NYSPHSAA TABLE OF CONTENTS

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• Approved 13. The double first base shall be optional during the 2026 baseball season. The double first base will be required as per NFHS Rules, starting with the 2027 season. (Feb. 2026)

• Approved Performances using the super standard obtained after the state qualifying meet are prohibited. (Feb. 2026)

• Approved updated Representation Rule to include **RED** language "A contestant or athletic team shall not represent a school in a **game, contest, or scrimmage**, except in conformance with all rules and regulations. It shall be the duty of trustees and boards of education to require that athletic activities be limited to competition between secondary school students. (Feb. 2026)"

• Approved With Section approval, 7th or 8th grade contestants may be promoted to a higher classification within the modified program or to a high school team at any time during the season (Feb. 2026).

• Approved for Boys Basketball "4. When the 35-second shot clock is used, the five-second closely guarded rule while dribbling is waived (Feb. 2026)"

• Approved 13. For NYSPHSAA State Championship, each school team must have a minimum of five athletes on its roster to begin the competition. (Feb. 2026)

• Approved In the sport of Girls Wrestling eligibility for the NYSPHSAA Girls Wrestling Championship is limited to female wrestlers who compete solely in girls wrestling events during the regular season; practice with boys is permitted via mixed competition. (Feb. 2026)

• Approved 3. Waiver to the Uniform specifications as outlined in the NFHS Rule Book for Items Jersey: a-5.2.b3, a-5.2.b4, a-5.3.b3, a-5.3.b4, NUMBERS: 5-b3, b4 (Page 14 & 15) the 25-26 Season. 5-d: *Note: If schools have shorts are not a solid color for the 25-26 season, the flag must be a clearly contrasting color to the shorts and any striping or patterns on the shorts. (Feb. 2026)

• Approved Flag Football Onside play (Feb. 2026).

• Approved Waiver of NFHS Rule requiring three flags on the belt – a minimum of two flags on the belt are required. (Feb. 2026)

• Approved Officials will conduct one dead ball flag check per half; athlete will be selected at random. Penalty if flag does not comply with NYSPHSAA standards will result in unsportsmanlike penalty. (Feb. 2026)

• Approved Waiver of NFHS Rule allowing field goals – field goals are not permitted. (Feb. 2026)

• Approved multiple revisions to Girls Wrestling. (Oct. 2025)

• Approved a team that does not have its Track Wrestling Weigh-In Sheet will forfeit the dual meet. The host school should make every reasonable effort to assist the team in printing a weigh-in sheet if needed. (Oct. 2025)

• Approved If a wrestler exceeds the six (6) permitted tournaments allowed within the twenty (20) point limitation, said wrestler shall be ineligible for the remainder of the season or may elect to suspend the head coach from all team related functions and activities (including, but not limited to, practices, scrimmages, conditioning/weight training, film sessions, and attendance at games) from the date of the violation for the remainder of the season and forfeit additional contests. (Oct. 2025)

• Approved 6. A wrestler found to have cheated on the hydration test will be declared ineligible to participate in a match until January 1st and all post season events. (Oct. 2025)

• Approved to expand the current NYSPHSAA Appeals Procedure to allow the Appeals Committee to review video during the Blood and Placement Rounds at the NYSPHAA State Championships.

• Approved "Officials Only" the ability to review video replay to determine if a scoring situation occurred after time had expired at the end of a period at the NYSPHAA State Championships. (Oct. 2025)

• Approved Sectional Criteria for classifying nonpublic/charter schools and an appeal procedure to the NYSPHSAA Oversight Committee. (Oct. 2025)

• Approved 9. Backstroke ledges may be used on an optional basis beginning with the Fall 2026 season. (Oct. 2025)

• Approved revision to combining of teams: 2. Sections must keep records of approvals. (Oct. 2025)

• Approved change letter a, under "Senior All-Star Contest" to "*These contests must be approved and recorded by the Section in which they are held*." (Oct. 2025)

• Approved BOYS Ice Hockey: During the regular season tournament <u>where a winner is necessary</u>, play shall be continued not to exceed 10 minutes of sudden victory. If after this overtime period, there is no goal scored, the game will be considered a tie, and the shootout procedure will decide tournament advancement. (July 2025)

• Approved for Ice Hockey: If a team drops below the minimum number of players, 9 and 1 goalie, during a game then the contest will be stopped and the offending team will forfeit. (July 2025)

• Approved for Ice Hockey:

14. GAME DIFFERENTIAL

With Section approval, a running clock may be used if there is an 8-goal differential in the third period. If the score differential drops below 8-goals, the clock will be stopped. (July 2025)

• Approved **<u>BOLD</u>** language: b. In At Large, Regionals, Semi-Finals and Finals, **<u>each team will have a 12-minute warm up</u>**, ice will be cut prior to the first period and after each period of regular game time. There will be a twelve to fifteen-minute intermission between each period of regulation play.

• Approved the following 14 weight classes are in effect for **BOYS**: 103, 110, 118, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, and 285 for dual meets and tournaments. Approved as a one-year pilot (July 2025)

• Approved Competitive Cheer choreography is permitted during the Fall season, in accordance with the NYSPHSAA Practice Rule #22. (July 2025)

• Approved 10. Girls Volleyball: Waive the administrative red card, for having a non-compliant uniform. (July 2025)

• Approved the removal of the current two libero rule modifications to fall in line with the current NCAA Rule in Boys Volleyball.

• Approved revising the Modified Sports Standard Chart and the Time Interval Regulation in the NYSPHSAA Handbook to match the High School Chart.

• Approved the addition of the **BOLD** language: "Any member school that has exceeded the maximum number of contests has the option to utilize the existing penalty outlined above (c) or may elect to suspend the head coach from all team related functions and activities (including, but not limited to, practices, scrimmages, conditioning/weight training, film sessions, **and attendance at** games) from the date of the violation for the remainder of the season and forfeit additional contests."

• Approved The student must be fully cleared for participation in order for the practice to be counted toward the minimum number of practices required. (July 2025)

• Approved "NOTE: There is no appeal to the NYSPHSAA Appeal Committee for a prescribed penalty. (July 2025)"

• Approved definitions for Diversity, Equity and Inclusion. (May 2025)

• Approved "4. Students and teams may compete in GameDay Cheer in the Fall and Winter seasons. Competitive Cheer is limited to the Winter season only." (May 2025)

• Approved "12. Teams may conduct a scrimmage after the 6th practice day. Pitchers are limited to 30 pitches during scrimmages that occur on practice days that occur on days 7-10. Pitchers that throw 1-30 pitches during this time period must have 2 nights rest." (May 2025)

ADMINISTRATION

NYSPHSAA Staff/ Officers

Executive Committee

Central Committee

Handbook Committee

Modified Committee

Sportsmanship Committee

Budget/ Audit Committee

Safety Committee

Championship Advisory Committee (CAC)

Section Map & Information

Sports Committees

Student-Athlete Development Committee

HISTORY OF NYSPHSAA, INC.

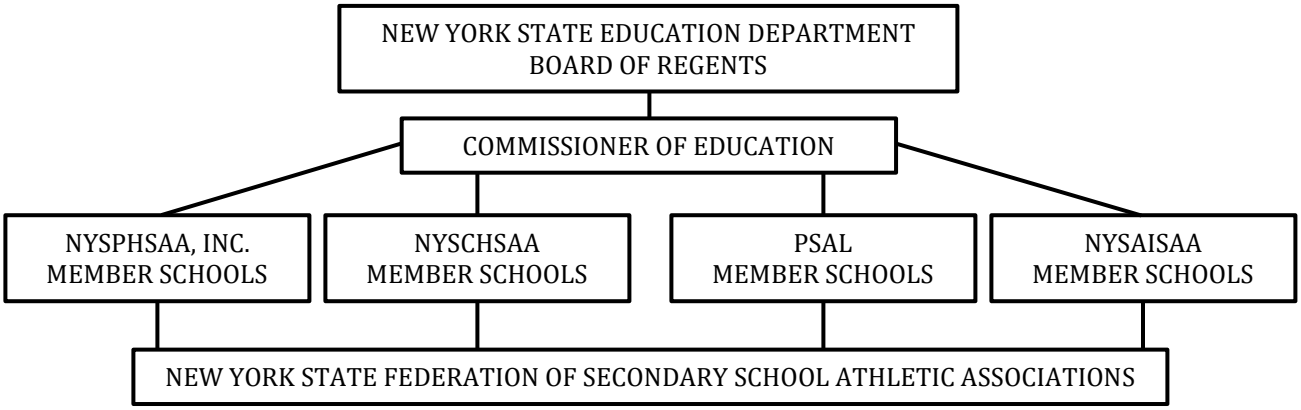
The New York State Public High School Athletic Association Inc. is a non-profit, voluntary, educational service organization composed of public, parochial, and private schools dedicated to providing equitable and safe competition for the students of its member schools. Membership is open to secondary schools providing interschool athletic activities for boys and girls in grades 7-12

The Association serves as a central organization through which its member high schools in the state may cooperate to:

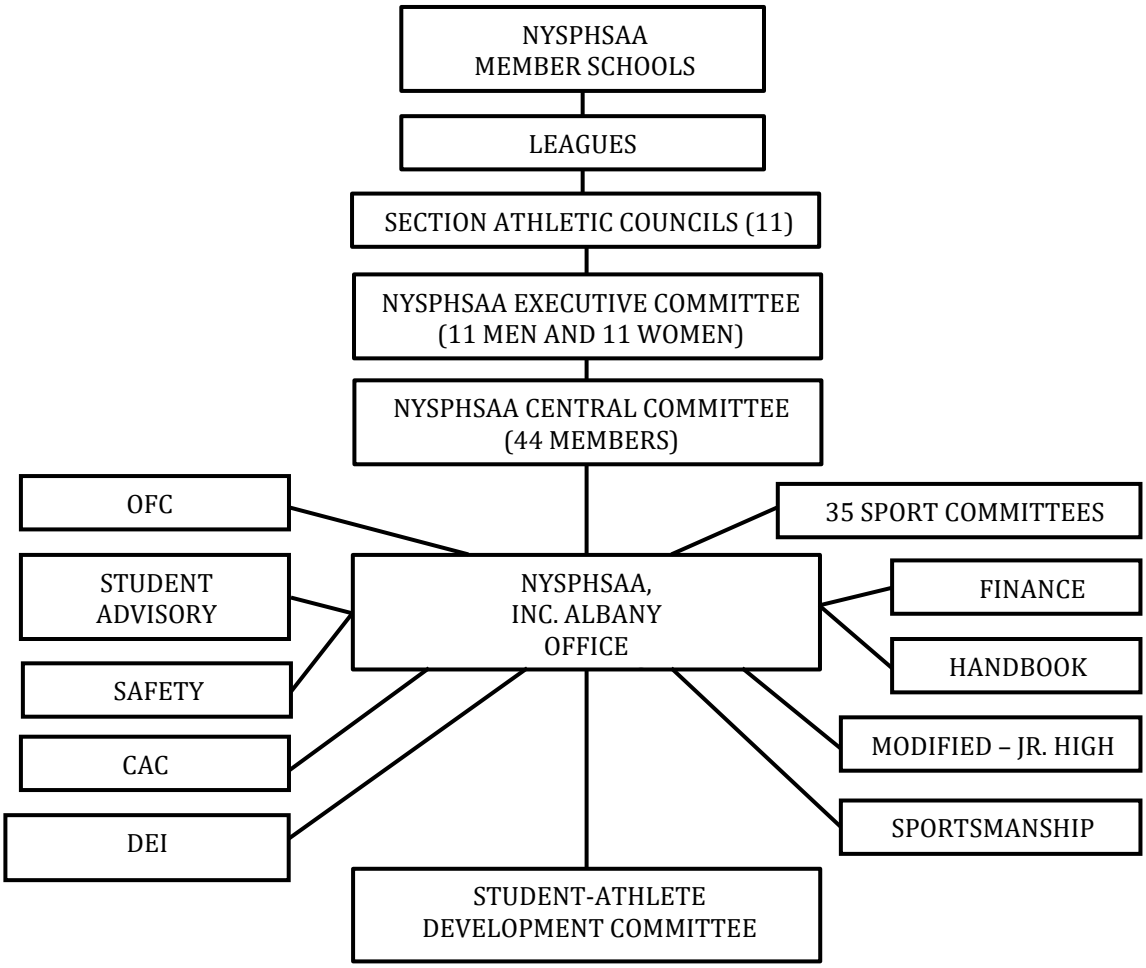
- Encourage as many pupils as possible to participate in athletic games
- Promote sportsmanlike conduct in all athletic contests
- Maintain essential minimum standards of eligibility
- Provide means to settle disputed athletic contests amicably and authoritatively
- Conduct appropriate athletic meets and tournaments
- Cooperate with the State Education Department in fostering educationally sound athletic programs
- Adapt rules governing sports contests to the particular conditions governing high school competition
- Continually seek data to support rule changes leading to greater safety for high school athletes

COMPLETE HISTORY/ PAST PRESIDENTS

NEW YORK STATE ORGANIZATIONAL SYSTEM FOR EXTRA CLASS INTERSCHOOL ATHLETIC PROGRAMS



NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION, INC.



GENERAL OBJECTIVES OF THE NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION, INC.

The Association serves as a central organization through which member schools in the state may cooperate to:

- ***Encourage*** as many pupils as possible to participate in athletic games.
- ***Promote*** sportsmanship like conduct in all athletic contests.
- ***Maintain*** essential minimum standards of eligibility.
- ***Provide*** means to settle disputed athletic contests amicably and authoritatively.
- ***Conduct*** appropriate athletic meets and tournaments.
- ***Cooperate*** with the State Education Department in fostering educationally sound athletics programs.
- **Adapt** rules governing sports contests to the particular conditions for school competition.
- ***Continually*** seek data to support rules changes leading to greater safety for school athletes.

NYSED COMMISSIONER'S REGULATIONS

ATHLETIC PLACEMENT PROCESS:

- Athletic Placement Process

COACHING CERTIFICATION:

- Coaching Certification Information

MIXED COMPETITION:

- Mixed Competition Standards

REGULATION 135.4:

- 135.4 Official Compilation of Codes, Rules and Regulations of the State of New York

SCHOOL HEALTH EXAMINATIONS:

- School Health Examination Guidelines

NYSPHSAA, INC. RECOMMENDATIONS

1. Because the highest standards of good sportsmanship are in opposition to the policy of giving materially valuable awards to high school athletic teams;
   Because such awards create a false sense of the value of school loyalty and service;

   The **NYSPHSAA, INC. recommends** that school authorities give only awards of limited monetary value appropriate to high school level competition, furthermore, that the school administration be responsible for accepting, selecting and controlling awards that are offered by individuals or organizations or outside agencies such as P.T.A., service clubs, booster clubs, etc.

2. Because experience has shown that the most successful form of school athletic organization and control is in the league;

   Because the league offers opportunity for friendly and sportsmanlike relationships:

   The **NYSPHSAA, INC. recommends** that schools of similar size, similar interest and within reasonable distance of each other form leagues for all sports wherein they have interschool contests; that the appeal procedure specified in the Eligibility Standards be instituted only after an earnest attempt at settlement within the league.

3. Because athletics are a vital factor in the development of character, personality, physical fitness and leadership;

   Because athletics can only attain their rightful position as a school activity when it is recognized that a healthy body is as necessary as a sound mind;

   The **NYSPHSAA, INC. recommends** that a student not be barred from an athletic squad for any reason that would not bar one from an academic class or other school activity, except recognized eligibility rules.

4. Because there is an obligation to practice the principles of safety in athletics and to take all necessary precautions to prevent injuries;

   The **NYSPHSAA, INC. recommends** that all participants in interscholastic sports be covered by appropriate insurance.

5. Because school authorities have a responsibility for preventing the exploitation of high school students who have qualified for a letter in school sports;

   The **NYSPHSAA, INC. recommends** that school authorities discharge this responsibility by protecting students from being exploited by individuals or groups interested in promoting, for any purpose spectator or revenue producing contests such as all-star, charity and similar exhibition games. Senior All-Star contests as stipulated in the Eligibility Standards are permitted. Furthermore, it shall be the responsibility of school authorities to inform their

teaching personnel to do nothing which shall impair this responsibility of boards of education to protect athletes against such exploitation.

6. Because our Regulations stipulate that all organized practice and games be conducted in the appropriate season (See Sports Standards), a school district planning or administering out-of-season recreations programs should avoid any implication of out-of-season practice and play. School sponsored activities conducted out of the sport season such as general conditioning, weight training, weightlifting, intramurals, recreation, open gyms, club activities and camps are permitted: 1) if such programs are not mandated by coaches or school personnel; 2) if such programs are available to all students.

7. NYSPHSAA recommends and supports the 'Best Practice' that every member High School has a Certified Athletic Trainer providing full-time access or coverage to the athletic program. (Feb. 2019) (Athletic Training Services Support Document)

8. NYSPHSAA **believes** that a variety of interscholastic sports provide different skill sets and lifelong lessons to student athletes. NYSPHSAA **recommends** that student athletes participate in multiple sports during their Middle School and High School careers. NYSPHSAA **supports** the research and following recommendations from the Department of Orthopedics and Rehabilitation at the University of Wisconsin School of Medicine and Public Health. (Feb. 2020)

MONTHS per year (One Sport)

1	**2**	**3**	**4**	**5**	**6**	**7**	**8**	*9*	*10*	*11*	*12*

** A student should not participate in one particular sport more than 8 months out of the calendar year.*

HOURS per week (One sport including active practice and games)

Hours Per Week < Age	*Hours Per Week > Age*

** A student should not participate in one particular sport more hours per week than their age.*

CONSTITUTION OF THE NYSPHSAA, INC.

ARTICLE I
Purpose

To provide a central association through which public secondary schools of the State may cooperate for the following ends. This association shall be the organization responsible for governing interscholastic athletic activities for boys and girls in grades 7-12 in its member schools. Nonpublic schools may petition and be accepted for full membership.

1. To establish necessary principles and procedures for the conduct of interscholastic athletics.

2. To strengthen the work of the local schools in developing good sportsmanship and high ideals among contestants and teams.

3. To encourage all forms of interschool athletic activities for all boys and girls in grades 7-12 as an integral part of the educational program.

4. To adopt, strengthen, interpret, and enforce uniform eligibility rules and sports standards governing participation in interschool athletics at all levels as established in the Regulations of the Commissioner of Education governing athletics.

5. To conduct regional and state championship tournaments.

6. To enforce the constitution, bylaws, rules, regulations, and sports standards adopted by this association, its sections, and leagues.

7. To strive continually to strengthen programs and minimize risk in sports through study, research and experimentation.

8. to meet with and assist sports officials at the state and sectional levels to identify and solve existing problems.

9. To cooperate with non-school groups engaged in sports activities to establish guidelines for outside competition.

10. To comply with the provisions of the New York State Not-For-Profit Corporation Law.

ARTICLE II
Membership

1. Each eligible school may become a member of this corporation by submitting a request for membership in the association and representation in the section athletic program signed by the chief school officer of the petitioning school district and sent with the enrollment fee to the treasurer of the association.

    a. The annual membership fee shall be based on the total school district enrollment of boys and girls listed on all attendance registers for Grades 7-12 inclusive from the latest enrollment data provided by NYSED. Annual membership fees shall be set by

the Executive Committee. An alternative method for the calculation of member dues assessment may be adopted by the NYSPHSAA Executive Committee.

b. Membership fees are due September 1. Schools not paying the annual fee before October 15 of any school year shall be considered as resigning from membership in the association. Schools are readmitted as soon as payment of fees is made. Fees payment is required of schools on austerity if they participate.

c. One fee entitles a school to participate in any form of athletics of the association, to participate in the benefits of the Pupil Benefits Plan, Inc., to receive all bulletins and publications of the association and must be paid before the school may participate in any sectional games under the supervision of the association.

d. The membership year shall be considered from September 1 to August 31 of the following year.

e. Austerity - No committee member or officer of this association shall lose membership because of his/her school's austerity, and resultant nonpayment of dues.

f. Nonpublic schools which are registered with the State Education Department may become members of the NYSPHSAA by payment of the annual fee provided to member schools making application. Section athletic councils may determine the appropriate classification for their nonpublic school and charter school members. See Member and Classification Section of the handbook. The NYSPHSAA membership fee shall be assessed on a pro-rata basis if only grades 9-12 inclusive are enrolled.

2. All member schools of this corporation agree to abide by this Constitution and the Eligibility Standards, Sports Standards, Modified Program Rules, Officiating Standards, in all interschool competition as adopted by the Executive or Central Committees or approved by referendum of member schools.

3. Any school violating the constitution, amendments, bylaws, rules, regulations, or sports standards of the association and its sections may be suspended from the association or from the section, or both, by the Central Committee, or by the Executive Committee when the Central Committee is not in session, and barred from participation in any of the interschool athletic activities for a period up to one year. It is provided, however, that a section athletic council may impose penalties and sanctions as the rules and regulations of the association may provide.

4. All superintendents, principals, athletic directors, and coaches of member high schools are advisors of the association. They are eligible to serve on committees and are entitled to make recommendations to the NYSPHSAA staff and Executive Committee on all matters pertaining to the conduct of interscholastic athletics.

5. No part of the net earnings of the association shall inure to the benefit of any member, trustee, officer, or director of the association or any private individual (except that reasonable compensation for services rendered to or for the association affecting one or more of its purposes) and no member (other than a public high school), trustee, officer, or director of the association or any private individual shall be entitled to share in the distribution of any of the association's assets on dissolution of the association.

Upon the dissolution of the association or the winding up of its affairs, the assets of the association shall be distributed exclusively for educational purposes in accordance with the provisions of Not-for-Profit Section 501 (2) 3 of the Internal Revenue Code and its regulations as they now exist or as they may hereafter be amended.

As a means of accomplishing its purposes, the association is authorized to receive and maintain funds of real or personal property, or both, to have, hold, manage, encumber, and sell the same, to change the investments thereof, to invest and reinvest the proceeds thereof, and in general and subject to such limitations and conditions as are or may be prescribed by law, it exercise such other powers which are or hereafter may be conferred by law upon the association organized for the purposes hereinabove set forth, or necessary or incidental to the powers so conferred, or conducive to the attainment of the purposes of the association.

ARTICLE III
Central Committee

1. The corporation shall be administered by a board of directors, known as the Central Committee, consisting of representatives from each of the sections, elected from the member schools in accordance with the following plan:

   a. The state shall be divided into geographic areas called sections, each of which shall elect four representatives to the Central Committee: one chief school officer, one principal, one male representative of athletics and one female representative of athletics from the member schools of the section.

   b. On or before December 15th of each year, each section secretary shall inform the section athletic council as to the branch of service in which a vacancy by expiration of term shall occur, and each section shall elect a replacement by a method of their choice.

   c. In the event of the positive unwillingness to serve on the part of any duly elected person, election shall go to the nominee having the second highest number of votes.
   d. Newly elected Central Committee representatives will assume their positions September 1.

   e. In case of a vacancy in the membership on the Central Committee arising in any section, it shall be the duty of the three remaining members in such section to choose, with the advice and consent of the section athletic council, the fourth representative from a member school in the section and from that position of service in which the vacancy has occurred. Appointments shall be made for the full period of the unexpired term.

   f. Persons retiring from active public education employment, currently serving on the NYSPHSAA Central Committee, shall be permitted to continue for the duration of their tenure and also be permitted to serve in that capacity if so elected by the section.

   g. Should any member of the Central Committee be unable to attend a meeting of the Central Committee, then a section athletic council officer shall be designated to represent that section.

2. The Central Committee may from time-to-time adopt rules and regulations for conducting the

affairs of the association and shall draw up rules stipulating requirements or admission to membership in the association and shall adopt uniform eligibility rules and sports standards to conform to the minimum regulations adopted by the State Education Department.

3. A majority of members of the Central Committee eligible to vote shall constitute a quorum, provided due notice has been given all to members of the committee on the date, time, and place of the meeting.

   a. The NYSPHSAA President, Vice Presidents and immediate Past President shall not represent their respective sections. Sectional representatives constitute the voting body of the committee and the first vice president, second vice president and immediate past president shall have the right to vote when the Central Committee is in session. The president shall not be entitled to vote, except in the caseof a tie.

4. An annual meeting shall be held each year; other necessary meetings may be called by the president.

ARTICLE IV
Officers and Duties

1. The Central Committee shall elect a president, first vice president, and second vice president from among its own members and persons serving as an officer of a section athletic council to serve two-year terms. It shall also approve the appointment of the members of the professional staff.

   a. The **president** of the association shall preside at all meetings of the association, the Central Committee, and the Executive Committee, and shall perform such other duties as the Central Committee may designate, the constitution or bylaws authorize or require, and in general shall perform the duties that usually come under the office of the president.

   b. The **first vice president** shall assume the duties of the president during absence or inability to act and shall have the following duties in addition to those designated by the president:

      i. Chairman of the Budget and Audit Committee,
      ii. Attend Section Athletic Council meetings (other than in his/her section),
      iii. Attend sport committee meetings,
      iv. Attend meetings of the Handbook, Safety, and Championship Advisory Committees,
      v. Attend NYS Federation meeting.

   c. The **second vice president** shall assume the duties of the first vice president during absence or inability to act and shall have the following duties in addition to those designated by the president:

      i. Attend all Budget and Audit Committee meetings,
      ii. Attend Section Athletic Council meetings (other than in his/her section),
      iii. Attend Sport Committee meetings,
      iv. Attend meetings of the Officials Coordinating Federation, Modified Athletics and Chemical Health Committees,
      v. Attend meetings of ad hoc committees,
      vi. Chair the Long-Range Planning Committee.

   d. **Immediate Past President**:

i. Chair the Past Presidents Committee
ii. Chair the Nominating Committee
iii. Member of the Budget and Audit Committee

e. The **Executive Director** shall be the official interpreter of the policies and regulations of the Association, shall be responsible for conducting the business of the Association, shall keep the minutes and records of the Association, the Central Committee and the Executive Committee. The Treasurer shall have custody of the funds of the association, receiving all fees and other income, keeping a careful account of the same, and submitting a report at the annual meeting of the Central Committee. Money shall be disbursed only on vouchers, properly receipted, which shall be audited by a certified public accountant previous to the annual report.

2. A committee of officers in consultation with the staff shall have the authority to act on all matters not provided for in this constitution and bylaws, and on such emergency business as may arise between regular meetings of the Executive Committee.

3. Vacancies in any office shall be filled by a vote of the members of the Central Committee for the unexpired term of such office. When the Central Committee is not in session the Executive Committee shall fill any vacancy.

4. Officers shall be elected at the annual meeting. NOTE: The nominating committee shall select candidates for office in the following rotation: chief school officer, female representative of athletics, principal, male representative of Athletics. This rotation would provide broad representation from the Central Committee as-well-as administration experience.

5. The president shall appoint the members of the nominating committee.

6. The Honorary Past Presidents, Past Presidents, Executive Director, other Executive staff, Executive Director of the Pupil Benefits Plan, Inc., State Education Department Liaison, affiliate association representatives, and a representative of NYS School Board Association as ex-officio members may participate in the meetings of the association, the Central Committee, the Executive Committee, without the right to vote.

ARTICLEV
Executive Committee

1. The Executive Committee shall consist of twenty-two members, each of eleven sections being represented by one member of the Central Committee who shall receive the position in any manner the section shall determine, and by the female representative of athletics on the Central Committee. This selection shall be made prior to the annual meeting of the Central Committee. The NYSPHSAA President and Vice Presidents shall not represent their respective sections. Sectional representatives constitute the voting body of the committee and the president, first vice president, and second vice president shall not be entitled to vote except in the case of a tie with only one of said officers being entitled to vote in the order indicated. Should any member of the Executive Committee be unable to attend a meeting of the Executive Committee, then another member of the Central Committee from the section not so represented, or a section athletic council officer shall be designated to represent that section.

2. The Executive Committee shall have general management of the affairs of the association in the interval between meetings of the Central Committee and shall have the power to act in all matters not covered by this constitution and bylaws. It shall have jurisdiction in all appeals, protests, and questions of eligibility when the Central Committee is not in session.

3. The Executive Committee shall meet at least three times each year. A majority of the members of the Executive Committee eligible to vote shall constitute a quorum. Special meetings of the Executive Committee may be called by the president or at the request of a majority of the members.

4. Any action which needs the approval of the Executive Committee may be taken without a meeting, if authorized by the president, by conducting mail or electronic vote.

5. The Executive Committee shall be responsible for properly administering meets, tournaments, or games in which individuals or teams, determined as winners of sectional contests from two or more sections, participate. The secretaries of the sections to be represented in regional, intersectional, and state contests shall provide a complete list of sports in which that section intends to compete in the ensuing year to the NYSPHSAA, Inc. Executive Director for the approval of the Executive Committee at its spring meeting. Notice of withdrawal from a regional intersectional and state contest must be received at least sixty days prior to the date of the contest. Otherwise the section will be required to pay the proportionate share of the administration and insurance charges involved in the program.

ARTICLE VI
League and Section Organization

1. A school may join with other schools to form a league for the purpose of providing interschool athletic competition among schools of comparable size, similar interests, and within reasonable distance of each other. Leagues so formed shall be organized and affairs conducted in accordance with the rules of the section and of the association. If the section athletic council is unable to provide for league affiliation, they shall refer the problem to the NYSPHSAA, Inc. Executive Committee within 30 days for action.

2. The member schools in each section shall establish an athletic council, consisting of the four members of the Central Committee representing the section and one or more representative of each league in the section elected by the league or its member schools. The section may provide for additional members of the athletic council.

3. The athletic council shall elect a president, one or more vice presidents, a secretary, and a treasurer. Each Central Committee member shall serve as an officer or as an ex-officio member of the athletic council. The athletic council shall meet at least three times each year.

4. The athletic council shall:

   a. Adopt a constitution and bylaws for governing the section and shall file a copy and any amendments with the executive director of the association.

   b. Manage the affairs of the section and adopt rules and regulations from time-to- time for governing the section with rules and regulations which must be consistent with those of the association and the State Education Department.

c. Impose and enforce a suitable penalty upon any member school which violates the constitution, bylaws, rules, regulations, sports standards, or code of ethics of the association or section. A member school found guilty of such violation by the Section Athletic Council may be barred from participation in any or all interschool athletic activities for a period up to one year.

5. The president of the athletic council may call special meetings in the section for the purpose of explaining and discussing all amendments submitted to the member schools or for the purpose of considering the policies and procedures of the leagues, the section, or the association. The president is the representative of all of the member schools in the section and shall at all times exercise the function of democratic leadership.

ARTICLE VII
State Sport Committees

1. Each section may elect or appoint one representative to each state sports committee. Necessary expenses for each delegate to attend sports committee meetings shall be paid by the section.

   a. Each state sports committee shall hold an annual meeting and shall elect a vice chairman, and a secretary, who will be representatives on that state's sports committee, and who will hold office for the ensuing year. State sports committee meetings must have the approval of Association staff. Notice of the time and place of state committee meetings shall be given to members at least two months prior to the meeting.

   b. Minutes of all meetings shall be provided to committee members, association officers and staff, section presidents and section executive directors/secretaries.

   c. The coordinator of the state sports committee shall submit an annual written report to the Central Committee. If requested to attend, the necessary expenses to attend the Central Committee meeting will be paid by the association.

   d. There shall be a biennial meeting of all state sports coordinators.

2. Each state sports committee shall encourage participation in that sport, require observation of the rules, regulations, and sports standards, provide measures of safety, answer questions and receive suggestions pertaining to that sport.

   a. Each section sports committee representative shall conduct studies when needed, review games rules, conduct interpretation meetings, present demonstrations, secure the cooperation of officials, improve game administration in the section, and act as the liaison between the section and the state sports committee coordinator.

   b. Each state sports committee may make investigations and surveys, and conduct other research to ensure that playing rules are adapted to the needs and abilities of the high school student and submit recommendations to the Executive Committee.

   c. Each state sports committee shall be responsible for informing the sections of the correct procedure to be followed in making changes in policy, regulations, rules or sports standards in that sport.

ARTICLE VIII
Constitutional Amendments

1. A majority vote of the Central Committee or Executive Committee at any duly authorized meeting is required to propose an amendment to the Constitution. Amendments may be initiated by the Central Committee, Executive Committee, a section athletic council, or the officers of the NYSPHSAA, Inc. Proposals shall be submitted to the executive director by January 15 to allow sectional athletic councils adequate time for their consideration.

2. A referendum is required to approve amendments. During a referendum, each school shall have one vote on a signed ballot. To be valid, this vote shall represent the collective judgment of and include the signatures of the chief school officer, principal, and the director of athletics. An Executive Committee member representing the section shall serve as teller to canvass all ballots to amend the Constitution or amend any other rule or regulation, which was put forth for the referendum.

3. During the referendum, a majority vote of the member schools voting in each section shall be required for the adoption of the amendment in the section. Approval of at least seven sections and approval of two-thirds of the member schools casting valid ballots shall be required for the final adoption of the amendment as a statewide rule or policy or as an amendment to the Constitution, as the case may be.

4. All amendments to this Constitution, which are approved by a referendum vote, shall not become effective until August 1 of the next school year.

ARTICLE IX
Changes in Eligibility Standards

1. Changes in Eligibility Standards, Sports Standards, Modified Program Rules Operating Code, Officiating Standards, and any other rules and regulations not part of the Constitution may become effective immediately or approved for referendum of member schools at the discretion of the Executive Committee or Central Committee, as the case may be.

