

SECTION V

MODIFIED SPORTS

HANDBOOK

2016-2017

THIS HANDBOOK WILL BE UPDATED ANNUALLY
MAKE SURE THAT THIS HANDBOOK APPLIES TO THE
CURRENT SCHOOL YEAR

ALL NYSPHSAA HANDBOOK RULES for MODIFIED SPORTS APPLY to all Section V Modified Sports programs. Sport specific rules from that handbook will be referenced by page number.

As of 2004-2005, this Handbook will contain only information that is specific to Section V Modified Sports programs. League program organization, Section V variations and league variations that are more restrictive than NYSPHSAA Handbook rules will be detailed by sport

**SECTION V / MODIFIED SPORTS HANDBOOK
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If you have a question regarding modified sports, please contact your league representative, the sport coordinator or the chairpersons. A directory of the committee can be found on page 6.

If there has been a game rule change at the high school level since the publication of the NYSPHSAA Handbook that rule change also applies to the modified sports programs. HOWEVER, if a modification of that rule is necessary for modified sports it will be made in a timely fashion as possible. Your league representative to the Section V committee for modified sports will be notified of any modifications made that are not published in the NYSPHSSA handbook or this handbook.

**IT IS THE DUTY OF ALL CONCERNED WITH
THE MODIFIED PROGRAM OF ATHLETICS:**

- 1) To provide as broad and varied an athletic program as is possible with an opportunity for competition on an equal basis for all students. A desirable program will encourage participation in intramural competition at several achievement levels and provide interschool competition in a modified sports program for the more talented in as large a variety of sports 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 must be integrated with all other activities essential to youth, including those which may be conducted by out-of-school groups, to avoid an excessive load for any student.
- 5) To administer the program in such a manner that participants are properly examined, approved, equipped, insured, selected, classified, instructed, and supervised so that as safe a program as is possible is conducted.
- 6) To administer the program so that there shall be no overemphasis, minimum loss of school time, with limited publicity, competent officiating, limited awards (e.g. paper certificates, ribbons) and all efforts made to keep the program in a proper perspective.
- 7) To provide qualified faculty 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 interschool athletic administrative unit that will achieve the objectives and will aid in the development of the highest type of cordial interschool relationships.
- 9) To conduct the program so that proper respect for authority is achieved and so that all evidences of undesirable athletic mannerisms are avoided.
- 10) To compete 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 in its efforts to provide sound leadership for all junior high schools in the section. No sectional team or individual championships are to be conducted

GENERAL ELIGIBILITY RULES FOR THE MODIFIED PROGRAM: NYSPHSAA HANDBOOK PAGES 133-134

MODIFIED SPORTS STANDARDS CHART FOR INTERSCHOOL COMPETITION: NYSPHSAA HANDBOOK PAGES 140-141

NYSPHSAA MODIFIED RULES AND GAME CONDITIONS FOR EACH SPORT: PAGES 142-156

REVISED SELECTION CLASSIFICATION PROCEDURE FOR MODIFIED PROGRAM PLACEMENT: NYSPHSAA HANDBOOK PAGE 53-79

2016-2017 Section V Committee for Modified Sports

<i>Position</i>	<i>First</i>	<i>Last</i>	<i>School</i>	<i>School Address</i>	<i>City</i>	<i>State</i>	<i>Zip</i>
Boys' Chair	Tom	DeYoung	Retired	226 Prospect St	Newark	NY	145 13
Swimming		(H)315-331-2387	ttdey@hotmail.com				
Girls' Chair	Ann	Hosmer	Canisteo-Greenwood	84 Greenwood St.	Canisteo	NY	148 23
		(H)607-698-2529	(W)607-698-4225X21 16	ahosmer@cgcsd.org			
		(C)607-661-3294					
Allegany League	Brad	Gertis	Friendship	bgertis@friendship.wny ric.org	Friendship	NY	147 39
		585-322-4604					
		585-973-331					
		1 ext. 3113					
		(w)					
Finger Lakes League	Peter	Mancuso	The Harley School	pmancuso@harleyschool.org		NY	
				1981 Clover Street	Rochester	NY	146 18
		(W)585-442-3039	HAC Athletics	Fax 585-442-5758			
				Cell: 585 - 576-5923			
Middle School Rep.	Scott	Reinhart	Retired	(H) 585-738-7341	Rochester	NY	146 18
			ttoscshart@gmail.com				
Genesee League	Rich	Hannan	Byron Bergen	86 West Forest	Bergen	NY	144 16
		(c)585-813-7546		rhannan@bbschools.org			
		(W) 585-494-1220 (2003)					
Livingston League	Mike	Reed	Cal-Mum	©585-330-1302 - 585-538-3411 (h)	Caledonia	NY	144 32
				mreed@cal-mum.org			
Monroe(Boys)League	Mike	Bromley	Batavia HS	260 State St.	Batavia	NY	140 20
Baseball		(w)585-343-2480X 2003	C- 716-560-3724	Mbromley@bataviacs.org			

Monroe(Girls)League	Kim	Henshaw	Greece Olympia	1139 Maiden Lane	Rochester	NY	145 16
Field Hockey/ Lacrosse		(w) 585-966-5014	(H)585-455-4220	Kimberlyhenshaw@greeceK12.ny.us			
Rochester League	Rick	Roche	Richard.roche@RCS DK12.org	62 Cranbrooke Drive		NY	146 22
			585-734-9218				
Wayne League	Mike	Magin	Sodus	54 Mill Street ext	Sodus,	NY	145 51
		(w)31483-5216	(C)585—503-4010	magin@soduscscd.org			
Football	Bill	Henry	Retired	73 Pratt Street	Manchester	NY	145 04
			(H)585-857--0345	ohhenry51@hotmail.com			
			(c) 585-857-0345				
ED of Section V	Ed	Stores		5151 Kelly Rd.	Wyoming	NY	145 91
		(w)585-786-2541	(H)585-786-8637	edsectv@wycol.com			

Questions regarding modified sports: Use directory on page 5

1. Contact your league representative to the Section V committee for Modified Sports
2. Contact the MODIFIED SPORT chairperson for the modified sport in question
3. Contact Section V chairpersons for Modified Sports

PROCEDURES FOR CONDUCTING A MODIFIED SPORTS PROGRAM:

1. NYSPHSAA Handbook contains rules for all modified sports programs. These are to be STRICTLY FOLLOWED as any rule in that handbook. The section of the 2012-2013 NYSPHSAA Handbook that deals with modified sports can be found on pages 128-157
2. The governing body (NF, NCAA, etc.) for the rules of each sport are stated in the modified section of the NYSPHSAA handbook for each sport. All of the rules of the sport are to be followed by modified programs, as they would be for high school programs. HOWEVER, some modifications of these rules have been adopted by NYSPHSAA. These are listed by sport and are to be strictly followed. If a governing body changes a rule that effects a high school sport, the change ALSO

applies to the modified program. If a modification of that change is determined to be necessary by the NYSPHSAA committee for modified sports, it will make a recommendation to the NYSPHSAA Executive committee. Upon approval of this committee, the modification then becomes part of the NYSPHSAA handbook for the sport in question.

3. NYSPHSAA publishes a handbook every two years. An addendum is published for each school year. League representatives to the Section V committee for modified sports are kept up to date on changes. It is important that leagues are familiar with and comply with any changes or updates.
4. Section V has approved variations for use by the leagues that are MORE RESTRICTIVE than those approved by NYSPHSAA. Section V approved variations are listed on pages that follow for each specific sport. These variations apply to rules that must be administered by an OFFICIAL. Variations are to be UNIFORM THROUGHOUT THE SECTION. Leagues/schools cannot create modifications and/or variations that are not approved for section wide use. It is the responsibility of the leagues to make officials aware of variations that are being used. See information under “Sectional Variations” for procedure to propose a more restrictive variation.
5. Variations that are LESS RESTRICTIVE than those listed in the NYSPHSAA handbook must be proposed and approved by procedures determined by NYSPHSAA and Section V.
 - a. To begin this procedure, a written proposal must be brought to the Section V committee for Modified Sports. There is a form in the appendix of this handbook for this procedure. The league president, league representative to the Section V Modified committee, and the chairperson of the MODIFIED sport, must sign the form if the proposal is sport specific.
 - b. This proposal is then presented at the next meeting of the Section V committee for modified sports for discussion. The Section V committee for Modified Sports meets three times a year in SEPTEMBER, MARCH, and JUNE.
 - c. It then will be taken back to leagues for discussion and to determine their action on the proposal.
 - d. At the next meeting of the Section V modified committee, the proposal will be acted upon. If the modified committee approves it, the proposal will be sent to the Section V Executive committee for action.
 - e. If the proposal is approved by that committee, it will be presented the next meeting NYSPHSAA committee for Modified Sports which meets in OCTOBER and LATE MARCH OR EARLY APRIL.
 - f. The proposal will be discussed and sent back to SECTIONS for discussion and ACTION.

- g. At the next meeting of the NYSPHSAA committee for Modified Sports, the proposal will be acted upon.
- h. If it is approved, the proposal will be sent to the NYSPHSAA Executive Committee for action. If this committee approves the proposal, it will become effective upon approval.

THE PROCESS FOR MAKING VARIATIONS THAT ARE LESS RESTRICTIVE REQUIRES TIME. If a proposal is made at the SEPTEMBER meeting of the Section V committee for modified sports, it will be sent to leagues for action and voted on at the MARCH meeting. If approved it will be presented at the MARCH/APRIL meeting of the NYSPHSAA committee for modified sports. The proposal would be taken back to sections for discussion and action. It would be voted on at the OCTOBER meeting of the NYSPHSAA committee for modified sports. The NYSPHSAA Executive committee at their JANUARY meeting would then act upon the proposal for final approval.

SECTIONAL VARIATIONS must be approved by the Section V committee for Modified Sports and the Section V Executive committee. **NO OTHER VARIATIONS SHOULD BE USED.** League representatives to the Section V committee for modified sports should report to that the committee regarding their league's use of Section V approved variations. These are rules that must be administered by an official. Other **PROGRAM RULES** that are not enforced by an official are Included in **LEAGUE VARIATIONS**.

PROCEDURES FOR ADDING OR AMENDING VARIATIONS that would be MORE RESTRICTIVE than the NYSPHSAA Handbook: These variations would be rules that must be administered by an official and should be applied section-wide.

1. League identifies a need
2. Use form in the appendix to submit the proposal to the Section V committee for modified sports. This form must be signed by the league president, the league representative to the Section V committee for modified sports, the section chairperson for the modified sport, if the proposal is sport specific.
3. The Section V committee for modified sports meets three times a year (September, March and April).
4. The submitted proposal will be discussed and sent back to the leagues for discussion.
5. At the next meeting of the Section V committee for modified sports, action will be taken on the proposal. If the proposal is approved, it will be sent to the Section V Executive committee for their approval.
6. The Section V representative to the NYSPHSAA committee for modified sports will report the approved variation to that committee.

LEAGUE VARIATIONS are those that would not require administration by an official. To conduct modified programs that best suit its students and school districts, leagues may implement variations that involve such things as program eligibility for scheduling purposes (i.e., only 7th and 8th graders may participate on modified teams in the league). Other variations such as “extended playing time” formats that involve additional quarters and dual squad formats would be “League variations.”

THESE VARIATIONS MAY NOT BE LESS RESTRICTIVE THAN THE NYSPHSAA Handbook. These league variations and or restrictions must be reported to the Section V committee for modified sports. A record of these variations will be kept in this handbook. Please use the form in the appendix to report any new variations.

LEAGUE STARTING AND ENDING DATES

Allegheny

<u>Fall:</u>	August 22—October 31
<u>Winter:</u>	November 13—February 27
<u>Spring:</u>	March 13—June 4th

Finger Lakes

<u>Fall:</u>	
Modified Football:	August 29—October 31
All Other Modified:	September 1—October 31
<u>Winter:</u>	
Modified Swim	October 26 – December 23 rd
Girls/Boys	October 26—January 27 th
Modified East Boys Basketball:	November 1—January 20 th
Modified Wrestling:	December 1— March 10 th
Modified East Girls Basketball	December 19 th - February 24 th
<u>Spring Modified:</u>	March 20—June 9 th

Genesee

<u>Fall</u>	
Modified Football:	August 22 nd —October 22 nd
Modified <u>Winter 1</u>	October 24 th —December 17 th
Modified <u>Winter11</u>	December 19 th —February 11 th
Winter 111 Swimming	February 13 th -March 25
Modified <u>Spring:</u>	March 27 th - June 10 th

Livingston

<u>Fall</u>	August 24—October 24
All sports: Fall	
<u>Winter</u>	
Girls Basketball & Wrestling	October 26—December 23
Boys Basketball & Cheerleading	January 4—February 13
Swimming	February 15—March 25
<u>Spring</u>	March 28—June 3 rd

LEAGUE STARTING AND ENDING DATES

Monroe

Fall

Freshman and Mod A Football

August 22-November 5th

“B” Football

August 24—November 5th

“A” Cheer; Girls “A” Tennis;

& “A” Soccer

September 1—November 5th

All Other 7th & 8th

September 1—November 5th

Winter

Freshmen Basketball & All Modified “A

November 14—March 1

All Modified “B”/including Boys Pure Swim

November 14—March 1

Boys/Girls Swim

December 5 — March 1

Spring

“A” Boys/Girls & “B” Boys & Girls Lacrosse

March 6—June 5

All Other “B”

March 6—June 5

Rochester

Fall:

Modified Football

August 24th – Nov 4th

All other modified sports

Sept 7th – Nov 4th

Winter I:

November 7th —December 23rd

Winter II:

January 3rd —March 3rd

Spring:

March 20th —May 31st

Steuben

Fall

August 22nd —October 29th

Winter

November 14th —January 28th

Spring

March 13th —May 27th

Wayne

Fall:

September 1st October 21st

Winter:

Modified I

October 24th —December 23rd

Swim:

October 26th —December 23rd

Girls Basketball:

January 2nd —March 2nd

Wrestling

December 1st -February 17th

Spring:

March 20th —May 26th

Allegany

The following rule modifications are specific to Allegany in addition to those listed in the NYSPHSAA Handbook.

