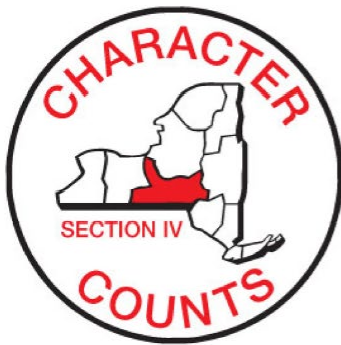


Section IV

Modified Handbook



2023-2024

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FOREWARD

This handbook is intended for the use by all Athletic Directors and Coaches. We have tried to include all of the necessary forms and information for the Section IV Modified Sports Program. Modified Sports will comply with the regulations set forth by the National Federation of State High School Associations, the New York State Public High School Athletic Association and Section IV of the NYSPHSAA. The current rulebooks issued by the respective sports will be the standard for contests unless noted otherwise within this handbook.

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MODIFIED SPORTS PROGRAMS

THE MODIFIED 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 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 of 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 of 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 programs. 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 SECTIONALL ATHLETIC COUNCILS have definite responsibilities to assure proper administration of the program.:

THE SCHOOL

1. Abides by the rules by providing 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 chairman 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 chairman 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 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 to 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 chairman 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 the 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 referendums.

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 board 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 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 might 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. An understanding of all 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 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 competition.

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 to play. During practice sessions, in the event of potentially serious injury to the 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 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.

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	2 Nights *	1 Game	NFHS	Pitch Count Restrictions
Basketball	6	14	2 Nights	1 Game	NFHS- Boys NCAA- Girls	7 Minute Quarters
Bowling	6	14	1 Night	3 Games	USBC	
Cross Country	6	10	2 Nights	1 Meet	NFHS	
Cheerleading	6	12	1 Night	1 Competition	NFHS	
Field Hockey	6	12	2 Nights	1 Game	NFHS	25 Minute Halves
Football	10	7	4 Nights **	1 Game	NFHS	10 Minute Quarters
Golf	6	14	1 Night	1 Match	USGA & Local Course Rules	
Gymnastics	10	10	2 Nights	3 Events */ 1 Contest	NFHS- Boys USAJO- Girls	
Ice Hockey	6	14	2 Nights ***	1 Game	NFHS	13 Minute Periods
Lacrosse- Boys	6	12	2 Nights	1 Game	NFHS	9 Minute Quarters
Lacrosse- Girls	6	12	2 Nights	1 Game	NFHS/ US Lacrosse	25 Minute Halves
Skiing	6	12	2 Nights	2 Events	FIS & ESA	
Soccer	6	12	2 Nights	1 Game	NFHS	
Softball	6	14	1 Night	2 Games *	ASA	
Swimming & Diving	6	14	2 Nights	3 Events/ 1 Contest	NFHS	
Tennis	6	14	1 Night	2 Matches *	USTA	
Track & Field (Outdoor)	6	10	2 Nights	3 Events/ 1 Contest	NFHS	
Track & Field (Indoor)	6	10	2 Nights	3 Events/ 1 Contest	NFHS	
Volleyball	6	14	1 Nights	2	NCAA	
Wrestling	10	14 Pts.	2 Nights	2 Bouts *	NFHS	Max of 10 Pts. Thru 2 Pt. Contests

(*) See details in Game Rules Section

*Except in football and cross country, contests may be played with only one night's rest.

(**) Three nights/scrimmage

(***) In Ice Hockey, contests may be played with only one night's rest three times per season scheduling or rescheduling. See details in Game Rules section.

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
	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	9 minute quarters	9 minute quarters	11 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 and girls soccer, if a team has only one goal keeper that goalkeeper may play in all periods of 4 Quarter Extended Play or in all periods of 5 Period Play. except for the goalkeeper, the "time" allocated for the game will not be extended. All players except for the goalkeeper 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 inter school 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 school 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

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 a 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 contests 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 contest mirror 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 inter school 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. Contestants shall not be promoted to a higher classification within the modified program or to a junior varsity or varsity team after completion of fifty percent of their modified schedule.*

NOTE: EXCEPTIONS:

- A. *General Eligibility Eule #17 "TRYOUTS".*
- B. *In schools where no junior varsity program is provided in a specific sport, a ninth grade modified contestant may be promoted to the varsity team at any point in the season if he/she displays the skills and maturity to compete at the varsity level. A promoted 9th grade contestant is eligible to participate immediately upon promotion providing that he/she has 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 Standard 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 & 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 sports season indicated by each individual section.

15. TIME INTERVAL: Unless extenuating circumstances arise, it is recommended that no more than two contests should be scheduled per week. Except in football and cross-country, contests may be played with only one night rest three times per season for rescheduling purposes only, a team may never play three days in a row. There shall not be more than three contests [4 for baseball/softball] played per calendar week. Baseball and softball shall be permitted to lay two games a day twice during the season. [See baseball and Softball - Game Conditions].

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 Standards 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 highschool 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 the modified program until the athlete's tryout is complete.*
- E. .Tryout periods for wrestling, boys 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 seasons, 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 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.

STAC Special Regulations

9th Grade Not Included

Sports Season Starting Dates

- A. *Fall*
 - 1. *The season starting date is designated each school year, but the STAC Schedule maker counts practices from the opening day of school.*
- B. *Winter*
 - 1. *Wrestling: Starts the same day as the Varsity/JV*
 - 2. *Basketball: One week after the Varsity/JV*
 - 3. *Swimming: Two weeks after the Varsity*
- C. *Spring*
 - 1. *All Sports: Two weeks after the Varsity/JV*

Competition Rules

- A. *All NYSPHSAA Modified Program Rules are in effect.*
- B. *Section IV Variations always apply.*
- C. *Refer to any STAC Modified Special Sports Regulations*

Scheduling Guidelines

- A. *Non-STAC needs voting member approval to join a STAC schedule.*
 - 1. *A \$100 per sport entry fee is applicable.*
- B. *Schools dropping from a schedule must notify all Officers and AD's.*
- C. *Schedule assignments must consider enrollments, and travel concerns.*
- D. *Large events may not be last on the schedule —According to NYSPHSAA*

Scheduling Format

- A. *Player grade placement is determined by the home school.*
- B. *Teams will be called 7th/8th Grade Teams*

The 9th Grade Rule

A. Example: 9th graders playing on 7th/8th Grade Teams.

1. The limit is 3 athletes per school, with consideration as follows:
 - a. Age and Grade
 - b. Physical size with height and weight listed.
 - c. Athletic skill level.
 - d. Safety concerns of the player, and any opponents.
 - e. Team numbers — were lower grade players cut from the team?
 - f. Will the athlete be a dominant athlete at the lower level?

