standards. The “Composition of the Team” description is most important to define the proper groupings and scheduling balance. Indicate, in your best judgment, what **grade** the majority of students will make up this team.

GRADE 9 FROSH

This is a high school program using high school rules. Any students in grades 7 & 8 who participate in this classification must be tested using the Selection Classification process.

Note: Payment for these Grade 9 Frosh contests will be equivalent to the J.V. scale.

ALTERNATIVE TO THE MODIFIED SCHEDULING PLAN

An alternative scheduling plan can be submitted to the MAC if a group of schools have reason(s) to request a variation. This request should be submitted in writing and sent to the MAC before the scheduling process begins.

Schools who request this alternative may have to develop their own schedule:

Alternatives: Football - based upon number in Sept.

NOTE: Schools that **consistently** default on their commitment to the sport, classification, and/or schedule may be requested to participate on a limited basis or create their own schedule.

**MODIFIED ATHLETIC COUNCIL
GENERAL SPORTS STANDARDS**

The rules governing play, eligibility and participation shall be those outlined by the HANDBOOK of the NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION. Situations not covered by the following 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.

1. The standard starting time for contests played on school days shall be 4:15 p.m. Time changes can be made upon mutual agreement of the two schools.
2. A student may participate in only one sport during a season.
3. In case of postponement, the contests will be rescheduled on the next day if possible. If not, the first open date for both schools must be used for the make-up. Some schools can play on Saturdays and, if feasible, this should be done.
4. The length of all contests shall be maximum time allowed by game rules.
5. All sport specific game conditions and standards must be approved by the Modified Athletic Council.
6. It is recommended that the Olympic style handshake be used prior to or immediately following the contest.
7. Adequate warm-up time must be provided to all athletes prior to, or immediately following the contest.
8. The home school shall provide adequate crowd control and site supervision for all home games and scrimmages.
9. **Promotion:** A contestant in grade 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 the 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 per cent of their modified schedule. A contestant promoted to a squad of higher

10. Classification may not return to the original squad after participating in a contest with the squad of the higher classification.
11. **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 was no more than one half of the regular playing periods/quarters shall also 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 regular contest.
12. **Tryouts:** A section may establish try-out periods to allow exceptional athletes the opportunity to be selected for a high school team. Try-out sessions are permitted when the sport season starting dates are the same or when the high school season starts earlier than the modified program. The try-out period shall be the first three days (eight days in football) of the high school season. Try-out periods for wrestling, ice hockey and boys lacrosse shall be a maximum of five days. Student athletes participating in Sectional approved try-out sessions are not subject to the Promotion Rule.

GENERAL SPORTS STANDARDS (continued)

12. **Practice Session:** 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 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.

MULTI-SCHOOL CONTESTS/TOURNAMENT COMPETITION/CHAMPIONSHIPS/FINALS

AND AWARDS: Tournament competition is not permitted in the modified program. No sectional team or individual championships are to be conducted. With sectional/league approval in multi-school contests and invitation's, may award place ribbons to the top competitors. Championship playoffs on a team or individual basis are prohibited. Sections, leagues, devices or groupings should not host an end-of-session final multi-school contest that can be construed as a jamboree, carnival, or invitational tournament. Multiple school contests can be conducted at the end of the season only if it is in a sport in which multiple team contests are regularly scheduled throughout the season and the final contest mirrors that of the rest of the schedule, thus the contest is not larger than all the others. This may be true for individual dual sports (i.e. quad meets for wrestling, cross country or track). Team sport multiple school contests prior to the end of the season are permitted 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

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.