FALL

Follow NYSPHSAA Rules.

WINTER

Boys and Girls Modified Basketball

- Teams may play either zone or man-to-man defense. Defense must start at half court except as stated in the next rule.
- Teams are allowed to press the last two minutes of each half only if behind or leading by 10 points or less. If teams are ahead by 11 points or more, they cannot press or play half court trapping defenses.
- The outlet pass may not be contested or stolen.
- No shot clock is used for boys or girls.
- There is no 3-point shot.
- Quarters are to be 7 minutes in length.
- In the event of a tie, there will be a 2-minute overtime period. If the game is still tied, and additional 2-minute overtime period is played with a “sudden victory” format where the first team to score wins.
- Team receives four-full timeouts and two 30-seconds.

SPRING

Baseball

Modified Baseball- Three (3) runs per inning (play is stopped and teams switch after completion of the play involving the 3rd run), unlimited runs the last inning-**time limit 2 ½ hours.**

Softball

Modified Softball- Five (5) runs per inning (play is stopped and teams switch after completion of the play involving the 5th run), 7 inning game, unlimited runs the last inning-**time limit 2 ½ hours.**

PLEASE NOTE: When the 3rd (modified baseball) or 5th (modified softball) run scores normal play can continue through the completion of the at bat. Teams shout NOT send

runners (or let runners continue to run) due to it being the last batter because of the run rule. **Runs scored after the 3rd run (mod) do not count.**

Softball Pitching Distance- 43'

Finger Lakes

The following rule modifications are specific to Finger Lakes in addition to those listed in the NYSPHSAA Handbook.

SPORT	Regulation Game	4 Quarter Extended Play	4 Quarter Extended Play
BASKETBALL	7 minute Quarters	9 minute Quarters (Quarter 1-8 min.)	7*
FIELD HOCKEY	25 Minute Halves	15 Minute Quarters	15
FOOTBALL	10 Minutes	12 Quarter periods**	19
BOYS LACROSSE	9 Minute Quarters	11 Minute Quarters	14
GIRLS LACROSSE	25 Minute Halves	15 Minute Quarters	16
SOCCER	15 Minute Quarters	18 Minute Quarters	15

FLHSAA will use the following EXCEPTIONS for extended play:

- ***Basketball – Minimum # of players Required -- 12**
- **** Football will play (\$) 10 minute Quarters**

EXTENDED PLAYING TIME: Eligibility for play in an extended play 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 was 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 5 period concept, the following game rules will apply.

A 4 quarter game will be played with the number of minutes being increased for each quarter (see chart); however no player may play more than 3 quarters (*see exception). This will apply provided the team has a sufficient number of players so as not to exceed to NYSPHSAA regulated playing time allocation for each sport (see chart above)

Fall Sports: Finger Lakes

Modified Soccer Rules

- Free substitution is permitted when the ball goes over the side line or end line
- Shin guards must be worn at all times by all players
- One time-out period per quarter may be called whenever the ball is dead. The coach is permitted on the field during the time-out period to instruct players.
- The sliding tackle is not permitted.
- The overhead scissors kick is not permitted.
- 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.
- Overtime will not be played
- Once you enter into a quarter, that constitutes a quarter under extended time (Time played is not a factor)

Modified Volleyball Rules

- Teams will play to twenty-five (25) points per game.
- Five (5) games will be played.
- Two (2) tosses will be permitted per turn of service.
- The service line may be moved up into the court, at a distance not to exceed two meters from the regulation service line.
- The Libero player will be used. The uniform requirement for the Libero is waived
- Net height is 7' 4-1/8" for Boys' team - 7' for Girls' team
- Five serves in a row will be allowed by one player, and then the serve will be rotated.

MODIFIED FOOTBALL:

- Finger lakes and Wayne will be participation in the 2 year football pilot: see below

Section IV Football - Modified Football Rules Proposal

NYSPHSAA Modified Football Rules

1. Dead ball rule on all punts, no live punts or returns (optional for section wide use with approval of the section.)
2. The offense must employ three players on the line-of-scrimmage on both sides of the center, no unbalanced line
(optional for section wide use with approval of the section.)
3. There is a maximum of 1 yard splits between line-man, tackle to tackle.
4. Defenses must employ a 4, 5 or 6man front
5. 4 and 6 man fronts must be balanced and aligned head up tackle to tackle and cannot cover the center (no gap alignment.)
6. If a 5-man front is employed. The nose guard must line head up on the center and the tackles head up on the offensive guards or tackles, (no gap alignments.)
7. Defensive lineman, once aligned and in a stance cannot stem prior to the snap of the ball
8. No blitzing allowed. Linebackers must be stationary and at a 3yard minimum depth at the snap of the ball.
9. Press coverage and contact at the line-of-scrimmage is not allowed against a receiver (Exception: you may press and contact is allowed with any eligible receiver within 5 yards of the offensive tackle.)

Pilot Study Baseline Information:

- Section IV Football Injury Report for the 2013 season (44 total schools, 29 Reported at time of submission)

Winter Sports – Finger lakes

Finger Lakes East/West Modified Boys' Basketball Rules

Maximum 14 games

- **Teams are allowed to play all techniques used in basketball rules except:**
 1. Team may press until they are ahead by 12 points
 2. No shot clock
 3. No 3-point field goals
 4. You may play man or zone – any zone.
 5. 10-second rule applied
- Boy's regulation ball will be used.
- 7 minute quarters
- **EXTENDED PLAY RULES WILL BE USED (See Reverse side)**

No player may play more than (3) quarters. 8-9-9-9 Minute Quarters.
Extended play time is not cumulative. **Entering a contest for any amount of time constitutes a quarter.**
- Overtime(s) of two minutes, if tied.

Finger Lakes East/West Modified Girls' Basketball Rules

Maximum 14 games

- **Teams are allowed to play all techniques used in basketball rules except:**
 1. Team may press until they are ahead by 12 points
 2. No shot clock
 3. No 3-point field goals
 4. You may play man or zone – any zone.
 5. **10-second rule** – When a team has not gained front court status and the ball goes out of bounds, a held ball occurs with no change in team control, or a technical foul is assessed to the team in control of the ball, **that team shall have the remainder of the 10 sec. count that was started before the ball became dead.**
 6. **Team Fouls** – A team is awarded two (2) free throws for each common foul committed by a team's fifth foul during **each** period.
 7. **Time-Out Format** – (3) 30 second timeouts and (2) 60 second timeouts
 8. **Option to Advance** – If a timeout is charged to the offensive team during the last 59.9 seconds of the game (or any overtime period)..(1) the ball is out of bounds in the backcourt (except for a suspension of play after the team

advanced the ball), or (2) after securing the ball from a rebound in the backcourt and prior to the advance of the ball, or (3) after the offensive team secures the ball from a change of possession in the backcourt and prior to any advance of the ball, the timeout shall be granted. *Upon resumption of play, the team granted the timeout shall have the option of putting the ball into play at the 28' hash mark in the frontcourt (table-side) or at the designated spot out of bounds.*

- Girl's will use the standard 28.5 basketball
- 7 minute quarters
- Overtime(s) of two minutes, if tied.
- **Disqualified Player** – You will have 15 seconds to replace a disqualified player
- **EXTENDED PLAY RULES WILL BE USED (See Reverse side)**
No player may play more than (3) quarters. 8-9-9-9 Minute Quarters.
Extended play time is not cumulative. **Entering a contest for any amount of time constitutes a quarter.**

Spring Sport- Finger lakes

Boy's Modified Lacrosse

- Extended Play Rules Apply- Minimum Number of Players required for Extended Play- 14. Regulation Game- 9 minute Quarters. Fourth Quarter Extended play 11-minute quarters. (NO player may play in more than 3 of 4 quarters)
- Overtime is 2-2:00 minute periods...you play both...if there is a winner; ok...if not it is a tie...no sudden death.
- There are no 1 hand checks and no brushes...both should be considered 1-minute slashing penalties.
- Nobody hits except for the player with the ball.
- If a team has only one (1) goalkeeper, that goalkeeper may play in all periods of the 4th Quarter Extended play.

Girl's Modified Lacrosse

RULES

- Extended Play Rules Apply: Minimum Number of Players required for 4-Quarter Extended Play is 14. (NO player may play in more than 3 of 4 quarters)
- Regulation Game–25 Minute Halves.
- 4-Quarter Extended Play–15 Minute Quarters. (No player can play in more than 3 quarters)

- Modified stick-checking in modified girl's lacrosse, as outlined in the US Lacrosse Rulebook under the Girl's Youth Rules- Level A may be used.
- 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.
- If a team has only (1) goalkeeper, that goalkeeper may play in all periods of the 4th Quarter Extended play.
- If a team is up 10 goals, a running clock will be used until the lead is below 10.

Modified Baseball & Softball

NYSPHSAA Handbook rules will be followed with the emphasis on the following.....

- The Regulation Game is 7-inning game.
- 5-run rule except for the last inning, unlimited runs.
- 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 gear on prior to the third out. The pinch runner is a player who is a sub, or in the case that all subs have been used, off the bench who is not currently in the line-up.
- Runner must slide to avoid collision.
- The re-entry rule may be waived only if an injured player must be replaced, and all eligible substitutes have been used.
- **Softball:** the pitcher's mound will be at 40'
- **ONLY 9 PLAYERS ON THE FIELD**

Genesee

The following rule modifications are specific to Genesee in addition to those listed in the NYSPHSAA Handbook.

FALL

Modified Football

- Live punt, punt return and extra point from the beginning of the season.
- Periods 1, 3, and 4 will be played by the “A” team.
- Periods 2 and 5 will be played by the “B” team with the 5th period being 10 offensive players and 10 defensive plays.
- All other rules will follow the Modified handbook.

Modified Boys and Girls Soccer

- Follow NYSPHSAA Rules, except no overtimes.

Volleyball

- Matches will be 5 games.
- All 5 games will be played to 25 points.
- After 5 successful serves the team rotates.
- Play a let.
- May move 5 feet onto the court to serve.
- On a serve, if a girl tosses the ball up and decides not to serve, she can step back and get a second attempt to serve.

WINTER

Genesee Region League

Boys 7th Grade Basketball Rules

- A boy's size ball will be the official ball.
- All games will be 5 quarters in length (7 minute quarters) with the 5th quarter being running time. "A" players will be used in quarters 1, 3, and 4. "B" players will not be used quarters 2 and 5. If either team has only 5 or 6 players, a 5th quarter will not be played.
- No three point shot.
- The rule for the offensive team to cross half court within 10 seconds will be in effect.
- The score will be wiped off the scoreboard at the end of each quarter, and start each quarter at zero.
- On a free throw, they must start behind the 15foot line, but can fall over the line after the shot has been released.
- May NOT half court trap during the game, by leaving your man to double team the ball. However; help side defense will be allowed during the game.
- Can press the last minute of each quarter, and may use only Man to Man press.
- It is strongly suggested that you use certified officials whenever possible.
- It is suggested to have a maximum of ten minutes to warm-up between the 7th and 8th grade games.
- Half time is not to exceed 5 minutes.
- A score book must be kept in order to keep personal fouls. Players can foul out of game, which is consistent with the regular interscholastic basketball rules. Since the 5th quarter is an extension of the regular game, a carryover of personal fouls is applied. The 1 and1 bonus free throw will NOT carry over into the 5th quarter.

Genesee Region League

Boys 8th Grade Basketball Rules

- A regular size boys' basketball will be used.
- All games will be 5 quarters in length (7 minute quarters) with the 5th quarter being running time. "A" players will be used in quarters 1, 3, and 4. "B" players will be used in quarters 2 and 5.
- No three point shot.
- A 3 minute overtime period will be used, if still tied at the end of overtime; the game will be declared a tie.
- The score will be accumulative from the period to period, following JV and Varsity rules. The score will NOT be wiped off after each period.

- The rule for the offensive team to cross half court within 10 seconds will be in effect.
- May man to man press at anytime during the game, however once a team gets ahead by 10 points or more, they must take the press off.
- May NOT half court trap during the game by double teaming the ball. Help-side defense is allowed.
- May use a 2-3 zone beginning Feb. 1.
- It is strongly suggested that you use certified officials whenever possible.
- It is suggested to have a maximum of ten minutes to warm-up between games.
- Half time is not to exceed 5 minutes.
- A scorebook must be kept in order to keep personal fouls. Players can foul out of a game, which is consistent with the regular interscholastic basketball rules. Since the 5th quarter is an extension of the regular game, a carryover of personal fouls is applied. The 1 and 1 bonus free throw will NOT carry over into the 5th quarter.

Genesee Region League

Girls 7th Grade Basketball Rules

- A girl's size ball will be the official ball.
- All games will be 5 quarters in length (7 minute quarters) with the 5th quarter being running time. "A" players will be used in quarters 1, 3, and 4. "B" players will be used in quarters 2 and 5.
- No three point shot.
- The score will be wiped off the scoreboard at the end of each quarter, and start each quarter at zero.
- On a free throw, they must start behind the 15' line, but can fall over the line after the shot has been released.
- May NOT half court trap by double teaming the ball. However, help side defense will be allowed throughout the game.
- Can press the last minute of each quarter, and may use only a Man to Man press.
- It is strongly suggested that you use certified officials whenever possible.
- It is suggested to have a maximum of ten minutes to warm-up between the 7th and 8th grade games.
- Half time is not to exceed 5 minutes in length.
- A score book must be kept in order to keep personal fouls. Players can foul out of the game, which is consistent with the regular interscholastic basketball rules. Since the 5th quarter is an extension of the regular game, a carryover of personal

fouls is applied. The 1 and 1 bonus free throw will NOT carry over into the 5th quarter.