For Individual Sports

- A. Event pairings will be by Grade. [if possible]
- B. A 9th grader, playing down, may not compete against a 7th grader.
- C. Wrestling must follow the NYSPHSAA Program 1 rules.
- D. Meet/match times must always be considered.
- E. Option Rule: For coaches to use if necessary.
For sports with small numbers 1.e. Boys swimming, the coaches have the option to use other factors in selecting pairings.

Modified Participation Rules

Refer to the Modified Sport

A. it is the desire of the STAC voting members that all modified athletes in uniform and eligible, participate in team or individual sport.

STAC District Rule

A. Once a player plays in a league game, not a scrimmage, for a STAC team, that athlete may not switch to another District team in that particular sport, in the same sports season

STAC Modified Special Regulations

- A. For All STAC Modified Events:
 1. No team entry fee may be charged for STAC member schools.
 2. non-STAC teams are charged \$100 per team, per sport.
 3. No league standings are kept.
 4. No awards are presented, and no individual records are maintained.
 5. No media publicity of any kind is released.
 6. Scouting is banned.
 - a. Bench headphones, and similar devices, are prohibited.
 - b. Host school videotaping for instructional purposes is permitted.
 1. Visitors doing videotaping are restricted to the bleacher area.

IAC Special Regulations

Sports Season Starting Dates:

Fall

The season starting date is designated each school year. The IAC schedule maker counts practices from the first day of practices. Fall practices begin on Monday, August 22nd.

Winter Season 1

Modified Boys Basketball and Modified Girls Volleyball begins on Monday, October 24th.

Winter Season 2

Modified Girls Basketball, Modified Wrestling and Modified Boys Swim begins on Monday, January 3rd.

Spring

Modified Track & Field begins on Monday, March 20th

Modified Baseball and Modified Softball begins on Saturday, April 1st.

Competition Rules:

All NYSPHSAA Modified Program Rules are in effect.

Section IV Variations always apply.

Refer to any IAC Modified Special Sports Regulations.

Modified Participation Rule:

It is the desire of the IAC voting members that all modified athletes in uniform and eligible, Participate on the team or individual sport.

IAC Modified Special Regulations:

For all IAC Modified Events:

No team entry fee may be charged for IAC member schools.

No league standings are kept.

No awards are presented, and no individual records are maintained.

No media publicity of any kind is released.

Scouting is banned.

Bench headphones, and similar devices, are prohibited.

Host school videotaping for instructional purposes is permitted.

Visitors doing videotaping are restricted to the bleacher area.

1. **BASEBALL**

Game conditions: See Modified Sports Standards Chart

- 2019]
1. *Pitchers must participate in at least 10 practices before an inter school game. [Feb.*
 2. *Doubleheaders : A team may play two [2] games in one day twice during the 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.*
 - 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	# Nights Rest
Modified	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 line-up 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 the 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 off 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.*

Modified Baseball Rules by League

STAC

BASEBALL

BOYS

MODIFIED

Competition Rules

National Federation

STAC Participation Rule

Special for Modified Baseball

- A. All athletes in uniform , and eligible to play, must participate as follows,
1. Unlimited substitutions are in effect.
 2. Any player may re-enter more than once.
 3. Even a pitcher may return to the mound, but caution is advised.
 4. The batting order will be 9 players, with the EH optional.
 5. All players, plus the EH must bat at least once, and play 6 outs on defense
 6. Coaches must be fair and equitable in applying this rule.

NYSPHSAA Modified Rule on Footwear

- A. Only sneakers or shoes with molded soles or molded cleats are permitted.
- B. Shoes with metal posts and spikes are not permitted.

STAC Half-Inning Rule

- A. Once a batting team scores the sixth run, in any half inning, that half inning immediately ends, and following runs on that at-bat do NOT count, and the teams switches sides
- B. This rule does NOT apply in the last inning, or any extra inning..
- C. This rule eliminates the need for the Mercy Rule.

Modified Baseball Rules By League

IAC

BASEBALL

BOYS

MODIFIED

Competition Rules

National Federation

IAC Participation Rule

All athletes in uniform, and eligible to play, must participate as follows:

- Unlimited substitutions are in effect.
- Any player may re-enter more than once.
- Even a pitcher may return to the mound, but caution is advised.
- The batting order will be 9 players, with the EH optional.
- All players, plus the EH, must bat at least once, and play 6 outs on defense.

Coaches must be fair and equitable in applying the rule.

Modified Baseball/Softball Rules By League

Delaware League

BASEBALL/SOFTBALL

BOYS/GIRLS

MODIFIED

Competition Rules:

National Federation and NYSPHSAA/ASA

- *Weekday games: 4:15 p.m. start, Saturday games: 11:00 a.m.*
- *Free substitutions allowed for both.*
- *The 10 player rule shall apply for softball, if both teams have 10 players.*
- *Innings 1-6 will have a 5 run limit. If a team scores 5 runs before 3 outs occur, then the half inning is over. Inning 7 [or the last inning] will play as a regular inning, playing it until 3 outs are recorded. This allows the team behind a chance to catch up.*
- *Weekday games: No new inning will start after 6:30 p.m. on weekdays. Weekend games: No new inning will start after 1:15 p.m. on weekends. Or if a game starts late due to travel, weather, late officials etc., then no new inning will start after the game has been played for 2 hours 15 minutes. Example, if the game starts at 4:25 p.m., then the time limit for starting a new inning will be at 6:40 p.m.*
- *On weekday or on weekend games, coaches can agree with the officials to play the game out, if they choose.*
- *Speed up common sense rules:*
 - a. *Begin games on time or before.*
 - b. *Hustle players on and off the field.*
 - c. *Encourage batters to swing at strikes and balls that are close at appropriate times, [BIG strike zone].*
- *No abuse of the 5 run rule.*

Modified Baseball Rules By League

Tri-Valley

BASEBALL

BOYS

MODIFIED

Competition Rules:

National Federation & NYSPHSAA

Modified Rules:

- *Baseball "Mercy Rule" - The Association has adopted a ten-run "mercy rule" for varsity and modified baseball. If a team is ahead by ten or more runs after the game becomes official, the game is declared over.*
- *Additional Modified Rules: - The following rules will also apply based on Section IV Modified Committee decisions:*
 - a. *No starting a new inning after two [2] hours of play.*
 - b. *The half inning ends when a team has batted around.*

Modified Baseball Rules By League

MAC

BASEBALL

BOYS

MODIFIED

Modified Rules for Baseball and Softball: [adopted 3-6-95]

For each inning of play in baseball, there will be no more than three [3] outs or ten [10] batters. For six [6] innings of play in softball, there will be no more than five [5] runs or three [3] outs. The seventh [7th] inning shall be played as a normal inning with three [3] outs and no run restrictions. [Revised March 2012].

