

HIGH SCHOOL SPORTS STANDARDS CHART FOR INTERSCHOOL COMPETITION

SPORT	Number Practices Prior To First Scrimmage		Number Practices Prior To First Contest		Team And Individual Maximum No. Contests *	Min. Time Between Contests or Scrimmages	Individual Contest Limitations Per Day	RULES	Scrimmage Limitations Per Day
Badminton	6	4	8	6	---	1 night	3 matches	USBA	1
Baseball	8	6	10	8	20	1 night	2 contests	NFHS	2
Battery	10	8	15	13					
Basketball	8	6	10	8	18	1 night	1 contest	NF - BOYS NCAA - GIRLS	1
Bowling	training		training		20	1 night	6 games	USBC	1
Cross Country	10	8	10	10	16	2 nights	5000 meters or 3.1 miles	NFHS	1
Fencing	10	8	15	13	20	1 night	3 contest	USFA	1
Field Hockey	8	6	10	8	16	1 night	1 contest	NFHS	1
Football	11	11	15	15	9	4 nights (1)	1 contest	NFHS	1
Golf	training		training		18	1 night	1 match	USGA & LOCAL COURSE RULES	1
Gymnastics	10	8	15	13	16	1 night	6 events (boys) 4 events (girls)	NFHS BOYS USAGJO - GIRLS	1

Ice Hockey	8	6	10	8	20	1 night	1 contest	NFHS	1
Lacrosse	8	6	10	8	16	1 night	1 contest	NFHS- BOYS US Lacrosse - GIRLS	1
Rifle	3	2	5	3	16	1 night	1 contest	NRA	1
Skiing	8	6	10	8	16	1 night	2 events	FIS & USSA	1
Soccer	8	6	10	8	16	1 night	1 contest	NFHS	1
Softball	6	4	8	6	20	1 night	2 contests	ASA	2
Swimming	12	10	12	10	16	1 night	4 events	NFHS	1
Tennis	6	4	8	6	18	1 night	2 matches ++	USTA	1
Outdoor Track	10	8	10	10	16+	1 night	4 events	NFHS	1
Winter Track	10	8	10	10	16+	1 night	3 events	NFHS	1
Volleyball	6	4	8	6	20	1 night	2 matches/day Tournament: 15 games	USVBA Jr.- BOYS NCAA - GIRLS	1
Wrestling	10	8	15	13	20 points +	1 night	4 bouts 5 bouts tournament only	NFHS	1

(1) 2 nights for scrimmage

* indicates maximum plus section, state championships and games necessary to break divisional or league ties

+ indicates maximum number of contests in which an individual competitor may participate

++ modified scoring system must be used (see p. 118)

NYSPHSAA, Inc. SPORTS STANDARDS

JEWELRY RULE - No jewelry, which includes visible body piercing objects, shall be worn in any sport. Any piece of jewelry that is visible at the start of or during a contest is in violation of the NYSPHSAA Jewelry Rule. Religious medals must be taped to the body and under the uniform. Medical medals must be taped to the body so they are visible. Soft, pliable barrettes are permissible, body gems are not. Metal barrettes are permissible in Girls Gymnastics only. **NOTE:** The sports of Bowling and Golf are exempt from this rule. Wrist watches are permitted in cross country. **Hair restraints are permitted in track and field and cross country. (Dec. 2010)**

UNIFORMS - The use of an American flag or a memorial patch/arm band is approved when it is worn and/or placed in accordance to the sport specific rules. **The NYSPHSAA Executive Director may grant individual schools a waiver of the uniform rule when compliance is related to budget concerns. (Jan. 2011)**

GAME BALLS - NFHS authenticating mark is not required on game balls for competition.

THUNDER & LIGHTNING POLICY (EFFECTIVE 10/25/04): Applies to regular season through NYSPHSAA Finals:

1) Thunder and lightning necessitates that contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion - thunder is thunder, lightning is lightning.

a) With your site administrator, set up a plan for shelter prior to the start of any contest.

2) When thunder is heard and/or when lightning is seen, the following procedures should be adhered to:

a) Suspend play and direct participants to go to shelter, a building normally occupied by the public or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, car).

b) Do not permit people to stand under or near a tree; and have all stay away from poles, antennas, towers and underground watering systems.

c) After thunder and/or lightning have left the area, wait **30 minutes** after the last boom is heard or strike is seen before resuming play or competition.

31. **BADMINTON** - A contestant may participate in no more than 3 matches per day. There must be a 15 minute rest between matches 1 and 2, and a 30 minute rest between matches 2 and 3. **For other requirements see p. 108.**

32. **BASEBALL** - Battery candidates shall have at least fifteen practice sessions. All catchers shall wear a throat guard protector attached to the mask. It is recommended the protector be rubber. A contestant may participate in two regulation games per day with at least a fifteen minute rest between games. A pitcher may pitch in a maximum of twelve (12) innings in one (1) day but no more than eighteen (18) innings in any six (6) consecutive day period. Delivery of one (1) pitch constitutes having pitched an inning. If he pitches in eight (8) or more innings in a day, he must have two (2) nights of rest before he can pitch again. Any violation of the rule will be considered in the same light as a school using an ineligible player. The game will be forfeited. **For other requirements see p. 108.** **NOTE:** The Baseball Agreement between the National Federation and the Major and Minor Baseball Leagues provides that no professional team may enter into a contract with a student until after graduation or that class has been graduated from high school, or one is no longer eligible for high school competition. Contact NFHS for more details.