Genesee Region League

Girls 8th Grade Basketball Rules

- A regular size girls' basketball will be used.
- All games will be 5 quarters in length (7 minute quarters) with the 5th quarter being running time. "A" players will be used in quarters 1, 3, and 4. "B" players will be used in quarters 2 and 5.
- No three point shot.
- 3 minute overtime will be used when necessary. In the event that the game is still tied, the game will finish as a tie.
- The score will be accumulative from period to period, following JV and Varsity rules. The score will NOT be wiped off after each period.
- May man to man press at anytime during the game, however once a team gets ahead by 10 points or more, they must take the press off. Man to Man is the only legal press.
- May NOT half court trap by double teaming the ball. However, a help side defense is allowed.
- May use a 2-3 zone beginning December 1.
- It is strongly suggested that you use certified officials whenever possible.
- It is suggested to have a maximum of ten minutes to warm-up between games.
- Half time is not to exceed 5 minutes.
- A scorebook must be kept in order to keep personal fouls. Players can foul out of a game, which is consistent with the regular interscholastic basketball rules. Since the 5th quarter is an extension of the regular game, a carryover of personal fouls is applied. The 1 and 1 bonus free throw will NOT carry over into the 5th quarter.

LIVINGSTON

The following rule modifications are specific to Livingston Conference in addition to those listed in the NYSPHSAA Handbook.

Participation & General Competition

Only bona fide 7th and 8th graders may participate in Livingston Conference modified athletics.

When specific numbers of athletes are available (see attached split squad form), a five period contest will be played for Soccer, Basketball, and Football. When sufficient numbers are not available the regular four period contest will be played. Coaches shall split squad forms completed prior to arrival of the contest.

When competing against a school with both 7th and 8th grade teams a school with 7th and 8th grade combined team must play the opponents 8th grade team.

Any visible team score will be reset to 0-0 at the end of each quarter, period, half, inning for all modified events. A true running score will be maintained in an official scorebook.

No overtime periods will be played in Livingston Conference contests. When using five period format all periods will count toward the final score. In a four period contest the score shall be final and the contest shall remain a tie and count as a tie.

Five Period Contest Guidelines

- Minimum roster size: Schools having these minimum squad sizes must compete under five period play guidelines. Schools may play 5 period contests if they have less than the size listed below.

Football	30
Soccer	24
Basketball	14

- Coaches Meeting: Both coaches will meet before each game and exchange rosters if they qualify for 5 quarter contests. (8th grade basketball shall meet during the 7th grade contest.)
- Rosters: Each team will be divided into an equal number of players. The more skilled players will comprise roster “A” and the remaining players Roster “B”. Teams with unequal numbers will balance those rosters within one. (For example 15 players; 7 on “A” and 8 on “B” or vice versa. These rosters **cannot** change during that specific games, unless injury.
- Injury: During the 5 period game if an injury lowers the roster size to a number that prevents at least on substitution, both coaches must meet and agree that a player from the other roster can be switched. (For example, if in soccer Roster

“A” decreases to 10, a member from Roster “B” may be switched to Roster “A”. The opposing coach must be notified that player is now on Roster “A” only.

- Periods: All periods will be regulated according to NYSPHSAA rules. Roster “A” will play periods 1, 3, 5 and Roster “B” will play 2 & 4. The final score will include all five periods.
- Halftime: For all contests there will be a 10minute half time after the 2nd period or 3rd period in 5 period contest.
- No Overtime: There will be no overtime played in any LCAA Modified contest.
- Basketball: During 5 period play, basketball teams may press according to Section V level rules during 3rd and 5th periods only.
- Four Period Contests: Should either team not qualify under 5 period minimum roster size requirements, that game will be played as a 4 period contest.

Five Period Squad Lists

School _____ **Opponent** _____ **Date** _____

Roster "A"
Periods 1, 3, 5

Roster "B"
Periods 2 & 4

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

Coaches Signature _____

FALL

Girls Volleyball

- Rule modifications as listed on page 117 of the NYSPHSAA Handbook
- Varsity net height will be used.
- 7th and 8th grade squads will be combined to create A and B squads.
- It is recommended that these squads be based on skill level.
- A and B games will alternate with squads playing 3 games each.
- Rally scoring games to 25.
- After five consecutive serves in the Rally scoring contest: servers will rotate.
- Free Substitutions. No number or line check shall be used.

Boys with Girls Cross Country LCAA Format

- Races may be run boys with girls or boys and girls separate depending on coach's agreement.
- No distance of race change will be made at the half way point of the competitive season.

Football LCAA Format:

- Program B will be used.
- There shall be no called punts: all punts are live. Split Squads must have two separate Punt teams.
- All extra points will be worth 1 point. There will be no rush on the kicker during an extra point. If a team lines up in kick formation the ball must be kicked or it is considered a failed try.
- Teams with 30 or more must play a 5 period contest. Coaches must be aware that no athlete may appear in more than 3 quarters they are playing a 5 period contest.
- Regardless of 4 or 5 period contests teams must tray and maintain an A and B roster. With A squad playing quarters 1 and 3; B squad playing 2 and 4.

USE OF APPROVED FOOTBALL PILOT

- All sections/schools approving the use of the modified football rules must take part in, complete and submit the following safety study:
- Schools will be required to track and keep records of all injuries that occur to modified football athletes during the football season including game and practice sessions. The tracking of injuries and categorization of them will look to determine if athletes are at a greater risk of injury by participating using the new rules for modified football.

- To establish a baseline of information, all schools participating will be asked to submit to their section Executive Director, Football Chairman and NYSPHSAA an injury report from the 2013 football season for modified players, as well as, track and report all injuries to players for the next two consecutive seasons 2014 and 2015. This information must be submitted no later than December 1st of each year. This information will be collected, analyzed, collated and released to all vested parties.
- **Rationale:**
- - Teaching and coaching similar systems of offense and defensive football schemes to all players in the program at the appropriate age and developmental level.
- - Consistency between modified and varsity levels in teaching techniques of individual positions, team philosophies, and overall schemes and language.
- - Safely close the gap between Jr. High, “modified” football rules and NFHS rules employed at the HS level
- - Step-wise, natural progression for student athletes in the game of football in NYS beginning in modified and culminating at the varsity level.
- **Proposed Changes to current NYSPHSAA Modified Football Rules**
- 1. Dead ball rule on all punts, no live punts or returns (optional for section wide use with approval of the section.)
- 2. The offense must employ three players on the line-of-scrimmage on both sides of the center, no unbalanced line (optional for section wide use with approval of the section.)
- 3. There is a maximum of 1 yard splits between line-man, tackle to tackle.
- 4. Defenses must employ a 4, 5 or 6 man front
- 5. 4 and 6 man fronts must be balanced and aligned head up tackle to tackle and cannot cover the center (no gap alignment.)
- 6. If a 5-man front is employed. The nose guard must line head up on the center and the tackles head up on the offensive guards or tackles, (no gap alignments.)
- 7. Defensive lineman, once aligned and in a stance cannot stem prior to the snap of the ball
- 8. No blitzing allowed. Linebackers must be stationary and at a 3 yard minimum depth at the snap of the ball.
- 9. Press coverage and contact at the line-of-scrimmage is not allowed against a receiver (Exception: you may press and contact is allowed with any eligible receiver within 5 yards of the offensive tackle.)

Boys and Girls Soccer:

- Split squad, 5 period games are to be played if each team has more than 24 players.
- No other modifications.

WINTER

Girls and Boys Basketball:

General Rule Modifications

The following rule modifications are specific to Livingston Conference contests. When competing against out of conference teams, rules may vary.

Rule modifications as listed in the handbook on the NYSPHSAA website plus:

- The Varsity size ball will be used for all contests.
- 8th graders will use Section V level I rules; NYSPHSAA restriction only, except zone defense may only be used during the second half of the season. (Girls: Dec 1st & Boys Feb 1st)
- 7th graders will use Section V Level III rules.
 - Man to Man defense only
 - Players may pressure the outlet pass
 - Teams may press the last two minutes of periods 3 & 5 (5 period game); 2 and 4 (4 period game) if not ahead by more than 10 points: (official score, not period score)
- No team may press at any time if ahead by more than 10 points: (official score, not period score).
- No shot clock will be used. The game clock will not be stopped after a field goal during the final minute of play. (Section V)
- Mad field goals outside the arc will count as 3 points.
- Bonus foul shots will be taken on the seventh team foul for *each period*.
- Seventh graders may follow thru over the foul line (but shooter may not be primary rebounder).
- There will be a maximum of fifteen minutes between the 7th and 8th grade game.
- Home team must provide 6 basketballs for visitors for warm ups.
- No shot clock.
- No stop clock in the last minute of play after a made basket.
- Each league must designate the level of Section V approved variations that each of their basketball programs will use. No other variations should be used.
- LEVEL 1: Livingston Conference: 8th (B/G)NYSPHSAA Handbook Rules

- LEVEL 3: Livingston Conference: 7th (B/G)NYSPHSAA Handbook Rules
 - No zone defense
 - May pressure outlet pass
 - Press: last two minutes of each half, if not more than 10 points ahead

SPRING

Boys with Girls Track and Field

General Rule Modifications

The NYS Modified Athletic program rules are found in the Modified section of the NYSPHSAA Handbook. The following rule modifications are specific to Livingston Conference contests. When competing against out of conference teams, rules may vary.

Track and Field regulations are listed on page 153 in the NYSPHSAA Handbook.

Emphasis of those rules includes:

- Teams must have a certified coach with the modified program being maintained completely separate from the JV or Varsity program.
- Ten individual practices are required prior to the first scrimmage.
- Fifteen practices are required prior to the first meet.
- There must be a minimum of two nights’ rest between contests.
- An athlete may enter a maximum of three events per day; no more than two field events or two track events may be entered in one day. ***Athletes are now limited to 2300 meters total distance in one meet.***
- There is no limit to the number of athletes that may be entered in an event.
- A runner is permitted one false start before disqualification.
- New York State prohibits the use of any metal spiked footwear in any modified athletic competition. Section V prohibits the use of track shoes with spikes removed.

MEET PROCEDURES

The host school coach is responsible for following all Livingston Conference meet procedures. Coaches will sign in all field events (sheets provided by the host school). Athletes are responsible for getting their own time from event timers.

ORDER OF RUNNING EVENTS

- 55 meter Girls 30:/Boys 33: Hurdles
- 5 hurdles
- 12 meters to the first
- 8 meters between
- 11 meters to the finish
- 400 meter dash

FIELD EVENTS: TWO ATTEMPTS

- Long Jump
- Triple Jump
- High Jump (two misses at a height)
- Shot Put
- Discus
- Both Boys and Girls must use:

- 100 meter dash
 - 800 meter run
 - 200 meter dash
 - 1500 meter run
 - 400 meter relay
- The Varsity Girls Soft shell Shot
 - The Varsity Girls Rubber Discus

Because our meets are boys with girls participating, running events may be run boys and girls together or separately (girls first) depending on the number of entries.

Running events have priority over field events.

A. Participation and General Competition

1. Only bona fide 7th and 8th graders may participate in Livingston Conference modified athletics
2. When competing against a school with both seventh and eighth grade teams a school with seventh & eighth grade combined team must play the opponents eighth grade team.
3. Any visible team score will be reset to 0-0 at the end of each quarter, period, half, inning for all modified events.
4. A true running score will be maintained in an official scorebook.

B. Modified Baseball and Softball:

1. There shall be a run limit of seven (7) runs in each half inning, except the 7th (unlimited) during all Section V modified baseball and softball contests.
2. A new inning will not begin if the previous inning ends after the 2 hour 15 minute time limit has been reached. The game time start (as per home plate umpire) shall be written in the scorebook next to the first batter of the visiting team.
3. Runners may steal from 1st to 2nd and 2nd to 3rd only. (adjusted 2012)

BASEBALL ONLY:

1. Baseball will use varsity distance for pitching mounds.
2. Bats need to be BBCOR certified. BESR bats are illegal. (adjusted 2012)

SOFTBALL ONLY:

1. Runners may not advance to home on a mishandled throw, pass ball, steal, etc. They must be hit or bunted in. (Adjusted 2012).
2. Base runners may take more than 3 steps lead off after the ball has been pitched. (Adjusted 2012)
3. The pitching rubber will be 40'. (JV/Varsity will be 43')
4. On a dropped third strike, the batter is out.

5. There is a 7 run rule except for the 7th inning, which is unlimited. (Adjusted 2013)

NYSPHSAA Rules:

SPORT Number Practices Prior To First Scrimmage Team & Individual Number
Practices Prior To First Contest Team & Individual Team And Individual Maximum No.
Contests Minimum Time Between Contests* Individual Limitations per Day RULES
TIME AND DISTANCE LIMITS

MONROE

MCPSAC

Modified Playing Formats

Sport	Regulation Game		4 Quarter	
	4 Quarters		Extended Play	
	Time Limits	# of Players	Time Limits	# of Players
Basketball	7 min. quarters	5-6	9 min. quarters (quarter 1= 8 min.)	7+
Field Hockey	25 min. halves	11-14	15 min. quarters	15+
Football	10 min. quarters	16-18	12 min. quarters	19+
Boys Lacrosse	9 min. quarters	10-13	11 min. quarters	14+
Girls Lacrosse	25 min. halves	10-15	15 min. quarters	16+
Soccer	15 min. quarters	11-14	18 min. quarters	15+

- **Playing Philosophy**
 - Quarter 1 - Strongest Players
 - Quarter 2 - Developmental Players (Strongest players, regardless of position, should not play during this quarter) Example- if there are 12 players on a basketball team, each player should be numbered from #1- #12, (#1 being the strongest and #12 being the weakest), # 1-5 should not play in Quarter 2.
 - Quarters 3 & 4 – Coaches decision based on competitiveness of the contest.
- If the minimum number of players needed for a 4 Quarter Extended Play period is met, the number of minutes for each quarter will be increased (see above chart).
- No player may play more than 3 quarters. Entry into each quarter rather than actual playing time shall constitute “participation” in the quarter.
- If a player is injured during a contest, and the minimum number of participants is no longer met, the game must go back to the regulation 4 quarter time limits.