2. When a referendum vote is authorized, the procedures stipulated in Article VIII, Item 2, shall be followed.

3. Adoption of a statewide standard, rule, or policy by referendum vote shall require a majority vote of member schools casting valid ballots and approval in a majority of the sections.

4. All changes in the rules and regulations approved by a referendum vote shall not become effective until August 1 of the next school year.

DEFINITIONS

ADVISORY COUNCIL: All school personnel of member schools are considered advisory members. They may make recommendations on athletics to the Executive Committee and serve on committees of the Association. (Constitution, Article II, (4)).

AGE OF MAJORITY: Age of majority refers to persons sixteen to eighteen years of age living apart from their parents and financially independent of them. Minors claiming emancipation must have established a residence in which they maintain themselves beyond the support and control of their natural parents.

ATHLETIC COUNCIL: The administrative body for each of the sections of the NYSPHSAA, Inc. consisting of representatives from leagues and member schools. (Constitution, Article VI, (2))

BONA FIDE STUDENT: A bona fide student is a regularly enrolled boy or girl whose name is on the official attendance register of the secondary school represented and who is in good standing. (Eligibility Standard #6)

CENTRAL COMMITTEE: The Central Committee is the legislative body of the NYSPHSAA, Inc. consisting of a chief school officer, a principal, and two athletic representatives elected from each section, and the elected officers and ex-officio members. (Constitution, Article III, (1) (a)).

CLUB TEAM: Neither the regulations of the Commissioner of Education nor the NYSPHSAA recognize extra class activities called "club teams". Interscholastic teams may not practice/scrimmage with or compete against “club teams".

COMMISSIONER'S REGULATIONS: The Regulations of the Commissioner of Education are policies and controls enacted by the Board of Regents and administered by the State Education Department. The NYSPHSAA has additional regulations and standards. See By-Laws and Regulations. NOTE: All NYSPHSAA private/parochial schools must comply with all coaching certification requirements as outlined in the Commissioner’s Part 135.4 effective July 1, 2016.

COMPETITOR: Any competitor must be a bona fide student in the member school district represented and is considered to be the school team or part of such team. Compliance with all NYSPHSAA bylaws and standards and conformance with all NYSED regulations is required. Participation as an individual competitor counts toward the maximum number of contests permitted and meets the requirements of the Representation Standard #26.

CONDUCTING A CONTEST: All contests shall be under the direction and supervision of qualified school personnel who shall have full knowledge of and give full approval to the plans for the contest. It is necessary to be physically present with authority to change any part of the procedures which are contrary to NYSPHSAA, Inc. policy or not in the best interests of secondary school competitors (Eligibility Standard #26). When a contest or game is held in conjunction with a fund-raising effort, the following criteria is required to be met:

1. The host school is required to have the charity event approved by a school administrator and /or Board of Education.
2. The sport specific game rules (NFHS, NCAA, etc.) may not be altered.
3. All NYSPHSAA and NYSED eligibility standards must be followed.
4. Donations may not be made based on the outcome of student performance.

5. If an outside agency or charity is directly involved in the administration, coordination, or organization of the contest, the event must be approved under the Outside Agency rule through the Section Athletic Council.
6. League or conference schedules may not be altered unless mutually agreed upon.

CONDUCTING A HEARING: An impartial panel of three or more representatives may be authorized by a league or a section athletic council to conduct a hearing at an early date after an appeal is made. The presiding officer shall designate a member to keep the minutes of the meeting which should record: those present, the issue in question, the argument of the appellant, the statement of the respondent, the decision of the panel. These minutes become a part of the record of the league or section for transmittal in the event of additional hearings. Each litigant is entitled to representation by counsel.

CONTEST: An interschool competition arranged by school personnel in accordance with the Regulations, Eligibility and Sports Standards.

DIVERSITY: Diversity at NYSPHSAA encompasses the recognition and inclusion of differences among student athletes, schools, and communities, including but not limited to, different races, weights, national origins, ethnic groups, religions, religious practices, mental or physical abilities, disabilities, sexual orientations, gender identity or expression, and sexes. (May 2025)

EQUITY: Equity at NYSPHSAA means ensuring fair treatment, equal access to opportunities, and addressing barriers to participation for all student-athletes, schools, and communities. (May 2025)

EXHIBITION COMPETITOR: An exhibition competitor is a bona fide student in the member school district represented and is a non-scoring participant in an interschool contest or tournament. Exhibition competitors may only compete with or against other exhibition competitors and be non-scoring/non-placing in the event. Exhibition competitors may fill open lanes in the sports of swimming and track and field. Participation as an exhibition competitor counts towards the maximum number of contests permitted and meets the requirements of the Representation Standard #26.

FRESHMAN TEAM: A team comprised of ninth grade students which must follow all high school eligibility rules and standards, and compete only against high school teams. NOTE: A freshman team cannot compete against a modified team.

INCLUSION: Inclusion at NYSPHSAA means fostering a welcoming environment where all student-athletes, schools, and communities feel valued, respected, and empowered to participate fully. (May 2025)

INVITATIONAL ACTIVITIES: Invitational activities are those games or other events dealing with one sport, arranged by invitation from one school to one or more other schools.

LEAGUE: A group of schools, preferably of similar size and location, who join together for the purpose of administering athletic competition and other educational activities. (Constitution, Article VI).

MAXIMUM NUMBER OF CONTESTS: An individual may not participate in more than the number of contests established for a sport (Sports Standards Charts). A participant is a contestant representing a school that enters and engages in that contest. Furthermore, a team may not schedule more than the maximum number of contests stipulated in the Sports Standards Chart (even though some

members of the team have not participated in the maximum number of contests.) NOTE: Forfeiture is considered a contest. Exception: In the sport of Football, when a team receives a forfeit win, the forfeit win will not count towards the maximum number of contests. The team who accepts the forfeit can reschedule a game that will count towards the maximum number of contests. (July 2024)

NATIONAL TEAM MEMBER: One who is selected by the national governing body of a sport on a national qualification basis either through a defined selective process or actual tryouts for the purpose of international competition which requires the entries to officially represent their respective nations.

NEXT PREVIOUSLY SCHEDULED CONTEST: This is the same as the next contest which originally was in the schedule. No attempt should be made to insert a non-league contest into a sports schedule after a key player has been disqualified in order that the player would not participate in a meaningless game. This totally violates the intent of this rule and is not permitted. The ejected player or coach must not participate in the next previously scheduled contest. Any post season competition is considered previously scheduled. (Sportsmanship #28)

OLYMPIC DEVELOPMENT PROGRAM: A training program for competition:

a. Conducted or sponsored by the United States Olympic Committee or
b. Directly funded and conducted by a national governing body on a national level or
c. Authorized by a national governing body for athletes having potential for future national team participation.

OUTSIDE TEAMS: An outside team is a group of contestants organized and/or sponsored by other than secondary school authorities for competition in a specific sport.

OVERTIME: Sections will have the authority to decide if overtime sessions will be played in a particular sport. If approved, the overtime procedure included in the sport specific rule book must be followed. Any approved waiver or modification of the overtime procedures are noted in the Sport Standards section.

PARTICIPATION: Except as found in the Duration of Competition standard, "participation" defines if an athlete has competed in a contest. Students are charged with a contest once they enter the contest. In team sports once they enter the game they are charged with a contest. In individual sports, once they enter the contest (or event) they are charged with a contest. It matters not if the athlete competes for two seconds or the entire competition; they have participated in a contest. (Representation Standard #26)

POST SEASON: A post-season contest is a game, meet or tournament played after the close of the last day of the season for that sport. (Eligibility Standard#21).

POST SCHEDULE: A post schedule contest is a game, meet or tournament that is held following the completion of the league and/or sectional schedule but prior to the end of the season established by the section.

PROFESSIONAL: A professional is (1) a contestant (or other person acting in his/her behalf) who accepts money or merchandise) other than medals, ribbons, or appropriate trophies) for participation in an athletic event, or (2) a contestant who signs a contract with a professional team. (Eligibility Standard #2)

RECRUITMENT: An act, on behalf of or for the benefit of a school, which attempts to influence a student to transfer to a member school for the purpose of participating in athletics.

REGIONAL COMPETITION: Any competition between sections after the sectional tournament in that sport are completed.

SCHEDULED GAME OR TOURNAMENT: A contest arranged by school personnel in accordance with the Regulations, Eligibility and Sports Standards is a scheduled game or tournament.

SCHOOL AUTHORITIES: Trustees and boards of education are school authorities who may employ school personnel to act as their agents in carrying out their duties.

SECTION: One of the eleven geographic areas into which the state is divided by the NYSPHSAA, Inc. for the purpose of administering the athletic program for the member schools therein is under the jurisdiction of the Section Athletic Council. (Constitution, Article V, (2) - (5))

SECTIONAL COMPETITION: Games or meets conducted at the conclusion of the league schedule for the purpose of determining sectional champions. In those activities in which state championships are held in classes, sections may conduct interclass contests after determining their winners by classification.

SEMESTER: A semester is one-half of the school year covering a span of 18 - 20 weeks between September 1 and January 31, or the span of 18 - 20 weeks between the close of the first semester and June 30.

SPORTS SEASON: A sports season is a period of participation in a specific sport with limitations indicated in the Sports Standards. (Eligibility Standard#29)

SUMMER: The last rating day of the school year until the Section's official Fall Sports start date.

SUSPENDED GAMES/PROTESTED GAMES: For suspended games, the game rules for that sport must be followed or in the absence of such rules the game will continue from the point of interruption and may be scheduled on the next consecutive day. This applies to all sports. A game or part of a game replayed as a result of a protest decision must adhere to the required nights for rest. The latter will not count as an extra game. If a contest is suspended, all violations of the NYSPHSAA Sportsmanship Rule and/or any yellow/red cards received during that contest will be enforced regardless if the contest is replayed in its entirety or resumed from the point of interruption.

TAUNTING: Taunting includes, but is not limited to, any actions or comments by coaches or players which are intended to bait, anger, embarrass, ridicule or demean other players, coaches or game officials. Included in this is conduct that berates, needles, intimidates or threatens based on gender, ethnic origin or background and conduct that attacks religious beliefs, size, economic status, speech, family, special needs or personal matters. Examples of taunting that would lead to ejection include, but are not limited to, physical and verbal intimidation outside the spirit of the game ("trash talk,") reference to sexual orientation, "in-the-face confrontation" by one player to another, standing over, straddling tackled or fallen player, etc. (Sportsmanship #28)

TRANSFER STUDENT: A transfer student is one who has changed registration from one school to another. (Eligibility Standard #31).

TRY-OUT: A tryout consists of a sport specific demonstration in front of professional scouts. This does not include the playing of games where scouts are present. This would include placing students in front of professional scouts to perform drills specific to that sport, independent of playing of the playing of a game.

BYLAWS AND ELIGIBILITY STANDARDS

These standards are the rules of the New York State Public High School Athletic Association, Inc. and apply to grades 9-12. Athletes must meet all standards of eligibility for practice and competition. "All schools agree to abide by the minimum eligibility rules adopted by the Central Committee in all interscholastic competitions." – NYSPHSAA, Inc., Constitution, Article II. (2).

1. AGE AND GRADE:

Regulation of the Commissioner of Education

A student shall be eligible for interschool competition in grades 9, 10, 11 and 12 until his/her nineteenth birthday. If the age of nineteen years is reached on or after July 1, the student may continue to participate during that school year in all sports. NOTE: Students may be eligible regardless of age or grade if they have been approved through the State Education Department's Athletic Placement Process. The 15-year-old below the 9th grade needs only to meet the Athletic Placement Process maturity standards to be eligible at the high school level. (Duration of Competition #8)

Reporting Procedure: All violations shall be reported to the League and Section.

2. AMATEUR:

1. A student who represents a school in an interscholastic sport shall be an amateur in that sport. An amateur is one who engages in athletic competition solely for the pleasure of the activity and for the physical, mental, and social benefits derived from participation.

2. When competing in non-NYSPHSAA sponsored events, an athlete forfeits amateur status in a sport by:

a. Accepting money or other compensation, including gift cards and gift certificates is prohibited (allowable entry fees, travel, meals, and lodging expenses is permitted.) (Feb. 2019)

b. Receiving an award or prize of monetary value which has not been approved by this Association. NOTE: Only awards or prizes having a monetary value of five hundred dollars ($500) or less per competition will be approved by the Association. When honoring student-athletes for success in NYSPHSAA sponsored championship events, Boards of Education are encouraged to approve limited awards that are appropriate to high school level competition. (May 2019)

c. An athlete forfeits amateur status in a sport by capitalizing on athletic fame by receiving money, compensation, endorsements or gifts of monetary value in affiliation or connection with activities involving the student's school team, school, Section or NYSPHSAA (scholarships to institutions of higher learning are specifically exempted). (Oct. 2021)

1. This provision is not intended to restrict the right of any student to participate in a commercial endorsement provided there is no school team, school, Section or NYSPHSAA affiliation.

2. The student does not appear in the uniform of the student's school and does not utilize the marks, logos, etc. of the school, section, or NYSPHSAA as part of any endorsement.

d. An athlete forfeits amateur status in a sport by signing a professional playing contract in that sport.

3. Instructing, supervising, or officiating in any organized youth sports program, recreation, playground, or camp activities will not jeopardize amateur standing. Receiving compensation for officiating shall not affect amateur standing.

4. A student who violates the above rule may apply to the league or to the designated body within that section for reinstatement one year from the date of the latest violation.

Reporting Procedure: All violations shall be reported to the League and Section.

[AMATEUR RULE VIDEO INTERPRETATION]

3. APPEAL PROCEDURE:

The NYSPHSAA, Inc. is an association of member schools. Therefore, appeals will only be entertained from school, leagues and sections.

a. All questions of eligibility and all questions regarding the implementation of the rules and regulations of the NYSPHSAA, Inc. or of any of its subdivisions shall be referred to the league president for a decision unless the league provides for another method for reaching a decision. The league shall be guided by the constitution, bylaws, rules, regulations, and sports standards of the league, the section, and the association. A school which does not belong to a league may apply to the section president for a decision. All appeals are to be in writing and are to be initiated at the league level.

NOTE: While an appeal is being processed a student(s) may participate in practice sessions commencing from the date the appeal was filed. It is provided, however, that all questions pertaining to general eligibility involving a Sectional activity shall be taken directly to the Athletic Council or its designee: and it is provided further, however, that during regional and state championship activity, all questions concerning the rules and regulations of the NYSPHSAA, Inc. and questions of general eligibility shall be referred to the Executive Director of the NYSPHSAA, Inc. or his or her designated representative for such contest if he or she is unavailable. Because of time constraints, the decision of the Athletic Council or the Executive Director as the case may be, will be final with no right of formal appeal to the Appeal Panel or other administrative body.

All questions and/or protests as to game/meet rules or as to the conduct of the game or meet shall be heard and decided by the game/meet committee established by that Section or State Sport Championship Committee as the case may be prior to play continuing; and all such decisions shall be final with no right of appeal. In any case, video may not be used to overturn an official's decision, unless the rules clearly provide for the use of video (i.e., ice hockey, cheerleading, basketball, skiing, etc.)." (May 2024)

b. Appeals from the decision of league presidents and section presidents may be made to the Athletic Council which will review the evidence, may hear arguments, and shall have the power to affirm, reverse, or modify the decisions of the league or section president. The decisions of game officials shall be final unless the individual league or section has made provisions for review. In any event, the Appeal Panel will not review any such decisions.

c. An appeal from the decision of the athletic Council or NYSPHSAA Oversight Committee may be taken to the Appeal Panel of the NYSPHSAA, Inc., which shall review the evidence, may hear arguments, and shall have the power to affirm, reverse, or modify the decision of the Athletic Council or NYSPHSAA Oversight Committee. (June 2026) Such decisions shall not be reversed or modified unless the Appeal Panel has unanimous agreement (July 2019) and finds that:

1. The decision of the Athletic Council clearly is contrary to the evidence presented.

2. The facts found by the Athletic Council constitute a violation of the Association's Constitution, standards or rules, or Regulations of the Commissioner of Education, or

3. A procedural error affected the reliability of the information that was utilized to support the finding of the Athletic Council.

NOTE: There is no appeal to the NYSPHSAA Appeal Committee for a prescribed penalty. (July 2025)

d. An aggrieved party shall be one or more-member schools of the NYSPHSAA, Inc., and the notice of appeal shall be signed by the chief school officer of the schools involved. The aggrieved party must notify the Executive Director of the NYSPHSAA, Inc., of its intention to appeal to the Appeal Panel not later than fifteen (15) calendar days from the date the aggrieved party received written decision of the Athletic Council and submit a statement indicating whether the aggrieved party desires to submit its appeal in writing only or whether they desire to make oral argument by either telephone conference call or in person. A filing fee of $500 (July 2019) must be received from the aggrieved party prior to the appeal hearing. The Executive Director of the NYSPHSAA, Inc., shall notify the parties of the date by which written presentation must be submitted and the date, place and time for any oral arguments.

A written brief shall contain: **1)** A table of contents, **2)** A concise statement of the nature of the appeal and the questions involved, **3)** A concise statement of the facts with the supporting references to the transcript of any proceedings had or to a summary of the proceedings as submitted by the recording secretary if there be no transcript, **4)** The arguments, which shall be divided into points by appropriate and distinct headings, **5)** Exhibits, if any.

e. The Appeal Panel shall be comprised of three persons consisting of the NYSPHSAA, Inc., current past president, who shall serve as chairperson, one representative from the coordinators of a sectional appeals committee, and one representative from section executive directors/secretaries. Should a representative from any of these categories be unable to serve, the Executive Director of NYSPHSAA, Inc., and/or Counsel shall serve in an ex-officio capacity.

f. Expenses incurred for an in-person appeal by the Appeal Panel members shall be shared in the following manner: One-fourth from the NYSPHSAA, Inc., one-fourth from the section involved and one-half from the appellant. Expenses include all necessary and customary travel expenses, including, but not limited to mileage, lodging and meals. (July 2019)

g. If a section is involved in an appeal, no representation shall be selected from that section.

h. The decision of the Appeal Panel shall be the final administrative appeal through the NYSPHSAA, Inc., and shall be final.

i. Any member school which institutes an unsuccessful legal action or appeal to the courts or the Commissioner of Education to overturn, stay or enjoin an eligibility ruling or a rule or rules of the NYSPHSAA or its subdivisions will be liable for reasonable costs and attorney fees incurred by the NYSPHSAA, section(s) or leagues in defending against such action.

Further, should the Association or its subdivisions be forced to initiate legal action to collect the aforementioned costs and attorney fees, the member school shall be additionally liable for the Association's reasonable costs and attorney fees resulting from the collection action and shall be deprived of all rights to participate in any post schedule championship conducted by the NYSPHSAA or its sections.

Any member school which does not make final payment of costs and fees by June 30 of that year shall be denied membership in the Association.

j. Eligibility Standards may be made more restrictive by individual sections. Any appeal involving a more restrictive standard shall not be heard by the Appeal Panel and the decision of the section shall be final.

NOTE: If a school, League, or Section becomes a plaintiff or defendant in litigation based on the enforcement of its own rules, NYSPHSAA, Inc., rules, or the Regulations of the Commissioner of Education, this Association offers consultative legal advisement. Requests for consultation are to be directed to the President or the Executive Director, who may refer the question to Counsel. The authorization for payment of legal fees for representation by this Association is limited to actions in which the NYSPHSAA, Inc. is the primary defendant or respondent. After the local action is completed, the Association may offer to appear amicus curiae during Appellant Review.

4. APPROVED OFFICIALS:

Officials shall qualify through completion of the Officials' Five Point Program. Each approved official shall:

1. Observe the constitution and bylaws of their local and state official's organization.
2. Attend interpretation meetings and clinics of the local organization each year.
3. Give satisfactory evidence of proficiency in the mechanics of officiating and of competent performance related to the specific sport.
4. Pass the National Federation State, or other approved rules examination.
5. Be listed with the NYSPHSAA, Inc., Executive Director.

NOTE: To insure quality competitive experiences, the selection and assignment of officials must provide priority to competent officials (those who have been trained and tested in the approved rules and regulations of the specific game to be officiated). (See OCF section of the Handbook)

5. ASSUMED NAME:

Participating under an assumed name in any athletic contest shall make the student/athlete ineligible for the remainder of that sport season. The Section may extend the period of ineligibility in that sport to one year from the date of violation. The coach responsible for the student's participation will be ineligible to coach for the remainder of the season and furthermore, the Section may extend the period of ineligibility as deemed appropriate.

6. BONA FIDE STUDENTS:

Regulation of the Commissioner of Education
[NYSED LINK]

A contestant must be a bona fide student of the high school represented and must be taking at least four subjects including Physical Education. A foreign exchange student may be considered a bona fide student if all of these eligibility rules are satisfied. A student in an education program in two schools may represent only the home school.

NOTE: A student in shared services, part-time or full-time program, taking the equivalent of four subjects including Physical Education, is considered as being registered in the home school. A shared services student is only eligible at one school per school year (home district or shared service school) regardless of the interscholastic athletic programs offered. (May 2020) Exceptions for special cases must be approved by League and Section.

A student who satisfies all eligibility standards, enrolled in the equivalent of three requirements for graduation, may be enrolled in one or more college courses for advance placement. The student must be earning a minimum of three high school credits and Physical Education to be eligible.

Students enrolled in a TASC program (GED) must be receiving 2.5 hours of instruction daily and also meet the Physical Education requirement in accordance with NYSED Bona Fide Student Regulation. (July 2021)

Students may only be Athletically Placed through APP into a member school. Furthermore, to be eligible to be Athletically Placed into a member schools' athletic programs a student must be registered in that school district; excluding the 13 K-8 school districts in New York State.

[BONA FIDE STUDENT VIDEO INTERPRETATION]

COMBINING OF TEAMS:

The joining together of students from two or more-member schools in the same district or proximity to form a single team shall be permitted subject to the following conditions:

1. Permission must be obtained from their league and section on an annual basis.

2. Sections must keep records of approvals. (Oct. 2025) NOTE: If a combined school team goes beyond sectional level competition their boys and girls grade 9/10 and an average of 9/10 enrollment shall be combined, using the below criteria, for state level competition.

The school(s) with the higher(est) classification number will have a percentage of the other school(s) classification number added according to the graduated scale below.

The percentage is dependent upon the association's "Sport Specific classification cut-off numbers" (July 2018)

Six Classes (Class AAA 100%, Class AA 100%, Class A 100%, Class B 100%, Class C 50%, Class D 40%)
Five Classes (Class AA 100%, Class A 100%, Class B 100%, Class C 50%, Class D 40%)
Four Classes Class A 100%, Class B 100%, Class C 50%, Class D 40%)
Three Classes Class A 100%, Class B 50%, Class C 40%)
Two Divisions (Division I 100%, Division II 50%)

The graduated scale is used for up to 3 "team" mergers and mergers with 4 or more "teams" take 100% of their BEDS, ONLY in team sports. (July 2017)

NOTE: If two or more schools are located within the same physical building, 100% of their BEDS will be used if they are following the Combining of Teams process. (Feb. 2019)

3. Section shall determine the deadlines for schools to merge or demerge programs.

4. If a non-public school is part of the merger, the "merged" team may be subject to the Section's Classification of Non-Public School Committee.

5. If a merger is denied by the Section, schools have the ability to resubmit a merger using 100% of all schools' BEDS enrollment numbers. (July 2016)

Reporting Procedure: All violations shall be reported to the League and Section.

7. COLLEGE:

A student is no longer eligible to represent the school in that sport in that season if the student participates in practice or competition with or against any individual or team(s) representing a college that season. Prior to competition, the NYSPHSAA Executive Director may grant an exemption of the College Rule for an individual sport athlete when vying for a standard that would qualify them for the Olympic trials and/or Olympic Games when this opportunity is not offered through the New York State Public High School Athletic Association and/or the National Federation of State High School Associations. The exemption would permit a student to participate as an "unattached" individual with no affiliation to their school team in a competition against open and college competitors in an approved competition set forth by the Olympic Committee without violating the College Rule. (Jan. 2012).

Reporting Procedure: All violations shall be reported to the League and Section.

[COLLEGE RULE VIDEO INTERPRETATION]

8. DURATION OF COMPETITION:

Regulation of the Commissioner of Education:

[NYSED LINK]

A pupil shall be eligible for senior high school athletic competition in a sport during each of four consecutive seasons of such sport commencing with the pupil's entry into the ninth grade and prior to graduation, except as otherwise specified by the Commissioner Regulations. A pupil enters competition in each year when the pupil is a member of the team in the sport involved, and that team has completed at least one contest. The eligibility for competition of a pupil who has not attained the age of 19 years prior to July 1 may be extended under the following circumstances.

i. If sufficient evidence is presented by the chief school officer to the section to show that the pupil's failure to enter competition during one or more seasons of a sport caused by illness or accident documented social/emotional condition or documented social/emotional circumstances beyond the control of the pupil, such pupil's eligibility shall be extended accordingly in that sport.

To be deemed sufficient, the evidence must [include documentation showing that as a direct result of the illness or accident the pupil will be required to attend school for one or more additional semesters to graduate] demonstrate that: (a) the pupil's failure to enter competition during one or more seasons of a sport was caused by illness, accident, documented social/emotional condition or documented social/emotional circumstances beyond the control of the pupil; (b) as a direct result of such circumstances the pupil is required to attend school for one or more additional semesters in order to graduate; and (c) such participation would not have a significant adverse effect upon the opportunity of other pupils to participate successfully in interschool competition in the sport.

Appeals should be filed with the Section office.

ii. If the chief school officer demonstrated to the satisfaction of the section that the pupil's failure to enter competition during one or more seasons of a sport is caused by such pupil's enrollment in a national or international student exchange program or foreign study program, that as a result of such enrollment the pupil will be required to attend school for one or more semesters in order to graduate, and that the pupil did not enter competition in any sport while enrolled in such program, such pupil's eligibility shall be extended accordingly in such sport.

Appeals should be filed with the Section office.

(iii) If the section declines to extend the pupil's eligibility in accordance with this subclause, the section shall provide written notice of such determination to the chief school officer, with a copy to the pupil's parent, guardian or person in parental relation. Such notice shall include, as applicable: information regarding the athletic association's internal appeal process, including the name of the individual and address to which such appeal is to be directed; or a statement that the determination may be appealed to the Commissioner of Education, in accordance with Education Law section 310, within 30 days of the date of such determination and shall include the name and address of the section official upon whom such appeal shall be served. If the athletic association hears and denies an appeal, written notice of the determination shall be provided to the chief school officer, with a copy to the pupil's parent, guardian or person in parental relation. Such notice shall include a statement that the determination may be appealed to the Commissioner of Education, in accordance with Education Law, section 310, within 30 days of the date of such determination and shall include the name and address of the athletic association official upon whom such appeal shall be served.

[DURATION OF COMPETITION VIDEO INTERPRETATION]

9. FOREIGN STUDENTS AND INTERNATIONAL STUDENTS:

The following criteria apply to all Foreign Exchange and International students:

1. Students who have been graduated from the secondary school system in their country are ineligible for the interschool athletic program.

2. No member of the school's coaching staff or athletic director, paid or voluntary, shall serve as a host family. This only applies to students participating at the Varsity level. Those students that play at the sub-varsity level are not held to this regulation. (Feb. 2025) School districts may apply to the Section for a waiver if the student is living with a member of the school's coaching staff or athletic director and if the student has not played the sport competitively.

3. There shall be no evidence that a student, school or other interested party has influenced the assignment of the foreign exchange or international student to a school for athletic purposes.

4. Students must possess the appropriate visa.

5. The foreign exchange and international student must comply with all other NYSPHSAA and NYSED eligibility requirements.

In addition to the aforementioned criteria, the following applies too:

A. FOREIGN EXCHANGE STUDENTS - All Foreign Exchange Students must be reported to the Section office using the appropriate form. Athletes are not permitted to practice before the form has been submitted. Athletes are not permitted to compete without approval from the Section.

1. Foreign Exchange Student definition: A foreign exchange student is a student that is enrolled in a NYSPHSAA member school that is a participant in a foreign exchange program. The foreign exchange program may or may not be accepted for listing by the CSIET.

a. A bona fide Foreign Exchange student may be immediately eligible the first year in residence and be limited to one-year eligibility provided the student (a) is a participant in an established foreign exchange program accepted for listing by the Council of Standards for International Travel (CSIET) and (b) complies with all State Education Department and NYSPHSAA, Inc., standards. Students that are not in an approved CSIET program are subject to the Transfer Rule. NOTE: CSIET list is available at www.nysphsaa.org

b. There shall be no evidence that a student, school or other interested party has influenced the assignment of the foreign Exchange student to a school for athletic purposes. The foreign exchange program must assign students to host families by a method that ensures that no student, or his/her parents, school or other interested party may influence the assignment for athletic or other purposes. The Foreign Exchange student may not be selected or placed on any basis related to his/her athletic interests or abilities. School districts will be notified by NYSPHSAA if a student is a "Direct Placement" by CSIET standards. Those Foreign Exchange students who are Direct Placements are subject to the Transfer Rule #31.

B. INTERNATIONAL STUDENTS - When needed, International students must receive a waiver of the Transfer Rule to be eligible to practice or compete. Schools must submit the required transfer form to the Section office. Athletes are not permitted to practice before the form has been submitted. Athletes are not permitted to compete without approval.

1. International Student definition: An International student is a student that is enrolled in a NYSPHSAA member school, who is not enrolled in a foreign exchange program nor living with his/her parents (or other persons with whom the student has resided for at least six months prior).

a. All international students are considered to be transfer students. Eligibility is determined under the transfer rule. NOTE: If an International student has participated in an organized sports program in a particular sport, equivalent to or on a higher level than our high school programs, he/she is ineligible to participate in that sport for one year.

b. There shall be no evidence that a student, school or other interested party has influenced the assignment of the International student to a school for athletic purposes:

NOTE: Noncompliance with one or more of the foregoing provisions shall render the Foreign Exchange or International student ineligible for interscholastic athletics at any high school which is a member of the NYSPHSAA. (2010)

[FOREIGN EXCHANGE VIDEO INTERPRETATION]

10. HEALTH EXAMINATION:

Regulation of the Commissioner of Education:
[NYSED LINK]

A student who may engage in interschool competition shall receive an adequate health examination and health history update when required, and may not practice or participate without the approval of the school medical officer. NOTE: Physicals for participation in school sports may be scheduled at any time during the calendar year.

The results of the physical shall be valid for a period of 12 months during the last day of the month in which the physical was conducted. Unless the medical examination is conducted within 30 days of the start of a season, a health history update is required. Any pupil, whose safe participation is in question as a result of the health history interview, or injury, or prolonged absence, must be prequalified by the school physician prior to participation.

If the 12-month period for the physical expires during a sports season, participants may complete the season as long as a health history was conducted prior to the season. For example, a physical conducted on August 1 would be valid through August 31. If a student plays beyond August (ex. football), the student may complete that sports season as long as an interval health history was conducted before the start of the season. Immediately following the last sanctioned tournament competition for that season, a new physical is required if the student is going to play another sport. Sport season includes tryouts.

NOTE: The Handbook Committee recommends that each incidence of prolonged absence should be reviewed individually by the coach and the athletic director, consulting with the school physician when necessary, and a reasonable amount of practice time and playing time be established based on the athlete's readiness for safe return to competition.

11. INTERNATIONAL CONTESTS:

Member schools may sponsor contests for their athletic teams with foreign countries secondary school teams for the purpose of cultural exchange and competition under the following conditions:

a. League, Conference and Sectional schedule may not be altered to accommodate such a contest.

b. Teams with whom contests are scheduled must be comprised of players comparable in ages to our senior high school level.

c. All competitors on the New York State high school team must be eligible according to NYSPHSAA Inc., regulations.

d. All contests must be scheduled according to appropriate sport standards.

e. No such competition may take place four weeks prior to the starting date of that sport season as established by the Section.

f. The number of organized practice sessions in preparation for international competition shall be restricted to the number required before a first contest in that sport.

g. The Section must approve the plans and the NYSPHSAA, Inc., Executive Director must be notified at least sixty days prior to the scheduled departure.

h. When hosting an international contest, sanctioning request forms must be initiated by the host member school through NFHS (www.NFHS.org). One application per state will be filed when a foreign team tours and plays more than one school.

i. When hosting an international contest, the contest must be conducted within the school's sport season as established by its Section Athletic Council and must be counted as one of the maximum number of contests. The hosting of a scrimmage with a foreign school's team does not require sanctioning. It is the school's responsibility to determine that the criteria listed in this section and Eligibility Standard #12; Interschool Scrimmage/Practice Sessions satisfied.

j. A complete report, including a detailed financial statement, involving all phases of the competition shall be filed with the NFHS and the State Association within thirty (30) Days following final competition.

National Federation Sanction is necessary for international competition. Forms for requesting this sanction must be completed online using the NFHS web site (www.NFHS.org/scanctioning) and must be filed 60 days prior to date of competition.

12. INTERSCHOOL SCRIMMAGE

A scrimmage is a practice that is a SIMULATED CONTEST.

In scrimmages:

a. both squads use the same field simultaneously with both coaches making corrections and giving instructions.

b. GAME RULES MUST BE ALTERED - SEE SPORT SPECIFIC REQUIREMENTS (High School Sport Standards).

c. no official score is kept,

d. time period(s) are defined in the Sport Standards section of the NYSPHSAA Handbook

e. no admission is charged.

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.

