



## NYSPPHSAA MONTHLY UPDATE NOVEMBER 2011

### 2011 CALENDAR

**November 3** - Sections III and X  
**November 9** - Section V & Softball 10  
**November 16** - Sections IV and VI  
**November 23** - Section I  
**November 29** - Section IX  
**November 30** - Section II  
**December 1** - Girls Lacrosse - 9:00  
**December 6** - Transfer Coordinators  
**December 8** - Sections VII and VIII  
**December 20** - Section I

### FALL CHAMPIONSHIPS

**November 5-7**  
**Girls Tennis**  
Eastside Racquet Club (3)

**November 12**  
**Cross Country**  
Vernon-Verona-Sherrill HS (3)

**November 18-19**  
**Football Semi Finals**  
East - Dietz Stadium (9)  
West - East Syracuse Minoa HS (3)  
**Girls Swimming & Diving**  
Erie County CC (6)

**November 19**  
**Boys Volleyball**  
Cicero-North Syracuse (3)  
**Federation Cross Country**  
Bowdoin Park (1)

**November 19 -20**  
**Girls Soccer**  
SUNY Cortland, TCCC, Homer (3)  
**Field Hockey**  
Cicero-North Syracuse (3)  
**Girls Volleyball**  
Glens Falls Civic Center (2)  
**Boys Soccer**  
Middletown HS (9)

**November 25 and 27**  
**Football Finals**  
Carrier Dome—Syracuse University

### UPCOMING CLINICS

**Sports Medicine**  
**November 11, 2011**  
Binghamton Holiday Inn

### DEADLINE

Fall Scholar Athlete - December 2

## HIGHLIGHTS FROM EXECUTIVE COMMITTEE MEETING

**October 23-24, 2011**

**SWIMMING and DIVING** - Approved the use of the NFHS Metric Conversion Chart when applicable.

**GIRLS BASKETBALL** – Approved waivers of the NCAA Rules to maintain the 3 point line at a distance of 19’9” and eliminate the requirement of the use of the restricted area arc.

**MODIFIED SOFTBALL** - Approved with section/league approval, innings 1-6 may be completed at five (5) runs or three (3) outs .The seventh inning shall be played as a normal inning, with three outs and no run restrictions for that inning.

**MODIFIED TRACK and FIELD** - Approved with sectional/league approval, the height of the hurdle in the 55m modified boys’ hurdles may be increased from 30 inches to 33 inches and approved with sectional/league approval, a six (6) pound shot put may be used for modified girls’ track and field, rather than a 4K shot put.

## HIGHLIGHTS OF OTHER RULE CHANGES

**Wrestling: The Wrestling Handbook is available at [www.nysphsaa.org](http://www.nysphsaa.org)**

**14 Day Rule** - A wrestler cannot begin practice until the waiver is approved. The approval date of the waiver starts the 14-day clock for certification.

**Weight Classes** 99, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220 and 285. In order to compete Selectively Classified athletes must weigh in excess of: 91 lbs. for 99 lb. weight class, 96 lbs. for 106 lb. weight class, 185 lbs for 220 lb. weight class and 210 lbs. for 285 lb. weight class. Students in grades 9-12 do not have to make minimum weight.

**Weight Certification** - Beginning in 2011, a third measurement to all skin fold sites is required. The data must be submitted by using Optimal Performance Calculation on the NWCA website.

**Skin Disease Form** - “For NYSPPHSAA member schools an appropriate health care provider is defined as a licensed physician, physician assistant or nurse practitioner.”

### Boys Volleyball

**Net Height Waiver:** The height of the net from the center of court is 7’11 5/8.

## IMPORTANT REMINDERS

### Take Advantage of Free Online Stat, Roster Tools

Please remind your coaches that they can take advantage of free online statistical and roster tools being provided to the Association by its partner MaxPreps. Simply visit [MaxPreps.com](http://MaxPreps.com) and fill out the easy registration form for free to help your school be recognized locally and nationally.

**Hazing Webinars** - The NYSPPHSAA will be conducting a live hazing webinar on November 8th and 15th from 3pm—4pm. A recorded hazing webinar is available on the NYSPPHSAA website.

**Concussion Management** - Schools are encouraged to develop a Board of Education approved concussion management policy. A draft policy and guidelines can be found on the NYSPPHSAA website. Educate your coaching staff through a FREE on-line course at [www.nfhslearn.org](http://www.nfhslearn.org).

**Skin Infection Webinars** - Assistant Director Todd Nelson will be conducting a live webinar for all wrestling coaches at their preseason meetings. A recorded Skin Infection Webinar will be available on December 1, 2012.

**Eligibility Workshops**—If Athletic Administrators wish to receive a copy of the questions and answers reviewed at the workshops, please email Nina Van Erk at [nvanerk@nysphsaa.org](mailto:nvanerk@nysphsaa.org) .

## SHARING NEWS FROM NYSED

Guidance document for Eligibility Extension for Students with Disabilities - See NYSED Website  
[http://www.p12.nysed.gov/ciai/pe/toolkitdocs/swd\\_waiver\\_guidelines.pdf](http://www.p12.nysed.gov/ciai/pe/toolkitdocs/swd_waiver_guidelines.pdf)  
[http://www.p12.nysed.gov/ciai/pe/toolkitdocs/swd\\_waiver\\_form.pdf](http://www.p12.nysed.gov/ciai/pe/toolkitdocs/swd_waiver_form.pdf)