State Association Adoptions:

1. Commemorative patches are permitted in accordance with Rule 1-4-4. (Jan. 2006)

2. Umpires may wear navy, light blue or red uniform shirts. (Oct. 2007)

3. TIED AND SUSPENDED GAME RULE: To be used for NYSPHSAA Championship Tournament. May also be used during regular season play with Section approval:

1) An official game is 5 innings or 4 and one-half if the home team is ahead. If a winner can be determined and no more baseball can be played that day, the game is over and a winner is declared. The game does not have to go 7 innings.

2) If a game is stopped before it becomes an official game, the game is a suspended game. This game will be picked up at that point. Score, inning, count of batter etc. should all be recorded in scorebook.

3) If the game is stopped after having gone long enough to be an official game, however a winner cannot be determined due to a tied score. This game becomes a tied/suspended game at that point. This game will be picked up at that point. Score, inning, count of batter etc. should all be recorded in scorebook.

4) If a game is stopped after having gone long enough to become an official game and;

a) The visitors score a run or runs in the top half of the inning. The game reverts back to the last completed inning and either a winner is declared or we have a tied/suspended game. Or,

b) The visitors score a run or runs in the top half of the inning and the home team does not complete their at bat. The game reverts back to the last completed inning and either a winner is declared or we have a tied/suspended game. If we have a tied/suspended game we pick up from that point (Visitors runs in the top half of the inning and home team runs in bottom half count). This game will be picked up at that point. Score, inning, count of batter etc. should all be recorded in scorebook.

c) The home team ties the game in the bottom half of the inning but doesn't complete the inning. If we cannot play anymore we have a tied/suspended game at that point. This game will be picked up at that point. Score, inning, count of batter, etc., should all be recorded in scorebook. Or,

d) The home team takes the lead in the bottom half of the 5th or 6th inning, then game is called. At that point the home team is declared the winner.

Scrimmages: A softball/baseball scrimmage must include free substitutions and lineup cards will not be exchanged. Scrimmages must also include *one or more* of the following:

1. Play six (6) outs per half inning (example - 3 outs clear the field/ 3 more outs).

2. Batting order must be altered or modified to include more batters than rules permit.

3. Start with a runner(s) on base with a predetermined situation for at least two (2) full innings. Adopted January 2009.

33. **BASKETBALL** - Boys' basketball will use a 35 second shot clock. **For requirements see p. 108.**

Waivers/Modifications - Girls Basketball:

1. The game will consist of 4 quarters of eight (8) minutes each. Intermission will be 1 minute after the 1st and 3rd quarter and 10 minutes at the half. Extra periods shall be four (4) minutes in length. (Oct. 2003)

2. Modification of fouls and penalties, Rule 10, Sections 4, 6 and 8, have been approved. (Oct. 2000)

3. A waiver until 2011 of the requirement of the home team to wear a light colored uniform in girls' basketball. (Oct. 2008)

4. A waiver of the requirement for officials to request a physician's note when an athlete wears a "sleeve" on the arms or legs. (Oct. 2008)

5. For the 2010-2012 season, a waiver of the NCAA womens' rules to allow for the sections that so desire to experiment with sixteen (16) minute halves. This waiver applies only to non-league contests at the varsity level upon mutual agreement of both schools (August 2010)

6. A waiver of the NCAA Rule Book requiring two (2) visible shot clocks, one (1) at each end of the court. If the shot clocks are not functional, the waiver would permit the game to be played with an alternate timing device. (Dec. 2009)

7. A waiver of the orange ball for the month of February if both teams agree. (Dec. 2010)

8. The NFHS Concussion Rule will be utilized. (Dec. 2010)

Waivers/Modifications - Boys Basketball:

1. With Section approval schools may experiment with two 16 minutes halves in tournaments and non-league games during the 2010-2012 season. (Oct. 2010)

2. The use of NFHS Rule 2-2-1 for all NYSPHSAA Championship semi-final and final games if it can be done at no additional expense to the Association.

3. A waiver of the orange ball for the month of February if both teams agree. (Dec. 2010)

Scrimmages - Boys and Girls: A basketball scrimmage must include 10 minute time periods with running time (except time-outs) and unlimited time outs. The score will be cleared at the end of the time period and the time will be reset. Scrimmages must also include *one or more* of the following:

1. Optional shot clock
2. Shoot only fouls against the shooter with free throws awarded in a one plus one.
3. At the end of the 1st and 3rd quarters, each team will run five (5) special plays. Example: out-of-bounds play underneath the basket; sideline out-of-bounds.

34. **BOWLING** - USBC rules will be used for scoring purposes only, with the exception of USBC rule #400 pertaining to amateur status. Any violation of USBC rule #400 will result in a one year suspension from the date of the infraction which mirrors the penalty for Eligibility Standard #2.