13. INTERSTATE CONTESTS:

Sanctioning is a means of encouraging well-managed competition. The sanctioning program has the primary purpose of protecting the welfare of high school students. A secondary purpose of the sanctioning program is to protect the existing programs sponsored by member schools. Schools may obtain information regarding the sanctioning process and print Application for Sanction forms (NYSPHSAA or NFHS applications) from the NYSPHSAA web site.

a. When schools schedule interscholastic contests with schools in other states, each school will observe its own state regulations and standards of eligibility.

b. No member school will engage in athletic competition, scrimmage and/or practice with an out-of-state school which is not a member in good standing of its respective state high school athletic association or has not been approved by the respective state association if the school is ineligible to join. Furthermore, member schools will not compete in any interstate contest which is sponsored solely by an outside agency. For dual contests, it is the school's responsibility to determine that these criteria are satisfied.

c. A member school wishing to host a contest involving an out-of-state school must file an application for Sanction for any contest involving four or more schools, or any contest involving three or more states. Timeline, application fee and application form information is available on the NYSPHSAA web site, http://www.nysphsaa.org.

d. A member school planning to participate in an interstate contest involving four or more schools, or any interstate contest which is co-sponsored by an organization other than a member high school, must give notice of entry to the NYSPHSAA, Inc., office so that the school may receive verification that the contest has been sanctioned.

NOTE: Failure to comply with the above regulation may cause a team or individuals to be ineligible from that date of participation for the remainder of that sport season.

14. MIDDLE OR JUNIOR HIGH SCHOOL:

Member schools with students in grades 7, 8, or 9 have agreed to abide by the rules of our Modified Programs. Situations not covered in the Modified Rules will follow the high school standards.

15. MIXED COMPETITION:

Regulation of the Commissioner of Education:
[NYSED LINK]

Male and female pupils on interschool athletic teams. See Commissioner Regulation.

a. Equal opportunity to participate in interschool competition either on separate teams or in mixed competition on the same team shall be provided to male and female students, except as hereinafter provided. In schools that do not provide separate competition for male and female students in a specific sport, no student shall be excluded

from such competition solely by reason of sex except in accordance with the provision of sub clauses (b) and (d) of this clause. For the purpose of this clause, baseball and softball shall be considered to constitute a single sport.

b. In the sports of baseball, basketball, boxing, field hockey, football, ice hockey, lacrosse, rugby, soccer, softball, speedball, team handball, power volleyball where the height of the net is set at less than eight feet, and wrestling, the fitness of a given student to participate in mixed competition shall be determined by a review panel consisting of the school physician, a physical education teacher designated by the principal of the school and if requested by the parents of the pupil, a physician selected by such parents. Such panel shall make its determination by majority vote of the members, and in accordance with standards and criteria issued by the department.

c. Where a school provides separate competition for male and female pupils in interschool athletic competition in a specific sport, the superintendent of schools, or in the case of a nonpublic school or school system which elects to be governed by this clause, the chief executive officer of the school or school system, may permit a female or females to participate on a team organized for males. However, where separate competition is provided, males may not participate on teams organized for females.

d. Where a school does not provide separate competition for male and female pupils in interschool athletic competition in a specific sport, the superintendent of schools, or in the case of a nonpublic school or school system which elects to be governed by this clause, the chief executive officer of the school or school system, or the section may decline to permit a male or males to participate on a team organized for females upon a finding that such participation would have a significant adverse effect upon the opportunity of females to participate successfully in interschool competition in that sport.

The NYSPHSAA requires that the names of girls and boys who participate on a team of the opposite sex be submitted to the league and section before any interschool contest in that sport. Teams with multiple representations of boys and girls must be declared girls or a boys' team by their schools, prior to the first competition.

NOTE: Teams organized for one gender may only practice and compete against teams of that same gender. Furthermore, once an individual competes on a team for one gender during the regular season, he/she may not compete for or against a team organized for the other sex during that regular season. (Representation #26).

NOTE: for individual, individual/ team sports, when a school district does not have a team designated for each singular gender, the Section Executive Director may grant a waiver of the Representation Standard for Sectional Competition when a student has met the qualification for participation in the current school year's NYSPHSAA Championship event. The waiver request must be submitted to the Section Executive Director before the start of Sectional Competition. The athlete must meet all eligibility standards to receive the waiver.

16. NATIONAL TEAM/OLYMPIC DEVELOPMENT PROGRAMS:

A student may participate as an individual as a member of a National Team or in an Olympic Development Program during the school year. To participate in NYSPHSAA programs in that sport, individuals must meet the sports' standards.

17. NON-FEDERATION MEMBER SCHOOLS:

No scrimmage or game shall be played with anyone or any team other than public and those private and parochial schools that belong to the New York State Federation of Secondary School Athletic Associations. Verification of membership may be secured from the NYSPHSAA website (www.nysphsaa.org).

All other schools which are registered with the State Education Department shall apply for Friends and Neighbors status to be eligible to compete with NYSPHSAA, Inc., member schools. Applications must be processed through the NYSPHSAA office. (July 2021) The application shall contain the agreement to abide by the NYSPHSAA, Inc., rules and will be signed by the applicant. The application, with an administrative fee of five hundred dollars ($500), shall be forwarded to the Executive Director of the State Association. The State Executive/ Central Committee shall make the final determination.

NOTE:

1) Friends and Neighbors schools may compete against NYSPHSAA, Inc., member schools only through the league level of play.

2) Friends and Neighbors schools are eligible to compete with NYSPHSAA, Inc., member schools in all Sections excluding post-scheduled contests.

3) The $500 fee is payable every year. (Feb. 2024)

18. OUTSIDE AGENCIES:

Cooperation is permitted with any organization, college, or university, which may offer encouragement and/or the use of facilities for competition. An application form must be submitted to the Section Athletic Council prior to the planning of a contest. Approval may be given if these conditions are satisfied:

1. A school, league, Section or the Association must cosponsor the activity.

2. Secondary school personnel shall be responsible for planning and for conducting the activity.

3. The contest shall be developed with due regard for health and safety standards as set forth by the Commissioner's Regulations, and policies and standards of the NYSPHSAA, Inc.

4. Insurance shall be provided which will protect the participants in case of injury and the organization or institution against liability.

5. The philosophy and standards which are to be followed shall be consistent with those listed in the NYSPHSAA, Inc., HANDBOOK.

6. Financial arrangements are to be clearly specified in the application for approval.

19. PENALTIES:

a. If a school uses an ineligible student in any interscholastic contest, such contest shall be forfeited to the opposing schools. In individual sports, the use of an ineligible player would result in the contest being forfeited, however, the performances and outcomes of the other individuals would stand.

b. Procedures to address forfeitures during post schedule tournaments shall be as follows:

1. Team Sports: Participation by an ineligible player or team in any post schedule tournament game (sectional, intersectional, regional, semifinal or final) shall result in forfeiture of that game. At the time of discovery, the school declared ineligible will be disqualified from the tournament immediately and their last opponent will advance in their place. Schools eliminated prior to the last opponent will not reenter tournament competition.

2. Individual Sports: Participation by an ineligible contestant in any post schedule tournament competition (sectional, intersectional or state championship) shall result in the forfeiture of that competition. The contestant will be disqualified from the tournament immediately and his/her last opponent will advance in their place. Individuals eliminated prior to the last opponent will not reenter the tournament competition.

c. If an individual or team exceeds the maximum number of contests permitted, the penalty is team ineligibility from the date of violation for the rest of the season. In the sports of wrestling, cross country, indoor track & outdoor track, swimming & diving, and bowling, when an individual exceeds the maximum number of contests, only the individual would no longer be eligible for that season. When an athlete exceeds the maximum number of contests the level in which the student-athlete participated as an ineligible competitor will be affected.

Any member school that has exceeded the maximum number of contests has the option to utilize the existing penalty outlined above (c) or may elect to suspend the head coach from all team related functions and activities (including, but not limited to, practices, scrimmages, conditioning/weight training, film sessions, and attendance at games) from the date of the violation for the remainder of the season and forfeit additional contests. The use of this option must be submitted to the Section Executive Director and State Executive Director in writing from the Superintendent of Schools or Headmaster self-reporting the violation prior to the next game/ contest being played. (July 2020)

d. For any violation of eligibility or sports standards a school authority may be censured, placed on probation, or suspended by the Section Athletic Council.

e. Consistent with good ethical standards the prompt reporting of the knowledge of an infraction shall be made to the proper authorities in writing.

f. School Districts may appeal to the Section to gain relief from the prescribed penalty if the violation of eligibility standards resulted from circumstances out of the District's control.

g. If a coach/supervisor violated the NYSPHSAA Code of Conduct the following actions will be taken:

a. The school and Section will be notified immediately.

b. Documentation of the incident will occur.

c. A recommendation from the Section for disciplinary action will be given

h. If a student or team is ineligible according to NYSPHSAA, Inc., Bylaws and Eligibility Standards or Commissioner's Regulations but is permitted to participate in interschool competition contrary to such rules but in accordance with the terms of a court restraining order or injunction against his/her school and/or the NYSPHSAA Inc., and side injunction is subsequently voluntarily vacated, stayed, reversed, or finally determined by the courts that injunction relief is not or was not justified, any one or more of the following actions may be taken against such school in the interest of restitution and fairness to competing schools.

a. Require that individual or team records and performances achieved during participation by such ineligible student shall be vacated or stricken.

b. Require that team victories shall be forfeited to opponent.

c. Require that team or individual awards earned by such ineligible student be returned to the Association.

i. NYSPHSAA Sections may sanction, censure or place schools on probation that fail to address derogatory or inappropriate behavior deemed harmful to physical or mental well-being for those involved in interscholastic activities. (July 2023)

20. POST-SCHEDULE:

No team or individual student may represent its school in any post- schedule contest other than those conducted by school or State Association authorities in accordance with approved standards. NOTE: If contests are within the season established by the Section, within the maximum number allowed and conducted by school authorities, they are allowed.

21. POST SEASON:

No team, or individual student, may represent its school in any post-season games, meets, or tournaments.

22. PRACTICE SESSIONS:

Athletes must meet all Standards of Eligibility to participate in practice.

a. An organized practice in grades 7-12 is a session for the purpose of providing instruction and practice in physical conditioning activities, skills, team play, and game strategy designed expressly for that sport under the supervision of a qualified coach appointed by the Board of Education of the local school district. Such instruction and practice shall be held only during the season designated for that sport. Athletes who switch from one sport to another sport are permitted to count conditioning practices toward their new sport as follows (excluding bowling, golf, and rifle):

1. Sports with six (6) practices for the individual before the first contest/ scrimmage will be allowed to carryover three (3) days.

2. Sports with ten (10) practices for the individual before the first contest/ scrimmage will be allowed to carryover four (4) days.

NOTE: Athletes whose seasons are lengthened due to participation in NYSPHSAA Regional and Championship contests are allowed to count conditioning practices towards their new sports as follows: 1) Sports with six (6) practices for the individual before the first contest/

scrimmage will be allowed to carryover three (3) days; 2) Sports with ten (10) practices for the individual before the first contest/ scrimmage will be allowed to carryover four (4) days.

b. No student or team may be permitted to participate in school organized practice or play on seven consecutive days during the regular season. Specifically, during the regular season, physical and/or instructional activities related to the sport on seven consecutive days are prohibited.

NOTE: Any contests leading up to Sectional play is considered "regular season."

Only one practice session a day and only six days of a calendar week may be counted toward the total practice sessions required. A practice session conducted on the same day as a game cannot be counted to meet the minimum practice requirement to be eligible for that day's contest. All required practice sessions shall be organized and planned for a reasonable length of time and shall include vigorous activity specific to the sport for the purpose of improving the physical condition of the players. The student must be fully cleared for participation in order for the practice to be counted toward the minimum number of practices required. (July 2025) Warm-ups prior to a game/ contest are not considered "practice." Each of the required number of practices for an individual must include vigorous activity.

NOTE: Practice is considered an integral part of the interschool program in that sport. An individual must be eligible according to age and all other Eligibility Standards to participate in practices or competitions with the high school squad in that sport.

c. School sponsored activities conducted out of the sport season such as general conditioning, weight training, weight lifting, intramurals, recreation, open gyms, club activities and camps are permitted:

1. if such programs are not mandated by coaches or school personnel;
2. if such programs are available to all students.

d. Non-school sponsored activities are permitted if such programs are not mandated by coaches or school personnel. It is recommended that no school equipment be used for these programs as per State Comptroller Opinion 85-37.

e. Upon returning from military training, student-athletes shall be eligible for participation in interscholastic athletics once they have completed the required number of practices. Eligibility for participation will also include meeting all eligibility requirements imposed by the Commissioner of Education and NYSPHSAA such as, but not limited to, health examination, age, grade, etc.

f. Schools that have made arrangements with another member school to share the use of a practice facility may do so without violating the Scrimmage Regulation if the athletes/teams do not scrimmage before the required number of practices has been completed.

g. Games and practice between students and adults (alumni or faculty) are not approved.

23. PROFESSIONAL TRYOUTS:

No tryouts for, or practice, with a specific professional team and their affiliates, are approved except during the summer vacation. A student who participates in such a tryout is ineligible to represent the school in that sport - See Amateur Rule. A school may apply on behalf of the student to their section for reinstatement one year from the date of the latest violation.

24. PROXIES:

In addition to the individuals designed to act as proxies in Article III Section (1)(g) and Article V Section (1) of the NYSPHSAA Constitution a member who is not able to attend a Central or Executive Committee meeting may designate the Section Executive Director of that Section to act as a proxy.

25. RECRUITMENT AND UNDUE INFLUENCE:

Recruiting and Undue Influence is defined as the use of influence by any person connected directly or indirectly with a NYSPHSAA school to induce a student to transfer from one school to another, or to enter the ninth grade at a member school for athletic purposes - whether or not the school presently attended by the student is a member of NYSPHSAA.

a. The use of undue influence to secure a student for competitive purposes in a sport is prohibited. An infraction shall cause the student to forfeit eligibility in that sport for one year from the date of enrollment. The offending school shall be subject to provisions of Bylaw #19 (D).

b. Evidence of undue influence includes, but is not limited to, personal contact by coaches and sponsors in an attempt to persuade transfer, gifts of money, jobs, supplies, clothing, free transportation, admission to contests, invitation to attend practices and/or games, or free and/or reduced tuition.

c. The use of undue influence to secure a student for competitive purposes in a sport is prohibited. An infraction shall cause the student to forfeit eligibility in that sport until the student's eligibility is reinstated. One year from the date of enrollment is the earliest a student may request reinstatement of eligibility. Responsibility for determining student eligibility following a violation of the undue influence rule in a Section is at the discretion of the Section's Executive Committee. Each Section shall establish guidelines to determine the process and standards for eligibility reinstatement. (July 2023)

26. REPRESENTATION:

a. A contestant or athletic team shall not represent a school in a game, contest, or scrimmage, except in conformance with all rules and regulations. It shall be the duty of trustees and boards of education to require that athletic activities be limited to competition between secondary school students. (Feb. 2026)

To be eligible for sectional, intersectional or state competition, a team must have competed in six (6) school scheduled contests which occurred on six (6) different dates during the season. Forfeits do count towards a student meeting the representation rule.

Team Sports: For the sports of baseball, basketball, field hockey, ice hockey, lacrosse, soccer, softball and volleyball an individual is eligible for the team if he/she has been an eligible participant on a team in that sport in that school for a minimum of six (6) scheduled contests during the regular season. For football, Cheerleading (Competitive & Game Day) (Oct. 2021) and Skiing (May 2024), a student must be an eligible participant for a minimum of three (3) contests/ competitions.

Team/Individual and Individual Sports: For the sports of archery, badminton, bowling, cross country, fencing, golf, gymnastics, rifle, swimming, tennis, outdoor track, winter track and wrestling an individual must also have represented their school in six (6) scheduled

contests (Girls Wrestling three (3) for two-year pilot – Oct. 2022) during the season to be eligible. For the sport of skiing, a student must have represented their school in three (3) scheduled contests. These required contests must occur on three (3) or six (6) different dates and must be conducted prior to the conclusion of the team's regular schedule. See "NOTE" below.

Section Athletic Councils may request in writing approval of the State Executive Committee to adjust the number of school scheduled contests required on an annual basis.

The request is to be submitted prior to the governing board meeting. School districts may submit a written request to the Section for adjustment of contests for individual participant based on medical documentation that confirms the individual was not able to participate in the required number of contests. In extenuating circumstances where the student does not have a medical reason for a waiver of the representation rule, the NYSPHSAA Executive Director, in consultation with the Section Executive Director and NYSPHSAA President, shall have the ability to grant a waiver of the representation rule. Waiver requests must be made in writing by the Section's Executive Director (Approved Oct. 12, 2017).

NOTE: For the sports of golf and girls' gymnastics, a waiver of the Representation Standard may be granted by the NYSPHSAA Executive Director when a student has qualified for participation in the current school year's NYSPHSAA Championship event and has subsequently transferred to a NYSPHSAA member school. The athlete must meet all other eligibility standards, including transfer, to receive the waiver.

NOTE: Teams organized for one gender may only practice and compete against teams of that same gender. Furthermore, once an individual competes on a team for one gender during the regular season, he/she may not compete for or against a team organized for the other gender during that regular season.

NOTE: For individual, individual/ team sports, when a school district does not have a team designated for each singular gender, the Section Executive Director may grant a waiver of the Representation Standard for Sectional Competition when a student has met the qualification for participation in the current school year's NYSPHSAA Championship event. The waiver request must be submitted to the Section Executive Director before the start of Sectional Competition (team and individual events are treated as separate post-season competitions for the purpose of this aspect of the Representation Rule – Oct. 2024). The athlete must meet all eligibility standards, to receive the waiver. In the sport of Girls Wrestling eligibility for the NYSPHSAA Girls Wrestling Championship is limited to female wrestlers who compete solely in girls wrestling events during the regular season; practice with boys is permitted via mixed competition. (Feb. 2026)

NOTE: For individual, individual/ team sports, a girl may participate during the regular season as member of the boys' team via mixed competition and also compete in tournaments/matches organized specifically for girls, as long as she does not exceed the maximum number of contests during the regular season. (Feb. 2019) **See "NOTE" above for Girls Wrestling post season eligibility.**

b. All games, meets, and tournaments must be conducted by appropriate secondary school authority.

c. Participation by a student in more than one sport in the same time division shall be determined by the Section Athletic Council.

d. Games and practice between students and adults (alumni or faculty) are not approved. Board Approved Coaches may help to facilitate practice. (July 2023)

e. To avoid unfair advantage a student who elects to participate in an interschool sport may not represent a school in that sport in a subsequent season in that school year. Waived For Unified Sports. (Jan. 2024)

[RESPRESENTATION VIDEO INTERPRETATION]
** Note: Video interpretation does not include "extenuating Circumstance" language approved in Oct. 2017.*

27. SENIOR ALL-STAR CONTEST:

A senior all-star contest shall be any athletic contest for which admission is charged or donations accepted in which one or more of the competing teams is composed of one or more players who during the school year was a member of the high school team in the same sport, and whose participation in the senior all-star contest is based on outstanding performance as a member of the high school team.

a. The only senior all-star contests approved by the NYSPHSAA, Inc., are those approved by a section. These contests must be approved by the Section in which the contest is to be held. (Oct. 2025)

b. Only seniors who have completed their secondary school eligibility in that sport may compete in these contests. Special circumstances may be appealed to the Section Executive Director.

c. A contestant may participate in any approved senior all-star contest in the same sport during the school year.

d. All approved senior all-star athlete contests must be conducted within the approved sport season.

e. All application criteria established for the Senior All-Star Contest must be followed. The criteria and contest application shall be obtained from the Section Secretary or Association office.

28. SPORTSMANSHIP:

The Association recognizes and appreciates that the influence and responsibility of the school administration with regard to good sportsmanship extends to all levels of competition. However, it must also be seen that the NYSPHSAA has been vested with the responsibility to ensure that all contests under its jurisdiction are conducted satisfactorily. This standard applies to all regular season and post schedule play.

As of July 1, 2013, the Dignity for All Students Act (Dignity Act-Section 52.2, Part 80 and 57-4) is to provide all public-school students with an environment free from harassment, bullying (including cyber bullying) and discrimination, as well as to foster civility in public schools. The Dignity Act focuses on the prevention of discrimination behaviors, including harassment/bullying through the

promotion of educational measures meant to positively impact school culture and climate, which includes the interscholastic programs.

All NYSPHSAA Standing Committee members and staff are required to take the free NFHS Implicit Bias course. (July 2023)

Use of derogatory or racially explicit language; discriminatory harassment or bias conduct that creates a hostile environment that is disruptive to the educational environment. Spectators and/or anyone involved in interscholastic athletics shall not be permitted to use vulgar/offensive or racially/culturally insensitive language or engage in any racially/culturally insensitive action. (May 2024) NYSPHSAA Sections may sanction, censure or place schools on probation that fail to address derogatory or inappropriate behavior deemed harmful to physical or mental well-being for those involved in interscholastic activities. (July 2023)

a. Coach

1. Any coach excluded by a certified official from an interschool competition for unsportsmanlike conduct, including taunting, is ineligible to coach any interschool competition in that sport until after the next previously scheduled contest at the same level (e.g. Junior varsity, varsity, etc.) has been completed. In individual sports, a multi-day contest is considered to be a contest. Disqualification from one season carries over to the next season of participation. 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.

NOTE: "Not being physically present at the site" means a disqualified coach is not to be present in the locker room, on the sidelines, in the stands or site area before, during or after the game/meet. (See definitions)

Any coach that does not serve the penalty for violating the Sportsmanship Standard will be ineligible to participate in the next two regularly scheduled contests. If the coach continues to not serve the penalty, the matter will be referred to the Section for further action. If the coach is involved in the NYSPHSAA play-offs, the matter will be referred to the Executive Director of the NYSPHSAA.

Any coach:

1. Who receives a disqualification penalty in a sport shall not participate in the next regularly scheduled contest;

2. Who receives a second disqualification penalty in the same sport in the same season shall not participate in the next two regularly scheduled contests; and

3. Who receives a third disqualification penalty in the same sport in the same season will not be allowed to participate for the rest of the season (regular season or post schedule play), the Section Athletic Council will assess the penalty carrying over into the next season of participation.

4. The Section Athletic Council will have the authority to extend the period of ineligibility in those cases where the actions of the individual that was disqualified from a contest or scrimmage are warranted. The period of ineligibility cannot exceed one year from the date of the disqualification.

2. A coach who strikes, shoves, kick or makes other physical contact with the intent to annoy, harass or intimidate another person (e.g. official, another coach, player, fan) shall be expelled immediately and banned from further participation or coaching in all sports for a period of time to be determined by the section not to exceed one year from the date of the offense.

b. Player:

1. Any member of a squad disqualified by a sport official for unsportsmanlike conduct, including taunting, or for a flagrant foul shall not participate in that sport, until after the next previously scheduled contest at the same level with a member school or in NYSPHSAA tournament play. (July 2020) In individual sports, a multi-day contest is considered to be a contest. The contest in which the athlete was disqualified must count in the total maximum number of contests permitted. Disqualifications from one season carry over to the next season of participation. (See definitions section)

Any Player:

1. Who receives a disqualification penalty in a sport shall not participate in the next regularly scheduled contest;

a. In the sport of football, any player disqualified by a sport official for unsportsmanlike behavior or flagrant foul will be ineligible for the next two consecutive halves. (July 2024)

2. Who receives a second disqualification penalty in the same sport in the same season shall not participate in the next two regularly scheduled contests; and

3. Who receives a third disqualification penalty in the same sport in the same season will not be allowed to participate for the rest of the season. If the third ejection takes place in the last contest of the season (regular season or post schedule play,) the Section Athletic Council will assess the penalty carrying over into the next season of participation.

4. The Section Athletic Council will have the authority to extend the period of ineligibility in those cases where the actions of the individual that was disqualified from a contest or scrimmage are warranted. The period of ineligibility cannot exceed one year from the date of the disqualification.

2. Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intend to annoy, harass or intimidate an official shall be expelled from the game immediately and banned from further participation in all sports for a period of time to be determined by the section not to exceed one year from the date of the offense. NOTE: Members of the squad includes player, manager, score keepers, timers, and statisticians.

3. Misidentified Player: Disqualification of a player may only be challenged on the basis of misidentification. The misidentification must be established by clear and concise evidence. The school shall identify the offending player who will serve the prescribed penalty. (Dec. 2010)

c. Spectator:

1. **Expectation Statement:** Officials, just like student athletes and coaches, are critical to interscholastic sports programs. Without officials, NYSPHSAA and its member schools would not be able to provide interscholastic sports in the manner that is desired and expected by

student athletes, coaches, and parents. Spectators are expected to "Be Loud, Be Proud, and Be Positive." Negative comments and inappropriate behaviors by spectators are required to be addressed by all and any school supervisors and administrators, as a member of NYSPHSAA. Spectators may be prohibited from attending current and future interscholastic contests based on their behavior. (Oct. 2022)

2. **Spectator Regulation:** Any negative, inappropriate, derogatory comments or actions that draw the direct attention of a supervisor or school administrator by a spectator or group of spectators are required to be addressed by the host school, Sectional or NYSPHSAA representative in the following non-sequential order depending on the comments or behavior:

- First warning – Directing the spectator or group of spectators to refrain from any negative comments or actions.

- Second warning – A personal discussion with the spectators or group of spectators on the above NYSPHSAA expectations and reminding the spectators or group of spectators of the next step, removal from the game or event, will be utilized if the behavior continues.

- Removal from the contest – The spectator or group of spectators will be directed to leave the facility for the remainder of the game or event. If spectators or group of spectators refuse to leave the game or event, play will be stopped until they vacate the premise.

Penalty for being removed from a game or event: Any spectator removed from a game or event will have a minimum penalty of completing the NFHS Parent Credential course (NFHS Course -https://www.nfhslearn.com/nfhs-for-you/parents) or a one game suspension before they are allowed to attend any interscholastic event. Once the course is completed the spectator will provide a certificate of completion to the athletic department office. Schools are required to communicate with the offending spectator on the NYSPHSAA Sportsmanship Spectator Expectations.

- Depending on the severity of the behavior/comments or future disqualifications by the offending spectator NYSPHSAA and the Section may get directly involved in the situation. (May 2023)

d. Official:

1. Unprofessional conduct on the part of the official such as, but not limited to, taunting, baiting, use of profanity, shall be reported by a school administrator from the aggrieved school to the Section Executive Director. A request will be made to the appropriate sport official's chapter to investigate the incidence and to report their action to the section in a timely manner.

29. SPORTS SEASONS:

Section Athletic Councils, with the approval of the NYSPHSAA, Inc. Executive Committee, shall determine all sports seasons within the limits of the Commissioner's Regulations. NOTE: If a team competes in the same season in which a state championship (regional competition and beyond) is

conducted as designated by the NYSPHSAA, Inc. Executive Committee, then the team and its players are ineligible to compete in any other season in that sport in that school year.

30. STATE CHAMPIONSHIP CONTESTS:

a. Contestants who have shown their proficiency in the sectional contests may be selected for a post-schedule contest. All participating teams and athletes must be approved by their section to be eligible to compete in NYSPHSAA Regional and State Championships. NOTE: Any student-athlete who has tested positive for the use of anabolic/androgenic steroids within the preceding six (6) months of a regional or state championship event may be required by the NYSPHSAA Executive Director to provide evidence of a negative test result for anabolic/androgenic steroids prior to participating in the event involved.

b. Plans for all state championship contests are to be submitted for approval to the NYSPHSAA, Inc. Executive Committee (Constitution, Article V, (5)).

c. Policies or procedures for state championship contests shall be determined by the NYSPHSAA, Inc. Executive Committee or Central Committee upon the recommendation of the State Championship Committee. Any awards or items presented to participants not provided by the Association, must receive prior approval.

d. No raffles (50/50), and other games of chance, will be permitted at any post sectional competition sponsored by the NYSPHSAA. Promotional activities may be permitted with the approval of the NYSPHSAA Executive Director.

e. If a physician is assigned and/or designated by the New York State Public High School Athletic Association or any of its subdivisions for post-schedule competition, that physician shall have the final decision-making authority concerning the entry/reentry of an athlete to competition at the particular contest; however a participating school may use its own physician for final decision-making if it provides a statement by the chief school officer stating the school agrees to indemnify and hold harmless the NYSPHSAA or any of its subdivisions from any claims or lawsuits brought against the NYSPHSAA or any of its subdivisions based on the decision made or advice given by the school district provided physician.

f. Each section shall determine and be responsible for the selection, methods of financing, travel, and supervision of its contestants in a state championship contest.

g. The State Sports Committee Coordinator shall submit complete plans and budget to the State Championship Committee. Financial reports, results, and requests for changes and improvements shall be submitted within 60 days after the event.

The State Sports Coordinators shall be responsible for:

1. Conducting these contests according to the policies adopted by the Executive or Central Committees.

2. The selection of the contest Director from the membership of the State Sports Committee, who shall submit plans and reports to the Coordinator to be forwarded to the Chairman of the State Championship Committee.

3. Reporting the results of each contest and submitting a financial report to the NYSPHSAA, Inc. Executive Director, prior to the next meeting of the Executive Committee.

h. Dual Seasons: Approved state championship contests are to be held before the end of the season established for that sport. Only those sections conducting the specific sport during the season of, or prior to, the state championship are eligible to send representatives. A Section Athletic Council which votes to conduct a sport in a season other than that specified for the state championship may conduct a qualifying tournament for state championship competition in a subsequent season shall be limited to those individuals who qualified during the selected season of competition and the number of organized practice sessions shall be no more than or less than the number required before a first contest in that sport.

i. Only NYSPHSAA awards can be presented during the NYSPHSAA State Championship awards ceremonies. (July 2020)

31. TRANSFER:

Approved NYSPHSAA Transfer Notification Form (July 2024)
(Foreign Exchange/International #9)

NOTE: The Transfer Rule will be enforced as written with no variations permitted.

NOTE: A student's eligibility is determined by the situation/ facts at the time of registration.

a. A student in grades 9-12 who transfers, with a corresponding change in residence of his/her parents (or other persons with whom the student has resided for at least six months) shall become eligible after starting regular attendance in the second school. A residence change must involve a move from one school district to another. Furthermore, when a student moves from public school district to another public-school district for athletic eligibility the student must enroll in the public-school district or in a private school within that district's boundaries of his/her parent's residency. For athletic eligibility, a residency is changed when one is abandoned by the immediate family and another residency is established through action and intent. Residency requires one's physical presence as an inhabitant and the intent to remain indefinitely. The Superintendent, or designee, will determine if the student has met district residency requirements.

b. A student who transfers without a corresponding change in residence of his/her parents (or other persons with whom the student has resided for at least six months prior) is ineligible to participate **at the varsity level** in any interscholastic athletic contest in a particular sport for a period of one (1) year if as a 9-12 student participated in that sport during the one (1) year period immediately preceding his/her transfer. A student's period of ineligibility begins with the date of registration at the student's new school. (May 2020) **NOTE:** Students in grades 7-10, shall be eligible to participate at the sub-varsity level and practice at all levels, while students in grades 11-12 shall be limited to practice (all levels) only. (July 2019). At no time during the one-year period of ineligibility at the varsity level should a student participate in a scrimmage or be an exhibition participant at the varsity level.

Students who transfer from any school to the public-school district of the residence of his/her parents (or other persons whom the student has resided for at least six months) or a private school within that district's boundaries shall receive a waiver from the Transfer Rule. Such a transfer without penalty will only be permitted once in a high school career. **Schools must submit the**

required transfer form (TRANSFER NOTIFICATION FORM**) to the Section office. Athletes are not permitted to compete (scrimmages & games) without approval.** NOTE: A student in a foreign exchange program listed by CSIET has a one-year waiver of the Transfer Rule. If such a student elects to stay a second year he/she becomes a foreign student at the start of the school year with item (b) in effect.

Exemptions to (b):
For athletic eligibility, a student must enroll in the public-school district or in a nonpublic school within that district's boundaries of his/her parent's residency. **Note:** Multiple High School Districts - The policies/boundaries of the school district will be followed. If the district has an open enrollment policy, the interpretation to be used will be the same as used for students of K-8 school districts. When a student enrolls in 9th grade, this is the district (building) of their residence. Any subsequent transfer would be subject to the Transfer Rule.

1. The student reaches the age of majority and established residency in a district and can substantiate that they are independent and self-supporting.

2. If a private or parochial school ceases to operate a student may transfer to another private or parochial school of his/her choice. Otherwise, a student must enroll in the public-school district of his/her parents' residency.

3. A student who is a ward of the court or state and is placed in a district by court order. Guardianship does not fulfill this requirement.

4. A student from divorced or "legally" separated parents who moves into a new school district with one of the aforementioned parents. Such a transfer is allowed once every six months. The legal separation agreement must address custody, child support, spouses support and distribution of assets and be filed with the County Clerk or issued by a Judge.

5. A student who is declared homeless by the superintendent pursuant to Commissioner's Regulation 100.2.

6. A student of a military employee who is transferred to an active military base may enroll in the non-public school closest to their residence and maintain eligibility if the student enrolls in a non-public school immediately following the change in residence.

NOTE: It is provided, however, that each school shall have the opportunity to petition the section involved to approve transfer without penalty based on an undue hardship for the student. Educational Waivers will not be considered as an undue hardship.

c. Transfer students trying out for sports before school opens in the fall shall register and be accepted by the principal of that school before the medical examination and the first practice. This shall constitute the start of the regular attendance for falls sports. NOTE: After approval by the school medical officer a student may practice immediately and must satisfy the specific sports standard according to the number of practice sessions.

d. Practices at the previous school may be counted toward the minimum number of practices required provided the principal or athletic director of the previous school submits, in writing, the number and dates of such practices to the principal or athletic director of the new school.

e. 7th and 8th graders that compete at the high school level will be subject to the transfer rule in "that" sport (July 2015).