MODIFIED ATHLETIC COUNCIL STANDARDS OF COMPETITION

MODIFIED BASEBALL STANDARDS

I. MODIFIED BASEBALL CONDITIONS & RULES

A. **Game Conditions:** See attached chart.

1. **Pitchers** must participate in at least 15 practices before an interschool game. For other requirements, see chart.
2. **Doubleheaders:** A team may play 2 games in one day twice during a season, either a double header against a single opponent, or 2 successive games against two different opponents. The following double header restrictions must be followed: a) The maximum number of doubleheaders allowed is two.
 - b) A team may not play 3 games in two consecutive days. No more than 3 games a week may be played.
 - c) Pitching limitations remain the same.
 - d) Each game of the doubleheader is to be 6 innings. No team may play more than 14 innings in one day. This allows a total maximum of 2 extra innings in the event of tie game(s).
3. **Equipment**
 - a) Catchers shall wear the full protective equipment of helmet, mask with throat protector, chest protector, shin guards and cup.
 - b) Batters and base runners shall wear protective headgear.
 - c) Any player warming up a pitcher, on or off the diamond, shall wear a mask.
 - d) Only sneakers or shoes with molded soles and molded cleats are permitted; shoes with metal posts or spikes are NOT permitted in any modified sport.

Rules:

1. The home team shall supply **top grade** balls.
2. It is recommended that the home team complete warm-ups prior to the arrival of the visiting team.
3. **Mercy rules:** 10 runs – 4 ½ innings (unless agreed upon by both coaches).
4. **No inning shall start after two hours.**
5. Regulation game shall be 7 innings.
6. A pitcher may pitch no more than 12 full innings in any one calendar week and no more than 7 innings in any one game. After pitching 4 or more full innings in any one game, there must be at least two nights of rest before pitching again. When removed, the contestant may play any other position.
7. Designated hitter will not be allowed.
8. **Extra player, referred to as EP**
 - a) An 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 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).

- b) 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.

MODIFIED BASEBALL STANDARDS

I. MODIFIED BASEBALL CONDITIONS & RULES (cont'd.)

- d) 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. Subs and reentry will be treated as in the past. A starter may re-enter the game into his same batting order position.

MODIFIED BASKETBALL STANDARDS (Grade 7, 8, 9) (p. 101)

- 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 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 inside the three-point circle. If a three point circle does not exist, an imaginary line can be drawn through the top of the key circle (19' 9") and extend to the sidelines. 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 (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. **No Press of any form can be used until the last 2 minutes of the contest and the overtime period if needed.**
- D. On the Tuesday after Martin Luther King Day any and all defenses can be used, including pressing.
- 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 will select a minimum of 12 players, and must maintain at least 10 players on the roster in order to begin the five period game. If a team does not have 10 players available at game time the game will be played under the regular four period rule. Teams with less than 12 players must confirm with the opposing school that the 5/4 format will not be used.
 - 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:**

- | | |
|------------------------|--|
| 1 st period | A squad |
| 2 nd period | B squad |
| 3 rd period | A squad |
| 4 th period | B squad |
| 5 th 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. |

MODIFIED BASKETBALL STANDARDS (cont'd.)

- 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 not allowed.
- f. There shall be only one overtime period that is 3 minutes in length. There shall be two time-outs for that period. All players are eligible for the overtime period. If a tie exists at the end of the overtime period, the game will then go into "sudden victory" until at least one point is scored, then the game is over. Time-outs do not carry over into overtime periods.
- 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 smaller sized ball is to be used for girls only; boys use the **full sized ball.**

MODIFIED CROSS COUNTRY STANDARDS - Boys & Girls

1. **SEE HANDBOOK FOR GOVERNING RULES (p. 102)**
2. The order of events are determined by meet director
3. Team scoring will be allowed in small meets only for the first 4 places of each team.
4. The max distance shall be 1 ½ miles in the first half of the season, and should increase to 2 miles in the second half of the season.

MODIFIED FIELD HOCKEY STANDARDS

SEE HANDBOOK FOR GOVERNING RULES (p. 102) 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 may be called by each coach; two in the 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.

MODIFIED FOOTBALL STANDARDS

1. **SEE HANDBOOK FOR GOVERNING RULES (p. 103)**
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. Level A and B shall use a youth sized ball.
8. The home school shall be responsible for crowd control.

