

HIGH SCHOOL SPORTS STANDARDS CHART FOR INTERSCHOOL COMPETITION

SPORT	Number Practices Prior To First Scrimmage		Number Practices Prior To First Contest		Team And Individual Maximum No. Contests *	Minimum Time Between Contests	Individual Limitations per Day	RULES
	TEAM	IND.	TEAM	IND.				
Badminton	6	4	8	6	---	1 night	3 matches	USBA
Baseball Battery	8	6	10	8	24	1 night	2 contests	NF
	10	8	15	13				
Basketball	8	6	10	8	20	1 night	1 contest	NF - BOYS NCAA - GIRLS
Bowling	training		training		24	1 night	6 games	USBC
Cross Country	10	8	10	10	18+	2 nights	5000 meters or 3.1 miles	NF
Fencing	10	8	15	13	24	1 night	3 contest	USEA
Field Hockey	8	6	10	8	18	1 night	1 contest	NF
Football	11	11	15	15	10 **	4 nights (1)	1 contest	NF
Golf	training		training		20	1 night	1 match	USGA & LOCAL COURSE RULES
Gymnastics	10	8	15	13	18	1 night	6 events (boys) 4 events (girls)	NF- BOYS USAGJO - GIRLS

Ice Hockey	8	6	10	8	24	1 night	1 contest	NFHS
Lacrosse	8	6	10	8	18	1 night	1 contest	NF - BOYS US Lacrosse - GIRLS
Rifle	3	2	5	3	18	1 night	1 contest	NRA
Skiing	8	6	10	8	18	1 night	2 events	FIS & USSA
Soccer	8	6	10	8	18	1 night	1 contest	NF
Softball	6	4	8	6	24	1 night	2 contests	ASA
Swimming	12	10	12	10	18	1 night	4 events	NF
Tennis	6	4	8	6	20	1 night	2 matches ++	USTA
Outdoor Track	10	8	10	10	18+	1 night	4 events	NF
Winter Track	10	8	10	10	18+	1 night	3 events	NF
Volleyball	6	4	8	6	24	1 night	Tournament: 15 games 2 matches/day	USVBA Jr.- BOYS NCAA - GIRLS
Wrestling	10	8	15	13	22 points +	1 night	4 bouts	NF

(1) 2 nights for scrimmage

* indicates maximum plus section, state championships and games necessary to break divisional or league ties

** inclusive of section championships

+ indicates maximum number of contests in which an individual competitor may participate

++ modified scoring system must be used (see p. 81)

NYSPHSAA, Inc. SPORTS STANDARDS

JEWELRY RULE - No jewelry, which includes visible body piercing objects, shall be worn in any sport. Any piece of jewelry that is visible at the start of or during a contest is in violation of the NYSPHSAA Jewelry Rule. Religious medals must be taped to the body and under the uniform. Medical medals must be taped to the body so they are visible. Soft, pliable barrettes are permissible, body gems are not. Metal barrettes are permissible in Girls Gymnastics only. **NOTE:** The sports of Bowling, Golf and Rifle are exempt from this rule.

THUNDER & LIGHTNING POLICY (EFFECTIVE 10/25/04): Applies to regular season through NYSPHSAA Finals:

1) Thunder and lightning necessitates that contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion - thunder is thunder, lightning is lightning.

a) With your site administrator, set up a plan for shelter prior to the start of any contest.

2) When thunder is heard and/or when lightning is seen, the following procedures should be adhered to:

a) Suspend play and direct participants to go to shelter, a building normally occupied by the public or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, car).

b) Do not permit people to stand under or near a tree; and have all stay away from poles, antennas, towers and underground watering systems.

c) After thunder and/or lightning have left the area, wait approximately **30 minutes** after the last boom is heard or strike is seen before resuming play or competition.