Transfer Appeal Guidelines:
Financial - Appeals require documented proof of a significant loss of income or a significant increase in expenses.

- Written description outlining the circumstances that led to the financial hardship
- Appropriate documentation may include:
  - Evidence of loss income or change in financial obligation that are not self- imposed.
  - Family W2 forms – pay stubs
  - Notarized statement from parent
  - Statement from employer or professional with knowledge of circumstances
  - Most recent tax returns– two years

Health and Safety - Appeals are considered for safety, mental health, personal relationships and other similar circumstances.

- Written documentation is required from Superintendent of Schools or High School Principal of the sending school indicating the specific circumstances which necessitated the transfer.

- Supporting documentation from a third party outside of the school may be submitted (ex. police report)

[TRANSFER VIDEO INTERPRETATION]

32. TRANSGENDER GUIDELINES:

The NYSPHSSAA recognizes the value of participation in interscholastic sports for all student athletes. The NYSPHSAA is committed to providing all students with the opportunity to participate in NYSPHSAA activities in a manner consistent with their gender identity and the New York State Commissioner of Education's Regulations.

The Dignity for All Students Act (DASA) prohibits discrimination and/or harassment of students on school property or at school functions by students or employees. The prohibition against discrimination includes discrimination based on a student's actual or perceived sex and gender. Gender includes a person's actual or perceived sex as well as gender identity and expression.

Definitions:
For purposes of these guidelines the following definitions will apply:

Assigned Sex at Birth: the sex designation, usually male or female, assigned to a person when they are born.

Gender Expression: the manner in which a person represents or expresses gender to others, often through behavior, clothing, hairstyles, activities, voice or mannerisms.

Gender Identity: a person's gender- related identity, appearance or behavior, whether or not that gender-related identity, appearance or behavior is different from that traditionally associated with the person's physiology or behavior assigned sex at birth.

Gender non-conforming (GNC): a term used to describe people whose gender expression differs from stereotypic expectations. The term "gender variant" or "gender atypical" are also used. Gender nonconforming individuals may identify as male, female, some combination of both, or neither.

Sexual Orientation: a person's sexual orientation and sexual attraction to other people based on the gender of the other person. Sexual orientation is not the same a s gender identity. Not all transgender youth identify as gay, lesbian or bisexual, and not all gay, lesbian and bisexual youth display gender-nonconforming characteristics.

Transgender: an adjective describing a person whose sex assigned to him or her at birth does not correspond to their gender identity.

Transition: the process in which a person goes from living and identifying as one gender to living and identifying as another.

Privacy Policy:
All discussions and documentation shall be kept confidential to the extent permitted by law unless the student and the family make a specific request in writing.

Procedure:
1. The student or the parent(s)/guardian shall notify the Superintendent (or designee) that the student would like the opportunity to participate in interscholastic athletics consistent with the gender he/she identifies as.

2. The student's home school will determine the eligibility of a student seeking to participate in interscholastic athletics in a manner consistent with his/her gender identity where the student's gender identity does not correspond to his/her sex assigned at birth.

3. The Superintendent (or designee) will confirm the gender identity asserted for purposes of trying out for an interscholastic sports team through documentation from the parent, guardian, guidance counselor, or from a doctor, psychologist or other medical professional.

4. On a seasonal basis the school will provide approval of eligibility to try out for an interscholastic sports team or teams which corresponds to the student's gender identity.

5. The Athletic Director should notify the NYSPHSAA if any accommodations are needed.

Appeals:
All appeals with respect to a District's determination as to eligibility of a transgender student to participate in interscholastic sports will go directly to the Commissioner of Education.

Reference:
New York State Education Department: Guidance to School Districts for Creating a Safe and Supportive School Environment for Transgender and Gender Nonconforming Students.

HIGH SCHOOL SPORT STANDARDS

	# of practices for Student- Athletes to Represent their school (Feb. 2019)	Team and Individual Maximum Number of Contests *	Min. Time Between Contests or Scrimmages	Individual Contest Limitations Per Day	RULES	Scrimmage Limitations Per Day
Sport						
Badminton	6		1 night	3 matches 1 contest	USBA	1
Baseball Battery	**10** +++ **10** +++	20	1 night	2 contests	NFHS	2
Basketball GIRLS/ BOYS	6	20	1 night	1 contest	NFHS-Boys NCAA-Girls	1
Bowling	Training	20+	1 night	6 games	USBC	1
Cheerleading	6	12	1 night	1 competition	NFHS	1
Cross-country	6	16	2 nights	5000meters or 3.1miles	NFHS	1
Field Hockey	6	16	1 night	1 contest	NFHS	1
Flag Football	6	16	1 night	1 contest	NYSPHSAA	1
Football	**10**	10	4 nights(1)	1 contest	NFHS	1
Golf	Training	16	1 night	1 match	USGA&	1
Gymnastics	**10**	16	1 night	4 events (girls) 2 1 contest	Girls-USAGJO / Tech HB	1
Ice hockey	6	20	1 night	1 contest	NFHS	1
Lacrosse	6	16	1 night	1 contest	NFHS-	1
Skiing	6	16	1 night	2 events	FIS & USSA	1
Soccer	6	16	1 night	1 contest	NFHS	1
Softball	6	20	1 night	2 contests	NFHS	2
Swimming/	6	16+	1 night	4 events	NFHS	1
Tennis	6	16	1 night	2 matches	USTA	1
Outdoor Track	6	16+	1 night	4 events 1 contest	NFHS	1
Winter Track	6	16+	1 night	3 events 1 contest	NFHS	1
Volleyball	6	20	1 night	2 matches/day	NCAA	1
Wrestling	**10**	20 points+	1 night	6 bouts	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 Tennis Standard)
+++ See Baseball rule 2.08.12

JEWELRY RULE:

NYSPHSAA will abide by the national governing body jewelry rule (i.e., NFHS, NCAA, USA Softball, USTA, USAG, etc.) followed by NYSPHSAA. (July 2022)

Hair adornments, including beads, may be worn provided they are secured and do not present a safety hazard to the player, teammates, or opponent(s). (May 2022)

Head coverings worn for religious reasons are permitted and shall not be made of abrasive or hard material and must fit securely. (September 2022)

[JEWELRY VIDEO INTERPRETATION]

DRONE POLICY:

Approved May 5, 2017 (Executive Committee)

The New York State Public High School Athletic Association prohibits the use or possession of unmanned aircraft or aerial systems (UAS), also known as drones, for any purpose by any person or entity at all scrimmages, regular season and post season events.

This prohibition applies to the area above and upon all spectator areas, fields of play, courts, arenas, stadiums, mats, gymnasiums, pools, practice facilities, parking areas and or other property being utilized for the purpose of the interscholastic activity.

If there is a report of UAS activity at an athletic event school, Section and/or State Association officials will, in consultation with the sports officials, suspend the play until such time as the UAS is removed from the area as defined above or the school, Section/ State and sports officials determine it is safe to proceed.

For purposes of this policy, a UAS is any unmanned airborne device or aircraft. The NYSPHSAA, Section and/or Member School reserves the right to refuse admission to anyone operating or attempting to operate a UAS or to request the immediate removal of any person using or attempting to use a UAS in violation of this policy.

The NYSPHSAA Executive Director has the authority to grant an exception to this policy to public safety agencies, NYSPHSAA media partners, or other entities or individuals; the use of drones by law enforcement agencies does not require approval from the NYSPHSAA Executive Director. (May 2024) Any request for an exception to the policy must be submitted to the Executive Director at least a week prior to the event. The exception is limited to the specific event requested and requires the consent of the host venue.

Any use granted under this provision must comply with the applicable FAA regulations as well as any and all requirements set forth by NYSPHSAA. News media must have the necessary FAA authorization. Any individuals granted an exception would be required to sign a document acknowledging and agreeing to the terms of use and agreeing to hold the NYSPHSAA and its member schools harmless from damage to persons or property.

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)

THUNDER & LIGHTNING POLICY:

October 2001
Applied to regular season through NYSPHSAA Finals:
1. Thunder and lightning necessitates that contest 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 lightning is seen or when using the My Lightning Tracker App, if lightning is detected within 15 miles of the event location (Jan. 2024), 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, and 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 the last boom is heard, strike is seen or lightning has not been detected within 15 miles of the event by using the My Lightning Tracker App (Jan. 2024), wait 30 minutes before resuming play or competition.

HEAT INDEX, WIND CHILL AND TORNADO POLICY

Applies to Regular season through NYSPHSAA finals.

- Heat Index Procedures (May 2023)
- Wind Chill Procedures
- Tornado Policy (July 2022)

1. BADMINTON

Jurisdiction for this sport is at the Sectional level as per NYSPHSAA Championship Philosophy

2. BASEBALL

2.01 Rules: NFHS & NYSPHSAA

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.

2.02 Maximum Number of games: 20

2.03 Practice Requirements:

Number of practices to represent school: 10 (individual)

See #12 below.

2.04 Nights rest between contests: 1 night

2.05 Individual contests limitation per day: 2 contests

2.06 Scrimmage limitations per day: 2 scrimmages

2.07 Waivers of NFHS Baseball Rules:

None.

2.08 NYSPHSAA Baseball Rules:

1. Battery candidates shall have at least ten practice sessions. (May 2017)

2. All catchers shall wear a throat guard protector attached to the mask. It is recommended the protector be rubber.

3. A contestant may participate in two regulation games per day with a fifteen-minute rest between games.

4. The following pitch count must be followed:

Varsity	March	Nights Rest	April	Nights Rest	May/ June	Nights Rest
Pitch Count	76-85	4	96-105	4	103-125	4
	46-75	3	66-95	3	72-102	3
	31-45	2	31-65	2	41-71	2
(July 2020)	1-30	1	1-30	1	1-40	1

Sub-Varsity	JV/ Freshman	Nights Rest	Modified	Nights Rest
Pitch Count	76-85	4	61-75	4
	46-75	3	41-60	3
	31-45	2	21-40	2
(Feb. 2019)	1-30	1	1-20	1

1. If a pitch is thrown on a balk call, the pitch will NOT count for the purposes of this rule.

2. A pitcher at any level who reaches the pitch count limit in the middle of an at-bat will be allowed to finish that hitter.

3. Schools will have the responsibility to maintain all pitching charts. They will also be required to make any game chart available to any school prior to any game to show availability of pitchers for that given day.

4. During games each team will record pitch counts on the official NYSPHSAA pitch count form, this should not include warm-ups or pick off attempts. After each half inning, the pitch counts will be confirmed by both teams. Any discrepancy will be resolved based on the records of the home team pitch count chart.

5. At game's conclusion, the NYSPHSAA pitch count form will be signed by both head coaches or designated representative.

6. Any violation of this rule will be considered in the same light as a school using an ineligible player. The game will be forfeited.

7. As per the NYSPHSAA handbook any additional penalties may be imposed at the school or section.

5. Post Season Pitch Count Tracking Form: All teams participating in the NYSPHSAA post season must complete and provide the Pitch Count Tracking Form to their opponents prior to the start of the post season game. Form: https://nysphsaa.org/documents/2021/8/16//Pitch_Count_Summary_Form_2019_Post_Season.pdf?id=1863 (May 2019)

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

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

8. All Adult base coaches will wear a hard-shell helmet while on the first and third baselines during a game. (July 2015)

9. 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 the 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 score, inning, count of batter etc., should all be recorded in the 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. Then 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 run in the top half of the inning and the home team does not complete they're 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 the bottom half count). This game will be picked up at that point. Score, inning, count of batter etc., should all be recorded in the 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 point. This game will be picked up at that point. Score, inning, count of batter, etc., should all be recorded in the scorebook. Or,

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

10. Game Ending Procedures, with Section/ League approval, the game will end with a run differential of 10 runs after 5 innings (or 4 ½ if the home team is winning). (Oct. 2019)

11. Pitchers and catchers may use a courtesy runner as per the NFHS speed up rule. (Jan. 2024)

12. Teams may conduct a scrimmage after the 6th practice day. Pitchers are limited to 30 pitches during scrimmages that occur on practice days that occur on days 7-10. Pitchers that throw 1-30 pitches during this time period must have 2 nights rest. (May 2025)

13. The double first base shall be optional during the 2026 season. The double first base will be required as per NFHS Rules, starting with the 2027 season. (Feb. 2026)

2.09 Baseball Scrimmage Rules:

1. A baseball scrimmage must include free substitutions and lineup cards will not be exchanged.

Scrimmages must also include one or more of the following:

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

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

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

2.10 Baseball Championship Week #:

Week #49

3. BASKETBALL (GIRLS)

3.01 Rules: NCAA & NYSPHSAA

3.02 Maximum Number of games: 20

3.03 Practice Requirements:

Number of practices to represent school: 6 (individual)

3.04 Nights rest between contests: 1 night

3.05 Individual contests limitation per day: 1 contest

3.06 Scrimmage limitations per day: 1 scrimmage

3.07 Waivers of NCAA Women's Basketball Rules:

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

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

3. 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)

4. 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)

5. A waiver to allow the use of a non-orange ball during the regular season if both teams agree. (July 2016)

6. A waiver of NCAA Rule 1-7 to maintain the 3-point line at a distance of 19'9". (Oct. 2011)

7. A waiver of the NCAA Rule 1 requiring the use of the restricted area. (Oct. 2011)

8. Waive NCAA Women's Basketball rule 11-2.1.e permitting officials to use a courtside monitor at any time during the game to determine whether the ball left the shooter's hands before the sounding of the shot-clock horn on successful tries only. (Oct. 2017)

9. Waive NCAA Women's basketball rule 1-9.1 extending the coaches box to from 28 feet to 38 feet. (Oct. 2017)

10. Waive the NCAA Women's basketball rule 5-10.2 that no less than .3 seconds must expire on the game clock when the ball is legally touched inbounds and the official immediately signals to stop the clock.

11. Waiver of the NCAA 2-11.6 Resetting the shot clock. The shot clock reset will remain the at 30 seconds. (Oct. 2019)

12. Waiver of NCAA rule 1-26-7 (Head Decorations). Hair adornments, including beads, may be worn provided they are secured and do not present a safety hazard to the player, teammates, or opponent(s). (May 2022)

3.08 NYSPHSAA Girls Basketball Rules:

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

2. Approve the number of time-outs per game to four (4) full time-outs and two (2) 30-second timeouts. (July 2016)

3. 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. (Oct. 2017)

3.09 Girls Basketball Scrimmage Rules:

1. A basketball scrimmage must include ten (10) minute time periods with running time (except time-outs) and unlimited time outs.

2. 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:

3. Optional shot clock

4. Shoot only fouls against the shooter with free throws awarded in a one plus one.

5. At the end of the first (1st) and third (3rd) quarters, each team will run five (5) special plays. Example: out-of-bounds play underneath the basket: sideline out-of-bounds.

3.10 Girls Basketball Championship Week #:

Week #37; Week #36 (Easter)

4. BASKETBALL (BOYS)

4.01 Rules: NFHS & NYSPHSAA

4.02 Maximum Number of games: 20

4.03 Practice Requirements:

Number of practices to represent school: 6 (individual)

4.04 Nights rest between contests: 1 night

4.05 Individual contests limitation per day: 1 contest

4.06 Scrimmage limitations per day: 1 scrimmage

4.07 Waivers of NFHS Basketball Rules:

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

2. A waiver of Rule 2-12 to require the officials' scorer to wear a striped shirt only in NYSPHSAA Semi-finals and Finals.

3. A waiver of rule for timeouts to allow for four (4) timeouts per game, plus one (1) 30-second timeout per half, in a regulation game.

4. When the 35-second shot clock is used, the five-second closely guarded rule while dribbling is waived (Feb. 2026)

4.08 NYSPHSAA Boy Basketball Rules:

1. Boys' basketball will use a 35-second shot clock.

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 member of the Board approved coaching staff is required to attend the pregame conference with the captains and the officials. (Oct. 2022)

4. The shot clock must reset to 20 seconds, in predefined situations, when the shot clock is below 20 seconds. (Oct. 2022)

5. The official must count the 10-seconds required to get the ball over half court. (Oct. 2022)

4.09 Boys Basketball Scrimmage Rules:

1. A basketball scrimmage must include ten (10) minute time periods with running time (except time-outs) and unlimited time outs.

2. 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:

3. Optional shot clock

4. Shoot only fouls against the shooter with free throws awarded in a one plus one.

5. At the end of the first (1st) and third (3rd) quarters, each team will run five (5) special plays. Example: out-of-bounds play underneath the basket: sideline out-of-bounds.

4.10 Boys Basketball Championship Week #:

Week #37; Week #36 (Easter)

5. BOWLING

5.01 Rules: USBC & NYSPHSAA; USBC Playing Rules (Chapter No. 2 "General Playing Rules" and Chapter No. 8 "Equipment Specifications"). (July 2020) 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.

5.02 Maximum Number of matches: 20

5.03 Practice Requirements:

Number of practices to represent school: Training

5.04 Nights rest between contests: 1 night

5.05 Individual contests limitation per day: 6 games

5.06 Scrimmage limitations per day: 1 scrimmage

5.07 Waivers of USBC Rules:

1. Chapter 2-Rule 3- Modified Formats (not applicable)
2. Chapter 2-Rule 4d- Special Considerations to Deliver the Ball – substitute "league board of directors or tournament management" with "NYSPHSAA office"
3. Chapter 2-Rule 4e-Tournament Average Relief- (not applicable)
4. Chapter 2-Rule 11- Forfeit-Delay of Game: Append to read "at the discretion of the NYSPHSAA authorized officials"
5. Chapter 2-Rule 13- Parental Consent (not applicable)
6. Chapter 2-Rule 14- Supplemental Fees (not applicable)
7. Chapter 2-Rule 15- Gambling (NYSPHSAA rules supersede)
8. Chapter 2-Rule 16- Member (not applicable)
9. Chapter 2-Rule 17- Grounds for Disciplinary Action (NYSPHSAA rules supersede)

5.08 NYSPHSAA Bowling Rules:

1. Game: A game consists of 10 frames.

2. Match (contests): Consists of a maximum of three (3) games.

3. Tournament: Consists of a maximum of six (6) games and counts as one (1) contest.

4. The Baker format is permitted and subject to the following equivalence: 5 baker team games = 1 standard team game. A combination tournament, where both standard team games and baker team games are used, is permitted provided that the total number of games does not exceed the maximum allowed number of standard equivalent games. (Feb. 2020)

5. Individual Limitations: A student may not participate in more than one contest per day.

6. 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 and 10th frame roll;
   3) one game Baker format.

The tie breaking procedure must be designated prior to the start of the tournament.

7. 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)

8. 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.

9. The oil pattern will be prepared for the practice round (if held), with the understanding that pattern will be set as consistent as possible throughout the tournament. Additional pertinent lane information will be included in the pre-tournament announcement. (Aug. 2009 – Update May 2020)

10. It is recommended that training should precede the first contest and that all competitors be in uniform.

11. The foul line rule shall never be set aside.

12. Substitution rule: (July 2018)

1. One (1) substitution may be made per game.
2. A substitution may be made prior to the first ball being thrown of any frame.
3. The athlete who begins a frame must finish that frame. EXCEPTION - 10th frame: In the 10th frame, a substitution may also be made prior to the "fill-ball" for any bowler. This substitution may only be made after a spare or after the second strike.
4. If a substitution is made, the score for that game is credited to the athlete who began the game. However, that game score AND six-game series is ineligible to be used toward individual awards.
5. When a substitution is made, the head coach must indicate the change on the team scoresheet. The game score (for the bowler who began the game) should be circled. For the substitute, the coach should enter an asterisk (*) along with the frame number that bowler entered the game.
6. Penalty: If an illegal substitution is made, an individual score of 0 will be given for every illegal frame. Once a scoresheet is verified (signed) by the opposing coach, scores will NOT be adjusted.

13. For NYSPHSAA State Championship, each school team must have a minimum of five athletes on its roster to begin the competition. (Feb. 2026)

5.09 Bowling Scrimmage Rules:

1. In a bowling scrimmage, any format may be used and substitutions may be made at any time.

2. No official scores may be kept; therefore, scores may not be used in calculating season average or for qualifying for sectional or state tournaments.

3. Scores may not be used toward league or not-league standing.

5.10 Bowling Championship Week #:

Week #36

6. CHEERLEADING

6.01 Rules: NFHS Spirit Rules & NYSPHSAA

6.02 Maximum Number of games: 12

6.03 Practice Requirements:

Number of practices to represent school: 6 (individual)

6.04 Nights rest between contests: 1 night

6.05 Individual contests limitation per day: 1 competition

6.06 Scrimmage limitations per day: 1 scrimmage

6.07 Waivers of NFHS Spirit Rules:

None.

6.08 NYSPHSAA Cheerleading Rules:

1. A routine will be 2 minutes and 30 seconds and must include a minimum of 30 seconds of cheer.

2. A competition must request a minimum of 4 panel judges and 1 safety judge.

3. All competitive cheerleading coaches must take the USA Cheer and Dance Safety Course on NFHS LEARN and USA Cheer High School Cheerleading Rules Training – Changes Course. (July 2024)

4. Students and teams may compete in GameDay Cheer in the Fall and Winter seasons. Competitive Cheer is limited to the Winter season only. (May 2025)

5. Championship format will be a preliminary round for all divisions/classes in the morning and then a final round for the top 5 teams.

6. The use of props as bases is prohibited. (Oct. 2016)

7. The use of video replay may be used in the NYSPHSAA Cheerleading Championship for point and safety deductions only. (Jan. 2017)

8. Schools are required to provide proof at the NYSPHSAA Cheerleading Championship that the music they will use during their routine, has been legally purchased. (Oct. 2017)

9. NYSPHSAA recognizes Game Day Cheer. (July 2018)

10. Choreography of a routine is prohibited prior to the official NYSPHSAA Official start for GameDay. (Oct. 2024) Competitive Cheer choreography is permitted during the Fall season, in accordance with the NYSPHSAA Practice Rule #22. (July 2025)

11. Competitive Cheerleading Minimum/ Maximum Requirements. (July 2023)
The following minimum and maximum requirements are only in effect for competing in the NYSPHSAA State Championships:

Class A & B: A minimum of 3 stunt groups (12 athletes) and a maximum of 24 athletes.
Class C & D: A minimum of 2 stunt groups (8 athletes) and maximum of 20 athletes.
Co-Ed: A minimum of 2 stunt groups (8 athletes) and a maximum of 24 athletes.

6.09 Competitive Cheerleading Scrimmage Rules:

None.

6.10 Competitive/ GameDay Cheerleading Championship Week #:

Week #18 Sunday - GameDay (May 2023)
Week #35 - Competitive

7. CROSS COUNTRY

7.01 Rules: NFHS & NYSPHSAA

7.02 Maximum Number of contests: 16

7.03 Practice Requirements:
Number of practices to represent school: 6 (individual)

7.04 Nights rest between contests: 2 nights

7.05 Individual contests limitation per day: 3.1 miles or 5000 meters in length

7.06 Scrimmage limitations per day: 1 scrimmage

7.07 Waivers of NFHS Cross Country Rules:
None.

7.08 NYSPHSAA Cross Country Rules:

1. Interschool cross country runs shall not exceed 3.1 miles or 5000 meters in length.

2. A maximum of two (2) meets per week (Monday–Sunday) shall be permitted.

3. An individual competitor may participate in a maximum of sixteen (16) contests.

7.09 Cross Country Scrimmage Rules:
N/A

7.10 Cross Country Championship Week #:
Week #19

8. FENCING

Jurisdiction for this sport is at the Sectional level as per NYSPHSAA Championship Philosophy

9. FIELD HOCKEY

9.01 Rules: NFHS & NYSPHSAA

9.02 Maximum Number of games: 16

9.03 Practice Requirements:

Number of practices to represent school: 6 (individual)

9.04 Nights rest between contests: 1 night

9.05 Individual contests limitation per day: 1 contest

9.06 Scrimmage limitations per day: 1 scrimmage

9.07 Waivers of NFHS Field Hockey Rules:

1. In accordance with NFHS rule 4-2-2, the game clock shall continue to run when a 5-goal differential is scored. (July 2020)

9.08 NYSPHSAA Field Hockey Rules:

1. Sections may determine which of the approved NYSPHSAA overtime procedures to follow. (May 2006)

2. For Sectional play and beyond, Field Hockey overtime procedures will be one ten (10) minute 7 v 7 period; if still tied another ten (10) minute 7 v 7 period will be played; if still tied a ten (10) second 1 v 1 shot out of five players per team; if still tied another ten (10) second 1 v 1 shot out of five players per team; if still tied a ten (10) second 1 v 1 sudden victory will be played. With Sectional approval, the procedure may be used during the regular season.

3. Defensive players shall be allowed to wear a face mask on penalty corners only with the following protocols: (July 2020)

   1. The mask must be smooth, single color or a metal grill which follows the contour of the face.
   2. The defensive player may wear the mask for the duration of the penalty corner including the immediate taking of the free hit awarded after the penalty corner.
   3. Face masks are stored behind the defending goal cage. The masks must be put on within 20 seconds of the referee signaling the penalty corner.
   4. The face masks must be removed and tossed over the end line or sideline after the penalty corner.
   5. Players are not allowed to participate in any general field play or progress forward on any attack with a face mask on.

NOTE: Players must not take advantage of the protective equipment to conduct themselves that will increase risk to other players.

9.09 Field Hockey Scrimmage Rules:

1. A field hockey scrimmage must start with a sideline or sixteen (16) yard hit and;

Scrimmages must also include one or more of the following:

2. A running clock and/or modified periods.

3. Incorporate all or part of the Overtime Procedure into the scrimmage.

4. Each team will take five (5) offensive corners, playing until either a goal is scored; ball goes out of bounds or crosses the 25-yard line.

9.10 Field Hockey Championship Week #:

Week #19

10. FLAG FOOTBALL

10.01 Rules: NFHS & NYSPHSAA

10.02 Maximum Number of games: 16

10.03 Practice Requirements:

Number of practices to represent school: 6 (individual)

10.04 Nights rest between contests: 1 night

10.05 Individual contests limitation per day: 1 contest

10.06 Scrimmage limitations per day: 1 scrimmage

10.07 Waivers of NFHS FLAG Football Rules:

1. Waiver of NFHS Rule allowing field goals – field goals are not permitted. (Feb. 2026)

2. Waiver of NFHS Rule requiring three flags on the belt – a minimum of two flags on the belt are required. (Feb. 2026)

3. Waiver to the Uniform specifications as outlined in the NFHS Rule Book for Items Jersey: a-5.2.b3, a-5.2.b4, a-5.3.b3, a-5.3.b4, NUMBERS: 5-b3, b4 (Page 14 & 15) the 25-26 Season. 5-d: *Note: If schools have shorts are not a solid color for the 25-26 season, the flag must be a clearly contrasting color to the shorts and any striping or patterns on the shorts. (Feb. 2026)

10.08 NYSPHSAA FLAG Football Rules:

1. Required one-yard neutral zone. (Feb. 2026)

2. Officials will conduct one dead ball flag check per half; athlete will be selected at random. Penalty if flag does not comply with NYSPHSAA standards will result in unsportsmanlike penalty. (Feb. 2026)

3. Onside play (Feb. 2026):
   - The option is only available to the team behind in score during the final 5 minutes of the second half and only immediately after the trailing team has scored a touchdown or field goal.
   - This is a timed down.
   - This option is not available after the trailing team has scored a safety.
   - This option is never available to the team ahead in points.
   - After the trailing team has scored and attempted the extra point, the team captain of the trailing team must inform the referee they intend to attempt an onside play. The ball is placed on the teams 20 yard line, going out.
   - This play is treated exactly like a 4th down play including the assessment of penalties with one exception. If a foul occurs that includes an automatic first down (ie. roughing the passer) the offense will not receive a new set of downs. They will receive the 15 yard penalty and replay the down, (ie, fourth and five from the 35 yard line, line to gain is the 40 yard line.)
   - The offense must advance the ball to the 40 yard line or beyond, after all live ball penalties have been accessed in order to retain the ball.

- Dead ball penalties will not be considered in determining if the line to gain was achieved.
- If the offense retains the ball the next zone-line-to-gain will be determined.
- If the offense does not retain the ball the defense will take possession of the ball where it became dead (end of the run or previous LOS) and the next zone-line-to-gain will be established. Interceptions returned to the end zone by the defense during an onside play are worth 6 points and a PAT attempt.
- There is no limit to the amount of onside plays a team may use as long as the provisions of lines 1, 2, and 3 of this section are still valid.
- Once the team reaches the 20 yard conversion, the play is blown dead.
- The team will receive the ball first and zone at their own 20 yard line.
- If the team does not convert, the ball is spotted where the play is blown dead.

4. Tie Game - In case of a playoff game ending in a tie score, the officials must bring all players and coaches of both teams to the center of the field. They will discuss the tiebreaker procedures and answer all questions prior to the coin toss. After this meeting the field captains will stay while the remaining players and coaches return to their respective sidelines.

A. A coin will be flipped or odd/even choice by the visiting team captain will determine the options as in the start of the game. The winner of the toss shall be given the options of offense, defense, or direction. The loser of the toss shall make a choice of the remaining options. Each overtime period begins with a coin toss or odd/even choice.

B. ALL OVERTIME PERIODS ARE PLAYED TOWARD THE SAME GOAL LINE.

C. Unless moved by penalty, each team will start 1st and goal from the 20-yard line. The object will be to score a touchdown. An overtime period consists of one possession by each team. If the score is still tied after one period, they go to a second period or as many as needed to determine a winner. If the first team which is awarded the ball scores, the opponent still has a chance to win the game. If the defense intercepts the pass or fumble and returns it for a touchdown, they win the game. If they do not return the interception for a touchdown, the ball will belong to the defense, as the offense did not convert their chance. They must convert to win, or another period starts. Each team is entitled to one time-out per overtime period.

D. Penalties - The offense should be awarded a new series of 4 downs when the penalty for defensive pass interference or roughing the passer is accepted. Dead ball fouls following a successful try will be penalized from the succeeding spot.

10.09 FLAG Football Scrimmage Rules:

1. No official score is kept.

2. No definite time is set or kept.

3. Coaches are permitted on the field to provide instruction and make corrections.

4. Different configurations governing possession time and down and distance situations (than those normally used in a game) may be used to govern play.

5. Unlimited time-outs and stoppages of play are permitted and encouraged for the purpose of both providing instruction and adequate rest periods.

6. The use of officials would be permitted and encouraged whenever possible for the purpose of instruction regarding the rules and proper application of rules.

7. No admission may be charged.

10.10 FLAG Football Championship Week #:

Week #48

11. FOOTBALL

11.01 Rules: NFHS & NYSPHSAA

11.02 Maximum Number of games: 10

11.03 Practice Requirements:

Number of practices to represent school: 10 (individual)

11.04 Nights rest between contests: 4 nights (2 nights for scrimmage)

11.05 Individual contests limitation per day: 1 contest

11.06 Scrimmage limitations per day: 1 scrimmage

11.07 Waivers of NFHS Football Rules:

1. Waived NFHS rule for officials to wear Northwestern socks when wearing shorts and to wear all black shoes.

2. Eight Man Football NFHS Rule Waivers (July 2022):
   a. Rule 1 – 80-yard field length; "If on field numbers are used, the tops of these numbers shall be 7 yards from the sideline."
   b. Rule 2 – 9-yard mark
   c. Rule 6 – K's Free kick line is its 30-yard line and R's free kick line is its 40 yard line
   d. Rule 7 – player alignment
   e. Rule 8 – touchback/ freekick
   f. Rule 10 – basic spot foul

11.08 NYSPHSAA Football Rules:

1. With Section approval a contestant (or team) may participate in no more than ten (10) interschool football contests, excluding sectional championships. For those sections involved in the state championship three additional games are permitted for a total of fourteen (14) games for the season: (1) game for regionals, (1) game for semifinals, and (1) game for championships. (May 2020)

2. 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 (11) man football – sixteen (16) or more: eight (8) or nine (9) man football – twelve (12) or more; six (6) man football – twelve (12) or more.

3. All football games of the NYSPHSAA, Inc., shall be played following National Federation Football rules.

4. The first two (2) days of practice must be noncontact, without the use of personal protective equipment and mechanical blocking devices. (May 2023) 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 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., is

not permitted. The following five (5) days consist of contact practice with full protective equipment and the use of all training devises. (Feb. 2019) Full player to player contact and team scrimmaging is permitted.

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.

5. Combined practice requirements (July 2019):

A. Coaches will instruct their own players.
B. "Live Contact" is permitted but not required.
C. Athletes/ Teams may not participate in a combined practice until the first five (5) day of practice have been completed.
D. 8-Man Football: Drills may not exceed more than seven (7) players from each team.
E. 11-Man Football: Drills may not exceed more than nine (9) players from each team. (Feb. 2023)
F. 11-man football may conduct 11-on-11 drills for a maximum of 10 offensive and 10 defensive plays. (May 2024)
G. 8-man football may conduct 8-on-8 drills for a maximum of 10 offensive plays and 10 defensive plays. (May 2024)

6. The minimum time between interschool football scrimmages shall be two (2) days.

7. It is recommended that at 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).

8. The NFHS accepted overtime procedures with the amendment that the ball is placed on the 20-yard line, instead of the 10-yard line.