MODIFIED FOOTBALL STANDARDS (cont'd)

Game conditions for 11 man football:

- a. The first 3 days of practice sessions must be non-contact exercises and equipment shall be limited to the helmet, face mask, dental protection devise, t-shirt, supporter, shorts, ankle supports, socks, shoes, protective pads for elbow/knee areas. No scrimmage or live contact drills are allowed. During the next 5 days, the addition of shoulder pads along with the use of blocking dummies, sleds, and other similar teaching and training devices. Scrimmages are permitted on the 14th day. Four additional practice days must be held prior to the first contest.
- b. No school team or individual player may participate in more than 7 games. These 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 4 nights rest must elapse between any games. The time between scrimmages and the time between football games and scrimmages must be 3 nights.
- c. At least 16 players must be dressed and available to play on an 11 man team for 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 may punt. There are no "walk-away" ends when receiving the punt from this formation. Definition of side formation – the half of the formation from midline of the center that has a set back to that side and two players from 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 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 offs; start play from own 35 yard line.
4. Two points shall be allowed for a kicked extra point and one point for a run or pass.
5. Safety-scoring team put ball in play on 50 yard line.
6. 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 interference, 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

MODIFIED ICE HOCKEY STANDARDS

SEE HANDBOOK CHART (p. 98) GOVERNING RULES NCAA (p.107)

1. **For the purposes of scheduling or re-scheduling, the minimum time interval between ice hockey contests may be decreased from two nights to one night, with the following restrictions;**
 - a. **This may occur no more than 3 times per season**
 - b. **A team may never play three days in a row**
 - c. **There shall not be more than three contests played per calendar week**

Game conditions: (see chart pg. 140)

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. Ice resurfacing between periods is not necessary
4. No overtime periods shall be permitted

MODIFIED BOYS' LACROSSE STANDARDS

A. Game Conditions: See attached chart.

1. No one should be permitted in live contact drills until ability has been proven in individual skills such as throwing, catching, scooping, faking and dodging.
2. Contact drills should be conducted against equals only.
3. **Equipment**
 - a) All players, including the goalkeeper, shall wear all protective equipment.
 - b) Properly fitted equipment of good quality is mandatory for safe participation.
 - c) The essential protective equipment must include a lacrosse helmet with face mask, lacrosse arm guards, lacrosse shoulder pads, lacrosse gloves, and a mouthpiece. Goalkeepers must wear a chest protector and throat protection.
 - d) Only sneakers or shoes with molded soles and molded cleats are permitted; shoes with metal posts or spikes are NOT permitted in any modified sport.
 - e) Face masks for lacrosse competition must have a center bar.
 - f) 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.
 - g) Modified lacrosse players are exempt from the uniform outer clothing and helmet color regulations.

B. Game Rules

1. The length of quarters shall be 9 minutes.
2. Two overtime periods of 2 minutes are to be played in the event the game is a tie; no sudden death period is to be allowed.
3. A team shall be permitted 3 time out periods per half. The time-outs cannot be accrued in the course of the game.
4. A one-arm swing with a cross, whether contact is made or not, shall be considered a personal foul – slashing. This includes the over-the-head check.
5. There is no such call as a “Brush” in the Modified program. Contact between cross and helmet is a personal foul.
6. Contact with the ball is disallowed by any offensive players when the ball is loose in the crease.

MODIFIED BOYS’ LACROSSE STANDARDS

Games Rules (cont’d)

7. Body checking is allowed ONLY against a player who is in possession of the ball.
8. The ten second rule is eliminated.
9. In a 5 period game the mercy rule shall be in effect at the end of the third period of play.
10. Substitutes are permitted whenever the ball goes out of bounds.
11. When a goalkeeper gets a penalty, the in home player will serve the penalty if a second goalkeeper is unavailable.