GAME: A game consists of 10 frames. **MATCH (contest):** Consists of a maximum of 3 games. **Tournament:** Consists of a maximum of 6 games and counts as 1 contest. The Baker format may be used a maximum of two times per season with a maximum of 15 Baker format games per tournament. A combination tournament is permitted with a maximum of eight (8) Baker format games and three (3) individual games. A Combination Tournament counts towards the maximum of two (2) Baker format tournaments. **Individual Limitations:** A student may not participate in more than one contest per day. **Tie Breaking Procedures:** In tournament competition only one of the following tie breaking procedures may be used until the tie is broken: 1. regular game; 2. 9th & 10th frame roll off; 3. one game Baker format. The tie breaking procedure must be designated prior to the start of the tournament. With Section approval, Section championship tournaments may utilize a combination tournament that will consist of a maximum of three (3) standard team games and a maximum of fifteen (15) Baker style games (Dec. 2009). No practice bowling will be allowed in the tournament house after midnight of the day preceding the State Championship. Violations of this rule will result in individual or team disqualification. The oil pattern will be announced in advance of the NYSPHSAA Bowling Tournament. The pattern will be prepared for the practice round, with the understanding the pattern will be set as consistent as possible throughout the tournament. Other pertinent lane information will be included in the pre-tournament announcement. (August 2009). It is recommended

that training should precede the first contest and that all competitors be in uniform. The foul line rule shall never be set aside. **For other requirements see p. 108.**

Scrimmages: In a bowling scrimmage any format may be used and substitutions may be made at any time. No official scores may be kept; therefore, scores may not be used in calculating season average or for qualifying for sectional or state tournaments. Scores may not be used toward league or non-league standing.

35. **CROSS COUNTRY** - Interschool cross country runs shall not exceed 3.1 miles or 5000 meters in length. A maximum of 2 meets per week (Monday-Sunday) shall be permitted. An individual competitor may participate in a maximum of 16 contests. **For other requirements see p. 108.**

Waivers/Modifications:

1. **Waiver of the NYSPHSAA Jewelry Rule to allow the wearing of a wrist watch. (Oct. 2008)**

36. **FENCING** - Interschool competition in fencing shall be conducted under the rules of the United States Fencing Association, provided such rules do not conflict with NYSPHSAA, Inc. requirements. A contest consists of three (3) bouts. Individual competition may not exceed nine (9) bouts in one day. **For other requirements see p. 108.** **For a complete list of approved rule clarifications, go to Handbook section at www.nysphsaa.org.**

37. **FIELD HOCKEY** - **For other requirements see p. 108.** Protective eyewear which meets the ASTM Standards shall be worn by all member school field hockey players (May 2007). If undershirts are worn, they must be white in color for the home team and dark in color for the away team (Feb. 2008). Sections may determine which of the approved overtime procedures to follow (May 2006).

State Association Adoptions:

1. Officials may wear a colored or black and white stripe shirt. (Jan. 2005)
2. The game clock may continue to run after goals are scored and when one team is ahead by 5 or more goals. (Jan. 2005)

3. When a player is yellow carded during overtime, the offending team will play shorthanded.

4. A waiver of the uniform rule change from one year (2011 season). (Dec. 2010)

Scrimmages: A field hockey scrimmage must start with a sideline or 16 yard hit and includes *one or more* of the following:

1. A running clock and/or modified periods
2. Incorporate all or part of the Overtime Procedure into the scrimmage
3. Each team will take 5 offensive corners, playing until either a goal is scored; ball goes out of bounds or crosses the 25yd line.

38. **FOOTBALL** - A contestant (or team) may participate in no more than 2 interschool football contests, inclusive of sectional championships. The 9th game is permitted, with section approval, for teams who do not qualify for sectional play. For the teams involved in the sectional tournament, the maximum number of contests shall be 10. For those sections involved in the state championship three additional games are permitted for a total of 13 games for the season: 1 game for regionals, 1 game for semifinals, and 1 game for championships. Interschool contacts (both scrimmages and contests) in football shall be permitted only in those schools which have an adequate number of students on the squad who are physically fit, eligible and prepared for each game as follows: Eleven man football—16 or more; eight man or nine man football—14 or more; six man football—12 or more. All football games of the NYSPHSAA, Inc.

shall be played following National Federation Football rules. **The first two (2) days** of practice must be noncontact, without the use of protective equipment and mechanical blocking devices. The use of cones, ropes, ladders, step-over dummies, soft hand shields and similar devices as teaching aids is permissible. Helmets may be worn. **The next three (3) days** provide a transition from the conditioning phase to full contact. During this phase, players are permitted to wear a helmet and shoulder pads. Blocking dummies, sleds and similar devices are permitted. During this phase, player to player tackling drills, team scrimmaging, running full contact plays, etc., are not permitted. **The following six (6) days** consist of contact practice with full protective equipment and the use of all training devices. Full player to player contact and team scrimmaging is permitted. **Four (4) additional practices** must be completed by the individual and team prior to the first contest. Interscholastic scrimmages may commence after eleven (11) practices have been completed by the individual player and team. Interscholastic contests may commence after fifteen (15) practices have been completed by the individual player and team. (May 2010)

NOTE: For any violation of this rule, the head coach will be suspended from the next regularly scheduled contest. The coach may not be present at the game site nor communicate in any manner during the contest with any person present at the site. Not being present at the site means the disqualified coach is not present in the locker room, on the sidelines, in the stands or site area before, during or after the game. The minimum time between interschool football scrimmages shall be two days. It is **recommended** that a physician be present at all football games. If the services of a physician cannot be obtained, coverage should be provided by persons qualified to give emergency care (e.g. physician assistants, emergency squads, athletic trainers). For other requirements see p. 108.