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

10. Tommy Tough Education and Awareness Safety Standards; with Section/ League approval. (July 2017)

Section (input Section number) in its never-ending mission to provide its student-athletes with positive and safe athletic experiences has embarked on a journey to make the great game of football even better. Through the vision of the stakeholders in Section (input Section number) football it is our goal to implement changes that will protect the integrity of the game, minimize risk for players and allow for positive growth.

The Section (input Section number) Football Committee, Safety Committee, Athletic Directors, Football Officials Association and the Section (input Section Number) Football Coaches Association embrace the following Tommy Tough Football Standards and will begin implementing them in the spring of 2017.

1) Implementation of a mandatory safety statement that will be read pre-game by the officials to all players in grades 7-12 at all contests commencing in the fall of 2017.

Statement: *"In an effort to minimize risks to you and your opponent, helmets are not to be considered weapons and are not to be used as weapons. Helmets are not to be intentionally used to initiate illegal helmet contact against an opponent, such as spearing, targeting, butt blocking and face tackling."*

2) In an effort to enlighten and gain support from parents and spectators, make the following announcement (2 or more times) whenever a PA system is available at a football game:

Statement: *"The (insert name of both schools) school districts salute the Section (insert Section number) Football coaches, officials and Athletic Administrators for implementing the Tommy Tough Football Standards, thereby reducing risks for all Section (insert Section number) football players. We ask all spectators to join the football coaches in supporting the officials when they make calls pertaining to targeting, illegal helmet contact and defenseless player hits. Thank you for your anticipated cooperation."*

3) Support the football official's association in enforcing the NFHS rules and regulations related to the penalties for illegal helmet contact and illegal hits. As per NFHS rules, flagrant fouls will result in the appropriate yardage penalty as well as the ejection of the athlete from the contest. The illegal hits of targeting, illegal helmet contact (butt blocking, face tackling and spearing) and defenseless player hits (as defined by the NFHS rule book) will result in the appropriate yardage penalty as well as the player being removed from the field for at least one play.

4) As per the NYSPHSAA and Section (insert Section number) Misconduct Policy, players and/or coaches ejected from a contest will be suspended from the next regularly scheduled contest. Repeated infractions may lead to additional penalties.

5) The Section (insert Section number) Football Coaches Association pledge their support to the football officials when they call the following NFHS violations-targeting (NFHS Rule 2, Section 20, Article 2) illegal helmet contact (NFHS Rule 2, Section 20, Article 1), and defenseless player hits (NFHS Rule 2, Section 32, Article 16).

6) Support head coaches in the downloading of game film to the Football Officials Association for their review and use in the education and professional growth of all its members.

7) Work with Section (insert Section number) Football Officials Association and Coaches Association in its commitment to dramatically reduce illegal hits.

8) Work with our Football Officials Association in the exploration and development of the best possible evaluation programs.

9) Recommend having a "Player Safety Coach' on staff, as per USA Football (individual district decision).

10) Recommend supporting and working with USA Football (and/or similar organizations) in their efforts to promote and implement programs that are being created to minimize player risks and benefit all.

11. A football player shall be permitted to participate in both the JV and Varsity football games for his school without violating the nights rest rule and maximum number of contests. The following requirements must be met: (July 2020)

1. The player shall participate in 10 or less plays in one of the two contests
2. There be a TWO NIGHT rest period between the two contests.

12. Any player disqualified by a sport official for unsportsmanlike behavior or flagrant foul will be ineligible for the next two consecutive halves. (July 2024)

13. Eight Man Football Rules (July 2022):

1. Hash marks will be aligned with the goal post
2. Alignment
   i. Offensive teams will have at least 5 men on the LOS
   ii. Offensive teams must have at least 3 players in consecutive order on the LOS numbered 50-79 on all plays, except special teams
   iii. Players with number 50-79 are not eligible for a forward pass, regardless of their alignment on the field.

11.09 Football Scrimmage Rules:

Football scrimmages shall be governed by the following:

1. No official score is kept.

2. No definite time is set or kept.

3. Coaches are permitted on the field to provide instruction and make corrections.

4. Different configurations governing possession time and down and distance situations (than those normally used in a game) may be used to govern play.

5. Unlimited time-outs and stoppages of play are permitted and encouraged for the purpose of both providing instruction and adequate rest periods.

6. The use of officials would be permitted and encouraged whenever possible for the purpose of instruction regarding the rules and proper application of rules.

7. No kickoffs are permitted.

8. 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.

9. 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.

10. No admission may be charged.

11. The participation of student support groups such as cheerleaders, bands, kick lines, etc., are prohibited.

11.10 Football Championship Week #:

Week #22

12. GOLF

12.01 Rules: USGA, NYSPHSAA & Local Course Rules

12.02 Maximum Number of contests: 16

12.03 Practice Requirements:
Number of practices to represent school: Training

12.04 Nights rest between contests: 1 night

12.05 Individual contests limitation per day: 1 match; 2- 9-hole Matches non-school days

12.06 Scrimmage limitations per day: 1 scrimmage

12.07 Waivers of USGA Golf Rules:
None.

12.08 NYSPHSAA Golf Rules:

1. Allow competitors to use non-motorized push or pull carts during league, sectional or NYSPHSAA Championship competition. (Jan. 2012- Girls; May 2017- Boys)

2. Teams and individuals may play two 9-hole matches in a day on non-school days. (Jan 2015)

3. Girls Golf – Sections/Leagues determine their method of maximum per hole scoring during competitions. (Feb. 2018)

For NYSPHSAA Championship play:
1. Rulings may only be pointed out by the competitors. Spectators are not permitted to make rulings.

2. 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.

3. Girls Golf – Point of Emphasis, Board of Education approved coaches may coach their athletes anywhere on the course. (Feb. 2020)

12.09 Golf Scrimmage Rules:
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.

12.10 Golf Championship Week #:
Week #48

13. GYMNASTICS

13.01 Rules: USAGJO/ NYS Technical Handbook- 8th Edition (July 2023)

13.02 Maximum Number of contests: 16

13.03 Practice Requirements:

Number of practices to represent school: 10 (individual)

13.04 Nights rest between contests: 1 night

13.05 Individual contests limitation per day: 4 events Girls/ 1 Contest; 6 events (Boys);

13.06 Scrimmage limitations per day: 1 scrimmage

13.07 Waivers of USAGJO/ NYS Technical Handbook Gymnastics Rules:

None.

13.08 NYSPHSAA Gymnastic Rules:

1. Metal hair fasteners are permissible.

2. Handspring and twisting vaults are only permitted if a facility does not have the appropriate runway length and no Salto type vaults will be allowed.

13.09 Gymnastic Scrimmage Rules:

None.

13.10 Gymnastic Championship Week #:

Week #34/35

14. ICE HOCKEY

14.01 Rules: NFHS & NYSPHSAA

14.02 Maximum Number of games: 20

14.03 Practice Requirements:

Number of practices to represent school: 6 (individual)

14.04 Nights rest between contests: 1 night

14.05 Individual contests limitation per day: 1 contest

14.06 Scrimmage limitations per day: 1 scrimmage

14.07 Waivers of NFHS Ice Hockey Rules:

1. The minimum number of ice hockey players for competition as well as interschool practice shall be nine (9) players and one (1) goaltender.

2. A waiver of the NFHS rule in Ice Hockey to allow a maximum of two disqualification penalties per contest for a coach or player. (May 2011)

3. TEAMS
Players need not have numbers on both sleeves of the jersey.

4. PLAYERS IN UNIFORM
There is NO maximum number of players. (Note: Variance approved Oct. 1999)

5. PENALTIES
GIRLS Ice Hockey shall utilize 1:30, 4:00 & 7:30.

14.08 NYSPHSAA Ice Hockey Rules:

1. BOYS 17-minutes period will be utilized. (July 2020)
GIRLS 15-minute periods will be utilized. (Feb. 2019)

2. All players must wear helmets while on the bench or in the penalty box.

3. If video replay is available, it may only be used in post season play including Sectionals, Regionals, State Semi-Finals and State Championship games and may be used only for determining goals and undetected goals and for determining correct time on the game clock (rule 9-13). (July 2018)

1. **Video Replay Protocol** (Feb. 2019) - Per adoption in July 2018, video replay is permissible in any postseason game (where available) for the purposes of determining goals, undetected goals and for determining correct time on the game clock.
In order to reverse an on-ice ruling, the replay must include conclusive video evidence.

2. On-Ice Officials Procedure - The referee must use a video monitor located at ice level to review any of the criteria. An On-Ice Official makes the final decision.

3. Video Replay Criteria - The following criteria are subject to the use of video replay and may be reviewed through either referee's discretion or by a coach's challenge:

1. A puck crossing the goal line
2. A puck entering the net before the goal frame is dislodged
3. A puck entering the net before or after expiration of time at the end of a period, a whistle, or referee's determination that play has stopped
4. A puck directed into the net by a hand or a distinct kicking motion
5. A puck deflected into the net by an official
6. To establish the correct time on the game clock
7. To determine if an attacking player prevented the goalkeeper from defending the goal in accordance of Rule 7-13.5
8. To determine if a puck is directed or deflected into the net by a high stick
9. To determine if the offensive zone entry immediately preceding the goal was onside. (Feb. 2020)

4. Non-Detected Goal - In situations where a non-detected goal is awarded, officials will reset the game clock accordingly. If penalties occur prior to or after the undetected goal, these penalties will be enforced regardless of team.

5. Allowable Time for Review - Any potential goal requiring video review must be reviewed prior to or during the next stoppage of play. No goal may be awarded (or 140 disallowed) as a result of video review once the puck has been dropped and play has resumed.

6. Team Timeout Request/Coach's Challenge - A team may use its timeout for the purpose of reviewing situations that are in the video replay criteria or a potentially non-detected goal. If the challenge is successful, the team retains its timeout. If the challenge is unsuccessful, a timeout is charged to the challenging team.

This timeout policy applies to any video replay procedure used. An on-ice official makes the final decision. For a time out to be granted, a coach must:

- Declare, from the onset of the request, that the time out is for purpose of video review. A coach may not request a video review if the time out is taken for another purpose. A coach may not stall in any manner prior to requesting the review.

- Identify the specific video replay criteria requested to be reviewed
  - When any aspect of the video replay criteria is challenged, it allows the referee to utilize all aspects of the review criteria to be judged (e.g., high stick challenged, but video shows the puck was kicked into the goal).
  - When a video review, due to technical issues with the video replay system, is unable to provide an adequate review, a team time out will not be charged.
  - If a team does not have a timeout remaining, they may not make a challenge.

4. PLAYERS IN UNIFORM

The minimum number of players that may dress for a game or a scrimmage is nine players and one goalie. If a team drops below the minimum number of players, 9 and 1 goalie, during a game then the contest will be stopped and the offending team will forfeit. (July 2025)

Note: Every effort should be made to have two goaltenders in goalkeeper equipment for every game.

5. WARM-UP BETWEEN PERIODS

All players will be allowed a two-minute warm-up period to skate and stretch between periods. During this warm-up period, no shots will be taken and players must stay on their own end of the ice. A team shall not use pucks on the ice before the start of the second or subsequent periods or where there is a separate warm-up period followed by an ice cut, before the start of the first period. (September 2001).

6. GOALKEEPER'S EQUIPMENT

A "chin strap check" will be conducted on goaltenders prior to the game or upon substitution. Goaltender may not continue until equipment is corrected.

7. PROTECTIVE EQUIPMENT

It is mandatory for all players (including goal keepers) to wear a certified BNQ stamped throat protector. This shall not be modified from its original manufactured state and shall be worn in the manner the manufacturer intended it to be worn.
Penalty: First offense, TEAM WARNING; Further offense, MISCONDUCT

8. GAME DISQUALIFICATION

Any player that incurs 5 penalties (a combination of minors, majors and/or misconducts) in a contest will be removed for the remainder of that contest only. The official shall mark on the scoresheet that the player received an "EJ" (ejection) for the 5-penalty rule.

Allows a maximum of two (2) game disqualification penalties per contest for a player or coach. (2011)

Any player or coach assessed a game disqualification or game misconduct penalty will be suspended from his team's next regularly scheduled game.

9. TIME OF GAME

When a substitute goalkeeper initially enters the game, he will take his position without delay. A maximum of TWO-minutes warm-up per substitute goaltender per game shall be required. (July 2022) Five pucks will be allowed on the ice for this purpose. Once a goalie enters the game for a substitution, they must remain on the ice until the next stoppage in play. If the goalie leaves the ice before the next stoppage in play, then a delay of game penalty will be called by the official. (July 2024) No timeout will be charged to the team, (Note: Variance approved I0/99) except in the case of a delayed penalty.

10. OVERTIME

REGULAR SEASON

a. During the regular season (non-tournament or consolation game, or any game where a winner is not necessary) there will be a three-minute rest for players and one five minute sudden-death overtime period will be played. The first team to score shall win the game. If neither team scores in the five minutes, the game shall be declared a tie.

b. GIRLS Ice Hockey: During the regular season tournament where a winner is necessary, after the third period the ice will be resurfaced, and teams will switch ends. Play shall be continued until the first goal is scored in Overtime for no more than two overtime periods of 15 minutes. (July 2024)

BOYS Ice Hockey: During the regular season tournament where a winner is necessary, play shall be continued not to exceed 10 minutes of sudden victory. If after this overtime period, there is no goal scored, the game will be considered a tie, and the shootout procedure will decide tournament advancement. (July 2025)

POST SEASON
c. In Sectional, Regional and NYSPHSAA Championship Play: After the third period the ice will be resurfaced, and teams will switch ends. Play shall be continued until the first goal is scored in Overtime for no more than two overtime periods of 17 (boys)/15 (girls) minutes. (July 2022)

d. If the game shall be tied at the end of the first overtime period, teams will play another overtime period of 17 (boys)/15 (girls) minutes, after the ice is resurfaced and teams switch ends. If the score is still tied, the "shoot out" procedure will be used. (13.08.12) (July 2022)

e. If the teams are still tied after the two overtimes of the NYSPHSAA finals, Co-Champions will be crowned.

11. GAME PROTOCOL

a. During the regular season each game will have a maximum of 10-minute warmup time. There must be a minimum of at least two ice cuts during the game. (July 2018) If the ice is not cleaned after each period there will be at least a three-minute period or intermission between the first and second period.

b. In At Large, Regionals, Semi-Finals and Finals, each team will have a 12-minute warm up, ice will be cut prior to the first period and after each period of regular game time. There will be a twelve to fifteen-minute intermission between each period of regulation play.

12. PROCEDURES FOR A "SHOOT OUT"

1. 1ST Attempt- Each team shall select three shooters who will meet at center ice with the officials. (All players, other than those involved in the shoot down, are to go to their bench and be seated. The shooters will remain behind the center face-off spot at the discretion of the officials.)

2. The official(s) will flip a coin to see which team starts. Players from opposing teams will alternate taking penalty shots (Rule 4-6) until all six players have competed. The team with the most goals will advance in tournament or state play.

3. If there is a tie after the first group of six, each team will select three new shooters. Players from opposing teams will alternate taking penalty shots (Rule 4-6) until all three players have competed. The team with the most goals will advance in tournament or state play.

4. If there is still a tie, each team will select another three shooters (none of those who have already competed) and continue the process. Players from opposing teams will alternate taking penalty shots (Rule 4-6) until all three players have competed. The team with the most goals will advance in tournament or state play.

5. If a tie still exists, each team will select any three shooters for the remaining shoot downs. Players from opposing teams will alternate taking penalty shots (Rule 4-6) until all three have competed. The team with the most goals will advance in tournament or state play.

6. Goaltenders may be substituted in between each group of three shooters, not during. Goaltenders injured may be substituted according to NYSPHSAA rules.

13. GAME DAY PROTOCOL

The "Game Day Protocol" will be used for all State Regional, Semi-final and Final games and is recommended for statewide usage during the regular season to provide consistency and to expedite the start of games and periods.

PRE-GAME
Warm-ups begin
At the conclusion of warm-ups, ice will be resurfaced (teams to locker rooms) Teams will receive a warning (horn & verbal notice) when resurfacer is on its last lap.
When Zamboni is finished, and doors are closed - 2 minutes goes on clock.
At the conclusion of time, starting lineups and National anthem will start promptly.
Upon completion the puck is dropped (no team huddle).
Teams not ready to play are subject to a minor penalty

BETWEEN PERIODS
Ice will be resurfaced after each period (teams to locker room)
Teams will receive a warning (horn & verbal notice) when resurfacer is on its last lap.
When Zamboni is finished, and doors are closed - 2 minutes on clock.
At the conclusion of the time the puck will be dropped to start the period. Teams not in compliance are subject to a minor penalty.

14. GAME DIFFERENTIAL

With Section approval, a running clock may be used if there is an 8-goal differential in the third period. If the score differential drops below 8-goals, the clock will be stopped. (July 2025)

14.09 Ice Hockey Scrimmage Rules:

1. An ice hockey scrimmage shall be divided into two (2) halves with the time to be determined by coaches.

2. The time clock and penalty clocks may be used for time keeping only but no score may be kept.

Scrimmages must also include one or more of the following:
3. Each team must play short – handed in predefined situations.

4. Use of half (1/2) ice situations.

14.10 Ice Hockey Championship Week #:

Week #36

15. LACROSSE

15.01 Rules: Boys NFHS & NYSPHSAA / Girls NFHS & NYSPHSAA

15.02 Maximum Number of games: 16

15.03 Practice Requirements:

Number of practices to represent school: 6 (individual)

15.04 Nights rest between contests: 1 night

15.05 Individual contests limitation per day: 1 contest

15.06 Scrimmage limitations per day: 1 scrimmage

15.07 GIRLS Waivers of NFHS:

1. Permanently waive Rule 1 Field Dimension for regular season play only (Aug. 2004).

2. Waiver to rule 2-13, 3" panel and trim around the neck for the 2013-2015 seasons. (Jan. 2012)

3. If schools mutually agree they may waive the NFHS rule and allow a game to be played with only one official at the JV level only. (Jan. 2017)

BOYS Waivers of NFHS Lacrosse Rules:

1. A waiver to NFHS rule 2-5-2, to permit officials to wear black shorts.

15.08 GIRLS NYSPHSAA Lacrosse Rules:

1. 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)

2. 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 four (4) meters away. IF there is not team possession, it will be a draw. (May 2010)

3. All working officials for NYSPHSAA Regional, Semifinal and Final games must have completed a transitional clinic. (May 2019)

BOYS NYSPHSAA Lacrosse Rules:

1. Boys JV Lacrosse will play twelve (12) minute quarters. (May 2007)

15.09 Lacrosse Scrimmage Rules:

1. A lacrosse scrimmage must have modified time periods.

Scrimmages must also include one or more of the following:

2. Alternate possessions.

3. Start the scrimmage with either a Draw (girls) or a Face-off (boys).

4. 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

15.10 Lacrosse Championship Week #:

Week #49

16. RIFLERY

Jurisdiction for this sport is at the Sectional level as per NYSPHSAA Championship Philosophy

17. SKIING

17.01 Rules: FIS Federation International de ski (F.I.S.), USSA & NYSPHSAA

17.02 Maximum Number of contests: 16

17.03 Practice Requirements:

Number of practices to represent school: 6 (individual)

17.04 Nights rest between contests: 1 night

17.05 Individual contests limitation per day: 2 contests

17.06 Scrimmage limitations per day: 1 scrimmage

17.07 Waivers of FIS & USSA Skiing Rules:

1. The minimum ski lengths for slalom and giant slalom. (May 2005)

2. Waiver of FIS/ USSA (343.8.1) Ski pole requirements for Nordic ski events. (Oct. 2017)

17.08 NYSPHSAA Skiing Rules:

1. Each contestant shall wear a protective hard-shell helmet during practice and competition for all alpine skiing practices and races, giant slalom and slalom.

2. A contestant may participate in no more than two (2) 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.

17.09 Skiing Scrimmage Rules:

1. A skiing scrimmage will consist of one (1) or more runs of slalom, giant slalom and/or Nordic.

2. Electronic timing and officials may be used for instructional purposes only.

17.10 Skiing Championship Week #:

Week #34/35

18. SOCCER

18.01 Rules: NFHS & NYSPHSAA

18.02 Maximum Number of games: 16

18.03 Practice Requirements:
Number of practices to represent school: 6 (individual)

18.04 Nights rest between contests: 1 night

18.05 Individual contests limitation per day: 1 contests

18.06 Scrimmage limitations per day: 1 scrimmages

18.07 Waivers of NFHS Soccer Rules:
None.

18.08 NYSPHSAA Soccer Rules:

1. Boys (May 2008)/ Girls (July 2022) Overtime Procedure: Regular season games should consist of two (2) 40-minute halves with two (2) 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 (2) 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 (2) sudden victory overtime periods.

2. Length of Period: The game will be played in two (2) equal halves of 40-minutes each.

3. 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.

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

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

6. Score of Game: The official score may be kept by the head referee.

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

8. Single Soccer Official: It is permissible to conduct a soccer game with a single official, provided both teams agree to a single referee before the game begins.

9. 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 situation 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 (5) 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 (2) Yellow Cards will not count towards the season total, since the player or coach will receive a one game suspension because 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 (3) 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, email 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.

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.

18.09 Soccer Scrimmage Rules:

1. A soccer scrimmage may not exceed a total of 100 minutes and unlimited substitutions are permitted.

2. 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-quarters or quarters.

3. Scoreboards may be used for timekeeping only.

4. 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.

5. The goalie can restart play with a goal kick, goalie throw or goalie punts.

18.10 Soccer Championship Week #:

Week #19

19. SOFTBALL

19.01 Rules: NFHS (May 2024) & NYSPHSAA

19.02 Maximum Number of games: 20

19.03 Practice Requirements:

Number of practices to represent school: 6 (individual)

19.04 Nights rest between contests: 1 night

19.05 Individual contests limitation per day: 2 contests

19.06 Scrimmage limitations per day: 2 scrimmages

19.07 Waivers of NFHS Softball Rules:

1. Adding Player/Sub to Line Up Card; Waive NFHS (3-1-3) (Oct. 2024)

2. Waive NFHS (4-3-1f): Must have nine (9) players to start the game. Follow USA Softball (4.1D 1-2): Teams can play shorthanded to start or continue a game. The game can start or finish with one less player than required to start (8). (Oct. 2024)

3. Waive NFHS (4-1-1): The home coach shall decide whether the grounds and other conditions are suitable for starting the game. Follow USA Softball (5.2): Fitness of the grounds for a game shall be decided solely by the plate umpire. (Oct. 2024)

4. Waive NFHS (4-2-2) Tie Game Regulation: If a regulation game has a tie score, it is a tie game. Follow USA Softball (5.3F): Regulation tie game-games that are regulation tie games shall be resumed at the exact point where they were stopped. (Oct. 2024)

5. Waive NFHS (4-2-5….4-2-6): A regulation-called game has a tie score when ended as in 4-2-2 it is tie game unless the State Association has a tie-breaker procedure. Follow USA Softball (5.11 A/B): Starts at the top of the 10th(state wavier from the 8th inning). Place the person who is scheduled to bat last in the inning on second base. (Oct. 2024)

6. Waive NFHS (2-65-2 8-1-1C): "If the pitcher, defensive coach or catcher desires to walk a batter intentionally, he/she may do so by notifying the plate umpire who shall award the batter first base." All pitches must be legally delivered. (Feb. 2025)

7. Waive NFHS Rule: "Defensive changes of pitcher and catcher do not have to be reported." (Feb. 2025)

19.08 NYSPHSAA Softball Rules:

1. A contestant may participate in two (2) regulation games per day with at least a 15-minute rest between games.

2. By Section adoption five (5) inning double headers may be played.

3. Varsity softball teams can play three (3) contests in one day only for invitational tournaments during the regular season.

4. All adult base coaches are required to wear a hard-shell protective helmet while on the first and third baselines during the game. (July 2015)

5. Softball Regionals – the host team will be the home team. (May 2016) Interpretation: for Regional neutral sites, the team on the bottom of the bracket will be the home team.

6. Softball regional play will be scheduled Thursday through Monday only, prior to the State Tournament. (Oct. 2018)

7. Mercy Rule for NYSPHSAA regional, semifinal and final (championship) games, the game shall end when there is a run differential of 12 runs and when the game is considered an official game. (Oct. 2017)

8. Extra Player: USA Softball (4.1C.1): Has the option of using an Extra Player-(EP). (Oct. 2024)

9. Follow USA Softball American Disability Act Rule (Rule 4-2). (Oct. 2024)

10. A double first base is required. The base must be 15 x 30. (Oct. 2024)

19.09 Softball Scrimmage Rules:

1. A softball scrimmage must include free substitutions and lineup cards will not be exchanged.

Scrimmages must also include one or more of the following:

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

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

4. Start with a runner(s) on base with a predetermined situation for at least two (2) full innings.

19.10 Softball Championship Week #:

Week #49

20. SWIMMING & DIVING

20.01 Rules: NFHS & NYSPHSAA

20.02 Maximum Number of meets: 16

20.03 Practice Requirements:

Number of practices to represent school: 6 (individual)

20.04 Nights rest between contests: 1 night

20.05 Individual contests limitation per day: 4 events/ 1 contest

20.06 Scrimmage limitations per day: 1 scrimmage

20.07 Waivers of NFHS Swimming & Diving Rules:

1. Sections may reduce the number of dives for junior varsity and freshman meets. (Aug. 2002)

20.08 NYSPHSAA Swimming & Diving Rules:

1. Shaving (wet or dry) is prohibited at all swimming competitions and practice sites. Violation will result in disqualification.

2. Sections may permit schools to compete in quad/dual meets.

3. 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).

4. The NFHS Metric Conversion Chart will be used when applicable. (Jan. 2012)

5. The NYS Swimming and Diving Officials Association will determine the uniforms that officials will be allowed to wear during a meet. (Oct. 2016)

6. All female swimmers & divers must adhere to the NFHS uniform rule during warm-ups as well as the meet. (July 2017)

7. In an 11 Dive Dual Meet there must be a minimum of 5 judges in order for the scores to qualify the athlete for the State Championship. (Oct. 2019)

8. Schools may enter relay teams without individual names. (Oct. 2021)

9. Backstroke ledges may be used on an optional basis beginning with the Fall 2026 season. (Oct. 2025)

20.09 Swimming & Diving Scrimmage Rules:

1. In swimming scrimmage, no official times or scores will be kept.

2. Times may not be used to meet the qualifying standard.

3. More than one heat per event is permitted.

20.10 Swimming & Diving Championship Week #:

GIRLS Week #20/ BOYS Week #35

21. TENNIS

21.01 Rules: USTA (United State Tennis Association- Friend at Court) & NYSPHSAA

21.02 Maximum Number of contests: 16

21.03 Practice Requirements:

Number of practices to represent school: 6 (individual)

21.04 Nights rest between contests: 1 night

21.05 Individual Contests limitation per day: 2 matches (Modified scoring must be used). For tournament play reference 20.08.2, 20.08.3 and 20.08.4.

21.06 Scrimmage limitations per day: 1 scrimmage

21.07 Waivers of USTA Friend at Court Tennis Rules:

None.

21.08 NYSPHSAA Tennis Rules:

1. A player may compete in either a singles or doubles competition on the same day. Only two (2) matches are allowed per day and both matches must use a modified scoring system that conforms to one of the following formats:
   a. best 2 of 3 sets;
   b. using no-ad scoring, with a 12-point tie breaker at 6-all;
   c. ten-game pro-set, using regular scoring with a 12-point tie breaker at 9-all. (May 2011)

2. In tournament play, the maximum number of matches shall be three in one day.

3. Participation in a two-day invitational tennis tournament shall count as one of the 16 contests permitted and only three (3) such tournaments shall be allowed within the 16-contest limitation.

4. 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)

5. The Commitment to Compete form must be completed to be eligible to compete in the NYSPHSAA State Tennis 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)

6. At the NYSPHSAA State Tennis Tournament coaching on the court is permitted, however cheering remains prohibited. (Jan. 2009)

7. No practice shall be permitted at the Girls tournament venue on any day of the State Tournament competition. (July 2019)

8. All high school tennis players shall claim their profile in the UTR (Universe Tennis Rating) system prior to the season. Schools must submit match results in a timely manner. Athletes with unclaimed profiles or incomplete match results at the end of the regular season will be ineligible for postseason competition. (Oct. 2021)

21.09 Tennis Scrimmage Rules:

1. 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:

2. Teams use tie breaks only.

3. Five (5) game pro-set– first (1st) one to three (3) points.

4. Modified eight (8) game pro-set – first (1st) players to three (3) points completes the scrimmage.

21.10 Tennis Championship Week #:

GIRLS Week #17 (Individual)/ Week #19 (Team)
BOYS Week #48 (Individual)/ Week #49 (Team)

22. TRACK & FIELD (INDOOR)

22.01 Rules: NFHS & NYSPHSAA

22.02 Maximum Number of meets: 16 (maximum plus section, state championships and games necessary to break divisional or league ties.

22.03 Practice Requirements:

Number of practices to represent school: 6 (individual)

22.04 Nights rest between contests: 1 night

22.05 Individual contests limitation per day: 3 events; 1 contest

22.06 Scrimmage limitations per day: 1 scrimmage

22.07 Waivers of NFHS Track & Field Rules:

None.

22.08 NYSPHSAA Track & Field (Indoor) Rules:

1. A contestant (girl or boy) shall be limited to participation in three (3) events.

2. There must be one night of rest between contests and no more than three (3) contests scheduled per week.

3. An individual competitor may participate in a maximum of sixteen (16) contests.

4. Sections are allowed to bring a second relay team in the 4x200, 4x400 and the 4x800. (Jan. 2017) The second relay team shall not be from the same school as the first relay team. (July 2020)

5. Weight throw procedures and specifications for Indoor Track & Field. (Oct. 2017)
   a. Procedures and Specifications Document

6. Procedures for Wheelchair Athletes:
   1. Special Accommodations: Schools would be required to apply for a Special Accommodation for each student competing in a wheelchair. The request would have to include all necessary medical documentation which requires the accommodation. NYSPHSAA approval is required for the student to participate using a wheelchair. Accommodations will include the following:
      a. If only one wheelchair athlete in the race, then they will race with the able-bodied athletes (Outdoor only). In Indoor Track & Field, the wheelchaired athletes will race in a heat by themselves (based upon the recommendation of the Adaptive USA Track & Field and NYSPHSAA Indoor Track & Field Committees). If two or more-wheel chair athletes, then they will race at the same time in a separate heat from the able-bodied athletes. All wheelchair athletes must wear a helmet.

      b. In all laned events the wheelchair athlete will be given two lanes to compete in. In non-laned races the wheelchair athlete will start on the outside lane or

behind the able body athletes and not be able to cut into lane 1 until the first 100 meters has passed.

c. In field events the wheelchair athlete will be able to use a throwing chair set up by an adult to compete in shot put and discus.

d. In Indoor Track & Field the wheelchaired athletes will race on either a banked or flat track, based on the direction of the host site's rules and regulations.

2. Scoring: Wheelchair athletes will either race against a clock or another Wheelchair athlete. Wheelchair Athletes and able body athletes will not compete against each other for points or place finishes.

a. If only one wheelchair athlete is competing in the race, then they will be racing against the clock and if they meet or exceed the standard then they will receive 1 point for their team. If in post season they will receive the 1 point plus qualify for the next level of competition.

b. If two wheelchair athletes compete against each other the first-place athlete will receive 2 points and the second-place athlete will receive 1 point. If there are three wheelchair athletes, the first-place finisher will receive 5 points and the second-place finisher will receive 3 points and the third-place finisher will receive 1 point. In the post season the top finisher will advance to the next level of competition.

3. Standards: The following standards will be used to determine qualifying and earning points for the athlete's teams. The standards will be derived from the standards and results of the Adaptive Track and Field USA Database which has over 25 years of data.

Event	Gender	Standard
55 M	Female	30.0
55 M	Male	20.0
300M	Female	1:40
300M	Male	1:20
600M	Female	3:20
600M	Male	2:40
1000M	Female	5:18
1000M	Male	4:25
1500M	Female	6:20
1600M	Male	6:20
3000M	Female	14:00
3200M	Male	12:40
Shot	Female	7 feet
Shot	Male	9 feet

22.09 Track & Field (Indoor) Scrimmage Rules:

A track & 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.

22.10 Track & Field (Indoor) Championship Week #:
Week #35

23. TRACK & FIELD (OUTDOOR)

23.01 Rules: NFHS & NYSPHSAA

23.02 Maximum Number of meets: 16 (maximum plus section, state championships and games necessary to break divisional or league ties.

23.03 Practice Requirements:

Number of practices to represent school: 6 (individual)

23.04 Nights rest between contests: 1 night

23.05 Individual contests limitation per day: 4 events; 1 contest

23.06 Scrimmage limitations per day: 1 scrimmage

23.07 Waivers of NFHS Track & Field Rules:

None.

23.08 NYSPHSAA Track & Field (Outdoor) Rules:

1. There must be one night of rest between contests and not more than three (3) contests scheduled per week.

2. Procedures for Wheelchair Athletes:

1. Special Accommodations: Schools would be required to apply for a Special Accommodation for each student competing in a wheelchair. The request would have to include all necessary medical documentation which requires the accommodation. NYSPHSAA approval is required for the student to participate using a wheelchair. Accommodations will include the following:

a. If only one wheelchair athlete in the race, then they will race with the able-bodied athletes (Outdoor only). If two or more-wheel chair athletes, then they will race at the same time in a separate heat from the able-bodied athletes. All wheelchair athletes must wear a helmet.

b. In all laned events the wheelchair athlete will be given two lanes to compete in. In non-laned races the wheelchair athlete will start on the outside lane or behind the able body athletes and not be able to cut into lane 1 until the first 100 meters has passed.

c. In field events the wheelchair athlete will be able to use a throwing chair set up by an adult to compete in shot put and discus.