NYSPPHSAA Modified Rule on Footwear:

- *Only sneakers or shoes with molded soles and molded cleats are permitted.*
- *Shoes with metal posts and spikes are permitted.*

MAC Time Rule:

- *The games are not to exceed 2 ½ hours. This rule does not pertain to days you play two five [5] inning games.*
- *Ties will not be broken after 2 ½ hours, once an inning is completed.*
- *Any 9th grader may not pitch past the 3rd inning of a game.*

2. 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 substitutions 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.*

MODIFIED BOYS/GIRLS BASKETBALL RULES BY LEAGUE

STAC

BASKETBALL

BOYS AND GIRLS

MODIFIED

Rules updated October 1, 2021:

Playing Time: 4/8 minute quarters / 3-minute overtime. If necessary

Competition Rules: *Boys play National Federation/ Girls lay NCAA Rules*

Pre-Game Procedures

- A. The home team must provide all basketballs.*
 - 1. Practice balls: at least 6 for each team.*
 - 2. Game basketball: must be a top quality basketball.*

STAC Participation Rule

- All athletes in uniform, and eligible to play, must participate in at least 7 minutes.*

Procedures: Notices to Coaches

- Prior to the game coaches should review the major variations.*
- A copy of the STAC variations should be pasted in every scorebook.*

Boys Modified STAC Rules Variations:

- 1. May play man-to-man or zone defense for the entire game.*
- 2. May press the entire game, unless a team is ahead by 20 points or more.*
- 3. If a team is winning by 20 points or more, half-court defense [man or zone] only [no press].*
- 4. NO shot clock will be employed.*
- 5. 3 point baskets count [3 point line will be used]*
- 6. **4/8 minute quarters***
- 7. **1 / 3 minute overtime. If necessary***

Girls Modified STAC Rules Variations:

- 1. Must employ ½ court man-to-man defense in the first half.*
- 2. All basketball rules will apply for the entire second half of play [with the state rules as exceptions].*
- 3. If a team is winning by 20 points or more, half-court defense [man or zone] only [no press].*
- 4. 3-point baskets count [3 point line will be used].*
- 5. **4/8-minute quarters.***
- 6. **1 / 3 -minute overtime. If necessary.***

The following applies to both boys and girls modified basketball

- 1. If violations occur, coaches should discuss the issue during a dead ball.*
- 2. If violations continue, or interpretations vary, the offended coach must, report the situations to the Athletic Director the next school day, so that administrators of the 2 districts may consult.*

**Modified Boys Basketball Rules By League
IAC**

BASKETBALL

BOYS

Competition Rules

National Federation & NYSPHSAA

Pre-Game Procedures:

- *The home team must provide all basketballs.*
- *Practice Balls: at least 6 for each team.*
- *Game Basketball: Must be a top quality basketball.*

NYSPHSAA Rule:

- *Maximum length of a quarter shall be seven [7] minutes.*
- *The three [3] point shot is allowed.*

Procedures: Notice to Coaches:

- *Prior to the game, coaches should review the major variations.*
- *A copy of the IAC variation should be pasted in every scorebook.*

Modified IAC Rules Variations:

- *No zone defenses.*
- *No intentional double teaming outside the post area.*
- *Pressing is allowed in the 4th quarter.*
- *Pressing is determined when the offensive team takes the ball out of bounds in the BACK COURT.*
- *Defense can be played during transition basketball when there is a rebound or a steal, defense may be played on the entire court.*
- *Three [3] point field goals are allowed.*
- *No shot clock will be employed.*
- *7 minute quarters.*
- *Prior to the game, coaches should review the major variations.*
- *If violations occur, coaches should discuss the issue during a dead ball.*
- *If variations continue, or interpretations vary, the offended coach must report the situation to the Athletic Director the next school day, so that administrators of the 2 districts may consult.*

Modified Boys/Girls Basketball Rules by League

Delaware League

BASKETBALL

BOYS/GIRLS

MODIFIED

Competition Rules:

Boys play National Federation/Girls play NCAA

A. Conduct of Games:

1. All games shall be played under the rules of the National Federation of Basketball and or NCAA, and rules set forth by NYSPHSAA governing Modified Athletics. Any rule variations within a league must have sectional approval.
2. Game times during the school week will be set by the two schools involved, most games should begin at 5:00 p.m., Saturday games shall begin at 10:00 a.m.
3. Modification of rules for the Delaware League:
 - a. The maximum length of the quarter shall be seven [7] minutes.
 - b. Man to man defense only.
 - c. No zones.
 1. Penalty for violations:
 - a. First offense - verbal warning from referee.
 - b. Second [or more] offense - referee assesses a two shot technical.
 - d. Pressing will be allowed in the 4th quarter only.
 1. Pressing is determined when the offensive team takes the ball out of bounds from any spot in the backcourt.
 2. You may not press if 10 or more points ahead.
 - e. No double teaming.
 1. Double teaming is determined whenever a defensive player **willfully** leaves his/her player to double-up on an offensive player.
 - f. If a game is tied at the end of regulation play, there will be an OT period of 4 minutes in duration. If it is still tied at the end of this period the game ends in a tie.
 - g. Transition:
 1. During transition basketball, defending may take place **immediately** whenever a rebound, or interception is gained by the defense.
 - h. A copy of these rules should be kept at the scorer's table during games and both coaches should discuss these rules prior to the game to avoid any conflicts
 - i. Extra quarters are run just as any regular game quarter of seven [7] minutes in length. NO running time. Timed as if it is a regular basketball quarter.
 - j. **"Beginning on February 1st of each season, if both coaches agree prior to the start of the contest, the teams in both modified boys and modified girls basketball may play a standard 2-3 zone in the second half of all contests through the end of the season." [June 2023]**

Refer to the NYSPHSAA online Handbook for Administrative Guidelines.