Scrimmages: Football scrimmages shall be governed by the following: (a) no official score is kept, (b) no definite time is set or kept, (c) coaches are permitted on the field to provide instruction and make corrections, (d) different configurations governing possession time and down and distance situations (than those normally used in a game) may be used to govern play, (e) unlimited time-outs and stoppages of play are permitted and encouraged for the purpose of both providing instruction and adequate rest periods, (f) the use of officials would be permitted and encouraged whenever possible for the purpose of instruction regarding the rules and proper application of rules, (g) no kickoffs are permitted, (h) punts and extra point kick attempts may involve live play until the ball is kicked. Punts may not be advanced and all fumbled punts and muffs will be blown dead immediately, (i) the total number of plays should be recorded to prevent an individual player from being involved in more than a maximum of 90 live contact plays during the entire scrimmage, (j) no admission may be charged, (k) the participation of student support groups such as cheerleaders, bands, kicklines, etc. are prohibited.

39. **GOLF** - Practice sessions should precede the first match. It is recommended that practice and matches be carefully supervised by the school coach. For other requirements see p. 108.

For NYSPHSAA Championship play:

1. **Range Finders** are not approved during competition, however may be used in practice rounds by coaches or players.
2. **Rulings** may only be pointed out by the competitors and markers. Spectators are not permitted to make rulings.
3. **Practice Rounds:** Only competitors may play in the student-athlete's practice rounds. Coaches are limited to being on the course in a supervisory and coaching capacity.

Scrimmages: A golf scrimmage must include *one or more* of the following:

1. Use different tees
2. Play multiple shots and multiple putts
3. Play two (2) or three (3) balls
4. Alter playing format: match play, Ryder cup, or best ball format

40. **GYMNASTICS** - Metal barrettes are permissible. For all competition the Technical Handbook for Girls' Gymnastics, 4th edition, will be used (approved August 2009). For requirements see p. 108.

41. **ICE HOCKEY** - All games shall be played according to the rules of the NFHS Hockey Rulebook with all approved changes and interpretations as established by the NYSPHSAA, Inc. Ice Hockey Committee. Ice Hockey games shall consist of three (3) fifteen (15) minute periods. The minimum number of ice hockey players for competition as well as interschool practice sessions shall be nine players and one goaltender. All players shall wear helmet including ear piece, full face masks and throat protectors and all goalkeepers must wear a throat guard or neck protector. All players must wear helmets while on the bench or in the penalty box. During the regular season each game begins on a clean sheet of ice and at minimum the ice is cleaned after the 2nd period. If the ice is not cleaned after each period there will be at least a three (3) minute rest period or intermission between periods 1 and 2.

Waivers/Modifications: A waiver of the NFHS rule in Ice Hockey to allow a maximum of two disqualification penalties per contest for a coach or play. (May 2011). For other requirements see p. 109. For a complete list of approved NFHS waivers, go to Handbook section at www.nysphsaa.org.

Scrimmages: An ice hockey scrimmage shall be divided into two (2) halves with the time to be determined by coaches. The time clock and penalty clocks may be used for time keeping only but no score may be kept. During the scrimmage *one or more* of the following must be included:

1. Each team must play short-handed in predefined situations.
2. Use of half (1/2) ice situations

42. **LACROSSE** - All games shall be played according to the rules of the NFHS Lacrosse Guide (boys) or U.S. Lacrosse Standards (girls) with all approved changes and interpretations as established by the NYSPHSAA, Inc. Lacrosse Committees. In girls' lacrosse field players are required to wear lacrosse goggles which meet ASTM standards. In 2009 Boys JV Lacrosse will play 12 minute quarters. (May 2007) For other requirements see p. 109.

Waivers/Modifications:

Girls Lacrosse:

1. Permanently waive Rule 1 Field Dimension for regular season play only. (Aug. 2004)
2. Goalkeeper Substitutions: After reporting to the score table, a goalkeeper is permitted to move down the sideline to await the current goalkeeper to exit the field. She then may enter the field of play. (Oct. 2005)
3. Suspended Game: In Sectional, Regional and State Semi-Finals and Finals the game will be resumed from the point of interruption on the next available date. Teams that have possession at the point of interruption will retain possession in a draw alignment with the opposing center 4 meters away. If there is no team possession, it will be a draw. (May 2010)

Scrimmages: A lacrosse scrimmage must have modified time periods and include *one or more* of the following:

1. Alternate possessions.

2. Start the scrimmage with either a Draw (girls) or a Face-Off (boys)
3. Include the following game situations:
 - a. Face-Off/Draws - Boys/Girls
 - b. Clears and Rides - Boys/Girls
 - c. Extra Man and Man-Down – Boys/Girls
 - d. Fast Breaks - Boys/Girls

43. **OUTDOOR TRACK & FIELD** - A contestant shall be permitted in any one meet to compete in any four events. There must be one night of rest between contests and no more than three contests scheduled per week. An individual competitor may participate in a maximum of 16 contests. Wrist watches are approved for practice only. For other requirements see p. 109. NOTE: Failure of the home school to meet its obligation of providing legal equipment for an event shall result in all points for the event being forfeited to the offended team.

