

MODIFIED SPORTS – (Revised 3/26/24)

PART I GENERAL CONSIDERATION

- A. All schools participating in modified athletic programs must confine their programs to the season specified.
- B. Schools may apply for permission to compete “out of season” for a particular sport, but they may not exceed the season’s time limitations.

PART II SPORTS SEASONS - 2024 - 2025

- A. Fall: September 3 thru October 25 – total **39** school days (**2024**)
Modified Football – August 26 thru November 1– total **48** school days (**2024**)
- B. Winter I: Wrestling – October 30 thru December 20 – total **34** school days
Volleyball: – October 30 thru December 20 – total **34** school days
- C. Winter II: **January 13** thru March 14 – total **38** school days
- D. Spring: April 7 thru June 13 – total **43** school days
- E. Fall: September 2 thru October 24 – total **38** school days (**2025**)
Modified Football – August 25 thru October 24 – total **43** school days (**2025**)

PART III PROGRAM MODEL

- A. Girls Modified Sports – one program only – Grades 7 – 9 (**no ‘A’ or ‘B’ level**)
 - Fall: Soccer
 - Fall: Girls Swim 7 – 9 Grades
 - Fall: Girls Cross Country
 - Winter I: Volleyball
 - Winter II: Basketball
 - Spring: Softball
 - Spring: Track and Field
 - Spring: Lacrosse 7 – 9 Grades
- B. Boys Modified Sports
 - Fall: Football – Program II Grades 7 - 8, (**no 15 year olds**) Grades 7 – 9
 - Fall: Soccer Grades 7 – 8, Grades 7 – 9 (**if no Junior Varsity team**)
 - Fall: Cross Country Grades 7 – 9
 - Winter I: Wrestling – Program II – Age Criteria (the difference between wrestlers cannot exceed 24 months) Primarily Grades 7 & 8 and some Grade 9 (ages 12 – 15)
 - Winter I: Boys Swim Grades 7 – 9
 - Winter II: Basketball – Boys and Girls. Option 7th and/or 8th Grade teams or two (2) teams ‘A or B’
 - Spring: Boys Lacrosse Grades 7 – 8
 - Baseball
 - Track and Field
- C. Follow NYSPHSAA and Section III Handbooks.

PART IV SCHEDULING MEETING GUIDELINES

Primary purpose of these meetings will be to schedule all modified sports. Representatives should bring their Junior Varsity and Varsity schedules to this meeting for reference.

- A. Review – School representatives must review the NYSPHSAA and Section III Handbooks.
- B. School Representatives – At least one (1), but no more than two (2) representatives from each school shall attend this meeting and must be ready to declare in which sports they intend to participate.
- C. Any school not represented at the scheduling meeting will be presumed not interested in modified athletic programs. Only exception to be those schools who have communicated their intentions prior to the meeting to the Executive Director.