Modified Boys/Girls Basketball Rules By League

Tri-Valley

BASKETBALL

BOYS/GIRLS

MODIFIED

Competition Rules:

Boys National Federation/Girls NCAA & NYSPHSAA

Modified Rules:

- *No pressing until the last two [2] minutes of the game.*
- *Man to man defense only.*
- *Seven [7] minute quarters.*
- *Fourteen game limit for modified schedules.*
- *No three [3] point shots [will be counted as two [2] points]. As of the January 2017 Section IV meeting three pointers are allowed by the Section pending league approval, but the Association has determined that we will not allow the three point shot.*
- *Eleven [1] practices required before the first game.*

**** Clarification on pressing - Pressing is allowed only after a made basket, not after a rebound.*

Modified Boys Basketball Rules By League

MAC

BASKETBALL

BOYS

MODIFIED

Competition Rules:

National Federation & NYSPHSAA

Modified Boys Basketball Rules:

- *Half-time will not exceed five [5] minutes and the time between games will not exceed ten [10] minutes.*
- *A full court press may be used [7th and 8th] only during the last four [4] minutes of the 2nd quarter and 4th quarters. No press will be allowed by the defensive team, if they hold a ten [10] or more point lead. A 2-3 zone defense may be used only during the 2nd and 4th quarters beginning January 1. A zone full court press may be used during the last four [4] minutes of the 2nd and 4th quarters beginning January 1. [Approved 3-7-13].*
- *The three point line for field goals will not be used.*
- *The shot clock will not be used.*
- *If the game is tied at the end of regulation play, one overtime period of two [2] minutes will be used. If the game remains tied, a second overtime period will be played with the first team to score declared the winner.*

3. 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.*

Modified Girls Basketball Rules By League
IAC

BASKETBALL**GIRLS****MODIFIED**Competition RulesNCAA & NYSPHSAAPre-Game Procedures:

- The home team must provide all basketballs.
- Practice balls: at least 6 for each team.
- Game basketball: must be a top quality basketball.

NYSPHSAA Rule:

- Maximum length of a quarter shall be seven [7] minutes.
- The three [3] point shot is allowed.

Procedures: Notice to Coaches:

- Prior to the game, coaches should review the major variations.
- A copy of the IAC variations should be pasted in every scorebook.

Modified IAC Rules Variations:

- No zone defenses.
- No intentional double teaming outside of the post area.
- Pressing is allowed in the 4th quarter ONLY.
- Pressing is determined when the offensive team takes the ball out of bounds in the BACK COURT.
- Defense can be played during transition basketball when there is a rebound or a steal, defense may be played on the entire court.
- Three [3] point field goals are allowed.
- NO shot clock will be employed.
- Seven [7] minute quarters.
- Prior to the game, coaches should review the major variations.
- If violations occur, coaches should discuss the issue during a dead ball.
- If violations continue, or interpretations vary, the offended coach must report the situations to the Athletic Director, the next school day, so that administrators of the 2 districts may consult.

Modified Girls Basketball Rules By League

MAC

BASKETBALL

GIRLS

MODIFIED

Competition Rules:

NCAA

Modified Girls Basketball Rules:

- Half-time will not exceed five [5] minutes and the time between games will not exceed ten [10] minutes.
- 8th grade teams may use a full court press only during the 4th quarter. 7th grade teams may use a full court press only during the last four [4] minutes of the 4th quarter. A full court press may not be used by the defensive team, if the defensive team is leading by 20 or more points.
- No zone defenses may be used.
- In 7th grade girl's basketball, the foul line may be moved to the 1st hash mark.
- The three-point line for field goals will not be used.
- The shot clock will not be used.
- If the game is tied at the end of regulation play, one overtime period of two [2] minutes will be used. If the game remains tied, a second overtime period will be played with the first team to score declared the winner.

4. COMPETITIVE CHEERLEADING

Game Conditions: See Modified Sports Standards Chart

Game Rules:

NFHS

5. CROSS-COUNTRY

The Section Athletic Council shall determine the date for the mid-season change-over.

Game Conditions: See the Modified Sports Standards Chart

Game Rules:

1. NFHS

2. The maximum distance shall be 1-½ 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]

Modified B/G Cross-Country Rules By League

STAC

CROSS-COUNTRY

BOYS

GIRLS

MODIFIED

Competition Rules

National Federation and NYSPHSAA

Pre-Meet Procedures

- A. Coaches understanding the runs are set by grade, and review team numbers.
1. A normal dual meet, will have a total of 4 runs.
 2. With small numbers, coaches may opt to combine some groupings.
 3. 9th graders, certified to play down under the Perkins /rule, must run in the 8th grade event.
- B. Large All-School Meet
1. Will be scheduled on the date of the STAC Varsity/JV Championship.
 2. There will be no awards of any kind.
 3. Media publicity is not allowed.
 4. No team scores, or individual times, are released.
All runners, in uniform, and eligible, must participate in the run.

Modified Boys/Girls Cross-Country Rules By League

IAC

CROSS-COUNTRY

BOYS/GIRLS

MODIFIED

Competition Rules

National Federation & NYSPHSAA

Pre-Meet Procedures:

- There will be no awards of any kind.
- Media publicity is not allowed.
- No team scores, or individual times, are released.

IAC Participation Rule:

- All runners in uniform, and eligible, must participate in the run.

6. FIELD HOCKEY

Game Conditions: See Modified Sports Standards Chart

Game Rules:

1. NFHS
2. Halves shall consist of a maximum of 25 minutes.
3. Substitutions: 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]

7. FOOTBALL

Game Conditions: See Modified Sports Standards Chart

1. *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.*
2. *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, and 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 participating during live contact drills.*
3. *Team Skills - Team play leading to game situations should be taught through controlled scrimmages with contestants placed in groups of similar maturity and skills*
4. *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 completion].*

5. *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 ads 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 depressed and available to play on an 11-man team; at least twelve [12] players for an 8-man team for all interschool contests, 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 side 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 the midline of the center that has 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 linemen are 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 the 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 back field. 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 their 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].

Section IV Football - Modified Football Rules**Rationale:**

- Teaching /coaching similar systems of offense and defensive schemes.
- Infuse similar philosophies as junior varsity and varsity levels.
- Consistency in teaching techniques of individual positions.
- Safely close the gap between junior high, "modified" football rules & NFHS rules employed at the high school.
- Establish a more natural progression in the game of football from modified to varsity.

Special Teams:

- NO kickoffs - ball to be placed on the 35 yard line.
- Dead ball punt rule. The spot of the ball is where the defensive player gains control of the ball.
- NO live rush on PAT kick attempts.
- 2 points for a kick, 1 point for a pass or rush.

Defensive Rules Restrictions:

- Defense must employ a 4, 5 or 6 man front.
- 4 and 6 man fronts must be balanced and aligned head-up, tackle to tackle [cannot cover the center]
- A 5 man front may be employed.
- Defensive linemen, once aligned and in a stance cannot stem prior to the snap of the ball.
- No blitzing allowed. Linebackers must be stationary and a 3-yard minimum depth at the snap of the ball.
- Linebackers and defensive backs [second level players] must be a minimum of 3-yards from the line-of-scrimmage [LOS] at the snap of the ball.
- There can be no more than 8 players aligned inside the free blocking zone, "tackle box" at the snap of the ball. [This area is defined by: the free blocking zone/tackle box is the rectangular area extending laterally 4-yards either side of the spot of the snap and 3-yards deep from the LOS].
- There can be no more than 6 players on the LOS [within 2-yards of the ball].
- Press coverage and contact at the line-of-scrimmage is not allowed against a receiver.
[Exceptions: you may press and contact is allowed with any eligible receiver within 5-yards of the offensive tackle].