Scrimmages: A track and field scrimmage must conform to the following:

1. No Scoring – no official results or place finishers recorded.
2. No performance may be used to meet the qualifying standard or be considered a record.
3. Competitors and events must adhere to the limitations of the NFHS.

44. **RIFLERY** - Interscholastic competition in riflery shall be conducted according to the rules of the National Rifle Association. For competition between teams in both small bore and air rifle, four contestants may fire with all four scores to count for the team score. One or more of these three positions are to be used: prone, offhand, or kneeling as determined by the Section. Only .22 caliber rifles with iron sights and .22 caliber rimfire ammunition are to be used. Air rifle events are approved. The home team is to furnish official N.R.A. targets for both teams. All safety precautions must be observed at all times. Rifles shall be cased when transported. Competitors shall wear hearing protective devices. The use of eye protection is recommended. For other requirements see p. 109. Coaching will be permitted for air rifle during Regional competition. (Oct. 2006)

45. **SKIING** - Each contestant shall wear a protective hard shell helmet during practice and competition for all alpine skiing practices and races, giant slalom and slalom. A contestant may participate in no more than two events in any one day of competition, provided that the last event of the day is cross country and that no more than one cross country event is raced per day. It is recommended that all meets be conducted under the rules of the U.S. Eastern Amateur Ski Association, the National Ski Association of America, and the Federation International de ski (F.I.S.). For other requirements see p. 109.

Waivers/Modifications: The minimum ski lengths for slalom and giant slalom. (May 2005)

Scrimmages: A skiing scrimmage will consist of one (1) or more runs of slalom, giant slalom and/or Nordic. Electronic timing and officials may be used for instructional purposes only.

46. **SOCCER** - For other requirements see p. 109.

Boys Overtime Procedure: Regular season games should consist of two 40 minute halves with two 10 minute sudden victory overtimes, if needed, to break the tie. Beginning with Section play and continuing on through the State Tournament, overtimes would consist of two 15 minute sudden victory periods and, if still tied, penalty kicks. The only exception to this would be in the State Championship game where co-champions would be declared after the two sudden victory overtime periods. (May 2008)

Girls Overtime Procedure: Regular season games would have two 40 minute halves

followed by two mandatory 10 minute fully played overtimes. In Sectional and State Tournament play, the overtimes would be two 10 minute periods of full play followed by two 5 minute sudden victory overtime periods, if needed. Co-champions would be declared in the State Championship game if the tie was not broken after the two 5 minute sudden victory overtimes. (May 2008)

State Association Adoptions: (May 2008)

Length of Period: The game will be played in two equal halves of 40 minutes each.

Shorten Periods: By mutual agreement or in any emergency, by agreement of coaches or ordered by the head referee, provided it is determined to shorten the periods before the game or before the second half begins and all remaining periods are the same length.

Suspended Game: If less than one-half of the game has been completed, the game will be restarted from the point of interruption.

Time on Field: Time may be kept on the field by the head referee.

Score on Field: The official score may be kept by the head referee.

Reserve Official: The reserve official may assume the duties of the scorer.

Yellow Card Accumulation Policy: It is the intention of the NYSPHSAA Sportsmanship Committee to address the issue of the accumulation of Yellow Cards during the soccer season by an individual player or coach. The situations surrounding Red Cards are dealt with directly under the NYSPHSAA Guidelines for Sportsmanship and Misconducts outlined in the State Handbook for all sports. The consequences for the accumulation of excessive Yellow Cards will be as follows:

1. Five Yellow Cards accumulated by a single player or coach in the regular season will result in a one game suspension. Disqualifications due to an accumulation of five yellow cards occurring in the last game of the season will carry over into the next season of participation, if the team does not enter post season play.

2. The continued accumulation of Yellow Cards by the same individual or coach will result in a one game suspension per additional Yellow Card.

3. In the event that the player or coach receives two Yellow Cards in the same game, resulting in a Red Card, the two Yellow Cards will not count toward the season total, since the player or coach will receive a one game suspension as a result of the misconduct and ejection.

4. The accumulation card total is for regular season play only and the process will start over again for post season play. However, any penalties awarded as a result of the last regular season game will carry over into the post season.

5. The post season policy will provide a one game suspension after three Yellow Cards and a one game suspension for each additional card received through the State Final. A one game suspension resulting from a yellow card in a team's last post season game will carry over into the next season of participation.

6. The coaches of both schools are to report all Yellow Cards to their League and Section by means of Mail, E-mail or Fax for tabulation. The officials should report to their boards concerning games in which cards are given and the reasons for issuance of the card. Board policy will determine the method of notification to the League and Section. A final end of the year report including data on disqualifications shall be sent to the NYSPHSAA Sportsmanship Coordinator.

7. Refusing to report, or failing to report infractions and allowing players to continue play under these circumstances will result in the forfeiture of all games in which the individual in question participated.

Scrimmages: A soccer scrimmage may not exceed a total of 100 minutes and unlimited substitutions are permitted. The length of time for the periods of play is

to be determined by the coaches, not to exceed 40 minutes in any one period: halves, three periods or quarters. Scoreboards may be used for timekeeping only. The clock will begin with the goal keeper in possession of the ball. When a goal is scored, play will be restarted with goalie possession. The goalie can restart play with a goal kick, goalie throw or goalie punt.