MODIFIED GIRLS’ LACROSSE STANDARDS

A. **Game Conditions:** See attached chart.

B. Game Rules

1. US Lacrosse.
2. Halves shall consist of 25 minutes; the clock will not stop after goals have been scored.
3. ***New *** When recovering ball in the defensive zone, a team must attempt a minimum of three passes.
4. **An attempt is a throwing motion, whether successful or unsuccessful.**
5. **Equipment**
 - a) Properly fitted equipment of good quality is mandatory for safe participation. All field players are required to wear lacrosse goggles which meet ASTM standards.
 - b) Only sneakers or shoes with molded soles and molded cleats are permitted; shoes with metal posts or spikes are NOT permitted in any modified sport.
 - c) All players must wear mouthpieces.
 - d) Goalkeepers must wear a helmet with face mask, mouthpiece, throat protector, and padding on hands, arms, legs, shoulders and chest, to conform with US Lacrosse rules (with max thickness 1”, padding does not excessively increase the size of these body parts).
6. Modified stick-checking in modified girls’ lacrosse, as outlined in the US Lacrosse rulebook under the Girls’ Youth Rules – Level A, may be used.
7. A time-out may be called when the ball is not in play. One time-out per team, per half will be allowed. Duration of the time-out will be 2 minutes.

MODIFIED SOCCER STANDARDS

1. **SEE HANDBOOK FOR GOVERNING RULES (p. 110)**
2. If the soccer field is on a multi-purpose field, the line markings shall be a different color.
3. A minimum of three quality game balls should be used at each game.

Game Rules:

- a. NFHS rules
- b. The maximum
- c. Free substitution is permitted when the ball goes over the side line or end line d. Equipment
 - 1) Only sneakers or shoes with molded soles and molded cleats are permitted in any modified sport.
 - 2) Shin guards must be worn at all times by all players
 - 3) An all-purpose type foam helmet **may be worn** and a mouthpiece **shall** be worn by the soccer goalie for protective purposes.
- e. 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.

MODIFIED SOCCER STANDARDS (cont'd)

- f. The sliding tackle is not permitted.
- g. The overhead scissors kick is not permitted.
- h. 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.
- i. 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.
- j. 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.
- k. The flip throw in shall NOT be permitted.

MODIFIED SOFTBALL STANDARDS

A. Game Conditions: See attached chart.

1. Any pitcher pitching more than 4 innings in one game must have at least two nights of rest before pitching again. When removed from pitching, the contestant may play any other position.
2. **Doubleheaders:** A team may play 2 games in one day twice during a season, either a double header against a single opponent, or 2 successive games against two different opponents. The following double header restrictions must be followed:
 - a) The maximum number of doubleheaders allowed is two.
 - b) A team may not play 3 games in two consecutive days. No more than 3 games a week may be played.
 - c) Pitching limitations remain the same.
 - d) Each game of the doubleheader is to be 6 innings. No team may play more than 14 innings in one day. This allows a total maximum of 2 extra innings in the event of tie game(s).

B. Game Rules:

2. The home team shall supply **top grade** balls.
3. It is recommended that the home team complete warm-ups prior to the arrival of the visiting team.
4. **Mercy rules:** 15 runs – 4 ½ innings (unless agreed upon by both coaches).
5. No inning shall start after two hours.
6. **Coaching Modifications**
 - a) Nine defensive players will play.
 - b) The pitching distance shall be the same as the Varsity.
 - c) ***NEW* - Stealing is allowed (unless your team is up by 10 runs).**
 - d) Bunting will be allowed
 - e) Runners can leave on the release of a pitch.
 - f) ***NEW* - The dropped third strike will be used.**
 - g) Any legal pitching motion will be used EXCEPT ARC.
7. ASA rules, 7 innings.
8. A player may re-enter the game once.

MODIFIED SOFTBALL STANDARDS (cont'd)

8. Equipment

- a) Catchers shall wear the full protective equipment of helmet, mask, chest protector, shin guards, throat protector.
- b) Batters and base runners shall wear protective headgear.
- c) Any player warming up a pitcher, on or off the field, shall wear protective equipment.
- d) Only sneakers or shoes with molded soles and molded cleats are permitted; shoes with metal posts or spikes are NOT permitted in any modified sport.