Offensive Rules Regulations:

- *Motion [including shifting] is allowed provided the player does not cross the middle of the formation, defined as the center prior to the snap of the ball.*
- *The offense must employ three players on the line-of-scrimmage on both sides of the center [NO unbalanced line].*
- *There is a maximum of 1 yard splits between linemen, tackle-to-tackle.*

8. BOYS LACROSSE**Game Conditions:****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 in an overtime period of 4 minutes is to be played in the event the game is a tie. [Feb. 2020]

3. A one-arm swing with a Crosse whether contact is made or not, shall be considered a personal foul - slashing. This includes the over-the-head check.

4. There is no such call as a "Brush" in the Modified Program. Contact between Crosse and helmet is a personal foul.

5. In a 5-period lacrosse game the mercy rule shall be in effect at the end of the third period of play.

6. Substitutes are permitted when the ball goes out of bounds. Substitutions during live play shall be permitted on the fly. [July 2019]

7. When a goalkeeper gets a penalty, the in-home player may serve the penalty if a second goalkeeper is unavailable.

8. A goal will be disallowed after the horn sounds to indicate the end of the period. [July 2019]

9. GIRLS LACROSSE

Game Conditions:

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]*

10. SKIING

Game Conditions: See Modified Sports Standards Chart

Game Rules:

1. *FIS/USSA*

2. *A skier may enter two [2] events.*

11. SOCCER:

Game Conditions:

Game Rules:

1.NFHS Rules

2. Free substitution is permitted when the ball goes over the sideline or end line.

3. Equipment -

- *An all-purpose type foam helmet may be worn and a mouthpiece shall be worn by the soccer goalie for protective purposes.*

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 timeout 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.

Modified Rules for Boys/Girls Soccer By League

STAC

SOCCER

BOYS AND GIRLS

MODIFIED

Competition Rules

National Federation and NYSPHSAA

Pre-Game Procedures

A. Coaches, with officials present, should review any rules in question regarding the current NYSPHSAA Modified Program Rule Book - pages 24 and 25.

1. Special attention should be paid to equipment and safety. **[Goalkeeper may use a mouthpiece].**

B. The home team should provide 6 balls for each team to warm-up

C. The home team should provide 3 top quality game balls.

D. The home team should provide a minimum of 4 ball boys.

STAC Participation Rule:

A. All players in uniform, and eligible to play, must participate in the total minutes [15] of one quarter.

Modified Rules for Boys/Girls Soccer By League

IAC

SOCCER

BOYS/GIRLS

MODIFIED

Competition Rules

National Federation & NYSPHSAA

Pre-Game Procedures:

- Coaches, with officials present, should review any rules in question regarding the current NYSPHSAA Modified Program Rule Book — Pages 24 and 25.
- Special attention should be paid to equipment and safety **[Goalkeeper may use a mouthpiece]**

IAC Participation Rule:

- All players in uniform, and eligible to play, must participate in the total minutes [15] of one quarter.

Modified Boys/Girls Soccer RulesBy League

Delaware League

SOCCER

BOYS/GIRLS

MODIFIED

Competition Rules:

National Federation and NYSPHSAA

- *All NFHS apply.*
- *Weekday games: 4:15 p.m. start. Saturday games: 10:00 a.m. start.*
- *Home team wears dark uniforms, and the visiting team wears white uniforms.*
- *Four 15 minute quarters.*
- *Free substitution when the ball goes over the sidelines or endlines.*
- *Only molded soccer shoes or sneakers are allowed as footwear.*
- *Only NOCSAE approved shin guards with the NOCSAE stamp embossed on the shin guards are required and must be worn at all times.*
- *Goalies must wear a mouthguard at all times, protective headgear may be worn as it is optional. All goalie uniforms must have a visible number.*
- *One time out per quarter at a dead ball or stoppage of play. Coaches may come on the field to instruct at these times. These do not carry over in the game. If they are not used in a quarter, they are lost. One time out per team in the extra periods of an overtime game.*
- *Corner flags must be flexible in nature and conform to NFHS rule standards of being less than 5 feet high. Cones can be used as substitute flags.*
- *Overtime consists of two 4 minute periods when a regulation game ends in a tie. The overtimes are played to completion no matter how many goals are scored. There is no sudden victory in modified soccer. If the score is still tied after the two overtime periods, then the final result is a tie.*
- *If a player is disqualified or ejected from the contest. That player must be substituted for, so as not to play shorthanded. If there are no eligible substitutes, then the team will have to play shorthanded.*
- *A copy of these rules should be kept at the sorcerer's table during games and both coaches should discuss these rules prior to the game to avoid any conflicts.*
- *Per the July 2019 approval by the NYSPHSAA Central Committee now slide tackles, overhead scissor kicks, and flip throw-ins are legal at the modified level.*

12. **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] night of rest before pitching again. When removed from pitching, the contestant may play any other position.

2. Ten [10] [layer 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 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]. 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.
- d. Metal cleats are prohibited on all levels of play. [Dec. 2010]

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 off the bench who is not currently in the lineup. This rule does not change the normal substitution rule 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.

Modified Softball Rules By League

STAC

SOFTBALL

GIRLS

MODIFIED

Competition Rules

Amateur Softball Association & NYSPHSAA

Pre-Game Procedures

- A. The home team provides all top-quality softballs.
- B. Coaches, with umpires present, should review any rules in question regarding the current NYSPHSAA Modified Program Rule Book —Page 25 & 26.
 - 1. Special attention should be paid to equipment and safety.

STAC Participation Rule

- A. All players in uniform, and eligible to play, must participate as follows.
 - 1. There will be 10 players in the batting order.
 - 2. Unlimited substitutions are in effect.
 - 3. All players must bat at least once , and play 6 outs in the field.
 - 4. Coaches must be fair and equitable in applying the rules.

STAC Mercy Rule:

- A. a 12 run mercy rule takes place after 4 ½ or 5 innings./

STAC Half Inning Rule

- A. Once the batting team scores the sixth run, in any half inning, that half inning immediately ends, and any following runs that at-bat do NOT count, and the teams switch sides.
- B. This rule does not apply in the last inning or any extra inning.