47. **SOFTBALL** - A contestant may participate in 2 regulation games per day with at least a 15 minute rest between games. By Section adoption 5 inning double headers may be played. Varsity softball teams can play three (3) contests in one day only for invitational tournaments during the regular season. Tie breaker rule in effect at top of the 10th inning. An unannounced substitution during a contest will be not be penalized. **For other requirements, see p. 109.**

Waivers/Modifications:

1. The pitching distance will be 43 feet for the varsity, JV and freshmen levels. (Dec. 2010)

2. Metal cleats are prohibited on all levels of play. (Dec. 2010) beginning with the 2010 season. (Dec. 2009)

Scrimmages: A softball/baseball scrimmage must include free substitutions and lineup cards will not be exchanged. Scrimmages must also include *one or more* of the following:

1. Play six (6) outs per half inning (example - 3 outs clear the field/ 3 more outs).
2. Batting order must be altered or modified to include more batters than rules permit.
3. Start with a runner(s) on base with a predetermined situation for at least two (2) full innings.

48. **SWIMMING** - Shaving (wet or dry) is prohibited at all swimming competitions and practice sites. Violation will result in disqualification. Sections may permit schools to compete in quad/dual meets. The minimum diving depth requirements are as follows: Pools built before January 1987 meet the NFHS minimum depth requirement (currently 10 feet) and pools built after January 1987 meet the NYS Department of Health's minimum requirement (currently 11 feet). **For other requirements see p. 109.**

Waivers/Modifications: Sections may reduce the number of dives for junior varsity and freshman meets. (Aug. 2002)

Scrimmages: In a swimming scrimmage no official times or scores will be kept. Times may not be used to meet the qualifying standard. More than one heat per event is permitted.

49. **TENNIS** - A player may compete in either a singles or doubles competition on the same day. In tournament play, the maximum number of matches shall be three in one day. Participation in a two-day invitational tennis tournament shall count as **one** of the 20 contests permitted and only three such tournaments shall be allowed within the 20 meet limitation. Only two matches are allowed per day and both matches must use a modified scoring system that conforms to one of the following formats: best 2 of 3 sets, using no-add scoring, with a 12 point tie breaker at 6 all; or, ten game pro-set, using regular scoring with a 12 point tie breaker at 9 all. (May 2003)

In league and Sectional competition, Sections would have the option to increase the number of matches to four (4) in one day using modified scoring with rest periods being 30 minutes for the quarter final and below, 45 minutes for the semi-finals and 60 minutes for the finals. (May 2010)

The Commitment to Compete form must be completed to be eligible to compete in the NYSPHSAA tournament (Boys-May 2003; Girls-May 2006). **Failure to honor**

your commitment to complete the tournament for reasons other than injury or illness will result in forfeiture from the tournament and ineligibility from next year's NYSPHSAA State Tennis Tournament. This incident will also be reported to the student's school administration (May 2011). At the NYSPHSAA Championship coaching on the court is permitted, however cheering remains prohibited (Jan. 2009).

For other requirements see p. 109.

Scrimmages: A tennis scrimmage must alter format so it does not follow the regular competition format for league/sectional play. Suggested formats include but are not limited to:

1. Teams use tie breaks only
2. 5 game pro-sets with a tie break at 5-5
3. An 8 game pro-set – 1st one to 3 points.
4. Modified 8 game pro-set – 1st players to 3 points completes the scrimmage.
5. Teams compete using an 8 game pro-set rather than 2 out of 3 sets with tie breakers at 6-6.

50. **VOLLEYBALL** - A contestant (or team) may participate in a maximum of 2 matches in a day. Each day of a tournament shall count as 1 contest. The total number of tournament games played in one day shall not exceed 15 games. An additional 15 point game is permitted only to break ties in pool play to advance to finals as per tie-breaking procedures. In tournament play volleyball teams shall have at least ten minutes of rest between matches. All games will be played according to NCAA Rules with all games played to 25 points. Teams will be permitted 18 substitutions and will switch at 13 points in the deciding game. **For other requirements see p. 109.**

Waivers/Modifications:

A. Girls and Boys Volleyball:

1. Two score keepers are permitted with the home score book as the official score book. (Feb. 2008)
2. With Section approval, the use of lines people during league play may be waived. (May 2007)
3. Teams can warm-up behind or adjacent to the court during the warm-up period. (May 2005)
4. If uniform specifications are not compliant, these procedures will be followed: (April 2004)
 - a. Notify the coach of the team at fault of the violation. The team will attempt to legalize the uniform of the team member(s) in questions.
 - b. If the uniform fault cannot be legalized, meet with the opposing coach to determine whether a protest will be filed.
 - c. If no protest is filed at this time, no future protest will be accepted on this issue.
 - d. If protest is filed, follow protest procedure and play the match.
 - e. The libero uniform is exempt from this modification.

5. The time length of all time outs is 60 seconds (August 2009).

6. **Jewelry Rule:** A waiver of NCAA Rule 7.2.3 to permit, if a substitution request is acknowledged (whistled), and the player is wearing an illegal uniform or jewelry or has illegal equipment, the substitution is denied and a delay sanction assessed. If warm-up activities or play must be interrupted because of a player wearing an illegal uniform, jewelry or equipment, that team is assessed a delay sanction. The jewelry must be removed before the player can participate further. If, during the warm-up period, a player responds promptly to a referee's request to remove jewelry or illegal equipment, a delay sanction is not assessed. (May 2010)

Scrimmages: A volleyball scrimmage must include *one or more* of the following:

1. Each server shall serve 3-5 consecutive serves regardless if the point was scored before the other team would get the ball. (rotate)
2. Games would start at point 4 all and end at point 25 **or** a game could be timed with no point cap.