FALL

- **Modified “B” Boys and Girls Cross Country**
- **Modified “B” Football**
- **Modified “A” Boys and Girls Soccer**
- **Modified “B” Boys and Girls Soccer**

- **Modified “B” Boys Volleyball**
- **Modified “B” Girls Swimming**
- **Modified “B” Girls Volleyball**
- **Modified “A” Girls Tennis**

Modified “B” Cross Country Rules

NYSPPHSAA Inc. Modified Sports Standards

Game Rules

- NF Rules
- The maximum distance shall be 1-1/2 miles in the first half and should increase to 2 miles in the second half of the season.

STARTING TIMES AND ORDER OF RACES:

- In general, starting times for all meets shall be 5:00 p.m. However, whenever possible, teams should be given approximately 20 minutes to warm up.
- If a team does not arrive by 5:00 p.m., wait 15 minutes.
- The order of races is as follows:
 - Varsity A and B Boys
 - Modified Boys and Girls
 - Freshman Boys and Girls of lesser ability (5 minutes after Modified race begins)
 - Varsity A and B Girls
 - At midseason, the boys and girls varsity will switch starting times.

Modified “B” Football Game Rules

NYSPPHSAA Inc. Modified Sports Standards

Game Rules for 11-Man Football:

- Time periods shall be 10-minute quarters.
- Team offensive formations are limited to standard formations which **may include the use of both a split end and flanker (2007)**. There may be a maximum split of one yard between linemen. If a wide receiver is employed, the maximum split from the tackle cannot be more than ten yards. On the snap of the ball, there may be only two players outside of the normal tackle alignment on either or both sides of the field. **Motion is allowed toward the two 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. Clarification – The only time a team may split both ends is when punting the ball. There are no “walkaway” ends when receiving the punt from this formation. Definition of side of formation - the half of the formation from midline of the center that has a set back to that side and two players outside the tackle. If the ends split on punt formation, the team must punt. All downfield blocking must be done above the waist. Until the snap the defense shall be 6-2-2-1 or 6-2-3 with six players in an

- imaginary straight line within 2 yards of the ball; two linebackers must be at least 1 yard behind the deepest lineman; three defensive backs must be at least 3 yards behind the deepest linebacker, inside the 10-yard line defensive backs may be 2 yards behind the deepest linebacker. Penalties: improper formation - 5 yards; downfield blocking - 15 yards.
- No kick-off - start play from own 35-yard line.
 - Two (2) points shall be allowed for a kicked extra point and one (1) point for a run or pass. (Optional for section-wide use with approval of the section.)
 - Safety - scoring team put ball in play on 50-yard line.
 - 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 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 the National Federation Football Rules.
 - Sections may adopt the use of a small ball.
 - Coaches shall be permitted on the field in the experimental five-quarter football program.
 - (Optional for section-wide use with approval of the section.)
 - When an offensive team employs a wide receiver (split end or flanker), the defensive end to that side of the formation may assume a “walkaway” position. The end may align at a maximum depth even with the two inside linebackers and no wider than half the distance between the wide receiver and next lineman.
 - With Section approval, schools will be allowed to use two (2) wide receivers on opposite sides of the formation.
- ❖ Monroe Modified A Football will be participating in a 2 year (2105 & 2016) pilot for football: Below are the revised rules for game play:

Proposed Changes to current NYSPHSAA Modified Football Rules

1. Dead ball rule on all punts, no live punts or returns (optional for section wide use with approval of the section.)
2. The offense must employ three players on the line-of-scrimmage on both sides of the center, no unbalanced line
(optional for section wide use with approval of the section.)
3. There is a maximum of 1 yard splits between line-man, tackle to tackle.
4. Defenses must employ a 4, 5 or 6 man front

5. 4 and 6 man fronts must be balanced and aligned head up tackle to tackle and cannot cover the center (no gap alignment.)
 6. If a 5-man front is employed. The nose guard must line head up on the center and the tackles head up on the offensive guards or tackles, (no gap alignments.)
 7. Defensive lineman, once aligned and in a stance cannot stem prior to the snap of the ball
 8. No blitzing allowed. Linebackers must be stationary and at a 3 yard minimum depth at the snap of the ball.
 9. Press coverage and contact at the line-of-scrimmage is not allowed against a receiver (Exception: you may press and contact is allowed with any eligible receiver within 5 yards of the offensive tackle.)
- Pilot Study Baseline Information:
Section IV Football Injury Report for the 2013 season (44 total schools, 29 Reported at time of submission)

Modified “A” & “B” Boys/Girls Soccer Game Rules

NYSPHSAA Inc. Modified Sports Standards

Game Rules

- NF Rules.
- The maximum length of the quarter shall be fifteen (15) minutes.
- Free substitution is permitted when the ball goes over the side line or end line.
- Equipment –
- Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any modified sport.
- Shin guards must be worn at all times by all players.
- An all-purpose type foam helmet may be worn and a mouthpiece shall be worn by the soccer goalie for protective purposes.
- One time-out period per quarter (including each overtime period) may be called whenever the ball is dead. The coach is permitted on the field during the time-out period to instruct the players.
- The sliding tackle is not permitted.
- The overhead scissors kick is not permitted.
- Corner flag posts must be flexible in nature (wood, plastic or plastic foam) and conform to the NF rule standard of not being less than 5 feet high. Plastic traffic cones may be substituted in place of corner flags.
- There shall be two overtime periods of four minutes when the regulation game ends in a tie. A coin shall be flipped prior to the first overtime period. If a tie exists after the second overtime, no further play shall be conducted.
- 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.

- The flip throw-in shall not be permitted.

Modified “B” Boys Volleyball Game Rules

Game Rules: USAVB

- Rally scoring in a five game match shall be utilized at the modified level.
- The number of points in each game if the modified match shall be consistent. With sectional approval, either 20 or 25, but not less than 20, points per game may be used.
- Two tosses will be permitted per turn of service.
- **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.**
- With sectional approval, the use of the three game match rather than the five game match may be used.
- With sectional approval, the libero player may be used at the modified level. The uniform requirement for the libero is waived.
- With sectional approval, the minimum net height shall be seven feet for boys and girls.

MCPSAA Game Rules:

Game Format #1 (Both teams have enough players to field two separate units. Dual Roster.

12+ players)

- All format #1 Games will be six (6) periods
- All six (6) periods will count toward the final score.
- Team will be divided into two (2) dual rosters squads:
 - A – “Stronger” Players
 - B - “Second Best” Players
 - Squad A will play periods one (1) and three (3) and five (5).
 - Squad B will play periods two (2) and four (4) and six (6).
 - All eligible team members must participate in their designated periods.
- Team members may “switch” from squad A to squad B, but not during the same game.
- If an opponent does not have two full units, go to small game format #2.

Game Format #2 (only to be used when one or both teams do not have enough players to field two (2) separate units. 11 or less players)

- Format #2 games will be four (4) periods in length
- All four periods will count toward the final score.
- Any player is eligible to play in periods one (1), three (3), and four (4).

- Those players who have played or will play in only one (1) other period, or who will not play at all in periods one (1), three (3) and four (4), are eligible to play in period two (2).

Modified B Swimming

NYSPHSAA Inc. Modified Sports Standards

NYSPHSAA Inc. Modified Game Rules and Game Conditions

Game Rules:

With prior mutual agreement of teams, league, or section races may be conducted by seated heats with the winners established on time alone. No final events may be conducted. The national Federation Rules of Swimming and Diving shall be followed except as indicated below.

- A swimmer is permitted one false start before disqualification.

Swimmers may compete in a maximum of three events. (1 relay and 2 individual, or 2 relay and 1 individual).

The events and their order shall be:

- 200 yd. medley relay
- 200 freestyle
- 100 yd. individual medley
- 50 yd. freestyle
- Diving competition shall consist of (1) voluntary dive (dd not to exceed 1.8) which shall be done first: week 1-forward group; week 2-back group; week 3-inward group (begin rotation over), and three (3) optional dives: two (2) of the three (3) must be from different groups.
- 50 yd. butterfly (optional - 100 yd. butterfly)
- 100 yd. freestyle
- 50 yd. backstroke (optional - 100 yd. backstroke)
- 50 yd. breaststroke (optional - 100 yd. breaststroke)
- 200 yd. freestyle Relay

MCPSAA Game Rules:

- Swim caps cannot have logos (ex. Speedo).
- 3 events per swimmer
 - A roster sheet or event cards must be given to the officials.
 - There is a maximum of 2 heats per event.
 - Home team has even lanes, Away team has odd lanes.
- Diving rules.
 - There will be a maximum of 4 divers per team.

- Each diver is allowed 4 dives. Coaches must be aware of the required dive for the week.
- Diving will be scored. Coaches choice of how to use scoring.

Modified B Girls Volleyball

NYSPHSAA Inc. Modified Game Rules and Game Conditions

Game Conditions:

- Rally scoring in a 5 game match shall be utilized at the modified level
- The number of points in each game of the modified match shall be consistent. With Sectional approval, either 20 or 25, but not less than 20 points per game can be used.
- 2 tosses will be permitted per turn of service.
- **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.**
- With sectional approval, the libero player may be used at the modified level. The uniform requirement for the libero is waived.
- With Sectional approval, the minimum net height shall be 7 feet for boys and girls

Game Rules:

- NCAA

MCPSAA Game Rules:

- Game format: Note we have sectional approval for the 6 game format
 - Large team format to play 6 games. Two squads, one squad stronger "A" and other lesser skilled "B". 1-3-5, 2-4-6. This would include teams with 12 or more players.
 - Small team format plays 5 games. Stronger squad "A" will play games 1 and 3, lesser skilled squad B" will play games 2 and 4. All players are eligible to play in game 5. This would include teams with 11 or less players.
 - We play the whole season as a strong/lesser skilled squads and not change at mid season.
 - During the entire season team members may switch between "A" and "B" squads from match to match, but not during the same match unless their team has fewer than 12 eligible players.
 - Same team will serve games 1&2, other team will serve games 3&4, games 5 & 6 should be alternated.
 - We play rally score to (20) points. Must win by two.
 - Minimum of 15 minutes for warm –up before all matches.
 - Net ball is a playable ball.
- Games rules:
 - Net height: 7'0"

- Normal rotation and substitution; 8 practices to scrimmage, 10 practices before a game.
- Serve may be attempted from anywhere behind the end line (Server may move up one meter).
- After 5 consecutive points scored by the same server, the serving team rotates one position, and keeps the serve.
- Any game started after 6:00 will be rally scoring to 15 points, no game may begin after 6:30 p.m.
- A qualified official is recommended and should be available 15 minutes prior to the match.
- The home team will provide practice balls.
- Two (2) 45 second timeouts per game.

Modified "A" Girls Tennis

NYSPHSAA Inc. Modified Game Rules and Game Conditions

Game Rules:

See Chart

Game Conditions:

- USTA
- Contests should consist of 4 singles and 4 doubles matches, unless agreed upon prior to the contest.
- One 8 games set shall be played. A 4 point scoring system shall be used with no deuce point. Sections may modify the scoring system.
- A player may either play singles or doubles, but cannot play both in any one interschool contest.
- For the purpose of ensuring that every eligible tennis player has the opportunity to play in a match, each may play one additional singles or doubles match per day. The individual limitations/day for tennis shall be increased to two matches per day, provided that every individual eligible player plays once before any player plays twice.

Modified "A" Tennis

RULES AND REGULATIONS

- *****A league match shall consist of four singles and four doubles matches (unless agreed upon by the coaches prior to the start of the match) and played in the following order: 4D, 4S, 3D, 3S, 2D, 2S, 1D, 1S.**
- USTA rules will be in effect for all play except in specific rules below.
- No player shall participate in both singles and doubles in the same inter-school match.

- All players must be eligible according to the NYSPHSAA, Section V and Monroe County Athletic Association eligibility rules, as well as those of their respective schools.
- All matches shall start no later than 4:30PM unless by special arrangement between the schools involved. A 10minute warm-up after the arrival of both teams is recommended.
- Before the match begins, each coach will hand the other coach a list of his/her players and how they are playing. This must adhere to the policy of playing singles players in the order of their ability. It is legal to switch girls from singles to doubles, but it must be done without waiting to see how the other team will line up. The first doubles team must be that school's better team playing that day. The second doubles team must be better than the school's third doubles team. To move a player from a higher to a lower position during the season, a coach must present documentation of a play off (minimum of one set) that has taken place within the two weeks prior to that match.

If a coach believes that an illegal line up was used by an opponent, it should be brought to the chairman's attention. If a match does not have a complete line up, the coach must forfeit from the bottom of the singles or doubles line up. This means that a coach cannot forfeit first singles, but must forfeit fourth singles and move everyone else up accordingly.

- In case of a rain-out or otherwise postponed match, it shall be the responsibility of the home school to reschedule the match for the first open date available to both schools. ***(League matches have priority over non-league matches. A league match should bump a nonleague match in making up rainouts.)*** It is the responsibility of both coaches to record game and set scores that have been completed; also, they should record the server and court sides of the game in progress. Continuation of the match will be from that point. A match is considered started at the first serve so a player injured during warm-up can be removed from the line up. Continuation of the match will be from that point. If a player cannot participate on a rescheduled date, the player defaults the match. If the match has not started, a new line up may be resubmitted on the rescheduled date.
- It is the responsibility of the home team, in case of inclement weather, to notify the opponent school of a match postponement prior to 2:00PM. This should be done via the Athletic Directors.

- Each home team shall furnish a minimum of one unopened can (three regulation balls) of tennis balls for each of the eight matches comprising an interschool match. A new can of tennis balls shall be supplied by the home school for the third set should either player request it.
- Any match, once started, that is postponed for longer than ten minutes due to an equipment failure or physical unfitness of a player must be defaulted to the opponent.