Modified Softball Rules By League

IAC

SOFTBALL

GIRLS

MODIFIED

Competition Rules:

Amateur Softball Association [ASA] & NYSPHSAA

Pre-Game Procedures:

- *The home team provides all top-quality softballs.*
- *Coaches, with umpires present, should review any rules in question regarding the current NYSPHSAA Modified Program Rule Book — Pages 25 and 26.*
- *Special attention should be paid to equipment and safety.*
- *All players in uniform, and eligible to play, must participate as follows:*
- *Innings 1-6, teams will play to 5 runs or 3 outs and then switch to the next ½ inning. The 7th inning is played by all ASA regular rules.*
- *The games are not to exceed 2 ½ hours. This rule does not pertain to days you play two-5 inning games.*
- *Runners cannot advance any bases in a steal situation, unless the ball passes the plane of the catcher's feet.*
- *Ties will NOT be broken after 2 ½ hours, once an inning is completed.*
- *Any 9th grader may NOT pitch past the 3rd inning of a game.*
- *Regular substitution rules.*
- *Only 9 batters in the batting order at a time.*
- *No stealing, if the catcher keeps the ball in "front of her".*
- *No straight stealing at all [leaving at the time of the pitch].*
- *Strike zone varies a bit [bigger zone = quicker games].*
- *No new inning starts after 7:00 p.m.*
- *Games will end in a tie, if the 7:00 pm time frame is met and the score is tied at the end of the inning.*
- *Only 5 runs may be scored per half inning until the 7th inning - when there are no limitations. This is set-up, so that no matter how many runs you are down at the end of six innings, you could still come back and win.*
- *Only 9 fielders on the field at a time [no short fielders].*
- *If you make a play on a runner leading off a base - then that runner [and all other runners on base at the time] may attempt to advance.*
- *9th grade pitchers may only pitch in the first 3 innings of a game. After the third inning you must use your 7th and 8th grade pitchers. You can use more than one 9th grader in the first three innings, but once the 4th inning starts you must use your 7th and 8th graders.*

Modified Softball Rules By League**Tri-Valley****SOFTBALL****GIRLS****MODIFIED**

Competition Rules:

Amateur Softball Association [ASA] & NYSPHSAA

Modified Rules:

- *Softball "Mercy Rule" - The Association has adopted a fifteen-run "mercy rule" for varsity and modified softball. If a team is ahead by fifteen or more runs after the game becomes official, the game is declared over.*
- *Additional Modified Rules - The following rules will also apply based on Section IV Modified Committee decisions:*
 - a. *No starting a new inning after two hours of play.*
 - b. *The half inning ends when a team has batted around.*

Modified Softball Rules By League**MAC****SOFTBALL****GIRLS****MODIFIED**

Competition Rules:

Amateur Softball Association [ASA] & NYSPHSAA

Modified Rules for Baseball and Softball: [adopted 3-6-95]

- *For six [6] innings of play in softball, there will be no more than five [5] runs or three [3] outs. The seventh [7th] inning shall be played as a normal inning with three [3] outs and no run restrictions. For each inning of play in baseball, there will be no more than three [3] outs or ten [10] batters. [Revised March, 2012].*

13. 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 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 recall false start rule shall not be permitted.

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], three [3] optional dives: two [2] of the three [3] must be from different groups.
- 50 yd/m butterfly [optional - 100 yd/m butterfly]
- 100 yd/m freestyle
- 50 yd/m backstroke [optional - 100 yd/m backstroke]
- 50 yd/m breaststroke [optional - 100 yd/m 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 will 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.

Modified Swimming & Diving Rules BY League

	STAC	
SWIMMING AND DIVING	BOYS AND GIRLS	MODIFIED

Competition Rules

National Federation and NYSPHSAA

Pre-Meet Procedures

A. Coaches, with officials, present, should review any rules in question regarding the current NYSPHSAA Modified Program Rule Book —Page 26

B. Dual and triangular meets require at least 3 certified officials.

C. Voluntary dives are specified each week, the sequence starts with the Forward Group, Back Group, Inward Group, and repeats every three [3] weeks.

D. STAC Modified Meets are scored as follows:

1. If using an 8 lane pool, use all lanes for official entries, and score the meet , as if There were 6 lanes. The top 3 from each team may score.

2. Score as follows:

a. Relay Meets: 8-4-2

b. Individual Events: 6,4,3,2,1

c. When there are heats, only one event will be scored.

1. First heat times may be offset by later heat times.

2. Scoring: 4 lanes-3 places
 6 lanes - 5 places
 8 lanes- 5 places

3. Scoring limit: No school may score more than 2 places in a 4 lane pool, or 3 places in a 6 lane pool, or an 8 lane pool.

E. When using 6 lanes scoring. A team may enter 3 relay teams per event, but only 2 teams may Score.

NYSPPHSAA Modified Game Rules

- A. A swimmer is permitted one false start before disqualification. The use of the no recall false Start shall be utilized.
- B. Swimmers may compete in a maximum of 3 events. [1 relay, and 2 individual, or 2 relay, and 1 individual.

STAC Order of Events ClarificationRefer to NYSPHSAA Modified Program

- A. Event 2 - Required - 200 yard freestyle.
- B. Event 6 - Required - 50 yard Butterfly
- C. Event 8 - Required - 100 yard Backstroke
- D. Event 9 - Required - 100 yard Breaststroke

Multiple Heats

- A. Limited to a maximum of 3 events per meet.
 - 1. The recommended events are:
 - a. The 200 Medley Relay
 - b. The 50 Freestyle
 - c. The 200 Freestyle Relay

STAC Large Meet - End of the season meets have been discontinued by the league starting in 2012.

- A. Schools may participate with full or partial teams.
- B. No team scores are kept, no awards are presented, no publicity is released.
- C. A minimum of 5 certified officials is required.
- D. For this Saturday meet, diving should be scheduled for the morning, and swimming beginning in the afternoon.
- E. The Order of Events, for Boys and Girls, is as follows:

1. Diving rounds 1-2-3.	8. Diving rounds 4-5	Officials
2. 200 Medley Relay	9. 50 Breaststroke	5 for diving
3. 200 Freestyle	10. 50 Butterfly	2 leave meet
4. 100 Individual Medley	11. 100 Freestyle	3 remain for races
5. 50 Freestyle	12. 100 Backstroke	
6. 50 Backstroke	13. 100 Breaststroke	
7. 100 Butterfly		

STAC Participation Rule

- A. All swimmers and divers in uniform, and eligible to compete, must participate in the meet.

Coaches Option Rule

- A. When there are small numbers of eligible swimmers and divers, the coaches may use other factors in selecting pairings.