31. **BADMINTON** - A contestant may participate in no more than 3 matches per day. There must be a 15 minute rest between matches 1 and 2, and a 30 minute rest between matches 2 and 3. **For other requirements see p. 65.**

32. **BASEBALL** - Battery candidates shall have at least fifteen practice sessions. All catchers shall wear a throat guard protector attached to the mask. It is recommended the protector be rubber. A contestant may participate in two regulation games per day with at least a fifteen minute rest between games. A pitcher may pitch in a maximum of twelve (12) innings in one (1) day but no more than eighteen (18) innings in any six (6) consecutive day period. Delivery of one (1) pitch constitutes having pitched an inning. If he pitches in eight (8) or more innings in a day, he must have two (2) nights of rest before he can pitch again. Any violation of the rule will be considered in the same light as a school using an ineligible player. The game will be forfeited. **For other requirements see p. 65.** **NOTE:** The Baseball Agreement between the National Federation and the Major and Minor Baseball Leagues provides that no professional team may enter into a contract with a student until after graduation or that class has been graduated from high school, or one is no longer eligible for high school competition.

33. **BASKETBALL** - Boys' basketball will use a 35 second shot clock. In 2008-2009 Sections may experiment with the use of two 16 minute halves in tournaments and non-league games only. **For requirements see p. 65.**

34. **BOWLING** - **USBC** rules will be used for scoring purposes only, with the exception of YABA rule #400 pertaining to amateur status. Any violation of **USBC** rule #400 will result in a one year suspension from the date of the infraction which mirrors the penalty for Eligibility Standard #2. **GAME:** A game consists of 10 frames.

MATCH (contest): Consists of a maximum of 3 games. **TOURNAMENT**: Consists of a maximum of 6 games. The Baker format may be used a maximum of two times per season with a maximum of 15 Baker format games per tournament. A combination tournament is permitted with a maximum of eight (8) Baker format games and three (3) individual games. A combination tournament counts towards the maximum of two (2) Baker format tournaments. **INDIVIDUAL LIMITATIONS**: A student may not participate in more than one contest per day. **TIE BREAKING PROCEDURES**: In tournament competition only one of the following tie breaking procedures may be used until the tie is broken: 1. regular game; 2. 9th & 10th frame roll off; 3. one game Baker format. The tie breaking procedure must be designated prior to the start of the tournament. No practice bowling will be allowed in the tournament house after midnight of the day preceding the State Championship. Violations of this rule will result in individual or team disqualification. It is recommended that training should precede the first contest and that all competitors be in uniform. The foul line rule shall never be set aside. **For other requirements see p. 65.**

35. **CROSS COUNTRY** - Interschool cross country runs shall not exceed 3.1 miles or 5000 meters in length. A maximum of 2 meets per week (Monday-Sunday) shall be permitted. An individual competitor may participate in a maximum of 18 contests. **For other requirements see p. 65.**

36. **FENCING** - Interschool competition in fencing shall be conducted under the rules of the United States Fencing Association, provided such rules do not conflict with NYSPHSAA, Inc. requirements. A contest consists of three (3) bouts. Individual competition may not exceed nine (9) bouts in one day. **For other requirements see p. 65.**

37. **FIELD HOCKEY** - **For requirements see p. 65.** Protective eyewear which meets the ASTM Standards be worn by all member school field hockey players.

38. **FOOTBALL** - A contestant (or team) may participate in no more than 10 interschool football contests, inclusive of sectional championships. The 10th game is permitted, with section approval, for teams who do not qualify for sectional play. For those sections involved in the state championship three additional games are permitted for a total of 13 games for the season: 1 game for regionals, 1 game for semifinals, and 1 game for championships. Interschool contacts (both scrimmages and contests) in football shall be permitted only in those schools which have an adequate number of students on the squad who are physically fit, eligible and prepared for each game as follows: Eleven man football—16 or more; eight man or nine man football—14 or more; six man football—12 or more. All football games of the NYSPHSAA, Inc. shall be played following National Federation Football rules. The first 3 days of practice must be noncontact, without protective pads and without blocking sleds and other blocking devices. The next 2 days provides a transition from the conditioning phase to full contact, shoulder pads along with the use of blocking dummies and sleds and similar devices are permitted. The following 6 days consists of contact practice with full protective equipment and use of training devices. Four additional practices must be held prior to the first interschool contest, however, interschool scrimmages may commence on day 12. The minimum time between interschool football scrimmages shall be two days. It is **recommended** that a physician be present at all football games. If the services of a physician cannot be obtained, coverage should be provided by persons qualified to give emergency care (e.g. physician assistants, emergency squads, athletic trainers). **For other requirements see p. 65.**