2. Scoring: Wheelchair athletes will either race against a clock or another Wheelchair athlete. Wheelchair Athletes and able body athletes will not compete against each other for points or place finishes.

a. If only one wheelchair athlete is competing in the race, then they will be racing against the clock and if they meet or exceed the standard then they will receive 1 point for their team. If in post season they will receive the 1 point plus qualify for the next level of competition.

b. If two wheelchair athletes competing against each other the first-place athlete will receive 2 points and the second-place athlete will receive 1 point. If there are three wheelchair athletes, the first-place finisher will receive 5 points and the second-place finisher will receive 3 points and the third-place finisher will receive 1 point. In the post season the top finisher will advance to the next level of competition.

3. Standards: The following standards will be used to determine qualifying and earning points for the athletes' teams. The standards will be derived from the standards and results of the Adaptive Track and Field USA Database which has over 25 years of data.

Event	Gender	Standard
100M	Female	40.0
100M	Male	29.0
200M	Female	1:03.4
200M	Male	51.8
400M	Female	2:09
400M	Male	1:40
800M	Female	4:00
800M	Male	3:19
1500M	Female	6:00
1500M	Male	4:46
1600M	Female	7:00
1600M	Male	6:00
3000M	Female	13:20
3200M	Male	12:00
Shot	Female	7 feet
Shot	Male	9 feet
Discus	Female	22 feet
Discus	Male	23 feet

3. Performances using the super standard obtained after the state qualifying meet are prohibited. (Feb. 2026)

23.09 Track & Field (Outdoor) Scrimmage Rules:

A track & 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.

23.10 Track & Field (Outdoor) Championship Week #:

Week #49

24. VOLLEYBALL

24.01 Rules: NCAA & NYSPHSAA

24.02 Maximum Number of games: 20

24.03 Practice Requirements:

Number of practices to represent school: 6 (individual)

24.04 Nights rest between contests: 1 night

24.05 Individual contests limitation per day: 2 matches/ day

24.06 Scrimmage limitations per day: 1 scrimmage

24.07 Waivers of NCAA Volleyball Rules:

1. Two score keepers are permitted with a 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. If uniform specifications are not compliant, these procedures will be followed:

   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 question.

   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 no protest is filed, follow protest procedure and play the match.

   e. The libero uniform is exempt from this modification.

4. Waiver of rule 1.5.4 – referee stand in Boys and Girls Volleyball.

5. Waive the NCAA Challenge Review System. (July 2016)

6. Boys Volleyball - The use of NCAA Volleyball Rules with the same modifications used in girls' volleyball beginning in the fall of 2009. (Jan. 2009)

7. Boys Volleyball - For boys' competition, the height of the net from the center of the court is 7' 11 5/8". (Aug. 2011)

8. Boys Volleyball – Warm time procedures: Five minutes of shared time; five minutes of visiting team – full court serving; five minutes home team – full court serving; five minutes of visiting team full court hitting; five minutes of home team full court hitting. (May 2019)

9. Girls & Boys Volleyball – Waiver of NCAA court striping (Rule 1.2.2.1); the interrupted solid boundary line. (May 2019)

10. Girls Volleyball: Waive the administrative red card, for having a non-compliant uniform. (July 2025)

24.08 NYSPHSAA Volleyball Rules:

1. A contestant (or team) may participate in a maximum of two (2) matches in a day.

2. Girls Volleyball - A Match shall consist of sets in a best of 3 out of 5 formats; Boys & Girls abide by NCAA rules for 5 set games. Dual and Tri-matches are consistent with the definition of a match. Each day of a tournament shall count as one (1) contest.

3. Girls Volleyball - A tournament is 4 or more teams that participate in a pool play and bracket format is not a match. A bracket can consist of best 2 out of 3 or single set rounds. Scoring options are starting at 0-0 or 4-4 going until 25 points or a cap. The total number of tournament games played in one day shall not exceed fifteen (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.

4. In tournament play, volleyball teams shall have at least ten-minutes of rest between matches.

5. Teams will be permitted eighteen (18) substitutions and will switch at 13-points in the deciding game.

6. Girls Volleyball – Standard Operating Procedures for Regionals, Semifinals, and Finals. (Oct. 2017) Revised (May 2019)

7. Boys Volleyball – When there are three teams in a division, if during Championship pool play, the teams each win one set (July 2019):

a. In the event that the two teams who tied for second were playing against one another for the last pool play game they would immediately play the third game to 25 pts. This would eliminate the warmup time of starting a new match.

b. If at the end of pool play the tie took place between two teams and one of them was the bye (off team) a full warm up time would be given.

If there is a three-way tie:
1. Point differential shall be used to determine first place team.
2. One 25-point tie breaker game used to determine 2nd place team advancing.

24.09 Volleyball Scrimmage Rules:

1. No Champion can be crowned, cannot be bracketed and no win/loss record kept. (July 2018)

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.

24.10 Volleyball Championship Week #:

Week #20

25. BOYS WRESTLING

25.01 Rules: Boys NFHS & NYSPHSAA

25.02 Maximum Number of games: 20 Points; 6 bouts per day.

25.03 Practice Requirements:

Number of practices to represent school: 10 (individual)

25.04 Nights rest between contests: 1 night

25.05 Individual contests limitation per day: 6 bouts

25.06 Scrimmage limitations per day: 1 scrimmage

25.07 Waivers of NFHS Wrestling Rules:

1. A waiver to rule 4-1-5 to allow tape on the chin straps and straps on the top of the head gear. (Jan. 2012)

2. A waiver of the uniform rule during the month of February to permit pink ribbon(s) on the uniform in recognition of Breast Cancer Awareness initiatives. (Jan. 2012)

3. A waiver of the NFHS weigh-in procedures for dual meets and tournaments. (Oct. 2009)

4. A waiver of NFHS Rule 7-4-2, in tournaments only, straps may be taken down outside of the wrestling circle. (July 2020)

5. A waiver of NFHS Rule 4-5, wrestlers are not allowed a one-pound allowance for meets or tournaments following a Sunday or school holiday. (July 2020)

25.08 NYSPHSAA Wrestling Rules:

1. Multiple Dual Meet Events: Each individual competing in these events is charged one (1) point for each dual meet.

2. Triangular Meet: Three (3) teams compete, with each team wrestling a dual meet against each of the other two teams at the same site. Each individual is charged two (2) points toward their dual meet schedule.

3. Double-Dual Meet: Three (3) (or more) teams compete, with each team wrestling a dual meet against two (2) of the other teams at the same site. Each individual is charged two (2) points toward their dual meet schedule.

4. Quadrangular Meet: Four (4) teams compete, with each team wrestling a dual meet against each of the other three (3) teams at the same site. Each individual is charged one (1) point for each match wrestled counting toward their dual meet schedule.

5. Multi school meet: Minimum of three (3) schools and twenty (20) wrestlers. If the wrestler wrestles only one (1) opponent they are charged one (1) point, if they wrestle more than one opponent, they are charged two (2) points. Each wrestler may only wrestle a maximum of three (3) matches. No team scoring is allowed, and no individual prizes are awarded. Multi-school meets can be attached to dual meets on the same day at the same site. (July 2020)

6. 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.

7. 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.

8. 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 (2) points towards their twenty (20) point limitation and one tournament of the allowable six maximum tournaments as per the NYSPHSAA Handbook.

9. Any school wishing to conduct a dual meet tournament with a unique format shall apply to NYSPHSAA for consideration.

10. Under extenuating circumstances (postponements due to inclement weather, school cancellations) a school may request permission from Section Coordinator to wrestle two (2) meets in one day, with a limitation of two (2) per season. Teams may use the weigh in from the first dual meet for the weigh in for the second dual meet. (July 2020)

11. A contestant may participate in competitions not to exceed twenty (20) points during the regular season. A dual meet will be assessed one (1) point, while tournaments will be assessed two (2) points. Participation as a contestant or in any exhibition match in any meet shall count as a contest and only six (6) tournaments shall be permitted within the twenty (20) point limitation. (Girls) a waiver of the maximum number of tournaments (6) by a wrestler in girl only tournaments. (July 2024) If a wrestler exceeds the six (6) permitted tournaments allowed within the twenty (20) point limitation, said wrestler shall be ineligible for the remainder of the season or may elect to suspend the head coach from all team related functions and activities (including, but not limited to, practices, scrimmages, conditioning/weight training, film sessions, and attendance at games) from the date of the violation for the remainder of the season and forfeit additional contests. (Oct. 2025) Any additional penalty will be determined by the Section Athletic Council. Of the six (6) permitted tournaments, schools may only attend a maximum of two (2) two-day tournaments if the format of the tournament is not an individual bracketed tournament. (July 2020) A wrestler who enters a 2-day tournament is a participant of that tournament until the conclusion of that tournament. (July 2020)

A contestant may compete in a maximum of six (6) bouts in one day in tournament competition only. Any student that has two or more exhibition matches associated with a tournament must count that tournament as one of their 6 allowable tournaments during the year. (July 2020) A wrestler must compete (exhibition, forfeit, varsity/JV match) and be charged a competition point, towards the twenty (20) point maximum, in order to count toward the minimum required contests under the Representation Standard (six (6) contests).

12. 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 classified 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 High School Sports Standard Chart.

13. A contestant may compete in a maximum of six (6) bouts in one day in tournament competition only.

14. A wrestler may compete two (2) times in a regular season 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: One (1) for the forfeit and One (1) for the exhibition match.
   c. Points Team B: One (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 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: One (1) for the first match and one (1) for the exhibition match.

   c. Points Team B: One (1) for the exhibition match.

3. Team A and B may match a wrestler in two exhibitions.
   a. Points Team A: Two (2) for the exhibitions.

   b. Points Team B: Two (2) for the exhibitions.

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

1. There must be a 30-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 one (1) point toward the individual's twenty (20) point limit. (May 2008)

16. With Section/ League approval the 101-lb. weight class may not count for scoring in league matches only. (July 2020)

17. Exhibition matches will not count toward a wrestler's win/loss record. Sections may count the win/loss results of exhibition matches for Sectional tournaments only. (July 2020)

18. NYSPHSAA Championship Blood and Placement Rounds (Oct. 2025), Semifinals and Finals (Dual and Individual) appeal procedure (Feb. 2021):

- The Appeals Committee shall be the NYSWOA President, NYSWOA Past President and the NYS Rules Interpreter. The NYSPHSAA Wrestling State Coordinator will oversee the process and participate in the discussion but will not be a voting member.

• If an appeal is filed at the end of a match, only the offended wrestler must remain on the mat, but the mat official shall instruct the other wrestler to remain in the mat area.
• The coach will have two minutes to state his/her case however the Appeals Committee may have additional questions for the coach.
• Waive NFHS rule 3-1-9 to allow the Appeals Committee, at their request only, to review video replay that is supplied only by a NYSPHSAA approved broadcast partner.
• "Officials Only" the ability to review video replay to determine if a scoring situation occurred after time had expired at the end of a period at the NYSPHAA State Championships. (Oct. 2025)

19. NYSPHSAA, INC. Wrestling Weight Control Plan
The following 14 weight classes are in effect for **BOYS**: 103, 110, 118, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, and 285 for dual meets and tournaments. Approved as a one-year pilot (July 2025)

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. Sections are permitted to have an early certification date no early than Week #17. Schools would be required to register any wrestlers participating in the early certification date by the Saturday of Week #15. (July 24) Wrestlers will be certified at a minimum weight (May 2010 and May 2012). A wrestler cannot begin practice until the waiver is approved. The approved 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 will be used to test hydration.

All Sections are required to use the InBody Scale for the NYSPHSAA Wrestling Weight Certification Program. (Oct. 2019)

Option 2: Wrestlers that are involved in the Fall NYSPHSAA Championships may apply for a waiver of the 14-day rule. Wrestlers that chose this option may not begin practice until the waiver has been approved by the section coordinator.

Note: When a school is closed due to a weather emergency on the 3rd day of the appeal timeline the wrestler will be given one extra day to appeal their original weight assessment. (Oct. 2018)

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. Restrictions for Competition: A minimum weight is required for Athletic Placement Athletes (APP) 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 the mat side weigh-in.

a. To compete at the 103-lb. class a wrestler MUST weigh in excess of 95 lbs. to be eligible.

b. To compete at the 110-lb. class a wrestler MUST weigh in excess of 100 lbs. to be eligible.

c. To compete at the 215-lb. class a wrestler MUST weigh in excess of 180 lbs. to be eligible.

d. To compete at the 285-lb. class a wrestler MUST weigh in excess of 210 lbs. to be eligible.

5. The minimum required weight for the 103 lb., 110 lb., 215 lb., and 285 lb., weight class MUST be met and RECORDED.

6. A wrestler found to have cheated on the hydration test will be declared ineligible to participate in a match until January 1st and all post-season events. (Oct. 2025)

7. There shall be a competition level specific allowance of one (1) pound granted each day over the weight limit of the previous day in tournament competition. (July 2020) There is a one (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 two (2) pounds. The one-pound allowance may only be activated for merged teams if the all schools are not allowed to practice. (July 2020)

NOTE: A minimum of 48 hours notification to your opponent is required in order to be granted this one-pound allowance. A pound allowance for all wrestlers competing in a Sectional tournament is permitted when schools are closed due to a weather emergency. (Oct. 2018)

NYSPHSAA will grant a two (2) pound growth allowance for each weight class on December 25. This two (2) pound growth allowance does not apply to the minimum weight requirements for the weights of 101 lbs., 108 lbs., 215 lbs., and 285 lbs.

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

9. Section sponsored tournaments are not considered part of the regular season; therefore, do not count toward the 20-point rule, or the Representation Standard.

10. APPEAL PROCESS (July 2020)

Appeal versus Correction: An assessor who realizes an error in testing or recording took place while doing an assessment should make the correction immediately. There is to be no outside influence on this decision. An appeal must take place on one of the three consecutive days after the assessment. Appeals may not be done on the same day as the original assessment. They are to be conducted on day one, two or three after the original assessment - three consecutive calendar days (count Sundays, holidays and days school is closed).

A wrestler may appeal his/her inbody scale calculations. ALL COSTS INCURRED ARE THE RESPONSIBILITY OF THE STUDENT/ATHLETE. The appeal must be completed three days after the date of the original assessment. Student/Athlete will have a choice between the original assessment result or the appeal result. There is no longer step 2 of the appeal process (Hydrostatic testing).

For the appeal done by the assessor appointed by the Section Consultant, the assessor will use the actual weight of the wrestler on the day of the appeal if the wrestler passes the hydration test.

If the wrestler is dissatisfied with the results of the inbody scale calculations and minimum weight determination, the wrestler is calculated by the Section Consultant or the Section Consultant's designee. The official assessor is the person taking the inbody scale calculations. Calculations must be within 3 days of the original date of assessment. The urinalysis must be repeated and passed. The wrestler may choose which calculation to accept (the original or the second calculation). The appeal may only be used once per wrestler.

If a wrestler wishes to appeal the weight certification and the original assessor is not available, the wrestler may take appeal to a Section Consultant or the Section Consultant's designee. All other appeal rules remain the same.

20. All coaches are required to use the Track Wrestling Weigh-In sheet to enter all weigh-ins for dual meets and tournaments. (Oct. 2022) A team that does not have its Track Wrestling Weigh-In Sheet will forfeit the dual meet. The host school should make every reasonable effort to assist the team in printing a weigh-in sheet if needed. (Oct. 2025)

25.09 Wrestling Scrimmage Rules:

A 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 referee's position.

25.10 Wrestling Championship Week #:

Boys Wrestling: TEAM DUALS Week #30/ INDIVIDUAL Week #34

26. GIRLS WRESTLING

26.01 Rules: Girls USA Freestyle Wrestling Junior (Oct. 2023) & NYSPHSAA
** Including appeal procedures for Girls NYSPHSAA Championships*

26.02 Maximum Number of games: 20 Points

26.03 Practice Requirements:
Number of practices to represent school: 10 (individual)

26.04 Nights rest between contests: 1 night

26.05 Individual contests limitation per day: 6 bouts

26.06 Scrimmage limitations per day: 1 scrimmage

26.07 Waivers of USA Wrestling Rules:

1. Girls Wrestling – waive the 1.5% weight loss plan. (July 2024)

2. Blood time, injury time, concussion time, follow NFHS time rules, except for choice of position after second injury time. (Oct. 2024)

3. Prohibit Belly to Belly and Belly to Back throws directly over the head. (Oct. 2024)

4. The number of uniforms and the color of the uniforms. Follow NFHS uniform rules. (Oct. 2024)

5. Mat layout and mat size. Follow NFHS rules. (Oct. 2024)

6. Weight allowances and Christmas weight allowances. Follow NFHS rules. (Oct. 2024)

7. Add NFHS Sportsmanship component to the tie breaker procedure. Follow NFHS rules. (Oct. 2024)

8. Misconduct/Sportsmanship for coaches and athletes. Follow NFHS rules. (Oct. 2024)

9. Tournament Scoring. Follow NFHS rules. (Oct. 2024)

10. Weigh-In location/Attire. Follow current NYSPHSAA/NFHS rules. (Oct. 2024)

11. Special Equipment. Follow current NFHS rules. (Oct. 2024)

26.08 NYSPHSAA GIRLS Wrestling Rules:

1. All wrestlers are required to wear protective headgear during competition in accordance with NFHS Rules. Taping of the headgear is permitted.

2. A waiver of the uniform rule during the month of February to permit pink ribbon(s) on the uniform in recognition of Breast Cancer Awareness initiatives. (Jan. 2012)

3. Wrestlers are not allowed a one-pound allowance for meets or tournaments following a Sunday or school holiday. (July 2020)

4. Restrictions for Competition:
A minimum of weight is required for Athletic Placement Athletes (APP). Students in grades 9-12 do not have to make minimum weight. The minimum weight required for all weights as listed must be met and recorded at the mat side weigh-in.

a. To compete at the 94-lb. class a wrestler MUST weigh in excess of 86 lbs. to be eligible.
b. To compete at the 100-lb. class a wrestler MUST weigh in excess of 91 lbs. to be eligible.
c. To compete at the 235-lb. class a wrestler MUST weigh in excess of 180 lbs. to be eligible.

5. The minimum required weight for the 94 lb., 100 lb., and 235 lb., weight class MUST be met and RECORDED.

6. Multiple Dual Meet Events: Each individual competing in these events is charged one (1) point for each dual meet.

7. Triangular Meet: Three (3) teams compete, with each team wrestling a dual meet against each of the other two teams at the same site. Each individual is charged two (2) points toward their dual meet schedule.

8. Double-Dual Meet: Three (3) (or more) teams compete, with each team wrestling a dual meet against two (2) of the other teams at the same site. Each individual is charged two (2) points toward their dual meet schedule.

9. Quadrangular Meet: Four (4) teams compete, with each team wrestling a dual meet against each of the other three (3) teams at the same site. Each individual is charged one (1) point for each match wrestled counting toward their dual meet schedule.

10. Multi school meet: Minimum of three (3) schools and fifteen (15) wrestlers. If the wrestler wrestles only one (1) opponent they are charged one (1) point, if they wrestle more than one opponent, they are charged two (2) points. Each wrestler may only wrestle a maximum of four (4) matches. No team scoring is allowed, and no individual prizes are awarded. Multi-school meets can be attached to dual meets on the same day at the same site. A pound allowance is in effect for matches/ tournament preceding and following a multi-school meet. (Oct. 2025)

11. 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.

12. 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.

13. 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 (2)

points towards their twenty (20) point limitation and one tournament of the allowable six maximum tournaments as per the NYSPHSAA Handbook.

14. Any school wishing to conduct a dual meet tournament with a unique format shall apply to NYSPHSAA for consideration.

15. Under extenuating circumstances (postponements due to inclement weather, school cancellations) a school may request permission from Section Coordinator to wrestle two (2) meets in one day, with a limitation of two (2) per season. Teams may use the weigh in from the first dual meet for the weigh in for the second dual meet. (July 2020)

16. A contestant may participate in competitions not to exceed twenty (20) points during the regular season. A dual meet will be assessed one (1) point, while tournaments will be assessed two (2) points. Participation as a contestant or in any exhibition match in any meet shall count as a contest. (Girls) a waiver of the maximum number of tournaments (6) by a wrestler in girl only tournaments. (July 2024) Schools may only attend a maximum of two (2) two-day tournaments if the format of the tournament is not an individual bracketed tournament. (July 2020) A wrestler who enters a 2-day tournament is a participant of that tournament until the conclusion of that tournament. (July 2020)

A contestant may compete in a maximum of seven (7) bouts in one day in tournament competition only. (Oct. 2025) A wrestler must compete (exhibition, forfeit, varsity/JV match) and be charged a competition point, towards the twenty (20) point maximum, in order to count toward the minimum required contests under the Representation Standard (six (6) contests).

17. 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 classified 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 High School Sports Standard Chart.

18. A contestant may compete in a maximum of seven (7) bouts in one day in tournament competition only.

19. A wrestler may compete two (2) times in a regular season 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: One (1) for the forfeit and One (1) for the exhibition match.
    c. Points Team B: One (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 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: One (1) for the first match and one (1) for the exhibition match.

c. Points Team B: One (1) for the exhibition match.

3. Team A and B may match a wrestler in two exhibitions.
a. Points Team A: Two (2) for the exhibitions.

b. Points Team B: Two (2) for the exhibitions.

20. The following must be followed in each of the above situations:
1. There must be a 15-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 one (1) point toward the individual's twenty (20) point limit. (May 2008)

21. Exhibition matches will not count toward a wrestler's win/loss record. Sections may count the win/loss results of exhibition matches for Sectional tournaments only. (July 2020)

22. NYSPHSAA, INC. Wrestling Weight Control Plan

The following 13 weight classes are in effect for **GIRLS**: 94, 100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185, 235 for dual meets and tournaments. (Oct. 2022)

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 and May 2012). A wrestler cannot begin practice until the waiver is approved. The approved 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 will be used to test hydration.

All Sections are required to use the InBody Scale for the NYSPHSAA Wrestling Weight Certification Program. (Oct. 2019)

Option 2: Wrestlers that are involved in the Fall NYSPHSAA Championships may apply for a waiver of the 14-day rule. Wrestlers that chose this option may not begin practice until the waiver has been approved by the section coordinator.

Note: When a school is closed due to a weather emergency on the 3rd day of the appeal timeline the wrestler will be given one extra day to appeal their original weight assessment. (Oct. 2018)

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. 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.

5. There shall be a competition level specific allowance of one (1) pound granted each day over the weight limit of the previous day in tournament competition. (July 2020) There is a one (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 two (2) pounds. The one-pound allowance may only be activated for merged teams if the all schools are not allowed to practice. (July 2020)

NOTE: A minimum of 48 hours notification to your opponent is required in order to be granted this one-pound allowance. A pound allowance for all wrestlers competing in a Sectional tournament is permitted when schools are closed due to a weather emergency. (Oct. 2018)

NYSPHSAA will grant a two (2) pound growth allowance for each weight class on December 25. This two (2) pound growth allowance does not apply to the minimum weight requirements for the weights of 101 lbs., 108 lbs., 215 lbs., and 285 lbs.

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

9. Section sponsored tournaments are not considered part of the regular season; therefore, do not count toward the 20-point rule, or the Representation Standard.

10. APPEAL PROCESS (July 2020)

Appeal versus Correction: An assessor who realizes an error in testing or recording took place while doing an assessment should make the correction immediately. There is to be no outside influence on this decision. An appeal must take place on one of the three consecutive days after the assessment. Appeals may not be done on the same day as the original assessment. They are to be conducted on day one, two or three after the original assessment - three consecutive calendar days (count Sundays, holidays and days school is closed).

A wrestler may appeal his/her inbody scale calculations. ALL COSTS INCURRED ARE THE RESPONSIBILITY OF THE STUDENT/ATHLETE. The appeal must be completed three days after the date of the original assessment. Student/Athlete will have a choice between the original assessment result or the appeal result. There is no longer step 2 of the appeal process (Hydrostatic testing).

For the appeal done by the assessor appointed by the Section Consultant, the assessor will use the actual weight of the wrestler on the day of the appeal if the wrestler passes the hydration test.

If the wrestler is dissatisfied with the results of the inbody scale calculations and minimum weight determination, the wrestler is calculated by the Section Consultant or the Section Consultant's designee. The official assessor is the person taking the inbody scale calculations. Calculations must be within 3 days of the original date of assessment. The urinalysis must be repeated and passed. The wrestler may choose which calculation to accept (the original or the second calculation). The appeal may only be used once per wrestler.

If a wrestler wishes to appeal the weight certification and the original assessor is not available, the wrestler may take appeal to a Section Consultant or the Section Consultant's designee. All other appeal rules remain the same.

26.09 Wrestling Scrimmage Rules:

A 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.

26.10 Wrestling Championship Week #:

Girls Wrestling: INDIVIDUAL Week #34

It is the duty of all concerned with high school athletics:

1. ***To emphasize*** the proper ideals of sportsmanship, ethical conduct and fair play.

2. ***To eliminate*** all possibilities which tend to destroy the best values of the game?

3. ***To stress*** the values derived from playing the game fairly.

4. ***To show*** cordial courtesy to visiting teams and officials.

5. ***To establish*** a happy relationship between visitors and hosts.

6. ***To respect*** the integrity and judgment of the sports officials.

7. ***To achieve*** a thorough understanding and acceptance of the rules of the game and standards of eligibility.

8. ***To encourage*** leadership, use of incentive, and good judgment by the players on the team.

9. ***To recognize*** that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.

10. ***To remember*** that an athletic contest is only a game . . . not a matter of life or death for player, coach, school, official, fan, community, state or nation.

THE MODIFIFED INTERSCHOLASTIC SPORTS PROGRAM

Interscholastic competition in sports for pupils below the tenth-grade level has been modified by the NYSPHSAA, Inc., and adapted to students in grades 7-8-9. School administrators need to realize that the NYSPHSAA, Inc., Modified Sports Program has been approved by its member schools and is based on twenty years of experimentation and implementation with SAFETY as the major concern.

IT IS THE DUTY OF ALL CONCERNED WITH THE MODIFIED PROGRAM OF ATHLETICS

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 modified interscholastic program will encourage participation at several achievement levels. Interschool competition in a modified sports program should encourage participation for as many children as possible.

2. To realize that the individual schools have the final responsibility to equalize competition and must administer the program so that no overmatching 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 should be balanced with all other activities essential to youth, including those which 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 educationally based athletic program in its proper perspective, with minimal loss of school time, limited publicity, competent officiating, and limited awards focused on participation.

7. To provide qualified 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 interscholastic athletics administrative organization within your section that will achieve the objectives and will aid in the development of the highest type of cordial interschool relationships.

9. To conduct the program so that proper respect for authority is achieved. All participants, coaches, parents, spectators and interested individuals will demonstrate appropriate conduct at all times.

10. To promote sportsmanship by competing 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, League or Conference in its efforts to provide sound leadership for all in modified athletics program. No sectional team or individual championships are to be conducted in modified interscholastic athletics.

MEDICAL APPROVAL

The Medical Society of the State of New York and the American Medical Association has officially approved the NYSPHSAA, Inc., Modified Program as a sound, safe program. It is most important that all school administrators, directors, and coaches note this approval. The safety of the pupil has been the dominant factor in the establishment of the policies, rules, game conditions, and modified rules under which participants in this program compete.

RESPONSIBILITIES

INDIVIDUAL SCHOOLS, ATHLETIC LEAGUES, AND SECTIONAL ATHLETIC COUNCILS have definite responsibilities to assure proper administration of the program:

THE SCHOOL

1. Abides by the rules by providing proper administration of the program.

2. Informs all essential personnel of program rules, regulations, and program philosophy.

3. Participates actively in the organized group of schools to properly administer the interscholastic athletic competition within the rules of the Modified Program.

4. Becomes involved in sectional sponsored modified sports administrative committee or council, participating in rules and games clarification programs and clinics.

THE LEAGUE

1. Abides by the rules by providing proper league administration of the modified program through chairmen and committee members.

2. Gives consideration to more restrictive program policies if desired.

3. Expects league sports chairmen to participate actively on sectional sports committees.

4. Provides official, active representation on sectional council.

THE SECTION-COUNCIL FOR MODIFIED ATHLETICS

1. Establishes essential administrative units and sports chairmen to provide the leadership necessary for the Modified Sports Programs in the schools of the section. Official league representatives and sports chairmen shall comprise the Section's Council for Modified Athletics.

a) Shall establish the dates for the opening of all sports seasons.
Fall – With Section/League approval the modified program: Fall season starting date will be week #7 in the NYSPHSAA Standard Calendar; Week #8 starting in Fall 2020.
Winter – With Section/League approval Week #19 is the earliest possible date for the winter sports season; Week #20 in Winter 2020. Later dates may be set.
Spring – With Section/League approval Week #36 is the earliest possible date for the spring sports season; Week #37 in Spring 2020.

Later dates may be set.

Four sports seasons may be set by sectional action and approval. The established fall starting date may not be changed without approval of both the NYSPHSAA Modified Committee and the NYSPHSAA Executive Committee.

b) Conducts all organized team practice and competition during one season.

c) Cooperates with officials' organizations – to provide officials with the essential information relating to the modified program and to secure competent officiating for the Modified Sports Program.

d) Administers all policies essential for proper functioning of the modified program of sports.
--No sectional championships or tournaments shall be conducted.
--Clarifies sectional participation in innovative programs to assist in experimentation to meet obvious needs for program improvement.

2. Participates actively in the functioning of the NYSPHSAA, Inc., State Committees on Modified Athletics by:

a) Having official, active representation on the State Committee.

b) The officially selected sectional sports chairmen shall provide the leadership for the sports conducted in the schools of the section and cooperate with the State Sports Chairmen in their continuing efforts to improve the sports programs and the safety of the participants.

3. Establishes a relationship with the Sectional High School Athletic Council and Central Committee members to clarify section's final approval of policies, programs, and with representatives involved in the Modified Sports Program of the schools of the section.

a) More restrictive policies may be adopted for sectional approved programs if desired.

b) Recommendations for additional programs that may be desirable to meet particular needs in the section may be inaugurated.

c) Participation in innovative programs may be clarified and approved.

d) With sectional approval, variations of modified athletic game rules and conditions may be adopted selectively for use by specified conferences or leagues.

e) Essential communications should be established so that all schools are informed as to programs, policies, and administrative procedures necessary for the proper functioning of the Modified Sports Program.

f) Definite understanding needs to exist between the Section Council for Modified Athletics and the Senior H.S. Sectional Athletic Council relative to the responsibilities and authority of each.
The elected Central Committee members are the section's official representatives to the NYSPHSAA, Inc., governing bodies – the Central and Executive Committees. The Modified Sports Program for Grades 7-8-9 is their responsibility and complete understanding of the actions and activities of the Modified Athletics Council needs to exist.

INNOVATIVE PROGRAMS

The establishment of essentially sound, safe, and modified sports programs to meet the needs of varying sized schools has always been a challenge for the State Committee. When new programs have been presented to meet specific needs, the committee has requested sections to experiment with the new program to determine its value before recommending the program for official approval and referenda. Equitable competition is the constant aim.

Innovative programs may be participated in only after being officially requested by Sectional Representatives on the Committee and the approval of the State Committee. This procedure has been of real value in presenting practical programs for referenda.

GIRLS may participate on boys' teams according to Eligibility Standard #15.

LIFETIME SPORTS competition is a part of the athletic program in some schools involving grades 7-8-9. The Committee coordinators welcome suggestions from any schools involved in these sports and who feel standards need to be established. There definitely needs to be a very close correlation of intramurals, extra-murals, and interscholastic activities to provide a broad program for all interested students of all levels of ability.

If a student or school participates in the Modified Program on an interschool level in the lifetime sports, then all General Eligibility Rules must be observed.

PROGRAM CONTROLS

SPECTATORS: Parents and interested students are usually the great majority of spectators at Modified Program games. Spectator buses to away games are most questionable and never should be permitted without the approval of the host school. When spectators visit another school, adequate and appropriate staff members should be available to supervise their spectators.

SCHOOL BANDS: Bands at Modified Program games are not desirable, since they tend to develop an overemphasized atmosphere for the competitors.

COACHES: The most important factor in the program is the coach. One must adapt coaching to the age level and the abilities of the junior high school youngsters and must teach the basic fundamentals of the games and avoid the intricacies of more advanced programs. Real patience and knowledge of the youngsters at this particular age level is necessary. An understanding of all program policies and game rules and conditions is essential. Relations with opposing coaches should be one of cooperativeness and good sportsmanship, yet teaching and coaching the team to be the best of one's ability, realizing that the chief obligations are to the pupils and their proper sports education.

SCOUTING: There is no need for scouting of opponents' games at this level of completion.

PROGRAM SAFETY

PHYSICIANS: It is recommended that a physician be present at all football games and to be readily available during practice sessions. If an injury occurs during a game in any sport, the physician in attendance will determine the athlete's fitness to continue play. During practice sessions, in the event of potentially serious injury to head, neck or spine of a player, a physician should see the injured as soon as possible. Any pupil whose safe participation is in question as a result of the health history

review interview, or injury, or prolonged absence must be re- qualified by the school physician prior to participation.

OFFICIATING: Proper officiating is a most important safety factor. The following policies should be in effect:

1. The use of the "fast whistle" is mandatory when participant safety is questionable.

2. Strict enforcement of all rules violations will inculcate the proper playing habits and attitudes.

3. Special attention should be made to determine "potentially dangerous" holds in wrestling and to eliminate them.

4. It is required that certified officials should be used in contact sports to provide the safest possible game supervision. Three (3) officials are preferred for football.