Each individual match shall consist of one eight game pro-set, using **No Ad scoring**. The points used in any game shall be 15-30-40-game. At 40-40, the opponent will have choice of side on which to receive. In doubles, one opponent may choose to receive. **A player may either play singles or doubles, but may not play both in any one interschool contest. For the purpose of ensuring that every eligible tennis player has the opportunity to play in a match, each may play one additional singles or doubles match per day, shall be increased to 2 matches per day, provided that every individual eligible player plays once before a player may play twice.**

- A player who wins eight or ten games wins the set, provided that she wins by a margin of at least 2 games. If the score in any set should reach 7-7 or 9-9, a tiebreak system will be used.

Tiebreak Systems

SINGLES: A, having served the first game of the set, serves the first point from the right court; B serves points 2 and 3 (left and right). A serves points 4 and 5 (left and right); B serves point 6 (left) and after they changed ends of the court, point 7 (right); A serves 8 and 9 (left and right); B serves 10 and 11 (left and right) and A serves point 12 (left). A player who reaches 7 points (and has a margin of 2 points) during this tiebreak wins the game and set. If the score reaches 6-6, the players changed ends and continue in the same pattern until one player reestablishes a margin of two points, which gives her the game and set. Note, that the players change ends every six points and that the player who serves the last point of one of the 6-point segments also serves the first point of the next one (from the right court). For the following set, the players change ends, and B serves the first game.

DOUBLES: Follow the same pattern, with partners preserving their serving sequence.

- ****Coaching during every change of sides (court ends) will be allowed not to exceed 90 seconds.** Change-over of court ends takes place after the odd numbered games.
- Players will score their own matches, the server announcing the score prior to each service. Conflicts must be resolved by mutual agreement between the players involved. Players are responsible to call ball in or out on her court. Indecision should be considered **in**. Disputes on interpretation of rules will be resolved between coaches. ****Prior to the beginning of each match, in addition to all of the announcements that are made (AED location, lavatory facilities, first aid box, water, etc...), coaches need to reinforce to each team the on-court rules of tennis (page 6) since players are required to be their own officials.**
- Correct foot faults during practice. Blatant foot faults during matches should be reported to the coaches. A coach may correct her player at a match. **No points should be awarded.**
- USTA Code of Conduct rules will be used. (See enclosed rules)
- All practice serves to be taken during the 10 minute warm-up period.
- Number of practices prior to the first scrimmage – 6 for team and individual
Number of practices prior to the first contest – 8 for team and individual.
Maximum number of contests (matches and scrimmages) -- 14

USTA

On-Court Rules

- If you have any doubt as to whether a ball is out or good, **you must** give your opponent the benefit of the doubt and **play the ball as good.** You **should not** play a let.
- It is **your obligation to call all balls on your side**, to help your opponent make calls when the opponent requests it, and to call against yourself (with the exception of a first service) any ball that you clearly see out on your opponent's side of the net.
- Any “out” or “let” call **must be made instantaneously** (i.e., made before either an opponent has hit the return or the return has gone out of play) otherwise, the ball continues in play.
- Do not enlist the aid of spectators in making line calls.

- If you call a ball out and then realize it was good, you should **correct your call**.
- To avoid controversy over the score, the **server should announce the set score** (e.g., 5-4) **before** starting a **game** and the **game score** (e.g., thirty-forty) **prior to serving each point**.
- If players cannot agree on a score, players should first count all points agreed upon by the players and replay only the disputed points; second, play from a score mutually agreeable to all players; third, spin a racquet.
- **Foot faults are not allowed.** If an opponent persists in foot faulting after being warned not to do so, the Referee should be informed.
- Do not stall, sulk, complain, or practice gamesmanship.

Source: “The Code” official USTA publications, whose principles and guidelines shall apply in any match conducted without officials.

MCPSAC
Modified Playing Formats

Sport	Regulation Game		4 Quarter	
	4 Quarters		Extended Play	
	Time Limits	# of Players	Time Limits	# of Players
Basketball	7 min. quarters	5-6	9 min. quarters (quarter 1= 8 min.)	7+
Field Hockey	25 min. halves	11-14	15 min. quarters	15+
Football	10 min. quarters	16-18	12 min. quarters	19+
Boys Lacrosse	9 min. quarters	10-13	11 min. quarters	14+
Girls Lacrosse	25 min. halves	10-15	15 min. quarters	16+
Soccer	15 min. quarters	11-14	18 min. quarters	15+

- **Playing Philosophy**
 - Quarter 1 - Strongest Players
 - Quarter 2 - Developmental Players (Strongest players, regardless of position, should not play during this quarter) Example- if there are 12 players on a basketball team, each player should be numbered from #1- #12, (#1 being the strongest and #12 being the weakest), # 1-5 should not play in Quarter 2.
 - Quarters 3 & 4 – Coaches decision based on competitiveness of the contest.
- If the minimum number of players needed for a 4 Quarter Extended Play period is met, the number of minutes for each quarter will be increased (see above chart).
- No player may play more than 3 quarters. Entry into each quarter rather than actual playing time shall constitute “participation” in the quarter.
- If a player is injured during a contest, and the minimum number of participants is no longer met, the game must go back to the regulation 4 quarter time limits.

WINTER

- **Modified “A” Girls/Boys Basketball**
- **Modified “B” Girls/Boys Basketball**

- **Modified “B” Wrestling**
- **Modified “B” Boys Swimming**

BOYS/GIRLS BASKETBALL—MODIFIED B LEVEL
NYSPHSAA Inc. Middle School Sports Standards

MCPSAC Game Rules

Game Format

- Four quarter games (with overtime if necessary). A fifth quarter is **not** to be played.
- “Best” players will play periods one (1) .
- “Second Best” players will play period two (2).
- **A player who plays in period one (1) is NOT eligible to play in period two (2).**
- **All players are eligible to play in periods three (3) and four (4).**
- **A player may NOT play in more than three periods.**
- Coaches are to meet prior to fourth period to agree on appropriate match-ups

Miscellaneous

- Defense
 - Any defense (M/M, zone, etc.) may be used
- Pressing
 - Teams may press at any time during the game
- Shot clock and 3point shot is **not allowed**
- Overtime – three (3) minutes in length. If still tied after first OT, the subsequent overtime periods will be continued to be three (3) minutes and will be “sudden victory”. First team to score one (1) point is the winner.
- Time Outs
 - Same as Varsity and JV

BOYS/GIRLS BASKETBALL—MODIFIED B LEVEL
NYSPHSAA Inc. Middle School Sports Standards

MCPSAC Game Rules

Game Format

- Four quarter games (with overtime if necessary). A fifth quarter is **not** to be played.
- “Best” players will play periods one (1).
- “Second Best” players will play period two (2).
- **A player who plays in period one (1) is NOT eligible to play in period two (2).**
- **All players are eligible to play in periods three (3) and four (4).**
- **A player may NOT play in more than three periods.**

- Coaches are to meet prior to fourth period to agree on appropriate match-ups

Miscellaneous

- Defense
 - Any defense (M/M, zone, etc.) may be used
- Pressing
 - Teams may press with 1 minute remaining in **each** period. The leading team cannot press when they are up more 15 points or more.
- Shot clock and 3 point shot is **not allowed**
- Overtime – three (3) minutes in length. If still tied after first OT, the subsequent overtime periods will be continued to be three (3) minutes and will be “sudden victory”. First team to score one (1) point is the winner.
- Time-Outs (new 11/08)
- The time outs will now be 2 in the first half and 3 in the second half with no carry over between halves

MODIFIED B WRESTLING

NYSPHSAA Inc. Modified Sports Standards

NYSPHSAA Inc. Modified Game Rules and Game Conditions

Game Conditions:

- A contestant (or team) may participate in competitions not to exceed 12 points during their season. Points assessed to competitions are as follows:
- 1 Point Meets are any competitions where a wrestler or wrestlers compete in one or two bouts.
- 2 Point Meets are any competitions where a wrestler or wrestlers compete in three bouts.
- No contestant (or team) can accumulate more than 8 points out of the maximum 12 points allowed via 2 point contests.
- No contestant (or team) can accumulate more than 3 points per week.
- There shall be no competition between wrestlers with an age difference of more than 24 months.
- At least 2 nights shall elapse between contests.
- The time periods for bouts shall be as follows:
- If a contestant competes in only one bout per contest, the time periods are:
Program 1: Three 1 and ½ minute periods
Program 2: 1st Period – 1 minute; 2nd and 3rd Periods – 1 and ½ minutes.
- If a contestant competes in two or three bouts per contest, the time periods will be either
(1) Three 1 minute periods, or (2) 1st Period: 1 minute: 2nd and 3rd periods 1 ½ minutes.

There must be a 45 minute time period between bouts.

- There will be no overtime period. With Sectional Approval, a sudden victory overtime period should be permitted in modified wrestling. Wrestlers must start in the standing position and the period should not exceed 30 seconds.
- Weight Control:
 - 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.
 - 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.
 - 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.
 - Wrestlers participating in the Modified Program may progress in weight in their individual classes at the same pound and date allowance as high school wrestlers.
- Weigh-ins on the day of a dual meet shall be established by the Section Athletic Council.
- A 3-bout (2 point multi meet) contest cannot be conducted as the last competition of the season. These meets must be conducted in a round robin format (not a bracket elimination format), with no recognition of place winners.

Game Rules:

Game Rules (Program 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, 158 and unlimited classes with contestants competing weighing within 10 pounds of each other.
- Honor Weigh-In: The procedures described in the Wrestling Weight Control Plan shall be followed, p. 83-84.
- There is no limit to the total team bouts in a contest.
- Scoring: Use regular scoring system with teams receiving zero points for tied bouts or count number of bouts won or a combination of both. All bouts to count in team scoring.

Game Rules (Program 2)

- Weights: Weight class is listed first, variance second: 70-80 lbs. (4 lbs); 80-90 lbs. (4 lbs); 90-100 lbs. (3 lbs); 100-110 lbs. (3 lbs); 110-120 lbs. (3lbs); 120-130 lbs. (2 lbs); 130-140 lbs. (3 lbs); 140-150 lbs. (5 lbs); 150-160 lbs. (5 lbs); heavier weights (as much as 8 lb

- Variance: The variance listed above permits a contestant to compete against a contestant who is either in a lower or upper weight group. As long as both wrestlers stay within the variance listed. (ie. A wrestler in the 70-80 lbs. group who weighs 78 lbs. can compete with a wrestler in the 80-90 lbs. weight group as long as the heavier wrestler does not weigh more than 82 lbs.)
- 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.
- There is no limit to the total team bouts in a contest.
- Scoring: Use regular scoring system with teams receiving zero points for tied bouts or count number of bouts won or a combination of both. All bouts to count in team scoring.

MCPSAC Game Rules:

- MCPSAA Game Rules
- Monroe County has chosen to follow Game Rules Program #2.
- The Home coach will have the responsibility of contacting opposing coach the night before a match.
- Coaches are required to weigh team members the night before a match.
- Coaches have the option of putting a wrestler from the opposing team on a scale to check his weight.
- If 20 or more matches have been set up, all matches will consist of 3 one minute periods.

MODIFIED B SWIMMING

NYSPHSAA Inc. Modified Game Rules and Game Conditions

Game Rules:

- The national Federation Rules of Swimming and Diving shall be followed except as indicated below.
- A swimmer is permitted one false start before disqualification. The use of the no re-call false start rule shall not be utilized.
- Swimmers may compete in a maximum of three events. (1 relay and 2 individual, or 2 relay and 1 individual).
- The events and their order shall be:
 - 200 yd. medley relay
 - 200 freestyle

- 100 yd. individual medley
- 50 yd. freestyle
- Diving competition shall consist of (1) voluntary dive (dd not to exceed 1.8) which shall be done first: week 1-forward group; week 2-back group; week 3-inward group (begin rotation over), and three (3) optional dives: two (2) of the three (3) must be from different groups.
- 50 yd. butterfly (optional - 100 yd. butterfly)
- 100 yd. freestyle
- 50 yd. backstroke (optional - 100 yd. backstroke)
- 50 yd. breaststroke (optional - 100 yd. breaststroke)
- 200 yd. freestyle Relay
- With prior mutual agreement of teams, league, or section races may be conducted by seated heats with the winners established on time alone. No final events may be conducted.

MCPSAC Game Rules:

- Swim caps cannot have logos (ex. Speedo).
- 3 events per swimmer
- A roster sheet or event cards must be given to the officials.
- There is a maximum of 2 heats per event.
- Home team has even lanes, Away team has odd lanes.
- Diving Rules
- There will be a maximum of 4 divers per team.
- Each diver is allowed 4 dives. Coaches must be aware of the required dive for the week.
- Diving will be scored. Coaches choice of how to use scoring.

SPRING

- **Modified “B” Field Hockey**
- **Modified “B” Boys and Girls Track & Field**
- **Modified “B” Boys Lacrosse**
- **Modified “B” Girls Lacrosse**
- **Modified “B” Softball**
- **Modified “A” Softball**
- **Modified “A & B” Baseball**

MODIFIED “B” FIELD HOCKEY

NYSPHSAA Inc. Modified Sports Standards

MCPSAA Inc. Game Formats and Game Rules

- Playing Philosophy
 - Quarter 1 - Strongest Players
 - Quarter 2 - Developmental Players (Strongest players, regardless of position, should not play during this quarter) Example- if there are 12 players on a basketball team, each player should be numbered from #1- #12, (#1 being the strongest and #12 being the weakest), # 1-5 should not play in Quarter 2.
 - Quarters 3 & 4 – Coaches decision based on competitiveness of the contest.
- If the minimum number of players needed for a 4 Quarter Extended Play period is met, the number of minutes for each quarter will be increased (see above chart).
- No player may play more than 3 quarters. Entry into each quarter rather than actual playing time shall constitute “participation” in the quarter.
- If a player is injured during a contest, and the minimum number of participants is no longer met, the game must go back to the regulation 4 quarter time limits.
- “Coaches are to use best judgment after 6:30 pm”

Sport	Regulation Game		4 Quarter	
	4 Quarters		Extended Play	
	Time Limits	# of Players	Time Limits	# of Players
Basketball	7 min. quarters	5-6	9 min. quarters (quarter 1= 8 min.)	7+
Field Hockey	25 min. halves	11-14	15 min. quarters	15+
Football	10 min. quarters	16-18	12 min. quarters	19+
Boys Lacrosse	9 min. quarters	10-13	11 min. quarters	14+
Girls Lacrosse	25 min. halves	10-15	15 min. quarters	16+
Soccer	15 min. quarters	11-14	18 min. quarters	15+

NYSPHSAA Inc. Modified Game Rules and Game Conditions

Game Conditions:

- NF Rules
- Halves shall consist of 25 minutes, maximum.
- Substitution: Utilize the NF 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 minutes. Three time outs may be called by each coach: two in one half and one in the other.