39. **GOLF** - Practice sessions should precede the first match. It is recommended that practice and matches be carefully supervised by the school coach. **For other requirements see p. 65.**

40. **GYMNASTICS** - Metal barrettes are permissible. For requirements see p. 65.
41. **ICE HOCKEY** - All games shall be played according to the rules of the NFHS Hockey Guide with all approved changes and interpretations as established by the NYSPHSAA, Inc. Ice Hockey Committee. Ice Hockey games shall consist of three (3) fifteen (15) minute periods. The minimum number of ice hockey players for competition as well as interschool practice sessions shall be nine players and one goaltender. All players shall wear helmet including ear piece, full face masks and throat protectors and all goalkeepers must wear a throat guard or neck protector. All players must wear helmets while on the bench or in the penalty box. During the regular season each game begins on a clean sheet of ice and at minimum the ice is cleaned after the 2nd period. If the ice is not cleaned after each period there will be at least a three (3) minute rest period or intermission between periods 1 and 2. For other requirements see p. 66.
42. **LACROSSE** - All games shall be played according to the rules of the NFHS Lacrosse Guide (boys) or U.S. Lacrosse Standards (girls) with all approved changes and interpretations as established by the NYSPHSAA, Inc. Lacrosse Committees. In girls' lacrosse field players are required to wear lacrosse goggles which meet ASTM standards. In 2009 Boys JV Lacrosse will play 12 minute quarters. For other requirements see p. 66.
43. **OUTDOOR TRACK & FIELD** - A contestant shall be permitted in any one meet to compete in any four events. There must be one night of rest between contests and no more than three contests scheduled per week. An individual competitor may participate in a maximum of 18 contests. For other requirements see p. 67. **NOTE:** Failure of the home school to meet its obligation of providing legal equipment for an event shall result in all points for the event being forfeited to the offended team.
44. **RIFLERY** - Interschool competition in riflery shall be conducted according to the rules of the National Rifle Association. For competition between teams, four or more contestants may fire with the highest four scores to count. One or more of these three positions are to be used: prone, offhand, or kneeling as determined by the Section. Only .22 caliber rifles with iron sights and .22 caliber rimfire ammunition are to be used. Air rifle events are approved. The home team is to furnish official N.R.A. targets for both teams. All safety precautions must be observed at all times. Rifles shall be cased when transported. Competitors shall wear hearing protective devices. The use of eye protection is recommended. For other requirements see p. 67.
45. **SKIING** - Each contestant shall wear a protective hard shell helmet during practice and competition for all alpine skiing practices and races, giant slalom and slalom. A contestant may participate in no more than two events in any one day of competition, provided that the last event of the day is cross country and that no more than one cross country event is raced per day. It is recommended that all meets be conducted under the rules of the U.S. Eastern Amateur Ski Association, the National Ski Association of America, and the Federation International de ski (F.I.S.). For other requirements see p. 67.
46. **SOCCER** - For requirements see p. 67.
47. **SOFTBALL** - A contestant may participate in 2 regulation games per day with at least a 15 minute rest between games. By Section adoption 5 inning double headers may be played. Varsity softball teams can play three (3) contests in one day only for invitational tournaments during the regular season. Tie breaker rule in effect at top of the 10th inning. An unannounced substitution during a contest will be not be penalized. For other requirements, see p. 67.

