

# Modified Committee Newsletter

## Fall 2019 – Standards of Competition

### Section 1 Modified Committee:

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## *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*

## 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 sideline 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 always be worn 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 overhead scissors kick, slide tackles, and flip-throw-ins are permitted.
7. 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.
8. 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.
9. 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.
10. The NFHS regulation that the boys' and girls' soccer goalie uniform jersey be numbered and all white home uniforms shall be waived at the modified level until the 2020-2021 school year.
11. The NFHS Home white uniform rule is waived.

### **Section 1 rules (Soccer)**

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. Leagues by County
  - 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
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 1 meter from the regulation service line.
5. The Libero player may not be used at the modified level.
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.

## **MODIFIED VOLLEYBALL**

### **Section 1 rules**

1. If a Westchester school wishes to play 5 games. They should contact opponent to confer, they will need official's permission and will have to pay extra fee (double game).

2. Coaches could allow officials to depart and then play two additional competitions as a scrimmage

# 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
4. It is recommended that there be a minimum standard of 6 meets scheduled for Modified Cross-Country.

## **MODIFIED CROSS COUNTRY**

### **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 and 8-Man Football:**

1. The first two (2) 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, shoes, ankle, supports, socks, shoes, protective pads for elbow and/or knee areas. During the next three (3) 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 (5) days shall consist of contact with full protective equipment and the use of training devices. Scrimmages are permitted on the eleventh (11th) day.
2. No school team, or individual player, may participate in more than seven (7) Games. Teams may play 3 games in a 14-day period. A minimum of four (4) nights of rest must elapse between any games. The time between football scrimmages and the time between football games and scrimmages must be three (3) nights.

3. At least sixteen (16) players must be dressed and available to play on an 11- man team; at least sixteen (12) players for an 8-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, no unbalanced lines allowed. 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 two (2) players outside of the normal tackle alignment on either or both sides of the field. Motion is allowed toward the two (2) 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 (2) players outside the tackle. All downfield blocking must be done above the waist. Until the snap the defense shall be allowed to use 4, 5, or 6-man fronts utilizing head up or gap alignments but cannot cover the center. You can only have a nose guard in a 5-man front. The center cannot be covered in a 4- or 6-man front. There are no rules prohibiting being in the A gaps. Defensive lineman is not permitted to move until the snap of the ball; linebackers must be stationary and at least 3 yards off the line of scrimmage. Press coverage is not allowed against the receiver except when the receiver is within 5 yards of the offensive tackle. Penalties: improper formation– 5 yards; down field blocking – 15 yards.
3. No kick-off – start play from own 35-yard line.
4. Punting is permitted with no return. Its live on the line and the defense is not permitted to block the kick.
5. Two (2) points shall be allowed for a kick 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 of 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. Sections may adopt the use of a small ball.
9. Coaches shall be permitted on the field in the experimental five quarter football program. (Optional for section wide use with approval of the section.)

### **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. Schools may use a youth sized ball.
  7. The 5<sup>th</sup> Quarter or X Quarter shall be utilized. Coaches and AD’s should converse with opponents and officials to 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 a set number of plays or use chains etc. Scoring during X quarter should not be counted as it is viewed as a 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.
- 1<sup>st</sup> quarter - 10 minutes
  - 2<sup>nd</sup> quarter - 10 minutes
  - X quarter - 10 minutes
  - Half Time - 5 minutes
  - 3<sup>rd</sup> quarter – 10 minutes
  - 4<sup>th</sup> 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 14th day.



## MODIFIED SPORTS STANDARDS CHART FOR INTERSCHOOL COMPETITION

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