EQUIPMENT: Protective equipment which is properly fitted should be provided for sports of a contact nature. Supporter cups should be worn in those sports where this protection is logical.

Protective headgear may be worn by soccer goalies for protective purposes. Shin guards must be worn at all times by all soccer players and field hockey players.

COACH ON THE FIELD: The coach is permitted to be on the field during timeout periods to check such matters as seem desirable to control the safety of the games and to use the existing situation as a teaching opportunity. It is realized that this rule is subject to abuse by overzealous coaches. Any coach violating the spirit of this rule should be removed from the program.

RULES OF THE GAME: The approved game rules for all sports are listed in the Modified Sports Standards. All adopted modifications indicated for each sport take precedence.

GENERAL ELIGIBILITY RULES FOR THE MODIFIED PROGRAM

Situations not covered by the following specified modified rules shall be governed by the Eligibility Standards of the New York State Public High School Athletic Association, Inc.

1. AGE: Upon entry into the 7th grade, a student is eligible for modified program competition. One is ineligible when the sixteenth birthday is attained; however, if a student attains the sixteenth birthday during a sport season he/she may complete that sport season. NOTE: Schools, leagues and sections may organize Modified Program competition by age, grade, geography and/or ability levels within the limitations of the NYSPHSAA Eligibility Rules to ensure safe and equitable competition. Teams shall practice and compete only against other teams that use the same criteria for organization (i.e. age, grade, performance).

2. BONA FIDE STUDENTS: A contestant must be a bona fide student of grades 7, 8, 9 of the school represented. NOTE: If it becomes necessary to combine member schools to maintain a team or sport, a written request must be submitted and approval obtained from the league and section involved. Schools which have combined must submit a report to the Modified Committee and this will be submitted to the Executive Committee.

3. CHAMPIONSHIPS-TOURNAMENTS: Tournament competition is not permitted in the Modified Program. No sectional team or individual championships are to be conducted, nor are there to be championship playoffs on a team or individual basis.

4. DURATION OF COMPETITION: High School Eligibility Standard #8 becomes effective on the date of entry in ninth grade.

5. EMERGENCY PROCEDURES: It is recommended that all schools develop emergency procedures to be followed by coaches.

6. 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 in the regular contest is limited, i.e., their total 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 regulation contest.

Optional Plan for use at the league or Section level: If a team has fewer than the minimum number of players to play the five (5) period concept the following game rules will apply:

A four (4) quarter game will be played with the number of minutes being increased for each quarter (see chart below); however, no player may play more than three (3) quarters (*see exceptions below). This will apply provided the team has a sufficient

number of players so as not to exceed the NYSPHSAA regulated playing time allocation for each sport (see chart below).

SPORT	TIME LIMIT			MINIMUM # OF PLAYERS REQUIRED
	Regulation Game	5 Period Play	4 Quarter Extended Play	4 Quarter Extended Play
BASKETBALL	7 minute quarters	7 minute quarters	9 minute quarters (quarter 1-8 min)	7
FIELD HOCKEY	25 minute halves	12 minute periods	15 minute quarters	15
FOOTBALL	10 minute	10 minute quarters	12 minute quarters	19
BOYS LACROSSE	10 minute	10 minute	12 minute quarters	14
GIRLS LACROSSE	25 minute halves	12 minute periods	15 minute quarters	16
SOCCER	40 Halves /15 QT.	15 minute periods	18 minute quarters	15
Volleyball	3 out of 5 game matches	5 games	6 games with a max of 20 pts per game	12

* Exceptions: In boys' and girls' lacrosse, girls' field hockey and boys & girls soccer, if a team has only one goal keeper that goal keeper may play in all periods of 4 Quarter Extended Play or in all periods of 5 Period Play. Except for the goal keeper, the "time" allocated for the game will not be extended. All players except for the goal keeper will follow the 4 quarter or 5 periods extended playing time format and are therefore only eligible to play 3 periods.

7. HEALTH EXAMINATION: A student who may engage in interschool competition shall receive an adequate health examination and may not practice or participate without the approval of the school medical officer.

NOTE: Physicals for participation in school sports may be scheduled at any time during the calendar year. The results of the physical shall be valid for a period of 12 months after the last day of the month in which the physical was conducted. Unless the medical examination is conducted within 30 days of the start of a season, a health history update is required. Any pupil whose safe participation is in question as a result of the health history interview, or injury, or prolonged absence must be re-qualified by the school physician prior to participation. If the 12-month period for the physical expires during a sports season, participants may complete the season as long as a health history was conducted prior to the season. For example, a physical conducted on August 1 would be valid through August 31. If a student plays beyond August (ex, football), the student may complete that sports season as long as an interval health history was conducted before the start of the season. Immediately following the last sanctioned tournament competition for that season, a new physical is required if the student is going to play another sport. Sport season includes tryouts.

NOTE: The Handbook Committee recommends that each incidence of prolonged absence should be reviewed individually by the coach and the athletic director, consulting with the school physician when necessary and a reasonable amount of practice time and playing time be established based on the athlete's readiness for safe return to competition.

8. INTERSCHOOL PRACTICE SESSIONS/SCRIMMAGES: A school is limited to three (3) interschool practice sessions/scrimmages which, if conducted, may be held at any time after minimum practice requirements and previous to the last scheduled contest. By sectional approval, in cases where officials are not available for contests and all avenues of obtaining certified official have been exhausted, additional scrimmages are permissible as replacements to the scheduled contests. Interschool practice sessions/scrimmages are governed by the same hours to elapse between such sessions/scrimmages as for regularly scheduled contests with the exception of football.

NOTE: With Section/League approval, schools may designate 50% of their contests as scrimmages; (Example: Basketball – 14 games scheduled, 50% (7) could be scrimmages plus 7 games for a total of 14. Under this option, if a contest is converted to a scrimmage, the scrimmage would count toward the 50% as outlined in the Promotion Rule. NOTE: In practice sessions/scrimmages:

a) Both squads use the same field simultaneously with both coaches making corrections and giving instruction to players as they would do during their own practice.

b) No official score is kept.

c) No admission is charged.

d) No spectators are permitted unless such is the usual plan whenever the squad has a practice.

9. MIXED COMPETITION: see Eligibility Standard #15.

10. MULTI-SCHOOL CONTESTS/ TOURNAMENT COMPETITION/CHAMPIONSHIP/ 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 contest and invitational, 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-season finale 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. squad 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.

Coaches and directors are encouraged to design ideas that follow the spirit of, and guidelines for, modified athletics.

11. PENALTIES:

1. If a school uses an ineligible student in any interschool contest, the penalties shall be as follows:

   a. In all team sports-forfeiture of the contest. In individual sports, the use of an ineligible player would result in the contest being forfeited. However, the performances and outcomes of the other individuals would stand.

   b. In the individual sports-bowling, cross country, fencing, golf, gymnastics, rifle, skiing, swimming, tennis, track, wrestling – all points scored by the individual shall be forfeited and places moved up accordingly.

2. For any violation of eligibility or sports standards a school or a school authority may be censured, placed on probation, or suspended.

3. Consistent with good ethical standards the prompt reporting of the knowledge of an infraction shall be made to the proper authorities in writing.

4. School Districts may appeal to the Section to gain relief from the prescribed penalty if the violation of eligibility standards resulted from circumstances out of the District's control.

12. PRACTICE SESSIONS: 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 tryout 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 tryout periods are contiguous to the beginning of the modified sports season.

13. 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. With Section approval, 7th or 8th grade contestants may be promoted to a higher classification within the modified program or to a high school team at any time during the season (Feb. 2026). With no Section approval 7th or 8th grade contestants shall not be promoted to a higher classification within the modified program or to a high school team after completion of 50% of their modified schedule.

NOTE: EXCEPTIONS:

a) General Eligibility Rule #17 "TRYOUTS."

b) A ninth grade modified contestant may be promoted to the high school team at any point in the season if they display the skills and maturity to compete at the high school level. A promoted 9th grade contestant is eligible to participate immediately upon promotion providing that they have completed the necessary number of required practices for that specific sport. The contestant may not exceed the total number of contests as outlined in the High School Sport Standards Chart.

c) In a section whose "early winter" season ends in mid-winter, followed by the "late winter" season, the modified ninth grader could not be elevated to the varsity for post schedule contests in a sport played in the "early winter" modified season.

d) Promotion Regulation shall be waived for Boys' and Girls' Swimming & Diving and Boys' and Girls' Outdoor Track and Field permitting schools with section approval the option of running combined modified and varsity swimming and diving meets, alternating events.

e) The NYSPHSAA Executive Director may grant a waiver of the promotion rule if a High School team is dropped by the school district.

14. SPORTS SEASONS: All competition shall be completed within the sport season indicated by each individual section.

15. TIME INTERVAL: A team may never play three days in a row. There shall not be more than four contests played per calendar week.

16. TRANSFER: A student who is enrolled in one school may subsequently transfer no more than once during a school year without a corresponding change in the residence of his parents or guardians, or having reached the age of majority establishes a residency.

a) A student who transfers from one school to another becomes eligible after starting regular attendance.

b) Transfer students trying out for sports before school opens in the fall shall register and be accepted by the principal of that school before the medical examination and the first practice. This shall constitute the start of regular attendance for fall sports.
NOTE: After approval by the school medical officer a student may practice immediately and must satisfy the specific Sports Standard according to the number of practice sessions required.

c) Practices at the previous school district may be counted toward the minimum number of practices required provided the principal or athletic director of the previous school submits, in writing, the number and dates of such practices to the principal or athletic director of the new school.

d) 7th and 8th graders that compete at the high school level will be subject to the transfer rule in "that" sport (July 2015).

17. TRYOUTS:

a. A section may establish tryout periods to allow EXCEPTIONAL ATHLETES who have completed and passed the NYS Education Department Athletic Placement Process (APP) the opportunity to be selected for a high school team.

b. Seventh and eighth grade students must pass the APP qualifications prior to the tryout period.

c. Ninth grade students do not have to pass the APP qualification to participate in the tryout.

d. The tryout period for a modified athlete shall be defined as participation in three (3) of the first five (5) practice days of the high school season. During the tryout period, the modified athlete may not return to modified program until the athlete's tryout is complete.

e. Tryout periods for wrestling, boy's lacrosse and ice hockey shall be a maximum of five (5) Of the first seven (7) practice days of the high school season.

f. The tryout period for football shall be a maximum of eight (8) of the first ten (10) days of the high school season.

g. Student athletes participating in sectional approved tryout sessions are not subject to the Promotion rule.

h. In cases involving new transfer students, overlapping season, and/or medical conditions the student's try-out period will be 3 out of 5 days, 5 out of 7 days, or 8 out of 10 days of the high school season depending on the sport.

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	**10**	14	1 Night	2 Games *	NFHS	
Baseball Pitcher	**10**	14	1 Night	1 Game	NFHS	Pitch Count Restrictions
Basketball	6	14	1 Night	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	
Cheerleading	6	12	1 Night	1 Competiton	NFHS	
Field Hockey	6	12	1 Night	1 Game	NFHS	25 Minute Halves
Football	**10**	7	4 Nights **	1 Game	NFHS	10 Minute Quarters
Flag Football	**6**	12	1 Night	1 Game	NFHS	
Golf	6	14	1 Night	1 Match	USGA & Local Course Rules	
Gymnastics	**10**	10	1 Night	3 Events */ 1 Contest	NFHS- Boys USAJO- Girls	
Ice Hockey	6	14	1 Night ***	1 Game	NFHS	13 Minute Periods
Lacrosse- Boys	6	12	1 Night	1 Game	NFHS	10 Minute Quarters
Lacrosse- Girls	6	12	1 Night	1 Game	NFHS/ US Lacrosse	25 Minute Halves
Skiing	6	12	1 Night	2 Events	FIS & ESA	
Soccer	6	12	1 Night	1 Game	NFHS	
Softball	6	14	1 Night	2 Games *	ASA	
Swimming & Diving	6	14	1 Night	3 Events/ 1 Contest	NFHS	
Tennis	6	14	1 Night	2 Matches *	USTA	
Track & Field (Outdoor)	6	10	1 Night	4 Events (One Relay)/ 1 Contest	NFHS	
Track & Field (Indoor)	6	10	1 Night	3 Events/ 1 Contest	NFHS	
Volleyball	6	14	1 Night	2	NCAA	
Wrestling	**10**	14 Pts.	1 Night	2 Bouts *	NFHS	Max of 10 Pts. Thru 2 Pt. Contests

(**) 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 GAME RULES AND GAME CONDITIONS

Situations not covered by the following specified modified rules shall be governed by the Eligibility Standards of the New York State Public High School Athletic Association, Inc.

With Sectional approval, variations of modified athletic game rules and conditions may be adopted selectively for use by specified conferences or leagues.

1. BADMINTON
Game Conditions: See Modified Sports Standards Chart

Games Rules:

1. NAGWS Rules

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

3. For the purpose of ensuring that every eligible badminton 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 badminton (References; Modified Sports Standards Chart, NYSPHSAA Handbook) shall be increased to two (2) matches per day, provided that every individual eligible player plays once before any player plays twice.

2. BASEBALL
Game Conditions: See Modified Sports Standards Chart

1. Pitchers must participate in at least 10 practices before an interschool game. (Feb. 2019)

2. Doubleheaders: A team may play two (2) games in one day twice during a season, either a doubleheader against a single opponent, or two successive games against two different opponents. The following doubleheader restrictions must be followed:

a) The maximum number of doubleheaders allowed is two (2).

b) A team may not play three (3) games in two (2) consecutive days. No more than four (4) games a week may be played.

c) Pitching limitations remain the same.

d) Each game of the doubleheader is to be six (6) innings. No team may play more than 14 innings in one day. This allows a total maximum of two (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.

Game Rules:
1. Regulation game shall be 7 innings. With Section/League approval, a "Mercy Rule" will be permitted; allowing a game to end after a team at the short end of the 15-run rule has completed their fifth at bat. (Dec. 2010)

2. The following pitch count must be followed for all modified pitchers:

Max # Pitches Modified	# Nights Rest Modified
61-75	4
41-60	3
21-40	2
1-20	1

3. Designated hitter will not be allowed.

4. An extra player, referred to as 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 the 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). If an EP is used, all 10 players bat, but only 9 can play defense each inning. 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. The EP may be substituted for at any time, either by a pinch-hitter who then becomes the EP. The substitute must be a player who has not yet been in the game. Substitutes and re-entry will be treated as in the past. A starter may re-enter the game into his same batting order position.

5. The re-entry rule may be waived only if an injured player must be replaced and all eligible substitutions were used during the game.

6. With Section/League approval, when the team at bat has two outs with the catcher on base, a pinch runner may be used to allow the catcher to get his/her gear on prior to the third out. (The pinch runner is a player who is a substitute, or in the case that all substitutes have been used, a player offs the bench who is not currently in the lineup. This rule does not change the normal substitution rules and does not overshadow the need to get all players in the lineup; it allows for cutting time off the transition between innings).

7. With Section/League approval, a new substitution game rule may be used to maximize modified players' participation in their baseball/softball games. The official lineup card will list all players on the team in a designated Batting order, allowing any of the players listed in a slot to bat when that slot occurs.

3. BOYS BASKETBALL
Game Conditions: See Modified Sports Standards Chart

Game Rules:

1. The maximum length of the quarter shall be seven (7) minutes.

2. If a game is tied at the end of regulation play, there will be an overtime period of four (4) minutes duration. If it is still tied, the game will end in a tie.

3. Free substitution is facilitated by permitting substitutions on:
   a) Any dead ball
   b) Any violation

4. Sections may adopt the use of a small ball. The section shall determine the actual size of the ball.

5. The three (3) point shot is allowed with Section/League approval.

4. GIRLS BASKETBALL
Game Conditions: See Modified Sports Standards Chart

Game Rules:
1. NCAA Women's Rules. The thirty-second clock rule shall be optional.

2. The maximum length of the quarter shall be seven (7) minutes.

3. If a game is tied at the end of regulation play, there will be an overtime period of four (4) minutes duration. If it is still tied, the game will end in a tie.

4. The three (3) point shot is allowed with Section/League approval.

5. BOWLING
Game Conditions: See Modified Sports Standards Chart

Game Rules:
1. All competition shall be conducted under United States Bowling Congress Rules and NYSPHSAA, Inc., requirements.

2. At no time shall the foul line rule be set aside.

6. COMPETITIVE CHEERLEADING
Game Conditions: See Modified Sports Standards Chart

Game Rules:
NFHS

7. CROSS COUNTRY
The Section Athletic Council shall determine the date for the mid-season change-over.

Game Conditions: See Modified Sports Standards Chart

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, on the date designated by the Section Athletic Council.

3. For multi-school contests refer to General Eligibility Rule #10.
4. It is recommended that there be a minimum standard of six meets scheduled for Modified Cross Country. (July 2019)

8. FIELD HOCKEY
Game Conditions: See Modified Sports Standards Chart

Game Rules:
1. NFHS Rules

2. Halves shall consist of a maximum of 25 minutes.

3. Substitution: Utilize the NFHS Rolling substitution rule.
   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 (2) minutes. Three (3) time outs may be called by each coach; two (2) in one half and one (1) in the other half.

4. With Section/ League approval one (1) four-minute overtime period will be allowed if the score is tied at the end of regulation. The overtime period will be played with teams at full strength and full field. (July 2021)

9. FOOTBALL
Game Conditions: See Modified Sports Standards Chart

2. Maturity – Careful evaluation of the individual's age, weight, height, physiological maturity and degree of coordination with relation to all of the others, especially one above or below average of others in height, weight, physiological maturity as related to age, should be made.

3. Individual Skills – A thorough program of screening for a period of two weeks shall be conducted. Basic conditioning, running, cutting, falling, rolling, catching, line, and backfield fundamentals, blocking and tackling techniques, Ball handling drills should be participated in. Dummies and sleds should be used, and no one should be permitted in live contact drills until ability has been proven to partake in them. Match participants of equal size and ability for participation during live contact drills.

4. Team Skills – Team play leading to game situations should be taught through controlled scrimmages with contestants placed in groups of similar maturity and skills.

5. Desire – Observation of the individual's alertness and general desire to participate must be noted. (The above-mentioned types of testing and teaching, with complete cataloging of the individual's ability, should enable the coach to screen all candidates and determine their readiness for competition.)

6. Equipment –

a. Properly fitted equipment of good quality is mandatory for safe participation in football.

b. All essential protective devices are to be used.

c. In addition to the normal pads and helmets, dental and face protection guards should be provided.

d. All protective pads should be covered by the uniform.

e. If protective pads are exposed, the uniform part should be replaced or repaired.

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. (Feb. 2019 & July 2019)

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 gap alignment permitted (4 and 6-man fronts cannot cover the center) (July 2019). 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. 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.)

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 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.

7. Sections may adopt the use of a small ball.

8. Coaches shall be permitted on the field in the experimental five quarter football program. (Optional for section wide use with approval of the section.)

9. When an offensive team employs a wide receiver (split end or flanker), the defensive end to the side of the formation may assume a "walkaway" position. The end may align at a maximum depth even with the two (2) inside linebackers and no wider than half the distance between the wide receiver and the next lineman.

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

Game Rules for 8-Man Football:
1. 11-man rules are used for 8-man football with modifications.

2. At least Five (5) offensive players shall be on their line at the snap with three (3) Players assigned in the backfield. Note: Line splits, formations, motion, etc. as per existing modified rules.

3. Until the snap, the defense shall be 4-2-2 with four (4) players in an imaginary, straight line 2 yards off the ball. Two (2) linebackers must be at least 1 yard behind the deepest lineman; two (2) defensive backs must be at least 3 yards behind the deepest linebacker.

4. No kick-off. Start play from own 30-yard line.

5. Safety– scoring team puts ball in play on the 40-yard line.

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

10. GOLF
Game Conditions: See Modified Sports Standards Chart
Game Rules:
1. USGA Rules

11. BOYS GYMNASTICS
Game Conditions: See Modified Sports Standards Chart

Game Rules:
1. NFHS Rules shall govern

2. A gymnast may enter three (3) events with the exception of two team members whose entries may be unlimited.

3. Events – Special Specifications-Minimum Exercise (specific events for meets and their order may be determined by League or Section).

- Free Exercise – 40' x 40' mats placed diagonally across 40' square. Exercise should combine elements of agility, tumbling, strength and flexibility. The competitor should move in different direction and utilize entire areas. The minimum time of routing is 45 seconds with a maximum time of 70 seconds.

- Long Horse Vaulting – 47" height with type of takeoff board determined by League or Section. Two vaults may be performed utilizing National Federation Table of Difficulty with best vault to score.

- Side Horse – Gymnast must work on all three parts of horse without stops or holds and with a minimum of four moves.

- Horizontal Bar – An adult spotter (the gymnast's coach) must be used. The exercise should consist of a minimum of six moves including a mount and dismount with a minimum of holding and stopping.

- Parallel Bars – The exercise should consist of a minimum of six moves, including a mount and dismount, and consist of swinging and vaulting movements combined with strength and holding positions. Movements below and above the bars should also be shown as well as one change of direction.

- Still Rings – The exercise should consist of a minimum of six moves, including mount and dismount, and should include swinging, strength and hold positions.

Specific Rules for Events
1. Safety and Spotting – a contestant shall be allowed to have a spotter while performing without deduction, unless spotter aides or assists contestant.

2. The coach shall check all apparatus for safety and correct height setting.

3. The use of 4" landing mats are recommended on all events with the equivalent of 4" of mats required under the horizontal bar, still rings and vault landing area. A 12" mat may be used for dismounts without deduction.

12. GIRLS GYMNASTICS

Game Conditions: See Modified Sports Standards Chart

Game Rules:

1. USAGJO/ NYS Technical Handbook

2. A gymnast may enter three (3) events per meet, however, more than two (2) team members are permitted to enter all events.

3. Each team shall be permitted at least 15 minutes of warm-up before the start of the meet.

4. Specific Rules for Events:

- It is the coaches' responsibility to check all apparatus for safety and correct settings.

- Only unaltered manufactured vaulting boards shall be used.

5. Required dimensions and specifications for events:

- Vaulting: Competitors can set the vault from 100 cm to 135 cm. The horse may be adjusted only once per team; therefore, lineups should reflect this change if needed.

- Uneven Bars: Either bar can be adjusted to accommodate the gymnasts within the manufacturer's specifications.

- Balance Beam: Height between 100 cm and 125 cm.

13. ICE HOCKEY

Game Conditions: See Modified Sports Standards Chart

1. NFHS Ice Hockey rules

2. One and one-half hours of ice time shall be used for a game.

3. Games shall consist of three periods of 13 minutes in length (see Mod Chart).

4. Ice resurfacing between periods is not necessary.

5. No overtime periods shall be permitted.

Administration

1. Tests: Every contestant should be carefully checked to determine his readiness before being allowed to participate, as for football, with exception of: Individual Skills – A thorough program of physical conditioning, skating and ice hockey skills should be conducted prior to permitting one to participate in live contact drills. No one should be permitted in live contact drills until ability has been proved in the individual skills. (It is recommended that all players watch the USA Ice Hockey video covering the proper techniques of body checking.)

2. Equipment:

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

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

c. The essential protective equipment must include an ice hockey helmet with a Face mask, elbow pads, ice hockey shoulder pads, ice hockey pants, shin guards, ice hockey gloves, neck guard, ice hockey skates and a mouthpiece.

d. It is recommended that a player's personal equipment be tested for safety protection in a manner that is satisfying to the individual school district.

3. For the purposes of scheduling or rescheduling, the minimum time interval between ice hockey contests may be decreased from two (2) nights to one (1) night, with the following restrictions:

a. This may occur no more than three (3) times per season

b. A team may never play three (3) days in a row.

c. There shall not be more than three (3) contests played per calendar week.

14. BOYS LACROSSE

Game Conditions: See Modified Sports Standards Chart

1. Equipment–

• The essential protective equipment must include a lacrosse helmet with a face mask, lacrosse arm guards, lacrosse shoulder pads, lacrosse gloves, and a mouthpiece. Goalkeepers must wear a chest protector and throat protection.

• Face masks for lacrosse competition must have a center bar.

• Modified lacrosse players are exempt from the uniform outer clothing and helmet color regulations (Rule 1, Section 9, article 1a and 2c).

Game Rules:

1. The length of quarters shall be 10 minutes.

2. One sudden victory overtime period of 4 minutes is to be played in the event the game is a tie. (Feb. 2020)

3. There is no such call as a "Brush" in the Modified Program. Contact between Crosse and helmet is a personal foul.

4. In a 5-period lacrosse game the mercy rule shall be in effect at the end of the third period of play.

5. Substitutes are permitted when the ball goes out of bounds. Substitutions during live play shall be permitted on the fly. (July 2019)

6. When a goalkeeper gets a penalty, the in-home player may serve the penalty if a second goalkeeper is unavailable.

7. A goal will be disallowed after the horn sounds to indicate the end of the period. (July 2019)

15. GIRLS LACROSSE
Game Conditions: See Modified Sports Standards Chart

Game Rules:
1. NFHS/ US Lacrosse

2. Halves shall consist of a maximum of 25 minutes.

3. Equipment–
- Properly fitted equipment of good quality is mandatory for safe participation in lacrosse.
- All field players are required to wear lacrosse goggles which meet ASTM standards.
- All players must wear mouthpieces.
- Goalkeepers must wear the following equipment: 1) Helmet with facemask, 2) Mouthpiece, 3) Throat protector. 4) Padding on hands, arms, legs, shoulders and chest to conform to US Lacrosse rules (padding does not excessively increase the size of these body parts, maximum thickness is one inch).

4. Modified stick-checking in modified girls' lacrosse.

If only one official or two non-locally rated officials are working the game, then modified checking rules would be enforced.

Modified Checking:
1. Checking below the shoulders is permitted.
2. Any check above the shoulders or into the sphere or forcing the opponents stick into the sphere constitutes an illegal check.
3. Check to the head and a slash are mandatory cards.

5. 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 two minutes.

6. If both schools agree they may waive the NFHS rule and allow the game to be played with only one official (January 2017).

16. SKIING
Game Conditions: See Modified Sports Standards Chart

Game Rules:
1. FIS/ USSA
2. A skier may enter two (2) events.

17. SOCCER
Game Conditions: See Modified Sports Standards Chart

Game Rules:
1. NFHS Rules.

2. Free substitution is permitted when the ball goes over the side line or end line.

3. Equipment–
- An all-purpose type foam helmet may be worn and a mouthpiece may be worn by the soccer goalie for protective purposes. (Feb. 2023)

4. One-time out period per half (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. (July 2019)

5. 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.

6. 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 time still exists after the second overtime, no further play shall be conducted.

7. 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.

8. The NFHS regulation that the boys' and girls' soccer goalie uniform jersey be numbered and all white away uniforms shall be waived at the modified level.

18. SOFTBALL
Game Conditions: See Modified Sports Standards Chart

1. Any pitcher pitching more than four (4) innings in one game must have at least one (1) nights of rest before pitching again. When removed from pitching, the contestant may play any other position.

2. Ten (10) player teams optional with section approval.

3. Doubleheaders: A team may play two (2) games in one day three times during a season (July 2019), either a doubleheader against a single opponent, or two successive games against two different opponents. The following doubleheader restrictions must be followed:

a. The maximum number of doubleheaders allowed is three (3).
b. A team may not play three (3) games in two (2) consecutive days. No more than four (4) games a week may be played.
c. Pitching limitations remain the same.

d. Each game of the doubleheader is to be six (6) innings. No team may play more than 14 innings in one day. This allows a total maximum of two (2) extra innings in the event of tie game(s). See Mod chart for other requirements.

Game Rules:
1. USA Softball Rules, seven (7) innings. With Section/League approval, a "mercy rule" will be permitted; allowing a game to end after a team at the short end of the 15-run rule has completed their fifth at bat. (Dec. 2010)

2. With Sectional/League approval, the modified softball pitching distance may be established at 40' or 43'/ (May 2011)

3. A player may re-enter the game once.
4. Equipment–

a. Catchers shall wear the full protective equipment: 1) Helmet, 2) Mask, 3) Chest Protector, 4) Shin Guards, 5) 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.

5. The re-entry rule may be waived only if an injured player must be replaced and all eligible substitutions were used during the game.

6. With Section/League approval, when the team at bat has two (2) outs with the catcher on base, a pinch runner may be used; a player offs the bench who is not currently in the lineup. This rule does not change the normal substitution rules and does not overshadow the need to get all players in the lineup; it allows for cutting time off the transition between innings.)

7. In Modified Softball, with section/league approval, innings 1-6 may be completed at five (5) runs or three (3) outs and the seventh inning shall be played as a normal inning, with three (3) outs and no run restrictions for that inning. (Oct. 2011)

8. With Section/League approval, a new substitution game rule may be used to maximize modified players participation in their baseball/softball games. The official lineup card will list all players on the team in a designated batting order, allowing any of the players listed in a slot to bat when that slot occurs.

19. SWIMMING & DIVING
Game Conditions: See Modified Sports Standards Chart

Administration:
Schools may have the option of running combined modified and varsity swimming and diving meets, alternating the events.

Game Rules:
1. The NFHS Rules of Swimming and Diving shall be followed except as indicated below.

2. A swimmer is permitted one false start before disqualification. The use of the no re-call false start rule shall not be utilized.

3. Swimmers may compete in a maximum of three (3) events. (1 relay and 2 individuals, or 2 relays and 1 individual).

4. The events and their order shall be:

- 200 yd./m. medley relay
- 200 yd./m. freestyle
- 100 yd./m. Individual medley
- 50 yd./m. freestyle
- Diving competition shall consist of (1) voluntary dive (not to exceed 1.8) which shall be done first: week 1-forward group; week 2-back group; Week 3-inward group (begin rotation over), and three (3) optional dives: two (2) of the three (3) must be from different groups.
- 50 yd./m. butterfly (optional– 100 yd. butterfly)
- 100 yd./m. freestyle
- 50 yd./m. backstroke (optional– 100 yd. backstroke)
- 50 yd./m. breaststroke (optional – 100 yd. breaststroke)
- 200 yd./m. freestyle relay

Order of Events for Combined Modified/Varsity Swimming Meets

1. Modified 200 yd./m. medley relay
2. Varsity 200 yd./m. medley relay
3. Modified 200 yd./m. freestyle
4. Varsity 200 yd./m. freestyle
5. Modified 100 yd./m. individual medley
6. Varsity 100 yd./m. individual medley
7. Modified 50 yd./m. freestyle
8. Varsity 50 yd./m. freestyle
9. Modified diving (1 voluntary + 3 optional dives) – two separate diving events are to occur with all modified diving completed before varsity diving occurs.
10. Varsity diving (1 voluntary+ 5 optional dives as per NFHS rules book)
11. Modified 50 yd./m. butterfly
12. Varsity 100 yd./m. butterfly
13. Modified 100 yd./m. freestyle
14. Varsity 100 yd./m. freestyle
15. Varsity 500 yd./m. freestyle
16. Varsity 200 yd./m. freestyle relay
17. Modified 50 yd./m. backstroke
18. Varsity 100 yd./m. backstroke
19. Modified 50 yd./m. breaststroke
20. Varsity 100 yd./m. breaststroke
21. Modified 200 yd./m. freestyle relay
22. Varsity 400 yd./m. freestyle relay

5. With prior mutual agreement of teams, league or section races may be conducted by seeded heats with the winners established on time alone. No final events may be conducted.

6. For multi-school contests, refer to General Eligibility Rule #10.

20. TENNIS
Game Conditions: See Modified Sports Standards Chart

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. For the purpose or 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 (Reference: Modified Sports Standards Chart, NYSPHSAA Handbook) shall be increased to two (2) matches per day, provided that every individual eligible player plays once before any player plays twice.

21. TRACK AND FIELD (OUTDOOR AND INDOOR)
Game Conditions: See Modified Sports Standards Chart

Game Rules:
1. Runners permitted one false start before disqualification.

2. A student may enter a maximum of four (4) events per day as long as one is a relay. (Feb. 2023)

3. The 55 meters 30" hurdle race with five hurdles shall have the following spacing's:
   a. Start to first hurdle – 12 meters

   b. Distance between hurdles – 8 meters

   c. Fifth hurdle to finish – 11 meters

   d. With section/league approval, the height of the hurdles in the 55m modified boys' hurdles may be increased from 30 inches to 33 inches. (Oct. 2011)

4. The 200 meters 30" hurdle race with 5 hurdles shall have the following spacing's:
   a. Start to first hurdle – 20 meters

   b. Distance between hurdles – 35 meters

   c. Fifth hurdle to finish – 40 meters

5. The 4 K metal shot put may be used for outdoor track.

6. The suggested running events and their recommended order for outdoor track and field meets shall be:
   1. 55 m 30" hurdles

2. 200 m dash
3. 1500 m run
4. 100 m dash
5. 400 m dash
6. 200 m 30" hurdles
7. 800 m run
8. 3000 m run (optional)
9. 4 x 200 m relay
10. 4 x 100 m relay
11. 4 x 400 m relay (optional)

The suggested field events shall be: 4 K shot put, 1 K discus, high jump, long jump, pole vault and triple jump. With Section/League approval, a six (6) pound shot put may be used for modified girls' track and field, rather than a 4K shot put (Oct. 2011)

The suggested running events and their recommended order for combined boy- girl outdoor track meets shall be:

1. 55m 30" hurdles boys
2. 55 m 30" hurdles girls
3. 200 m dash boys
4. 200 m dash girls
5. 1500 m run boys
6. 1500 m run girls
7. 100 m dash boys
8. 100 m dash girls
9. 3000 m run girls
10. 400 m dash boys
11. 400 m dash girls
12. 200 m hurdles boys
13. 200 m hurdles girls
14. 800 m run boys
15. 800 m run girls
16. 3000 m run (optional) boys
17. 4 x 200 m relay boys
18. 4 x 200 m relay girls
19. 4 x 100 m relay boys
20. 4 x 100 m relay girls
21. 4 x 400 m relay (optional)* boys
22. 4 x 400 m relay (optional)* girls

*The maximum distance limitation for each athlete must be upheld if this event is included.