48. **SWIMMING** - Shaving (wet or dry) is prohibited at all swimming competitions and practice sites. Violation will result in disqualification. Sections may permit schools to compete in quad/dual meets. The minimum diving depth requirements are as follows: Pools built before January 1987 meet the NFHS minimum depth requirement (currently 10 feet) and pools built after January 1987 meet the NYS Department of Health's minimum requirement (currently 11 feet). **For requirements see p. 67.**

49. **TENNIS** - A player may compete in either a singles or doubles competition on the same day. In tournament play, the maximum number of matches shall be three in one day. Participation in a two-day invitational tennis tournament shall count as one of the 20 contests permitted and only three such tournaments shall be allowed within the 20 meet limitation. Only two matches are allowed per day and both matches must use a modified scoring system that conforms to one of the following formats: best 2 of 3 sets, using no-add scoring, with a 12 point tie breaker at 6 all; or, ten game pro-set, using regular scoring with a 12 point tie breaker at 9 all. **For other requirements see p. 67.**

50. **VOLLEYBALL** - A contestant (or team) may participate in a maximum of 2 matches in a day. Each day of a tournament shall count as 1 contest. The total number of tournament games played in one day shall not exceed 15 games. An additional 15 point game is permitted only to break ties in pool play to advance to finals as per tie-breaking procedures. In tournament play volleyball teams shall have at least ten minutes of rest between matches. All games will be played according to NCAA Rules with all games played to 25 points. Teams will be permitted 18 substitutions and will switch at 13 points in the deciding game. In Boys Volleyball, the deciding game shall be played to 25 points. **For other requirements see p. 67.**

51. **WINTER TRACK** - A contestant (girl or boy) shall be limited to participation in three events. There must be one night of rest between contests and no more than three contests scheduled per week. An individual competitor may participate in a maximum of 18 contests. **For other requirements see p. 67.**

52. **WRESTLING - Multiple Dual Meet Events:** Each individual competing in these events is charged 1 point for each dual meet. Each dual meet counts toward each respective team's maximum allowable dual meets for the season. **Triangular Meet:** Three teams compete, with each team wrestling a dual meet against each of the other two teams at the same site. Each individual is charged 2 points toward their dual meet schedule. **Double-Dual Meet:** Three (or more) teams compete, with each team wrestling a dual meet against two of the other teams at the same site. Each team is charged 2 points toward their dual meet schedule. **Quadrangular Meet:** Four teams compete, with each team wrestling a dual meet against each of the other three teams at the same site. Each team is charged 3 points toward their dual meet schedule. **Dual Meet Tournaments - Bracket Tournament:** Teams are placed in a bracket, with the winning teams advancing to a championship. Losing teams may compete in a consolation bracket to determine team placement. **Pool Tournament:** Teams are placed in pools. Teams compete in dual meet competition against every team in their pool, to determine the rank of teams in each pool. Teams from each pool wrestle against the same-ranked team(s) from the other pool(s) to determine team placement. **Round-Robin Tournament:** Each team wrestles a dual meet against every other team in the tournament. Team placements may be determined by win/loss record, or by total points accumulated in all meets. Each team competing in these events will be charged two points toward their twenty-two point limitation and one tournament of the allowable six maximum tournaments as per the NYSPHSAA Handbook. Any

school wishing to conduct a dual meet tournament with a unique format shall apply to NYSPHSAA for consideration.

a. A contestant may participate in competitions not to exceed 22 points during the regular season. A dual meet will be assessed one point, while tournaments will be assessed two points. Participation as a contestant or in any exhibition match in any meet shall count as a contest and only six tournaments shall be permitted within the 22 point limitation. A contestant may compete in no more than four bouts in one day. A contestant may compete in five bouts in one day in tournament competition **only**.

b. The minimum weight class in which a contestant may compete will be determined by a NYSPHSAA approved assessor, following guidelines of the Minimum Weight Certification Program. A contestant shall be prohibited from wrestling within a weight classification more than one class above his/her actual weight. **For other requirements see p. 67.**

Additional information:

a. All wrestlers with braces on their teeth are required to wear a mouth guard to cover all appliances.

b. NFHS 1.5% Weight Loss Rule is waived.

c. A wrestler caught cheating on the hydration test can no longer participate in wrestling from the point he is caught cheating for the remainder of the season.