Modified Swimming & Diving Rules By League

IAC

SWIMMING & DIVING

BOYS/GIRLS

MODIFIED

Competition Rules:

National Federation and NYSPHSAA

Pre-Meet Procedures:

- Coaches, with officials present, should review any rules in question regarding the current NYSPHSAA Modified Program Rule Book — Page 26.
- Dual and triangular meets require at least 3 certified officials.
- Voluntary dives are specified each week, the sequence starts with the Forward Group, Back Group, Inward Group, and repeats every three [3] weeks.
- IAC Modified Meets are scored as follows:
- If using an 8 lane pool, use all lanes for official entries, and score the meet, as if there were 6 lanes. The top 3 from each team may score.
- Score as follows:
- Relay meets: 8,4,2.
- Individual events: 6,4,3,2,1.
- When there are heats, only one event will be scored.
- First heat times may be offset by later heat times.
- Scoring : 4 lanes-3 places
6 lanes - 5 places
8 lanes - 5 places
- Scoring limit: No schools may score more than 2 places in a 4 lane pool, or 3 places in a 6 lane, or an 8 lane pool.
- When using 6 lanes scoring, a team may enter 3 relay teams per event, but only 2 teams may score.

NYSPHSAA Modified Game Rules:

- A swimmer is permitted one false start before disqualification. The use of the no call false start shall not be utilized.
- Swimmers may compete in a maximum of 3 events, [1 relay and 2 individual, or 2 relay, or 1 individual.

IAC Participation Rule:

- All swimmers and divers in uniform, and eligible to compete, must participate in the meet.

Coaches Option Rule:

- When there are small numbers of eligible swimmers and divers, the coaches may use other factors in selecting pairings.

Modified Swim Rules By League

MAC

SWIMMING & DIVING

GIRLS

MODIFIED

Competition Rules:

National Federation & NYSPHSAA

Modified Swimming:

- *The National Federation swimming rules will be used in addition to approved Section IV variations.*
- *Voluntary dives are specified for each week. The sequence of dives begins with 101, 201, and 401 categories, and repeats every three weeks.*
- *Modified meets will be scored as follows:*

<i>Relays:</i>	<i>6 lane pool</i>	<i>8-4-2</i>
	<i>4 lane pool</i>	<i>6-3-1</i>
<i>Individual Events:</i>	<i>6 lane pool</i>	<i>6-4-3-2-1</i>
	<i>4 lane pool</i>	<i>4-3-1</i>
- *When there are heats, only one heat will be scored. Scoring will be three places in a four [4] lane pool and five places in a six [6] lane pool. No school may score more than two [2] places in a four lane pool and three [3] in a six lane pool.*
- *Each team may enter up to three [3] relays in an event, but only two [2] of them may score.*
- *Extra heats shall be agreed to by both coaches prior to the meet.*
- *The modified swimming participation rule states that all swimmers in uniform and eligible must participate in the meet.*
- *All Midstate Athletic Conference [MAC] schools may participate in the end of the season meet [with STAC or IAC schools] with full or partial teams, but no team scores will be kept or announced. There will be no awards presented and publicity released.*
- *Modified events include:*

<i>200 yard medley relay</i>	<i>50 yard butterfly</i>
<i>200 yard freestyle</i>	<i>100 yard freestyle</i>
<i>100 yard individual medley</i>	<i>100 yard backstroke</i>
<i>50 yard freestyle</i>	<i>100 yard breaststroke</i>
<i>Diving [4 rounds]</i>	<i>200 yard freestyle relay</i>
- *A swimmer may participate in two individual events and one relay or two relays and one individual event.*

14. 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 of ensuring that every eligible tennis player has the opportunity to play in a match, each may play one [1] additional singles or doubles match per day. The individual limitations/day for tennis [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.

Modified Tennis Rules BY League

STAC

TENNIS

BOYS AND GIRLS

MODIFIED

Competition Rules

United States Tennis Association

Recommendations

- A. Have a water supply on-site.
- B. A team numbers review by the coaches will set a lineup ability.
 - 1. Teams with large numbers may not be able to play everybody, especially when schools only have 4 courts. A Matched Time Deadline is Recommended.
- C. Contests consist of 4 singles and 4 doubles matches.
 - One regular set should be played with a 7 point tiebreaker at 6-6 - no-Ad scoring will be used.
- D. One 6 game set should be played, with 4 point scoring, and no deuce.
- E. Extra players, they participate under the NYSPHSAA Extended Playing Rule, if time and courts are open. Refer to page 151, State 2021-2022 Handbook.
- F. Ninth Graders are NOT permitted on STAC Modified Tennis.
 - 1. Exception: Approval may be granted under the STAC Perkins Rule, Refer to Special STAC Modified Regulations. Refer to page 64.

STAC Participation Rule

- A. All players in uniform, and eligible, must participate in the match.

Publicity

Prohibited by STAC Rule

STAC Buffer Zone

- A. If possible, a buffer zone of at least 15 feet of open character should surround the court to control spectators. Only coaches may be near the court. Bleachers, and fences may be closer, and acceptable.

15. TRACK & FIELD [OUTDOOR/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 three [3] events per day; no more than two track events or two field events may be entered each day. If a student is participating in two running events, the total distance may not exceed 1200 meters for indoor track and 2300 meters for outdoor track [total distance refers to specific events, not total distance of heats].
3. The 55 meters 30" hurdle race with five hurdles shall have the following spacings:
 - 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" hurdles race with 5 hurdles shall have the following spacings:
 - a. Start to first hurdle - 20 meters
 - b. Distance between hurdles - 35 meters
 - c. Fifth hurdle to finish - 40 meters
5. The 4K metal shot 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"
 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. 4x200 m relay
 10. 4x100 m relay
 11. 4x400 m relay [optional]

The suggested field events shall be: 4K shot put, 1K 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 boys'-girls' outdoor track meets shall be:

1. 55m 30" hurdles boys
2. 55m 30" hurdles girls
3. 200m dash boys
4. 200m dash girls
5. 1500m run boys
6. 1500m run girls
7. 100m dash boys
8. 100m dash girls
9. 3000m run girls
10. 400m dash boys
11. 400m dash girls
12. 200m hurdle boys
13. 200m hurdle girls
14. 800m run boys
15. 800m run girls
16. 3000m run boys
17. 4x200m relay boys
18. 4x200m relay girls
19. 4x100m relay boys
20. 4x100m relay girls
21. 4x400m relay boys *[optional]
22. 4x400m relay girls * [optional]

**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 dash
11. 4K shot put [plastic cover]
12. Long Jump
13. Triple Jump
14. High Jump

15. Pole Vault
16. 4x200 m relay
17. 4x400 m relay
18. Spring Medley Relay

In facilities with tracks other than 200m 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]*

Modified Track & Field Rules By League

STAC

TRACK AND FIELD

BOYS AND GIRLS

MODIFIED

Competition Rules

National Federation

Pre-Match Procedures

- A. Host schools, lacking any safe pit areas, must notify opponents in advance.
- B. All coaches should have a copy of the STAC Modified Track Coaches Handbook, published and updated by Union-Endicott High School in March of that year's school calendar.
- C. All league scheduled meets should be Co-Ed meets.