- Equipment: Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any modified sport.

Scrimmage Conditions:

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

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

MODIFIED “B” BOYS AND GIRLS TRACK AND FIELD

NYSPHSAA Inc. Modified Sports Standards

NYSPHSAA Inc. Modified Game Rules and Game Conditions

Game Conditions:

- Equipment – Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program.
- Shoes with metal posts or spikes are not permitted in any modified sport.
- A runner is permitted on false start before disqualification.
- A student may enter a maximum of 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).

Scrimmage Conditions:

A Track and Field Scrimmage must conform to the following:

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

MCPSAC Game Rules

- A student may enter a maximum of 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 2300 meters for outdoor track (total distance refers to specific events, not total distance of heats).
- Only sneakers are to be worn during a contest. (No molded plastic cleats or metal spikes)
- The false start rule is waived.
- Athletes may not wear jewelry, or tape over jewelry.
- Starting blocks are not to be used.

MCPSAC Meet Conditions

- Scoring will be 5-3-1 for all events except relays, which will be scored 5-0.
- The suggested curfew for all meets is 6:00-6:30 p.m.
- The best runners should be placed in the first heat.
- Field and running events should be at the same time. There is no disqualification for missing a field event due to a conflict.
- All regular events scheduled for a meet should be run and scored unless both coaches agree to eliminate a certain event. Coaches should also agree on whether to limit the number of long and triple jump attempts to two instead of three if a the meet will not be concluded by the 6:00-6:30 curfew time.
- 55M hurdles (Start to first hurdle = 12M; Distance between hurdles = 8M; Fifth hurdle to finish = 11M.)

- A third line 18 feet from the pit is suggested for triple jumpers of lesser ability.
- Start high jump at 3'6". Go up 3" increments to 4'0", then 2" increments to 5'0", then 1" increments. Jumpers are allowed one practice approach. The second approach must end in a jump or it is scored as a miss.
- Where possible, adults should officiate all events.
- The best runners should be placed in the first heat. Girls heats followed by boys. No separate heats or scoring for seventh and eighth graders.
- **Hosting coaches should record the names of their athletes on the *carbonless race forms, prior to the start of the meet. Visiting coaches should bring event rosters to the home school to expedite the meets.**

Order of running events:

55M Hurdles
 800M Run
 100M Dash
 400M Run
 55M Dash
 200M Dash
 1500M Run
 400M Relay (4x100)
 800M Relay (4x200)

MODIFIED "B" BOYS LACROSSE

NYSPHSAA Inc. Modified Sports Standards

Scrimmage Conditions.

- Lacrosse scrimmage must have modified time periods and include *one or more* of the following:
 - Alternate possessions.
 - Start the scrimmage with either a Draw (girls) or a Face-Off (boys).
 - Include the following game situations.
 - Face-Off/Draws – Boys/Girls
 - Clears and Rides –Boys/Girls
 - Extra Man and Man-Down – Boys/Girls
 - Fast Breaks – Boys/Girls

Game Rules.

- The length of quarters shall be 9/11 minutes.
- Two overtime periods of 2 minutes are to be played in the event the game is a tie; and no sudden death period is to be allowed.
- A team shall be permitted 3 time-out periods per half. The time outs cannot be accrued in the course of the game.

- 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 "Indian Check".
- There is no such call as a "Brush" in the Modified Program. Contact between crosse and helmet is a personal foul.
- Contact with the ball is disallowed by any offensive players when the ball is loose in the crease.
- Body checking is allowed ONLY against a player who is in possession of the ball.
- The ten second rule is eliminated.
- In a 5 period lacrosse game the mercy rule shall be in effect at the end of the third period of play.
- Substitutes are permitted whenever the ball goes out of bounds.
- When a goalkeeper gets a penalty, the in home player will serve the penalty if a second goalkeeper is unavailable.

MCPSAA Inc. Game Formats and Game Rules

- Playing Philosophy
 - Quarter 1 - Strongest Players
 - Quarter 2 - Developmental Players (Strongest players, regardless of position, should not play during this quarter) Example- if there are 12 players on a basketball team, each player should be numbered from #1- #12, (#1 being the strongest and #12 being the weakest), # 1-5 should not play in Quarter 2.
 - Quarters 3 & 4 – Coaches decision based on competitiveness of the contest.
- If the minimum number of players needed for a 4 Quarter Extended Play period is met, the number of minutes for each quarter will be increased (see above chart).
- No player may play more than 3 quarters. Entry into each quarter rather than actual playing time shall constitute “participation” in the quarter.
- If a player is injured during a contest, and the minimum number of participants is no longer met, the game must go back to the regulation 4 quarter time limits.
- “Coaches are to use best judgment after 6:30 pm”

MODIFIED “B” GIRLS LACROSSE

NYSPHSAA Inc. Modified Sports Standards

NYSPHSAA Inc. Modified Game Rules and Game Conditions

Game Conditions

- National Federation of State High School Associations

Game Rules

- US Lacrosse Rules
- Halves shall consist of 25 minutes, maximum.
- 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.

- Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any modified sport.
- All players must wear mouthpieces.
- Goalkeepers must wear the following equipment: 1. Helmet with face mask, 2. Mouthpiece, 3. Throat protector, 4. Padding on hands, arms, legs, shoulders and chest to conform with USWLA rules (padding does not excessively increase the size of these body parts - maximum thickness one inch).
- Modified stick checking in modified lacrosse, as outlined in the US Lacrosse Rulebook under the Girl's Youth Rules – Level A, may be used.
- 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. Have all players leave their sticks on the field where they are when the time out is called.

Scrimmage Conditions.

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

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

MCPSAA Inc. Game Formats and Game Rules

- Playing Philosophy
 - Quarter 1 - Strongest Players
 - Quarter 2 - Developmental Players (Strongest players, regardless of position, should not play during this quarter)
 - -Example- if there are 12 players on a basketball team, each player should be numbered from #1- #12, (#1 being the strongest and #12 being the weakest), # 1-5 should not play in Quarter 2.
 - Quarters 3 & 4 – Coaches decision based on competitiveness of the contest.
- If the minimum number of players needed for a 4 Quarter Extended Play period is met, the number of minutes for each quarter will be increased (see above chart).
- No player may play more than 3 quarters. Entry into each quarter rather than actual playing time shall constitute “participation” in the quarter.
- If a player is injured during a contest, and the minimum number of participants is no longer met, the game must go back to the regulation 4 quarter time limits.

Miscellaneous Rules

- **In the transition from defense to offense (regardless if there has been a shot on goal) in your defensive end, there must be at least one pass attempted**

(before half field), excluding an outlet pass from the goalie, before a shot on goal.

- The same is true after a draw. There must be at least one pass attempted before a shot on goal.
- Understand Shooting Space and the 3-second rule pertaining to playing good defense.
- Only one practice per day. At least 45 minutes, no more than 2 hours.
- Practice must be connected to the sport (skill and exercise). Chalk talks **do not** count for qualifying practices.
- Can only practice six (6) days in a row.

MODIFIED “B” SOFTBALL

NYSPHSAA Inc. Modified Sports Standards

NYSPHSAA Inc. Modified Game Rules and Game Conditions

Game Conditions

- Any pitcher pitching more than 4 innings in one game must have at least 2 nights of rest before pitching again. When removed from pitching, the contestant may play any other position.
- Ten player teams optional with section approval.
- Doubleheaders: A team may play (2) games in one day, twice during a season, either a double header against a single opponent, or two successive games against two different opponents. The following restrictions apply to the use of doubleheaders:
 - The maximum number of doubleheaders allowed is two (2).
 - A team may not play three (3) games in two (2) consecutive days. No more than three (3) games a week may be played.
 - Pitching limitations remain the same.
 - 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).

Scrimmage Conditions

A Softball/Baseball scrimmage must include free substitution and lineup cards will not be exchanged. Scrimmages must also include *on or more* of the following:

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

Game Rules.

- ASA Rules, 7 innings.
- There shall be a 40 foot maximum pitching distance.

- A player may re-enter the game once.
- Equipment –
 - Catchers shall wear the full protective equipment: 1. Helmet, 2. Mask, 3. Chest Protector, 4. Shin Guards, 5. Throat Protector.
 - Batters and base runners shall wear protective headgear.
 - Any player warming up a pitcher, on or off the field, shall wear protective equipment.
 - Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any modified sport.

MCPSAA Modifications

- 5 run limit for each inning
 - Exception: last inning is unlimited
- Games are 7 innings long.
 - Extra innings may be played
 - “Coaches are to use best judgment after 6:30 pm”
- Stealing is permitted. May leave the base on the release of the pitch.
- Dropped third strike in effect
- Passed ball in effect. Only one base advancement.
- Players must slide at home if there is a play at home. A player will be called out if she does not slide.
- Double Base at first base will be used.
- All players must make an appearance. The appearance must be either a minimum one at bat or one inning in the field.

Clarifications

- If a batter is hit by a pitch, even if the ball bounces, she is awarded first base.
- There must be a minimum of one day between contests.
- The maximum number of contests is 12
- 8 practices are required before the first scrimmage.
- 10 practices are required before the first game.
- 10 players are allowed on the field (4 outfielders).
- Bunting is in effect.
- There is a 40’ pitching distance.
- Designated batters may NOT play another position,
- There are NO protests.
- Any pitcher, pitching 4 or more innings in one game, must have at least 2 nights rest before pitching again.
 - **When removed from pitching, the player may play any other position.**

MODIFIED A SOFTBALL RULES

NYSPHSAA Inc. Modified Sports Standards

NYSPHSAA Inc. Modified Game Rules and Game Conditions

Game Conditions

- Any pitcher pitching more than 4 innings in one game must have at least 2 nights of rest before pitching again. When removed from pitching, the contestant may play any other position.
- Ten player teams optional with section approval.
- Doubleheaders: A team may play (2) games in one day, twice during a season, either a double header against a single opponent, or two successive games against two different opponents. The following restrictions apply to the use of doubleheaders:
 - The maximum number of doubleheaders allowed is two (2).
 - A team may not play three (3) games in two (2) consecutive days. No more than three (3) games a week may be played.
 - Pitching limitations remain the same.
 - 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).

Scrimmage Conditions

A Softball/Baseball scrimmage must include free substitution and lineup cards will not be exchanged. Scrimmages must also include *on or more* of the following:

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

Game Rules.

- ASA Rules, 7 innings.
- There shall be a 40 foot minimum pitching distance.
- A player may re-enter the game once.
- Equipment –
 - Catchers shall wear the full protective equipment: 1. Helmet, 2. Mask, 3. Chest Protector, 4. Shin Guards, 5. Throat Protector.
 - Batters and base runners shall wear protective headgear.
 - Any player warming up a pitcher, on or off the field, shall wear protective equipment.
 - Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any modified sport.

MCPSAC MODIFICATIONS

- 5 run limit for each inning; except the last which is unlimited.
- Games are 7 innings long.
 - “Coaches are to use best judgment after 6:30 pm”
- Stealing is permitted. May leave the base on the release of the pitch.
- Dropped third strike in effect.
- Passed ball in effect. Only one base advancement.
- If there is a play at home, (ball thrown toward home plate) the player **MUST** slide.
A
player will be called out if she does not slide. Please be reasonable.
- There are four outfielders.
- *All players must make an appearance. The appearance must be either a minimum one at bat or one inning in the field.*

MODIFIED “A” & “B” BASEBALL

NYSPHSAA Inc. Modified Sports Standards

NYSPHSAA Inc. Modified Game Rules and Game Conditions

Scrimmage Conditions

A Softball/Baseball scrimmage must include free substitution and lineup cards will not be exchanged. Scrimmages must also include *on or more* of the following:

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

Game Rules:

- Regulation game shall be 7 innings.
- A pitcher may pitch no more than 12 full innings in any one calendar week and no more than 7 innings in any one game. After pitching 4 or more full innings in any one game there must be at least 2 nights of rest before pitching again. When removed, the contestant may play any other position.
- Designated hitter will not be allowed.
- An extra player, referred to as EP is optional (on a game-by-game basis), but if one is used, it must be known prior to the start of the game (official lineup card) and be listed on the scoring sheet in the regular batting order. If the EP is used, he must be used for the entire game. Failure to complete the game with the EP results in the forfeiture of the game (except in case of injury or ejection from game with no eligible players left to enter, the rules permit play with eight men).

If an EP is used, all 10 players bat, but only 9 can play defense each inning. The person designated as the EP (not a defensive player at the start of the game) may at a later time play a defensive position; the defensive player now is only a batter for that inning and not a fielder. There will always be one player in the lineup not on the field defensively. The EP may be substituted for at any time, either by a pinch-runner or pinch-hitter who then becomes the EP. The substitute must be a player who has not yet been in the game. Substitutes and reentry will be treated as in the past. A starter may re-enter the game into his same batting order position.

- The re-entry rule may be waived only if an injured player must be replaced and all eligible substitutions were used during the game.
- 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.)

MCPSAA Game Rules:

- All players must make an appearance. The appearance must be either a minimum one at bat or one inning in the field.
- Players acting as base coaches must wear a helmet.
- All bats must conform to -3.
- Players must slide when there is a play at the plate.
- “Coaches are to use best judgment after 6:30 pm”

Rochester City Schools

The following rule modifications are specific to Rochester City Schools in addition to those listed in the NYSPHSAA Handbook.