B. Boys Volleyball:

1. The use of NCAA Volleyball Rules with the same modifications used in girls' volleyball beginning in the fall of 2009 (Jan. 2009).
2. A player may touch the opponent's court with hand(s) or feet, provided some part of the hand(s), foot/feet remain either in contact with or directly above the center line, and the penetration does not interfere with the opponents play.
3. For boys competition, the height of the net from the center of the court is 7' 11⁵/₈". (August 2011)

51. **WINTER TRACK** - A contestant (girl or boy) shall be limited to participation in three events. There must be one night of rest between contests and no more than three contests scheduled per week. An individual competitor may participate in a maximum of **16** contests. Wrist watches are approved for practice only. For other requirements see p. 109.

Scrimmages: A track and field scrimmage must conform to the following:

1. No Scoring – no official results or place finishers recorded.
2. No performance may be used to meet the qualifying standard or be considered a record.
3. Competitors and events must adhere to the limitations of the NFHS.

52. **WRESTLING - Multiple Dual Meet Events:** Each individual competing in these events is charged 1 point for each dual meet. **Triangular Meet:** Three teams compete, with each team wrestling a dual meet against each of the other two teams at the same site. Each individual is charged 2 points toward their dual meet schedule. **Double-Dual Meet:** Three (or more) teams compete, with each team wrestling a dual meet against two of the other teams at the same site. Each individual is charged 2 points toward their dual meet schedule. **Quadrangular Meet:** Four teams compete, with each team wrestling a dual meet against each of the other three teams at the same site. Each individual is charged 1 point for each match wrestled counting toward their dual meet schedule. **Dual Meet Tournaments - Bracket Tournament:** Teams are placed in a bracket, with the winning teams advancing to a championship. Losing teams may compete in a consolation bracket to determine team placement. **Pool Tournament:** Teams are placed in pools. Teams compete in dual meet competition against every team in their pool, to determine the rank of teams in each pool. Teams from each pool wrestle against the same-ranked team(s) from the other pool(s) to determine team placement. **Round-Robin Tournament:** Each team wrestles a dual meet against every other team in the tournament. Team placements may be determined by win/loss record, or by total points accumulated in all meets. Each individual competing in these events will be charged two points toward their twenty point limitation and one tournament of the allowable six maximum tournaments as per the NYSPHSAA Handbook. Any school wishing to conduct a dual meet tournament with a unique format shall apply to NYSPHSAA for consideration. Under extenuating circumstances (postponements due to inclement weather, school cancellations) a school may request permission from Section Coordinator to wrestle two dual meets in one day, with a limitation of two per season.

- a. A contestant may participate in competitions not to exceed **20** points during the regular season. A dual meet will be assessed one point, while tournaments will be assessed two points. Participation as a contestant or in any exhibition match

in any meet shall count as a contest and only six tournaments shall be permitted within the **20** point limitation. Of the six permitted tournaments, a maximum of 2 two-day dual meet tournaments will be allowed during the season. A contestant may compete in a maximum of five bouts in one day in tournament competition only. A wrestler must compete (exhibition, forfeit, varsity/JV match) and be charged a competition point, towards the **20** pt. maximum, in order to count toward the minimum required contests under the Representation Standard (six contests).

- b. The minimum weight class in which a contestant may compete will be determined by a NYSPHSAA approved assessor, following guidelines of the Minimum Weight Certification Program. A contestant shall be prohibited from wrestling within a weight classification more than one class above his/her actual weight. For other requirements see p. 109.

- c. A contestant may compete in a maximum five bouts in one day in tournament competition **only**.

d. A wrestler may compete two times in a regular two-team dual meet in the following situations:

1. A wrestler from Team A accepts a forfeit from Team B.
 - a. The Team A wrestler may wrestle an exhibition match with a Team B member.
 - b. Points Team A: 1 for the forfeit and 1 for the exhibition match.
 - c. Points Team B: 1 for the exhibition match.
2. Wrestling vs. the extra wrestlers weighed in.
 - a. A wrestler from Team A wrestles a match vs. Team B. Team B has a second wrestler weighed in at this weight (or one weight class higher). The Team A wrestler may wrestle an exhibition match with the other Team B wrestler.
 - b. Points Team A: 1 for the first match and 1 for the exhibition match.
 - c. Points Team B: 1 for the exhibition match.
3. Team A and B may match a wrestler in two exhibitions.
 - a. Points Team A: 2 for the exhibitions.
 - b. Points Team B: 2 for the exhibitions.

The following must be followed in each of the above situations:

1. There must be a 45 minute rest between matches.
2. The wrestlers may only wrestle one weight class higher than their weighed in weight class.
3. Each match/forfeit counts 1 point toward the individual's 22 point limit. (May 2008)

Additional information:

- a. All wrestlers with braces on their teeth are required to wear a mouth guard to cover all appliances. (Oct. 2006)
- b. NFHS 1.5% Weight Loss Rule is waived. (May 2007)
- c. A wrestler found to have cheated on the hydration test can no longer participate in wrestling from that point for the remainder of the season. (May 2008)
- d. A Parents' Awareness Form for the wrestling minimum weight certification is required to be signed by the parent/guardian and the student and kept on file by the school athletic director.