STAC Participation Rule

- A. All athletes in uniform, and eligible, must participate in the meet.

Publicity

Prohibited by STAC Rule

Scheduling

A. Division Meets

- a. Whereas most league schedules are dual, or triangular meets, sometimes during the season a Division meet will be scheduled. ** Cost of the officials is shared by competing teams.

B. Conference Meet

1. Annually, this large meet will be held at Union-Endicott providing construction problems do not prevail.
2. This meet is open to all STAC schools, and there is no entry fee.
3. Teams failing to meet entry deadlines may not be accepted.
4. Competitors must meet qualifying standards.
5. STAC pays for all officials. Suggested: 13 paid, and 15 volunteers.
6. Times: 3:00 p.m.coaches meeting. 4:00 p.m. Start all events.
7. No team scores or individual honors will be decided.
8. Meet Director: The Union-Endicott Coach. Assistant's All Union-Endicott Coaches

Modified Boys/Girls Track & Field Rules By League

IAC

TRACK & FIELD

BOYS/GIRLS

MODIFIED

Competition Rules

National Federation

Pre-Match Procedures

- *Host schools, lacking any safe pit areas, must notify opponents in advance.*
- *All league scheduled meets should be Co-Ed meets.*

IAC Participation Rule:

- *All athletes in uniform, and eligible, must participate in the meet.*

Publicity Prohibited by IAC Rule

16. 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 Sectional/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.

Modified Volleyball Rules by League

STAC

VOLLEYBALL

GIRLS

MODIFIED

Competition Rules

NCAA and NYSPHSAA

Pre-Match Procedures

- A. Coaches, with the officials present, should review the modified rules prior to the match.
- B. The host team provides all practice, and match, volleyballs.
- C. The height of the net is set at 7'0"
- D. Modified matches are the best 2 out of 3 games, and coaches may agree, prior to the match, to play an optional 3rd game.
- E. 7th grade teams: Play the 1st match of the day.
- F. 8th grade teams: Play the 2nd match of the day.

Serving Rules

- A. A 2nd toss will be allowed for both 7th and 8th grade teams.
- B. 8th grade students are permitted to serve anywhere behind the court outside the traditional servers box.
- C. 7th grade students are permitted to serve anywhere across the court in line with a meter advantage.

Scoring: At the modified level, flip card, or electronic scoring panel, will suffice.

STAC Participation Rule

- A Libero may be used in league play.
- A. All athletes in uniform and eligible must participate in the match. Any player who did not start the first game of the match, must start the second game of the match, if numbers allow.

Modified Girls Volleyball By League

IAC

VOLLEYBALL

GIRLS

MODIFIED

Competition Rules:

NCAA & NYSPHSAA

Pre-Match Procedures:

- Coaches, with the officials present, should review the modified rules prior to the match.
- The host school provides all and match volleyballs.
- The height of the net is set at 7'0".
- Modified matches are the best 2 out of 3 games, and coaches may agree, prior to the match, to play an optional 3rd game.

Serving Rules:

- A 2nd toss will be allowed for both 7th and 8th graders.
- Eight-grade students are permitted to serve anywhere behind the court outside the traditional servers box.
- seventh -grade students are permitted to serve anywhere across the court line with a meter advantage.

Scoring:

- At the modified level, flip card, or the electronic scoring panel, will suffice.

IAC Participation Rule:

- All athletes in uniform and eligible must participate in the match.
- Any player who did not start the first game of the match, must start the second game of the match, if numbers allow.

Modified Volleyball Rules By League

MAC

VOLLEYBALL

GIRLS

MODIFIED

If there will be one seventh grade team and one eighth grade team a seventh grade player may be used to fill an eighth grade team, if the eighth grade does not have enough players, or vice-versa, but a player may not play with both teams on the same team.

Modified Girls Volleyball will play 3 games for the 7th grade team and 3 games for the 8th grade team with 12 minutes of warm-up prior to the 7th grade game and 8th grade game.

17. 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 a 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, a sudden victory overtime period shall be permitted in modified wrestling. Wrestlers must start in the standing position or the referee's position, and the period shall not exceed 30 seconds. [May 2010]

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. Uniforms 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 a 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 a 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.*

Modified Wrestling Rules By League

STAC

WRESTLING

BOYS

MODIFIED

Competition Rules

National Federation and NYSPHSAA Modified Program

Pre-Match Procedures

For Saturday or Monday large meets

A. Weigh-ins

Follow the Thursday Notification System

1. Every Thursday, prior to Saturday or Monday's match, the host school must be notified.

- a. Name all wrestlers with age, grade weight, and current record.

- b. The list must be in descending order by weight.

2. Upon Saturday arrival, all entries will be listed and posted.

3. Wrestlers absent Thursday, must be weighed in at the site on Saturday.

B. Coaches with the officials present, should review the modified rules prior to the match.

1. Special attention should be paid to safety, time periods, and rest periods.

STAC Participation Rule

- A. All wrestlers in uniform and eligible must participate in a bout.

Supervision of Athletes

Facility Control

- A. Locker rooms must be kept locked when not in use.

- B. Supervision is mandated when locker rooms are open.

- C. Athletes may not roam the halls.

- D. Locker rooms should be inspected before and after the event.

- E. Damaged locker rooms shall be shared by all users.

Modified Wrestling Rules By League

IAC

WRESTLING

BOYS

MODIFIED

Competition Rules

National Federation & NYSPHSAA Modified Program

Pre-Match Procedures:

- Weigh-ins
- Coaches, with the officials present, should review the modified rules prior to the match.
- Special attention should be paid to safety, time periods, and rest periods.

IAC Participation Rule:

- All wrestlers in uniform and eligible must participate in a bout.

Supervision of Athletes

Facility Control

- *Locker rooms must be kept locked when not in use.*
- *Supervision is mandated when locker rooms are open.*
- *Athletes may not roam the halls.*
- *Locker rooms should be inspected before and after the event.*
- *Damaged locker rooms shall be shared by all users.*
- *Teams should sit in groups when matches are in progress.*

Instructional Day For Parents/Fans:

- *Each host school, at least once early in the season, should present a brief presentation to educated parents/fans about the modified wrestling program.*
- *Focus should be on safety, rules, specific holds, weight control, and sportsmanship.*
- *Suggestion: use the varsity head coach as the presenter.*

Additional Modified Rules:

- *No team scores are kept or posted.*
- *No overtime.*
- *No team or individual awards are presented.*
- *Responsible volunteer adult staffing the tables will be appreciated.*
- *First aid personnel should be present with a defibrillator.*
- *Designated team bleacher areas are important for team control.*