FALL

Volleyball

- ◆ **Matches are best 3 of 5.** Play to conclusion.
- ◆ On serve.....ALL must start with both feet behind the line.
- ◆ There are foot faults.
- ◆ Let Serve – Play On!
- ◆ All Games are Rally Scoring to 25 Points
- ◆ The 5th and deciding game shall be played to 20 points.
- ◆ 1 False serve per turn of service
- ◆ Teams are allowed 5 consecutive successful serves by the same individual before they must rotate to their teammate and continue.
- ◆ Overhand or underhand serve
- ◆ Home schools will provide officials and scorekeepers
- ◆ Warm up time (5/5/2)
- ◆ Please make an effort to have all quiet for serve.
- ◆ Teams should move counter clockwise at end of each game to switch benches.
- ◆ Pre-Match Agenda
 - A/B Teams (Need 12)
 - Ceiling Rules
 - No Gum/Jewelry

- ◆ End of Game – Go to end line and move counter clockwise.
- ◆ End of Match – Cheer and Lineup.
- ◆ Goggles must be worn, unless glasses are of the approved non-breakable type (rims and lenses)

WINTER:

- **Modified “B” Girls/Boys Basketball**
- **Modified “B” Wrestling**
- **Modified “B” Coed Swimming**

RCAC

Boys/Girls Basketball – Modified B Level

NYSPHSAA Inc. Middle School Sports Standards

Number of practices prior to first scrimmage	Team – 9
Number of practices prior to first contest	Team – 11
Team and individual maximum number of contests	14 [including scrimmage(s)]
Minimum time between contests	1 night
Individual limitations per day	1 game

RCAC Game Rules

Game Format

1. Teams with 10 or more players must play **A and B squads**.
2. The first and third periods are considered A squad playing times.
3. The second and fourth periods are considered B squad playing times.
4. The fifth period and overtime periods can be used to play anyone.
5. If one or both teams have 10 or less players, you should play 4 quarters.
6. If both teams have 11 or more players, you should play 5 periods.
7. Teams with less than 10 players should make every attempt to play A and B squads to maintain the spirit of the game.
8. All periods must be **7 minutes long**. (Section V rule.)
9. Spectators may attend with adult supervision (1 adult to 10 children).
10. Players can wear head sweatbands only. If more than one player wears a sweatband they must be of the same color.
11. There is **no 30 second clock**.
12. There **will be a 10 second rule** for boys and girls.
13. A team **may not pressure the outlet pass**. However, a team may full court press, and pressure the outlet pass in the **last 2 minutes of each half**, as long as they are not more than 10 points ahead. **Teams may press in overtime** as long as they are not more 10 points ahead.
14. During foul shooting, players can cross in the lane when:
 - The ball is released by the shooter (Girls).
 - The ball hits the rim (Boys).
15. **Boys Fouls – 7 team fouls in the half = 1:1 Shooting, 10 team fouls in half = 2 shots**
16. **Girls Fouls – 5 team fouls in a quarter = 2 shots (NEW RULE 2015 -2016 Season).**
17. Uniform shirts must be tucked in at all times.

18. Coaches must dress in a professional manner. (No sweat suits, shorts, or jeans should be worn.)
19. **Overtime:** There will be an overtime period of three (3) minutes. If still tied, additional overtime “sudden victory” periods will be played until at least (1) point is scored. Overtime periods are all 3 minutes. All players are eligible to play in overtime (A and B).
20. Modified athletics are to be conducted as teaching situations and not played with a win at all cost attitude.
21. In the case of two uniforms, while jerseys are home – dark jerseys away.
22. Man-to-man or zone defenses are permitted.
23. **No 3 point shots allowed.**
24. Home teams will supply basketballs for both teams to use for warm-ups.
25. Any defense may be used (M to M, Zone, etc.).
26. **SPORTMANSHIP!**

**RCAC
Modified B Wrestling**

NYSPHSAA Inc. Modified Sports Standards

- | | |
|--|---|
| • Number of practices prior to first scrimmage | 13 |
| • Number of practices prior to first contest | 15 |
| • Team and individual maximum number of contests | 12 points |
| • Minimum time between contests | 2 nights |
| • Individual limitations per day | 2 matches (see details in Game Rules Section) |
| • Time and distance limits | Maximum of 8 points thru 2 point contests |

NYSPHSAA Inc. Modified Game Rules and Game Conditions

Game Conditions:

1. A contestant (or team) may participate in competitions not to exceed 12 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 three bouts.
2. No contestant (or team) can accumulate more than 8 points out of the maximum 12 points allowed via 2 point contests.
 3. No contestant (or team) can accumulate more than 3 points per week.
 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:
 7. a) If a contestant competes in only one bout per contest, the time periods are:
 - Program 1: Three 1 and ½ minute periods
 - Program 2: 1st Period – 1 minute; 2nd and 3rd Periods – 1 and ½ minutes.
 - b) If a contestant competes in two or three bouts per contest, the time periods will be either
 - (1) Three 1 minute periods, or (2) 1st Period: 1 minute; 2nd and 3rd periods 1 ½ minutes.

There must be a 45 minute time period between bouts.
 - c) There will be no overtime period. With Sectional Approval, a sudden victory overtime period should be permitted in modified wrestling. Wrestlers must start in the standing position and the period should not exceed 30 seconds.
8. 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) Wrestlers participating in the Modified Program may progress in weight in their individual classes at the same pound and date allowance as high school wrestlers.
 9. Weigh-ins on the day of a dual meet shall be established by the Section Athletic Council.

10. A 3-bout (2 point multi meet) contest cannot be conducted as the last competition of the season. These meets must be conducted in a round robin format (not a bracket elimination format), with no recognition of place winners.

Game Rules:

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, 158 and unlimited classes with contestants competing weighing within 10 pounds of each other.
2. Honor Weigh-In: The procedures described in the Wrestling Weight Control Plan shall be followed, p. 83-84.
3. There is no limit to the total team bouts in a contest.
4. Scoring: Use regular scoring system with teams receiving zero points for tied bouts or count number of bouts won or a combination of both. All bouts to count in team scoring.

Game Rules (Program 2)

1. Weights: Weight class is listed first, variance second: 70-80 lbs. (4 lbs); 80-90 lbs. (4 lbs); 90-100 lbs. (3 lbs); 100-110 lbs. (3 lbs); 110-120 lbs. (3lbs); 120-130 lbs. (2 lbs); 130-140 lbs. (3 lbs); 140-150 lbs. (5 lbs); 150-160 lbs. (5 lbs); heavier weights (as much as 8 lb
2. Variance: The variance listed above permits a contestant to compete against a contestant who is either in a lower or upper weight group. As long as both wrestlers stay within the variance listed. (ie. A wrestler in the 70-80 lbs. group who weighs 78 lbs. can compete with a wrestler in the 80-90 lbs. weight group as long as the heavier wrestler does not weigh more than 82 lbs.)
3. 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.
4. There is no limit to the total team bouts in a contest.
5. Scoring: Use regular scoring system with teams receiving zero points for tied bouts or count number of bouts won or a combination of both. All bouts to count in team scoring.

**RCAC
Modified B Swimming**

NYSPHSAA Inc. Modified Sports Standards

- Number of practices prior to first scrimmage **12**
- Number of practices prior to first contest **15**
- Team and individual maximum number of contests **12**
- Minimum time between contests **2 nights**
- Individual limitations per day **3 events**
- Time and distance limits

NYSPHSAA Inc. Modified Game Rules and Game Conditions

Game Rules:

1. The national Federation Rules of Swimming and Diving shall be followed except as indicated below.
2. A swimmer is permitted one false start before disqualification. The use of the no re-call false start rule shall not be utilized.
3. Swimmers may compete in a maximum of three events. (1 relay and 2 individual, or 2 relay and 1 individual).
4. The events and their order shall be:
 - 200 yd. medley relay
 - 200 freestyle
 - 100 yd. individual medley
 - 50 yd. freestyle
5. Diving competition shall consist of (1) voluntary dive (do not to exceed 1.8) which shall be done first: week 1-forward group; week 2-back group; week 3-inward group (begin rotation over), and three (3) optional dives: two (2) of the three (3) must be from different groups.
 - 50 yd. butterfly (optional - 100 yd. butterfly)
 - 100 yd. freestyle
 - 50 yd. backstroke (optional - 100 yd. backstroke)
 - 9. 50 yd. breaststroke (optional - 100 yd. breaststroke)
 - 200 yd. freestyle Relay
6. With prior mutual agreement of teams, league, or section races may be conducted by seated heats with the winners established on time alone. No final events may be conducted.

RCAC Game Rules:

1. Swim caps cannot have logos (ex. Speedo).
2. 3 events per swimmer

- a. A roster sheet or event cards must be given to the officials.
 - b. There is a maximum of 2 heats per event.
 - c. Home team has even lanes, Away team has odd lanes.
3. Diving Rules
- a. There will be a maximum of 4 divers per team.
 - b. Each diver is allowed 4 dives. Coaches must be aware of the required dive for the week.

Diving will be scored. Coaches choice

SPRING

Baseball

- Time Limit—no inning starts after 6:00 (or 2 hours after start).
- Inning 1-6 have five run limit. No limit in 7th inning.

Softball

- Time Limit—no inning starts after 6:00 (or 2 hours after start).
- Inning 1-6 have five run limit. No limit in 7th inning.
- 3rd strike rule; batter is out on third strike, regardless of whether or not ball is caught by catcher.
- No leading off.

Steuben

The following rule modifications are specific to Steuben in addition to those listed in the NYSPHSAA Handbook.

FALL

Volleyball

- 1 drop allowed on the servers toss.
- 5 serve limit per player. After the 5th Serve by a player the team must rotate and the next player serves.
- Teams will switch sides of the next after games 2, 4, and 5.
- If both schools have two teams they will play the following format: team 1, team 2, team1, team 2, team 1, team2.
- If one school has two teams and the other school has one team they will play the following format: team 1, team 2, team 1, team 2 vs. the one team.
- If both schools have only one team they will play a three game match.
- Volleyball service line- *the service line in modified boys' and girl' volleyball may be moved up into the court, at a distance not to exceed two meters form the regulation service line.*

Cross-Country

- 1-1/2 mile course through midpoint of the season.
- 2 mile course from midpoint of season to end of the season.
- Using the 2 year pilot for the use of cleats

Soccer

- 15 minute quarters.
- There shall be two overtime periods of four minutes when the regulation game ends in a tie. A coin shall be flipped prior to the first overtime period. If a tie still exists after the second overtime, no further play shall be conducted.
- No slide tackling.

- Goalie must have mouth guard. Protective helmet is optional.
- Two time outs per quarter.
- Both teams can substitute on throw-ins and corner kicks.

WINTER

Wrestling

- If wrestling 2 matches in one session periods will be 1-1.5-1.5.
- If wrestling only one match periods will be 2-1-1.

Basketball

- 7 minute quarters.
- If a game is tied at the end of the regulation play, there will be an overtime period of three (3) minutes duration. If it is still tied, additional overtime “sudden victory” periods will be played until at least (1) point is scored. Overtime periods will have a maximum length of three (3) minutes.
- No 3 point shot.
- Can press at anytime.
- Can play man to man or zone defense.

Swimming and Diving

- Regulations as per the NYSHSAA modified rules.

SPRING

Baseball

- Innings 1-6 are to be completed at five runs or three outs.
- The 7th inning shall be played as a normal inning; with three outs and no run restrictions for that inning.
- Time limit is 2 hours and 30 minutes. A new inning cannot start after 2 hours and 30 minutes.
- Length of game is 7 inning game.

- **MERCY RULE:** If a team is 15 or more runs behind at the point where they have completed their 5th at bat, the game is automatically over.

Softball

- Innings 1-6 are to be completed at five runs or three outs.
- The 7th inning shall be played as a normal inning; with three outs and no run restrictions for that inning.
- Time limit is 2 hours and 30 minutes. A new inning cannot start after 2 hours and 30 minutes.
- Length of game is 7 inning game.
- **MERCY RULE:** If a team is 15 or more runs behind at the point where they have completed their 5th at bat, the game is automatically over.
- **Distance for Pitching- 43'**

Track & Field

- Regulations as per the NYSPHSAA modified rules.
- Boys 55 hurdle height is 33".

Wayne

The following rule modifications are specific to Wayne in addition to those listed in the NYSPHSAA Handbook.

FALL

Wayne-Finger Lakes Cross Country Modified Rules

- Practice may start September 1st.
- Individuals and teams need **10 practices to scrimmage.**
 - The earliest modified athletes would be allowed to scrimmage with a Sept. 1st start date is Sept. 12th. (As most schools don't start practice until the 1st day of school, this date will vary)
- Individuals and teams need **13 practices to compete in a meet.**
 - The earliest modified athletes would be allowed to compete in a meet with a Sept. 1st start date is Sept. 16th and eligible for league competition would be Sept. 22nd. (As most schools don't start practice until the 1st day of school this date will vary).
- Practice sessions – Only 1 practice per day (Session limits: 45 minutes – 2 hours)
 - Only 6 days of calendar week.
- Athletes must have 3 nights rest between contests.
- Individuals and teams may only compete in 9 contests per season.
- The maximum distance is 1.5 miles for the first part of the season. After October 1st the distance may increase to a maximum of 2.0 miles.
- All 7th and 8th grade students are allowed to run modified. 9th grade students must run at Junior Varsity or Varsity level.
- Modified teams will follow the varsity schedule of their school. At league contests, the modified race will be the first race of the day. Usually at 4:30 pm.
- Modified athletes may not wear spikes.

Wayne County Modified Soccer Rules

- Four 15 minute quarters.

- Extended Play – Four 18 minute quarters.
 - o Each team must have 16 or more players for Ext. Play.
- One timeout per quarter.
- Absolutely NO overtimes.
- Must wear a mouth guard.
- Shin guards must be worn by all players.
- Sneakers or molded cleats only – no metal cleats.
- Sliding tackles are not permitted.
- Overhead scissors kick is not permitted.
- No face paint.
- No jersey alterations.