7. Possible events for winter track and field competition include:

1. 50/55 m dash (boys)
2. 50/55 m dash (girls)
3. 200 m dash
4. 300 m dash
5. 400 m dash
6. 600 m dash
7. 800 m run

8. 1000 m run
9. 1500 m run (400m, 200m, 200m, 800m)
10. 300 m run
11. 4 K shot put (plastic cover)
12. Long jump
13. Triple jump
14. High jump
15. Pole vault
16. 4 x 200 m relay
17. 4 x 400 m relay
18. Sprint medley relay

In facilities with tracks other than 200m in length appropriate modifications in distances are acceptable. For multi-school contests, refer to General Eligibility Rule #10.

8. It is recommended that there be a minimum of six meets scheduled for Modified Track & Field. (July 2019)

22. VOLLEYBALL
Game Conditions: See Modified Sports Standards Chart

Boys' Game Rules: NCAA
Girls' Game Rules: NCAA

1. Rally scoring in a five (5) game match shall be utilized at the modified level.

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

3. With sectional approval, either 20 or 25, but not less than 20 points per game may be used.

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

5. With Sectional/League approval, the service line may be moved up into the court, at a distance not to exceed two meters from the regulation service line.

6. With Sectional approval, the use of the three (3) game match, rather than the five (5) Game match may be used.

7. With Sectional/League approval, the Libero player may be used at the modified level. The uniform requirement for the Libero is waived.

8. With Sectional approval, the minimum net height shall be seven (7) feet for boys and girls.

9. With Section/league approval, the boys' and girls' modified 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.

23. WRESTLING

Game Conditions: See Modified Sports Standards Chart

1. A contestant (or team) may participate in competitions not to exceed 14 points during their season. Points assessed to competitions are as follows:

a. 1 Point Meets are any competitions where a wrestler or wrestlers compete in one or two bouts.

b. 2 Point Meets are any competitions where a wrestler or wrestlers compete in 3 or 4 bouts.

2. No contestant (or team) can accumulate more than 10 points out of the maximum 14 points allowed via 2-point competitions.

3. No contestant (or team) can accumulate more than 4 points per week. (July 2019)

4. There shall be no competition between wrestlers with an age difference of more than 24 months.

5. At least 2 nights shall elapse between contests.

6. The time periods for bouts shall be as follows:

a. If a contestant competes in only one (1) bout per contest, the time periods are:

Program 1: Three 1 and ½ minute periods

Program 2: 1st Period – 1 minute, 2nd & 3rd periods – 1 and ½ minutes

b. If contestant competes in two, three or four bouts per contest, the time periods will be either: (1) Three one (1) minute periods, or (2) 1st period: One (1) Minute, 2nd & 3rd periods: 1 ½ minutes.

There must be a 30-minute rest period between bouts.

c. With Section approval, When the contestants are tied at the end of the three regular periods, they may wrestle overtime. Overtime will first consist of one 30 second sudden victory period in which the wrestlers will start in the neutral position, and if the score is still tied after this sudden victory overtime period wrestlers may use another 30-second ultimate ride out tiebreaker using the NFHS game rules for overtime. (July 2023)

7. Weight Control:

a. The Physical Education Director shall establish each wrestler's weight class prior to the first match. A contestant may not wrestle out of this established weight class except as indicated under b.

b. No attempt at weight reduction before the official weigh-in is permitted except on written permission from the parents and a written recommendation of a physician.
Once a wrestler is established in a weight class, weight reduction and participation in a lower weight class is permitted only under a doctor's authorization and with the parent's permission.

c. A squad list, indicating the established weight classes for each team member as well as birth dates and ages, shall be sent to all opposing schools.

d. Wrestler's participating in the Modified Program may progress in weight in their individual classes at the same pound and date allowance as high school wrestlers.

8. Weigh-ins on the day of a dual meet shall be established by the Section Athletic Council.

9. For multi-school contests, refer to General Eligibility Rule #10.

10. With Section/League approval, wrestlers shall have the option of wearing an alternative to the traditional singlet. Uniform must include a form-fitting compression shirt and compression shorts, or a form-fitting compression shirt under the school uniform singlet.

Game Rules (Program 1)
1. Weight Classes: the official weight classes for competition are 80, 86, 92, 98, 104, 110, 116, 122, 128, 134, 140, 148. For schools having only 7th and 8th grade students a 155-pound weight class may be optional. Optional classes may be 74, 165 and unlimited classes with contestants competing weighing within 10 pounds of each other. A minimum weight of 67 lbs. will be required to compete in the optional 74 lb. weight class.

2. Honor Weigh-In: The procedures described in the Wrestling Weight Control Plan shall be followed.
3. There is no limit to the total team bouts in a contest.

4. Scoring: Use regular scoring system with teams receiving zero points for tied bouts or count number of bouts won or a combination of both. All bouts to count in team scoring.

Game Rules (Program 2)
1. Weights: Wrestlers may wrestle each other within a 10-lb. weight variance.

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

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

4. Scoring: Use regular scoring system with teams receiving zero points for tied bouts or count number of bouts won or a combination of both. All bouts to count in team scoring.

Through our special partnership with Special Olympics New York, we are pleased to offer Unified Sports Programs to our membership. Unified Sports is an inclusive sports program that combines an approximately equal number of athletes (students with intellectual disabilities) and partners (students without intellectual disabilities) on teams for training and competitions.

A key component of the Unified program is the Youth Activation Committee (YAC). The YAC is responsible to help increase awareness and acceptance of students with disabilities within the school district by supporting the Unified Basketball team.

A Unified Sport Committee was formed in the Fall of 2014 with representatives from all 11 sections. The objective of the committee is to establish programs in all 11 sections on a voluntary basis and to recommend rules and regulations that will be followed for all Unified Sport Programs within the Association.

Project Objective: Unified Sports participation is rooted in the principle of meaningful involvement which ensures that every player is given an opportunity to contribute to the success of his or her team through their unique skills and qualities. This means that every team member: (a) demonstrates sufficient sport-specific skills and game understanding; (b) plays a valued role on the team that emphasizes his or her personal talents; and (c) has an opportunity to play without a heightened risk of injury.

Coaching requirement:
All Unified Sports Coaches must take the NFHS Coaching Unified Sports course within two years of starting to coach Unified Sports. (Oct. 2022)

Basketball:
NFHS Playing Rules:
1. All NFHS Basketball rules will be followed unless a NYSPHSAA or Special Olympics Rule Adaptation is in place.
2. There will not be a shot clock (NFHS rule).
3. The ball used for game play will be a 29.5 inch basketball. (NFHS Rule)
4. If extra time is needed, overtime periods will be 4 minutes. (NFHS Rule)
5. Each team is allowed three Full and two 30 second timeouts per half. Each team is allowed one (1) additional full time out in overtime. (NFHS Rule)
6. Three point shots are in effect.
7. Team bonus will be reached at 7 team fouls and double bonus will be reached at 10 team fouls in each half.

NYSPHSAA and Special Olympics Modifications:
1. The objective of Unified Basketball is to have 3 Athletes and 2 Partners on the court.
2. Traveling will be called if a player scores or has a clear advantage because of the traveling.
3. A game may consist of either four 8 minute quarters or two 16 minute halves.

Points of Emphasis:

1. Double dribbles will be strictly enforced.
2. Any defense is allowed.
3. Free throw lane and 3 second lane violations will be enforced.

Bowling:
USBC Scoring Rules will be used:

Match Format:
1. One (1) two-person team vs. One (1) two-person team for 1pt. per game.
2. Another two (2) person team vs Another two (2) person team for 1pt per game.
3. One (1) four-person team vs One (1) four-person team for 1pt per game.
4. Each match will have three games played (3pts per game) for a total of 9 points per match.
5. Teams are an equal mix of athletes and partners.
6. Substitutes can be made after each game.

End of Season Tournament:
1. One (1) eight-person team vs One (1) eight-person team.
2. 3 games will be played. Total pins counted over three games.
3. Substitutes can be made after each game.
4. Teams are an equal mix of athletes and partners.

Note:
It is our belief that sports and other co-curricular student activities are of the greatest benefit to all students when done in the least restrictive environment.

CONSTITUTION OF OCF

ARTICLE I – NAME
The name of this Council shall be the New York State High School Officials Coordinating Federation (OCF).

ARTICLE II – PURPOSE
To provide a central association of officials and schools through which all approved officials organizations, all Section Athletic Councils, and all high schools may cooperate in making recommendations to the NYSPHSAA, Inc. and to State Officials Organizations toward the following goals.

1. To ensure a sufficient number of well-qualified officials.
2. To maintain good working relationships among all agencies and individuals connected with interscholastic sports.
3. To create equitable standards and procedures for the rating, assigning, and paying of officials.
4. To promote fair officiating policies.
5. To communicate on a state-wide basis all facets relative to the athletic programs sponsored by the NYSPHSAA, Inc.
6. To establish uniform state-wide officiating.
7. To guarantee in-service training of officials according to the Five Point Program.

Under the Five Point Program approved officials are those who:
1. Observe the constitutions and bylaws of their local and state officials' organizations.
2. Attend interpretation meetings and clinics of the local organization each year.
3. Give satisfactory evidence of proficiency in the mechanics of officiating and of competent performance related to the specific sport.
4. Pass the National Federation, State, or other approved rules examination.
5. Are listed with the NYSPHSAA, Inc.

ARTICLE III – MEMBERSHIP
Membership shall be open to any officials' organization that is organized on a state-wide basis and:
1. Is accredited and approved by the NYSPHSAA, Inc.
2. Maintains satisfactory membership in the N.Y.S.H.S.O.C.F.

ARTICLE IV – REPRESENTATION
Representation shall consist of the following:
1. One representative from each approved sports officials group.
2. One representative from each Section who will represent all sports in that Section.
3. One representative from the New York State Public High School Athletic Association, Inc.
4. One representative from the New York State Education Department, (Ex-Officio).
5. State Sports Committee Chairman (Ex-Officio).

ARTICLE V – FUNCTION
The New York State High School Officials' Coordinating Federation shall be the organization to which matters of concern related to officiating shall be referred by the State and Local Officials Organizations, Athletic Associations, Section Athletic Councils, for consideration and recommendations, after all local and sectional efforts have failed to bring agreement to all parties concerned, or injustice being done.

ARTICLE VI – OFFICERS AND DUTIES

1. The Chairman shall prepare the agenda and preside over all meetings.
2. The Vice-Chairman shall preside at meetings in the absence of the Chairman.
3. The Secretary shall be the Assistant Director of the NYSPHSAA, Inc. who will be responsible for arranging all meetings, notifying all officials, State organizations, sectional councils, State Education Department, as requested by the Chairman, and will be responsible for the mailing of the minutes of each meeting.
4. The Recording Secretary will be responsible for the taking of minutes of each meeting.
5. The Treasurer shall be the Executive Director of the NYSPHSAA, Inc.

ARTICLE VII – MEETINGS

1. The Coordinating Federation shall hold a minimum of two meetings per school year, plus any special meetings as needed. (At least one meeting shall be devoted exclusively to Article II.) The meetings shall, whenever possible, be held in conjunction with meetings of the NYSPHSAA, Inc.
2. State Sports Committee Meetings. There shall be at least one meeting per year between Sports Officials representatives and the State Sports Committee Chairman of each individual sport; this shall be held prior to the Coordinating Federation meeting, at which time each Sports Chairman will report on matters of mutual interest and concern.
3. Rules Interpretation Meetings. There shall be one rules interpretation meeting per school year for each sport for the purpose of standardizing officiating procedure to be attended by an officer or representative of the Coordinating Federation, at least one representative from each section for each sport and the State Sports Committee Chairman.

ARTICLE VIII – AMENDMENTS AND BYLAWS

1. Proposals to amend this Constitution, Bylaws, or an addition to, change in, or deletion of any policy, relative to the activities of the Federation may be presented at any regular meeting of the Coordinating Federation. Written notice of the proposed amendment must be provided with the mailing of the agenda for the next scheduled meeting of the Federation.
2. A two-thirds (2/3) vote of the members of the Coordinating Federation shall be necessary to approve any amendment.
3. Amendments become effective beginning with the next Federation meeting following approval.
4. All meetings of the Federation shall be conducted in accordance with accepted practice of parliamentary procedure.
5. All amendments and bylaws shall conform to all rules and regulations regarding officiating as set forth by the NYSPHSAA, Inc. and the New York State Education Law.

OFFICIATING 2020-2023

STATEMENT OF PRINCIPLES FOR OFFICIATING INTERSCHOLASTIC GAMES

When NYSPHSAA, Inc. approves a change in rules for the conduct of a sport, the established official's organization which has been servicing a particular sport program will continue to service that sport provided they have met the new certifying qualifications. Officials who wish to service that program must be certified by this established official group.

WHEREAS, our high school athletic program is an integral part of our curriculum to be conducted by secondary-school authorities under playing rules adapted to the capacities and safety of our students.

AND WHEREAS, it is essential that the officiating of games shall be performed as a part of the educational program of the school, the details of game administration for interscholastic contests are the responsibility of secondary-school authorities.

WE BELIEVE THAT:
1. Officials who work for our member schools render valuable service.
2. An official performs an exacting task and one's judgments to be respected.
3. Continued cooperation with officials 'organizations is essential.
4. Existing officials' organizations which meet the standards of the NYSPHSAA, Inc. are to be maintained or new ones formed when the need arises.
5. Since annual elections are held by officials' organizations, these Chapters, Boards, or Associations shall be registered with the NYSPHSAA, Inc. each year.
6. No implication should be evident that prospective competent officials are prevented from having an opportunity to qualify for officiating.
7. Officials should be able to fulfill requirements comparable to those specified for the licensure of professionally trained personnel who deal with secondary-school students.
8. Officials shall be selected and assigned by secondary-school authorities in the school, the league, or the section, State Association or their designee.
9. Officiating is worthy of recompense commensurate with the experience and training of the official and with the responsibilities assumed.
10. Fees for officiating should be determined in a joint conference between schools' and officials' representatives.

WE DEPEND UPON OFFICIALS' ORGANIZATIONS:
1. To establish standards for their members for competent officiating.
2. To recruit and train new members.
3. To provide for the promotion of members.
4. To conduct rules interpretation.
5. To use high school rules interpretations.
6. To administer high school rules examinations.
7. To certify members as to their performance in the game.
8. To make an annual report on each member to the NYSPHSAA, Inc.

SCHOOL BASED OFFICIAL
NYSPHSAA allow schools to use a School Based Official with the following criteria; (2024-2025). (Oct. 2024)

- The SBO would only work non-varsity games
- SBO will be paid based on the Section's Officials contract
- SBO will be certified through the local chapters training and testing protocols
- Assignments will be offered to all members of the local chapter and if non-varsity game remain unassigned then the assignor will contact the SBO
- SBO will not have to pay the local or state dues (excluding insurance and assignor fees) in the first year. SBO will be required to pay full dues starting in year two.

NEW YORK STATE HIGH SCHOOL OFFICIALS COORDINATING FEDERATION
Dennis Burkett, Chairman, New Paltz 12561
Louis Stella, Vice-Chairman, Ballston Spa 12020
Todd Nelson, Secretary, Latham 12110
Sarah Jane Clifford, Recording Secretary, Glenmont 12077

AGREEMENT, made this 1st day of July 2020, by and between the NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION, INC., hereinafter referred to as the NYSPHSAA, Inc. and the _____, hereinafter referred to as _____.

WHEREAS, the _____ is an association whose members are qualified _____ officials who are also officials of the local _____ officials' association throughout the State of New York, and members in good standing of the state officials' organization.

WHEREAS, the _____ desires to furnish officials for _____ to member schools of the NYSPHSAA, Inc. and

WHEREAS, the NYSPHSAA, Inc. is an association whose members are secondary schools within the State of New York.

NOW THEREFORE, IT IS AGREED AS FOLLOWS:

1. The _____ will accept and comply with the Five Point Program of the NYSPHSAA, Inc. with respect to each if its local _____ officials' associations and its members, and through its local chapters, shall assume the responsibility of training, testing and certifying competent officials for all interscholastic _____ contests scheduled by each of the member schools at all levels of competition in each of the sections of the NYSPHSAA, Inc.

2. The _____ will cooperate with the sectional athletic councils in the expansion of recruiting and training programs to achieve these objectives and to provide an opportunity for all interested individuals to become qualified officials.

3. The _____ will establish territories of service for its local _____ official's chapters. The NYSPHSAA, Inc. and its subdivisions will recognize and abide by the territorial rights of these chapters to service schools within these areas.

4. The _____ will provide a representative to the NEW YORK STATE HIGH SCHOOL OFFICIALS' COORDINATING FEDERATION and will ensure that each _____ chapter that has territorial rights in a section will participate with the sectional council(s) of officials.

5. The _____ will submit a list of approved or certified officials (with updates as they occur) of each of its local associations (chapters) to the Assistant Director of the NYSPHSAA, Inc. each year as per the schedule set by the OCF.

6. The _____ will discipline its officials through its local _____ officials' association when necessary and will process and resolve all controversies regarding officiating procedures.

7. The _____ recognized that the member schools of the NYSPHSAA, Inc. bear the primary responsibility for creating and maintaining qualified athletic programs. The NYSPHSAA, Inc. will process and resolve all controversies regarding actions of contestants, coaches or authorities of its member schools and will discipline such persons or its member schools in accordance with the provisions of the Eligibility Standards entitled APPEAL PROCEDURE and PENALTIES of the NYSPHSAA, Inc. HANDBOOK.

8. The _____ agrees that the officials shall be selected and assigned by the secondary school authorities in the school, the league, the section or their designee as the case may be. The NYSPHSAA, Inc. and its member schools shall use only those approved officials who are active members in good standing of a local officials' association of the _____.

9. The NYSPHSAA, Inc., represented by its sections, shall initiate negotiation sessions. Furthermore, the NYSPHSAA, Inc. or its sections shall determine the structure and format of negotiations including the number of representatives. Each chapter of officials servicing a section will be involved in these negotiations with representation being indirect.

10. Should any member school of the NYSPHSAA, Inc. or any of its subdivisions fail to reach contract terms with regards to officiating for any sport season with _____, or if a grievance of any nature should arise after the execution of such contract, the parties agree to abide by the following procedure:

a) **Step 1 – Fact Finding**

i) In case of failure to reach contract terms, the NYSPHSAA, Inc. must be notified, in writing within thirty days following a declaration of impasse. Sections and/or officials' groups may not be entitled to impasse resolution procedures unless a minimum of 4 bargaining sessions were held (exclusive of ground rules meetings).

ii) Within thirty (30) days of notifying the NYSPHSAA, Inc., a concise statement of the issues and supporting facts, as well as evidence of agreed upon ground rules that governed the conduct of the negotiations and the schedule (record) of bargaining sessions held, must be submitted in writing to the Assistant Director of the NYSPHSAA. Should the declared impasse concern a grievance of any nature, the appealing party will also submit a filing fee of $100.00, c/o the NYSPHSAA, Inc., prior to the convening of a hearing conducted by the NYSPHSAA, Inc.

iii) A hearing will be convened by a representative of the NYSPHSAA, Inc. and a representative of a sports officials' organization who are selected by the Parties. The representatives will be selected from current members of the OCF. The representatives cannot be from the Section involved in the matter.

iv) Each party will present arguments supporting their position. The Fact Finders may ask questions and gain clarification of each party's position. The parties can submit officiating fees and contract provisions from other sections for comparison. NYSPHSAA will provide all parties copies of any other Section contracts upon request.

v) The two (2) representatives will serve to determine the facts and to recommend resolution of the issues as presented by two (2) representatives of the Section involved and two (2) representatives of the Sport Chapters involved. Neither party may introduce new topics for resolution that were not introduced during contract/grievance negotiations.

vi) If a grievance or contract has not been resolved within ten (10) days of its presentation at Fact Finding a written report stating the issues involved, discussions held at the hearing and recommendations for settlement shall be presented to the parties. Acknowledgement of acceptance (or not) shall be dated and signed by all participating representatives; and submitted to the Assistant Director of the NYSPHSAA, Inc. Failure to respond to the proposed report within thirty (30) calendar days after receipt shall result in acceptance of the report. The report will be sent certified mail.

b) Step 2 - Arbitration

i) If contract terms are not reached nor the grievance resolved within thirty (30) days after receipt of the recommendations under the provisions of Step No. 1-Fact Finding, the issues shall be submitted by the Assistant Director to the American Arbitration Association for arbitration. The arbitrator shall be selected pursuant to the procedure set forth by the American Arbitration Association.

ii) The parties may submit officiating fees and contract terms from other sections for comparison. NYSPHSAA will provide copies of other Sections' contracts upon request.

iii) If issue(s) concern a grievance of any nature, the appealing party will remit a filing fee of $200 to convene the committee.

iv) All fees and expenses, including those required by the American Arbitration Association (AAA) and arbiter, will be split equally between both parties.

v) Reimbursement of each parties' share must be forwarded to the NYSPHSAA, Inc. within thirty days from receipt of the invoice.

11. Expenses incurred by the personnel of the NYSPHSAA, Inc. in accordance with implementing any of the steps listed above shall be shared equally by the officials' organization(s) involved and the section involved. Expenses include all necessary and customary travel expenses, including, but not limited to mileage at the prevailing rate paid Executive Committee members, lodging and meals.

12. Since this agreement provides for the orderly and amicable adjustment and settlement of any and all disputes, differences and grievances, there will be no resort to strikes (withholding of services) by the _____ or its local chapters or lockouts by the NYSPHSAA, Inc., its subdivisions or any of its member schools. The parties agree to continue all the terms and conditions of any expired contract until such time as a new contract is negotiated and signed.

13. The _____ shall retain its autonomy and the autonomy of each of its member associations shall be preserved.

14. Notwithstanding any other provisions to the contrary, each approved official shall be acting in his/her capacity as an official who is an independent contractor with regard to his/her relationship to any member school, the NYSPHSAA, Inc. or any of its subdivisions and in no way, does an employer-employee relationship exist. Each official shall perform services in accordance with currently approved methods and practices in his or her professional capacity and in accordance with the standards of the _____and of the NYSPHSAA, Inc. Such services shall include any reporting

requirements established by the NYSPHSAA or its subdivisions concerning student/athlete and/or coach misconduct.

This AGREEMENT shall remain in effect until the 30th day of June 2023.

IN WITNESS WHEREOF, the parties hereto have executed this agreement on the date first above written.

_____ 7-26-20

Dr. Robert Zayas, NYSPHSAA Executive Director

_____ _____

{Insert Sport Here} Date

CONSTITUTION OF THE NEW YORK STATE FEDERATION OF SECONDARY SCHOOL ATHLETIC ASSSOCIATIONS

ARTICLE I- NAME:
The name of this organization shall be the New York State Federation of Secondary School Athletic Associations.

ARTICLE II- PURPOSES:
The purpose of this Federation shall be:

1. To coordinate the cooperative efforts of its member Associations to insure fair interschool amateur competition among all schools.

2. To support each of its member Associations in the observance of good sportsmanship and high ideals in amicable interschool relations.

3. To encourage maximum participation in a variety of appropriate athletic activities.

4. To assist in the proper interpretation, observance, and improvement of the Regulations of the Commissioner of Education (135.4) governing athletics so that interschool athletics are an integral part of the secondary school curriculum.

5. To assure that secondary school competitions are in compliance with Regulations of the Commissioner.

6. To protect student athletes from exploitation, commercialism, and professionalism in order to uphold the values of wholesome, clean, appropriate competition for boys and girls in our schools.

7. To participate in research and experimentation to strengthen programs and to improve safety in sports.

8. To cooperate in the development of high standards for officiating.

9. To support the Constitution, Bylaws and Rules adopted by this Federation.

ARTICLE III- MEMBERSHIP:
1. Membership in this Federation shall be open to these recognized Associations representing secondary schools chartered by the State Education Department: New York Catholic High Schools Athletic Association, New York State Public High School Athletic Association, Public Schools Athletic League of the City of New York, and NYS Association of Independent Schools Athletic Associations of this State. Other Associations may apply for membership in this Federation if organized on a similar basis as the member Associations named above.

2. The governing Board of each of these Associations shall ratify this Constitution in order to approve membership.

3. The Executive Committee of this Federation shall prepare and approve a budget for allocation of expenditures for the ensuring year and notify each member Association of the amount of its annual assessment.

4. A membership fee for each Association may be assessed as an equal share of the total amount required.

5. The membership year shall be from July 1 through June 30.

6. No part of the net earnings of this Federation shall inure to the benefit of any member, trustee, officer, or director of the Federation or any private individual (except that reasonable compensation may be paid for services rendered to or for the Federation affecting one or more of its purposes) and no member, trustee, officer, or director of the Federation or any private individual shall be entitled to share in the distribution of any of the Federation's assets on dissolution of the Federation. Upon the dissolution of the Federation or the winding up of its affairs, the assets of the Federation shall be distributed exclusively for educational purposes in accordance with the provisions of Section 501 (c) 3 of the Internal Revenue Code and its Regulations as they now exist, or they may hereafter be amended.

ARTICLE IV– EXECUTIVE COMMITTEE:

1. The Executive Committee of the Federation shall consist of a number not to exceed three (3) representatives designated by each member association.

2. Each member Association shall have one vote on any action to be taken by the Executive Committee.

3. The Executive Committee may invite representatives of organizations and agencies as well as individuals to participate as consultants to the Federation.

4. The Executive Committee shall meet at least twice a year.

5. Notice of a meeting of the Executive Committee shall be sent to each representative at least thirty (30) days prior to a meeting date.

6. The president of the Federation may call a special meeting of the Executive Committee, providing twenty (20) days' notice is given to each representative.

7. Any action which may be taken at any meeting of the Executive Committee may be taken without a meeting by a mail vote, if authorized in writing signed by a majority of the member Associations.

ARTICLE V – OFFICERS:

1) The Federation Executive Committee shall elect a slate of officers at the spring meeting as presented by the Nominating Committee. Officers shall be elected from members of the Executive Committee for a two (2) year term of office: President, Vice President (2), Secretary, Treasurer, and Executive Secretary. The duties of the officers shall be as follows:

a. President

i) Preside at all meetings of the Federation.
ii) Convene, when necessary, special meetings of the Executive Committee.
iii) Appoint coordinators of all subcommittees approved by the Executive Committee.
iv) Prepare agendas for meetings of the Executive Committee.

v) Represent the Federation in venue contract negotiations with the Executive Secretary.
vi) Attend Federation Championship events.

NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

Dr. Karissa Niehoff, Executive Director

PO Box 690
Indianapolis, Indiana 46206
(317) 972-6900

The mission of the National Federation is to serve its members and its related professional groups by providing leadership and national coordination for the administration of interscholastic activities which will enhance the educational experiences of high school students and reduce risks of their participation. The National Federation will promote participation and sportsmanship to develop good citizens through interscholastic activities which provide equitable opportunities, positive recognition and learning experiences to students while maximizing the achievement of educational goals.

National Federation Mission Statement

High school activities programs will attract more than 10 million participants this year. Nearly 50% of the student body of most schools will be involved in some phase of the interscholastic program.

In virtually all of these schools, the interscholastic activities program will require a school board subsidy between one and three percent of the total school budget. That includes equipment, supplies, transportation, coaches' salaries and a portion of the utility bills.

Fifty percent of the students at one to three percent of the budget: that could be the best bargain in public is demanding. Rather than being squeezed out of school programs, interscholastic activities programs should be held up to the communities as model programs for these times.

THE MEMBERSHIP of the National Federation consists of 51 individual state high school athletic and/or activity associations and the association of the District of Columbia. Also benefiting from National Federation services are affiliated members of 11 Canadian provincial associations and similar groups in the Philippines, Guam, Bermuda and the Virgin Islands. Policies for high school athletics emanate from the National Federation and its members.

THE SERVICES of the National Federation are based on the belief that strong state and national high school organizations are necessary to: protect the activity and athletic interests of high schools and the student participants and promote growth of programs which are educational in both means and ends for the participants.

COACHES AND OFFICIALS are also served in a variety of ways through the National Federation Interscholastic Coaches Association (NFICA) and National Federation Interscholastic Officials Association (NFIOA). Each individual member receives a monthly tabloid containing information to assist individual professional development as well as inform and involve high school coaches and officials in the work of their state and national administrative organizations.

ATHLETIC DIRECTORS benefit directly from National Federation services, including an annual conference conducted for them and printed proceedings distributed to them. A quarterly journal, Interscholastic Athletic Administration, is published as a continuing forum for the exchange of ideas pertinent to athletic administration, a growing profession which the National Federation recognizes as vital to the welfare of high school sports.

NATIONAL FEDERATION PUBLICATIONS are published in 17 sports. The National Federation rules committees consist of high school coaches and administrators.

THE HIGH SCHOOL TODAY is a comprehensive publication distributed ten times a year. Included in each publication are all major athletic rule changes, questions and answers for various sports while in session, plus a section containing music and speech information. The HS TODAY is provided to members of the various National Federation professional organizations as part of their membership. The Publication reaches thousands of high school administrators, coaches and officials, as well as the general public and news media across the nation.

FEDERAL LEGISLATION is monitored by the National Federation staff, and the membership aggressively opposes bills which would adversely affect interscholastic activities programs on the local, state or national levels.

ATHLETIC EXPERIMENTATION is conducted by the National Federation through its rule's committees and cooperating agencies, such as the National Operating Committee for Standards of Athletic Equipment. The result is safety in high school athletics which is unparalleled on any other level of competition.

SANCTIONING of interstate and international contests is carried out by the National Federation to curb abuses which might result without such a program. Applications for sanction are carefully reviewed to assure that students will not be exploited and that certain programs are not overemphasized to the expense of others.

NATIONAL RECORDS are maintained by the National Federation in order to bring proper recognition to boys and girls who achieve unprecedented performances in interscholastic competition. It is believed such recognition stimulates public interest in high school programs and motivates other boys and girls to improve their skills.

HIGH SCHOOLS are represented by the National Federation on the U.S. Olympic Committee and national sport governing bodies. The National Federation cooperates with many other national organizations such as Major League Baseball, the National Collegiate Athletic Association, the National Junior College Athletic Association, the National Association of Secondary School Principals and the Young Men's Christian Association to the extent that such organizations' activities affect interscholastic programs and participants.

NEW YORK STATE INVOLVEMENT WITH THE NATIONAL FEDERATION

The New York State Public High School Athletic Association, Inc. has been a member of the National Federation of State High School Associations since 1926.

MEMBERSHIP / CLASSIFICATIONS

NYSPHSAA Membership Listing by Section

Classifications

CLASSIFICATION PROCEDURE
For school classification purposes, enrollment figures are based on the State Education Department BEDS (Bureau of Education Data Systems) data. The classification of schools shall be approved and set for the following school year by executive committee in October. For classification purposes the school's total enrollment, boys and girls, grades 9, 10 and an average of 9,10 are used.

NOTE: NYSED Receivership or other similar NYSED situations where a school is restructuring, then the NYSPHSAA office will place a school in the appropriate classification based on their current enrollment in August of the upcoming school year. Note: If two or more schools are located within the same physical building, 100% of their BEDS will be used if they are following the Combining of Teams process. (Feb. 2019)

The classification of a single gender school will be established by doubling its enrollment (9,10 and an average of 9,10). Publicly funded special act schools may be classified by the Section by sport according to the unique enrollment of such school. Non-public and charter schools may be classified by sport. Sections will abide by the established process for the review of the classification of all nonpublic and charter schools in their section. (Oct. 2025) The NYSPHSAA Sectional criteria for classifying nonpublic/ charter schools, appeal procedure by the Oversight Committee and timeline (Oct. 2025): **Oversight Criteria & Process**

The Oversight Committee shall consist of the following:

- NYSPHSAA Executive Director will serve as Chair of the Committee; with no voting authority.
- NYSPHSAA President will appoint six representatives from the six classifications at the beginning of the two-year term of the presidency, along with a seventh member from a non-public/ charter school. (Oct. 2024)

If a combined school team goes beyond sectional level competition, their boys' and girls' grades 9, 10 and an average of 9, 10 enrollments shall be combined for state level competition. See Graduated Scale.

Schools within each section may choose to move up but not down in classification prior to the season. A school, following its section's established procedure for moving up in class for a sport, must remain in that class throughout that entire sports' season.

CLASSIFICATION VARIATIONS
(as approved by the NYSPHSAA Executive Committee)
All Variation Sports will present changes to the Championship Advisory Committee (CAC) prior to proposing changes to classification cut-off numbers to the Executive Committee at the May meeting. Approved changes will not go into effect the following school year.

Friend & Neighbor Listing

NYS State Federation

- New York Catholic High Schools Athletic Association (NYSCHSAA)
- Public Schools Athletic League of the City of New York (PSAL)
- New York State Public High School Athletic Association (NYSPHSAA)
- New York State Association of Independent Schools (NYSAIS)