Scrimmages: A wrestling scrimmage must include *one or more* of the following:

1. Must wrestle in predefined situations such as pinning, takedowns, turns, etc.
2. Must wrestle in neutral position. If a takedown occurs would go back to the neutral position.
3. Must wrestle in the referee's position using both styles. If a pin occurs, restart in the referees position.

NYSPHSAA, INC. WRESTLING WEIGHT CONTROL PLAN

On the recommendation of the State Wrestling Committee and with the approval of the State Executive Committee the following weight classes are in effect: **99, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220 and 285 for dual meets and tournaments. (August 2011)**

1. The NYSPHSAA Wrestling Minimum Weight Certification Program is to be followed by all high schools sponsoring wrestling. Based on 7% body fat for males/14% for females, the minimum wrestling weight is the lowest weight at which an athlete will be allowed to compete. Certification must be conducted by a NYSPHSAA Approved Assessor and must occur within 14 days, exclusive of Sundays and school closing for holidays or emergencies, from the first day of the season. **Wrestlers will be certified at a minimum weight (May 2010). A wrestler cannot begin practice until the waiver is approved. The approval date of the waiver starts the 14-day clock for certification (Aug. 2011)**

Centralized Assessment Sites will be mandated for the minimum weight assessment of all wrestlers. Only the refractometer shall be used to test hydration.

2. The use of sweat boxes; hot showers; whirlpools; rubber, vinyl and plastic type suits; or similar **artificial** heating devices; diuretics or other methods for quick weight reduction purposes is prohibited and shall disqualify an individual from competition. **See NFHS Rule 4-4-4.**

3. A profile form from a NYSPHSAA Approved Assessor must be filed in the home school prior to competition. Sectional wrestling forms must be received by the Section Wrestling Chairman before competition.

4. Dual meets scheduled on a school day shall use the honor weigh-in procedure. A certified list of recorded weights signed by the Principal or Athletic Director shall be submitted at the official weigh-in before the meet. Honor Weigh-Ins for a school day, dual meet wrestling matches are allowed; Honor Weigh-Ins for non-school day, dual meet wrestling matches are not allowed and if one team has school and the opponent does not have school on the day of a dual meet, Honor Weigh-Ins are allowed. Each wrestler shall make the scratch weight at the weigh-in to be conducted prior to the school's first scheduled academic instruction period on the day of the match and may be permitted an allowance of 3 pounds at the matside weigh-in. One not making the scratch weight at the early weigh-in **will not** be permitted the 3 pounds allowable and must make scratch weight at the matside in order to compete. In the event that a competition is postponed or cancelled, the honor weigh-in is not an official weigh-in, and therefore does not count towards the 50% rule.

5. **Restrictions for Competition:** **A minimum weight is required for selectively classified athletes. Students in grades 9-12 do not have to make minimum weight (Aug. 2011).** The minimum required weight for all weights as listed **MUST** be met and **RECORDED** at both the honor weigh-in and the matside weigh-in.

- a) To compete at the **99 lb.** class a wrestler **MUST** weigh in excess of **91 lbs.** to be eligible.
- b) To compete at the **106 lb.** class a wrestler **MUST** weigh in excess of **96 lbs.** to be eligible.
- c) To compete at the **220 lb.** class a wrestler **MUST** weigh in excess of **185 lbs.** to be eligible.
- d) To compete at the 285 lb. class a wrestler **MUST** weigh in excess of 210 lbs. to be eligible.

6. The minimum required weight for the **99 lb., 106 lb., 220 lb.** and 285 lb. weight class **MUST** be met and **RECORDED** at both the honor weigh-in and the matside weigh-in.

7. A wrestler found to have cheated on the hydration test can no longer participate in wrestling from that point for the remainder of the season.

8. There shall be an allowance of one pound granted each day over the weight limit of the previous day in tournament competition. There is a 1 pound allowance for all involved teams the second day of a dual meet or tournament competition conducted on consecutive days. The maximum allowance for consecutive dual meets or the first day of a tournament following a dual meet is **2 pounds**. **NOTE:** A minimum of 48 hours notification to your opponent is required in order to be granted this one-pound allowance. This rule is voided at post-season wrestling tournaments, namely Class and Sectional competitions that are involved in the process of selection of competitors for championship competition.

NYSPHSAA will grant a 2 pound growth allowance for each weight class on December 25. This 2 lb. growth allowance does not apply to the minimum weight requirements for the weights of **99 lbs., 106 lbs., 220 lbs.** and 285 lbs.

9. Weigh-in for the second day of a tournament must be on the morning of the second day, with a 1 lb. allowance.

10. Effective in 2006-2007 and after, 50% of the weigh-ins during the season must be at the minimum weight he/she will wrestle during the state tournament series.

a. An official weigh-in counts towards this 50% rule whether an athlete competes or not, as long as he/she is eligible to compete and has made weight at both the honor weigh-in (a.m.) and the mat side weigh-in (p.m.).

11. Section sponsored tournaments are not considered part of the regular season; therefore, do not count toward the 50% rule, 22 pt. rule or the Representation Standard.