Sport	Regulation Game 4 Quarters		4 Quarter Extended Play		5 Period Play	
	Time Limits	Minimum # of Players	Time Limits	Minimum # of Players	Time Limits	Minimum # of Players
Basketball	7 min. quarters	5	9 min. quarters	7	7 min. periods	10
Field Hockey	25 min. halves	11	15 min. quarters	15	12 min. periods	22
Football	10 min. quarters	16	12 min. quarters	19	10 min. periods	28
Boys Lacrosse	9 min. quarters	10	11 min. quarters	14	9 min. periods	20
Girls Lacrosse	25 min. halves	10	15 min. quarters	16	12 min. periods	20
Soccer	15 min. quarters	11	18 min. quarters	15	15 min. periods	22

***If a player is injured during a contest, and the minimum number of participants is no longer met, the game must go back to the regulation game time periods.

Modified Volleyball

Eligibility Rules

NYSPHSAA Handbook

- Minimum of 2 nights rest between matches.
- Maximum number of matches is 12.
- Eight practices before first scrimmage.
- Ten practices before first match.
- Maximum of three scrimmages before first match.
- One practice per day, at least 45 min. not more than 2 hours.
- Players can be in 7th, 8th, or 9th grade; see NYSPHSAA handbook.

Game Rules

- NCAA Rules
 - NCAA volleyball rules apply, except those modified by league.
 - Checks with athletic directors to see if rulebooks are available.
- Match Format
 - Each match will consist of 5 games with no games starting 1.5 hours after the start of the first match. Every attempt should be made to play 5 games unless prior arrangements have been made. If you are planning on playing less than 5 games please be sure that both coaches are aware of the change so they can plan on playing time accordingly.
 - Each match will consist of the best 2/3 with the addition of 2 or 3 more games as long as it is within the time frame of 1.5 hours.
 - Coaches should keep good sportsmanship ethics in mind and play all modified eligible players at some point in the match.

MODIFIED FOOTBALL: Wayne will be participating along with Finger lakes in the 2 year pilot for Football: Rules are listed below:

Proposed Changes to current NYSPHSAA Modified Football Rules

1. Dead ball rule on all punts, no live punts or returns (optional for section wide use with approval of the section.)

2. The offense must employ three players on the line-of-scrimmage on both sides of the center, no unbalanced line
(optional for section wide use with approval of the section.)
3. There is a maximum of 1 yard splits between line-man, tackle to tackle.
4. Defenses must employ a 4, 5 or 6 man front
5. 4 and 6 man fronts must be balanced and aligned head up tackle to tackle and cannot cover the center (no gap alignment.)
6. If a 5-man front is employed. The nose guard must line head up on the center and the tackles head up on the offensive guards or tackles, (no gap alignments.)
7. Defensive lineman, once aligned and in a stance cannot stem prior to the snap of the ball
8. No blitzing allowed. Linebackers must be stationary and at a 3 yard minimum depth at the snap of the ball.
9. Press coverage and contact at the line-of-scrimmage is not allowed against a receiver (Exception: you may press and contact is allowed with any eligible receiver within 5 yards of the offensive tackle.)

Pilot Study Baseline Information:

Section IV Football Injury Report for the 2013 season (44 total schools, 29 Reported at time of submission)

WINTER

Boys Modified Basketball Rules

Man to Man defense:

- Use of Zones:
 - Only in 2nd & 4th
 - Must use even front: (2-3 or 2-1-2)
 - Zone must stay within a step of the 3 point line.
- Pressing must be man to man:
 - You may double team if your team is losing in the last two minutes of the game. (Double team must occur from a man to man defense).
 - Once a team is up 12 they can no longer press.
 - Extended play when each team has 10 players or more:
 - Quarter times: 8, 9, 9, 9

- Players can only play a maximum of 3 quarters. 1 second counts as a quarter played.
- Regular time if a team has less than 10 players:
 - Quarter times: 7, 7, 7, 7
 - Players can play in every quarter
- No 30 second shot clock
- No pressing by the team who is ahead by 12 or more.
- Alternate possession rule in effect
- Maximum number of games is 12.
- 9 practices before 1st scrimmage; 11 before 1st game.
- A player may not practice with or against JV or Varsity athletes.
- Two certified or adult officials are recommended
- A minimum of 2 nights rest between contests.
- Boys will use regulation size basketball—boy’s ball!
- **Three point shot will NOT be allowed.**
- Overtime is one 3-minute period; if still tied then the game ends in a tie!

Modified Girls Basketball

- No shot clock
- No pressing by the team who is ahead by 12 or more
- Alternate possession rule in effect on jump balls
- Maximum number of games is 12
- 9 practices before 1st scrimmage; 11 before 1st game
- A player may not practice with or against JV or Varsity athletes
- Two certified or adult officials are recommended

- Each Team gets 4 full time-outs and 2 thirty second time-outs to be used any time during the contest. One additional time-out for overtime period. Coach can request time-out when his team has possession of ball or a dead ball situation.
- A minimum of 2 nights rest between contests
- Girls will use regulation size basketball – 28.5
- Three point shot will NOT be allowed.
- Overtime is one 3-minute period; if still tied then the game ends in a tie!
- Coaches should meet prior to game time to review modified rules
- Game times are determined by the home school. Most generally they are either 4:00/4:15

Rules & Conditions for “North East Pod”

Clyde-Savannah, Lyons, Marion, North Rose Wolcott, Red Creek, Sodus
 Man to Man defense:

- Use of Zones:
 - Only in 2nd & 4th quarters
 - Must use even front: (2-3 or 2-1-2)
 - Zone must stay within a step of the 3 point line
- Pressing must be man to man:
 - You may double team if your team is losing in the last two minutes of the game. (Double team must occur from a man to man defense.)
 - Once a team is up 12 they can no longer press.
 - Officials should warn the team violating the rule. If the violation persists, the coach should be warned. One the second warning to the coach, a technical foul will be called.
 - The 10 second line will be the point of defensive attack.
 - Double teaming is allowed if the ball is brought into another defender’s area of if the person a player is guarding takes that defender into the area of the ball (6-8 feet from the ball).

- Game Conditions:
 - Extended play when each team has 10 players or more:
 - Quarter times: 8, 9, 9, 9
 - Players can only play a maximum of 3 quarters.
- Regular time if a team has less than 10 players:
 - Quarter times: 7, 7, 7, 7
 - Players can play in every quarter

SPRING

Softball

ALL JUNIOR VARSITY RULES ARE USED other than these listed below!

- Pitching distance for all modified games are 40'.
- No new inning may start after 2 hours. Home team is responsible to write down in each book the start time of the game during the captains meeting with the umpire.
- Chin straps and facemasks must be worn by all batters and runners.
- Player coaches must wear helmets, and all players warming up pitchers on/off field must wear mask.
- 5 runs per inning for all innings (innings stops when 5th runner crosses the plate, not when the ball is dead). The last inning is unlimited.
- Safety base must be used at first base.
- Drop 3rd strike is in effect.
- In accordance with New York State, all cheering MUST remain POSITIVE.

Baseball

NYSPPSAA game rules and conditions

- Run Limit: The WCAA league run limit per inning is 5, with the last inning being unlimited.
- Time Limit: Two hour time limit.
- There is no designated hitter, but there is an Extra Player (EP). The extra player must be listed on the lineup card prior to the start of the game.
- There are no head first slides while advancing to the next base. Headfirst slides may only occur when going back to the original base.
- Home team is responsible for recording start time in the home score book.

SECTIONAL AND NYSPHSAA POLICY

NYSPHSAA Handbook designates the following start dates for sports seasons: FALL: August 26th, WINTER: January 1st, SPRING: March 1st. Section V Executive Committee has requested that the ending dates (the date of the last contest in that season) be reported with the starting dates.

1. All actual starting and ending dates for all seasons for each league must be reported to the Section V committee for modified sports at its spring meeting. The Section V Executive committee will approve these dates.
2. Leagues using a THREE-SPORT season must follow NYSPHSAA starting date guidelines for Modified Sports for their EARLIEST START. FALL: August 26th, WINTER: November 1st, SPRING: March 1st. Leagues may set later starting dates.
3. Leagues using a FOUR-SPORT SEASON may use earlier starting dates for a DOUBLE WINTER SEASON. NYSPHSAA has approved this double season. The THIRD MONDAY in OCTOBER has been designated by Section V as the earliest start of WINTER I seasons.
4. SECTION V Modified FOOTBALL has approval from NYSPHSAA to begin practice 3 PRACTICE DAYS PRIOR TO SEPTEMBER 1ST. This is the only fall sport in Section V to be approved for an early start.

LEAGUE INFORMATION

INTER LEAGUE PLAY: “Home rules, rule.” Please clarify all league variations being used. Both the visiting team and the officials should be made aware of any specific variations.

LEAGUE INFORMATION:

The following leagues have WRITTEN LEAGUE HANDBOOKS available. Please contact the league representative for a copy:

Finger Lakes

Livingston

Monroe

LEAGUE PROGRAM REQUIREMENTS THAT APPLY TO ALL SPORTS:

1. Finger Lakes:
All sports:
 - a. Dual Roster
 - b. 5 period play
2. Livingston:
Team Sports:
 - a. Visible score is erased after each playing period
 - b. 5 period play with minimum squad number requirements: see Livingston handbook
3. Monroe:
 - a. All sports:
Program Eligibility: Monroe County used “A” and “B” designation
“A”: Students in 7th, 8th, and 9th grade, ages 13,14,15 (at the season starting date). Students may turn 16 during the season and continue to play

“B”: Students in 7th and 8th grade only. Up to 14 years old (at the starting date).
Students may turn 15 during the season and continue to play.
 - c. Team Sports:
 1. Dual Roster. Teams are divided into two distinct squads for each contest Each sport differs as to whether these squads are of equal or similar ability or one squad is designated as “more skilled” than the other.
 2. Five quarter play format (Field Hockey uses 3 equal playing periods:

Minimum squad numbers are necessary to 5-quarter play. Squads have designated quarters. Students play on only one squad for each contest. No player enters more than 3 playing periods.

- d. League handbook is available for each sport
- 4. Rochester: Dual Roster: Basketball and Volleyball
- 5. Wayne: Uses extended playing time

CONTESTS THAT END IN A TIE:

- 1. Five quarter play:
 - a. Monroe: Tie is broken as per NYSPHSAA handbook “sudden victory” procedures for each sport
 - b. Finger Lakes: tie stands in all sports
 - c. Livingston: no overtime
 - d. Steuben: Tie is broken as per NYSPHSAA handbook “sudden victory” procedures for each sport

- 2. Four quarter play
 - a. Livingston: no overtime
 - b. All other leagues: Tie is broken as per NYSPHSAA handbook “sudden victory” procedures for each sport

PROPOSAL FOR CHANGES TO:

1. SECTION V MODIFIED SPORTS VARIATIONS
2. LEAGUE VARIATIONS
3. NYSPHSAA HANDBOOK

Proposal should be sent to the co-chairpersons of the Section V committee for Modified Sports to be placed on the agenda of the committee's next meeting.

League making the proposal _____

Type of variation: (circle): LEAGUE SECTION V NYSPHSAA HANDBOOK

Sport or variation to which proposal applies: _____

Handbook (Section V or NYSPHSAA) and Handbook rule (page number) to which proposal applies: _____

Proposal: May use space below or attach to this form:

Rationale: May use space below or attach to this form

Required Signatures:

League president: _____

League representative to the Section V committee
for Modified Sports: _____

Section V Committee for Modified Sports: Sports coordinator
if sport specific proposal: _____

**LEAGUE REQUEST FOR SECTION V APPROVAL OF COMBINED
MODIFIED/VARSITY SWIMMING MEETS**

Waiver of the promotion rule for Swimming: “Modified General Eligibility Rule #13 ‘PROMOTION’ shall be waived for boys’ and girls’ swimming. A game condition will be added to the modified swimming section of the NYSPHSAA handbook that will allow sections the option of running combined modified and varsity swimming and diving meets, alternating the events.” MEET would have to follow COMBINED MEET event order that will be published in the state handbook SECTION V APPROVAL IS NEEDED TO USE THIS OPTION.

Request should be sent to the Section V Modified Sports chairperson for swimming who will place the request on the agenda of the next meeting of the Section V Committee for Modified Sports.

League making request _____ Date _____

Season _____ Gender M or F _____

Season Start and finish dates _____

Rationale: May use space below or attach to this form:

Required Signatures:

League president: _____

League representative to the Section V committee
for Modified Sports: _____

Section V MODIFIED Swimming Sports Coordinator: _____

Order of Events for Combined Modified/Varsity Swimming Meets:

Event #1	Modified 200 yd Medley Relay
Event #2	Varsity 200 yd Medley Relay
Event #3	Modified 200 yd Freestyle
Event #4	Varsity 200 yd Freestyle
Event #5	Modified 100 yd Individual Medley
Event #6	Varsity 200 yd Individual Medley
Event #7	Modified 50 yd Freestyle
Event #8	Varsity 50 yd Freestyle
Event #9	Modified Diving (1 voluntary + 3 optional dives)

Two separate diving events are to occur with all modified diving completed before varsity diving occurs.

Event # 10	Varsity Diving (1 voluntary + 5 optional dives as per NF Rules Book)
Event #11	Modified 50 yd Butterfly
Event #12	Varsity 100 yd Butterfly
Event #13	Modified 100 yd Freestyle
Event #14	Varsity 100 yd Freestyle
Event #15	Varsity 500 yd Freestyle
Event #16	Varsity 200 yd Freestyle Relay
Event #17	Modified 50 yd Backstroke
Event #18	Varsity 100 yd Backstroke
Event #19	Modified 50 yd Breaststroke
Event #20	Varsity 100 yd Breaststroke
Event #21	Modified 200 yd Freestyle Relay
Event #22	Varsity 400 yd Freestyle Relay