MODIFIED TENNIS STANDARDS

A. **Game Conditions:** See attached chart.

B. 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 play either singles or doubles, but cannot play both in any one interschool contest.

MODIFIED TRACK AND FIELD STANDARDS

A. **Game Conditions:** See attached chart. B.

Game Rules

1. Teams may have unlimited entries in all events.
2. The order of events is set forth in the state handbook.
3. Athletes may have 4 attempts in shot-put, discus long jump and triple jump.

4. Opening heights are:
 - Pole vault 6'
 - Boys High Jump 3'6" (up by 2")
 - Girls High Jump 3' (up by 2")
5. **Equipment**
 - a) Only sneakers or shoes with molded soles and molded cleats are permitted; shoes with metal posts or spikes are NOT permitted in any modified sport.
6. A runner is permitted one false start before disqualification.
7. A student may enter a maximum of 3 events per day; no more than two track events or two field events may be entered each day. If a student is participating in two running events, the total distance may not exceed 1200 meters for indoor track and 2300 meters for outdoor track (total distance refers to specific events, not total distance of heats).
8. The 55 meter 30" hurdle race with five hurdles shall have the following spacing:
 - a) Start to first hurdle – 12 meters.
 - b) Distance between hurdles – 8 meters.
 - c) Fifth hurdle to finish – 11 meters.
9. The 200 meter 30" hurdle race with five hurdles shall have the following spacing:
 - a) Start to first hurdle – 20 meters.
 - b) Distance between hurdles – 35 meters.
 - c) Fifth hurdle to finish – 40 meters.
10. The 4K metal shot may be used for outdoor track.

MODIFIED TRACK AND FIELD STANDARDS (cont'd)

11. **The suggested running events and their recommended order** for spring track & field meets should be:
 - a) 55m 30" hurdles
 - b) 200m dash
 - c) 1500m run
 - d) 100m dash
 - e) 400m dash
 - f) 200m 30" hurdles
 - g) 800m run
 - h) 3,000m run (optional)
 - i) 4 x 200m relay
 - j) 4 x 100m relay
 - k) 4 x 400m (optional)*

*The maximum distance limitation for each athlete must be Upheld if this event is included.
12. **The suggested field events** for spring track & field meets shall be:
 - a) 4K shot put
 - b) 1K discus
 - c) high jump
 - d) long jump
 - e) pole vault
 - f) triple jump
13. In facilities with tracks other than 200m in length appropriate modifications in distances are acceptable.

MODIFIED ATHLETIC COUNCIL STANDARDS OF COMPETITION

MODIFIED VOLLEYBALL STANDARDS

1. **SEE HANDBOOK FOR GOVERNING RULES (p. 114)**
2. All matches **MUST** consist of at least three (3) games, (2) games for "B" squads
3. The height of the net will be seven (7) feet.
4. Rally scoring to 25
5. The let serve will be used and the player may use two tosses per turn
6. The service line can be moved in (1) meter
7. No libero player will be used

MODIFIED WRESTLING STANDARDS

1. See Handbook for Governing Rules (p.153).
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 10 points.
 - a) 1 point meets are any competitions where a wrestler or wrestlers compete in 3 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 or three bouts in a contest to wrestle using the time periods for bouts of:

- 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 Jamie Block
 14. It is recommended to check weights throughout the season and update rosters accordingly and resend out.
 15. It is recommended that coaches spot checks wrestler weight prior to competition.

16. **Weights:**

a) 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: The variance listed above permits a 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. (i.e. a wrestler in the 70-80 lbs. group who weighs 78 lbs. can compete with a wrestler in the 80-90 lbs. weight group as long as the heavier wrestler does not weigh more than 82 lbs.)

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.

CHEERLEADERS

1. Policies controlling cheerleading have been developed at the Sectional level.
2. Basketball cheerleaders can only cheer at home games.

APPENDIX

