

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	8	6	10	8	24	1 night	2 contests	NF
Battery	10	8	15	13				
Basketball	8	6	10	8	20	1 night	1 contest	NF - BOYS NCAA - GIRLS
Bowling	training	training	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	USFA
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	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	NCAA
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. 76.**

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. 76. 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. For requirements see p. 76.

**34. BOWLING** - YABA rules will be used for scoring purposes only, with the exception of YABA rule #400 pertaining to amateur status. Any violation of YABA rule #400 will result in a one year suspension from the date of the infraction which mirrors the penalty for Eligibility Standard #2. 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. 76.

**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. 76.

**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. 76.

**37. FIELD HOCKEY** - For requirements see p. 76.

**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. 76.**

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. 76.**

40. **GYMNASTICS** - Metal barrettes are permissible. **For requirements see p. 76.**

41. **ICE HOCKEY** - All games shall be played according to the rules of the N.C.A.A. 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. 77.**

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. **For other requirements see p. 77.**

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. 77.** **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. 77.**

45. **SKIING** - Each contestant shall wear a protective hard shell helmet during practice and competition for all giant slalom events. 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. 77.**

46. **SOCCER** - **For requirements see p. 77.**

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. 77.**

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. 77.**

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. 77.**

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. 77.**

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. 77.**

52. **WRESTLING - Multiple Dual Meet Events:** Each team 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 team 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 (or team) 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. 77.**

## NYSPHSAA, INC.

### WRESTLING WEIGHT CONTROL PLAN

On the recommendation of the State Wrestling Committee and with the approval of the State Executive Committee the following weight classes are in effect: 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215 with 96 and 275 as optional weights for dual meets and tournaments.

1. The NYSPHSAA Wrestling Minimum Weight Certification Program is to be followed by all high schools sponsoring wrestling. Based on 7% body fat for males/14% for females, the minimum wrestling weight is the lowest weight at which an athlete will be allowed to compete. Certification must be conducted by a NYSPHSAA Approved Assessor and must occur within 14 days, exclusive of Sundays and school closing for holidays or emergencies, from the first day of the season.

Centralized Assessment Sites will be mandated for the minimum weight assessment of all wrestlers (other than those utilizing hydrostatic testing). Only the refractometer shall be used to test hydration.

2. The use of sweat boxes; hot showers; whirlpools; rubber, vinyl and plastic type suits; or similar **artificial** heating devices; diuretics or other methods for quick weight reduction purposes is prohibited and shall disqualify an individual from competition See N.F. Rule 4-4-4.

3. A profile form from a NYSPHSAA Approved Assessor must be filed in the home school prior to competition. Sectional wrestling forms must be received by the Section Wrestling Chairman before competition.

4. Dual meets scheduled on a school day shall use the honor weigh-in procedure. A certified list of recorded weights signed by the Principal or Athletic Director shall be submitted at the official weigh-in before the meet. Honor Weigh-Ins for a school day, dual meet wrestling matches are allowed; Honor Weigh-Ins for non-school day, dual meet wrestling matches are not allowed and if one team has school and the opponent does not have school on the day of a dual meet, Honor Weigh-Ins are allowed. Each wrestler shall make the scratch weight at the weigh-in to be conducted prior to the school's first scheduled academic instruction period on the day of the match and may be permitted an allowance of 3 pounds at the matside weigh-in. One not making the scratch weight at the early weigh-in **will not** be permitted the 3 pounds allowable and must make scratch weight at the matside in order to compete.

5. **Restrictions for Competition:** The minimum required weight for all weights as listed **MUST** be met and **RECORDED** at both the honor weigh-in and the matside weigh-in.

- a) To compete at the 96 lb. class a wrestler MUST weigh in excess of 88 lbs. to be eligible.
- b) To compete at the 103 lb. class a wrestler MUST weigh in excess of 93 lbs. to be eligible.
- c) To compete at the 215 lb. class a wrestler MUST weigh in excess of 180 lbs. to be eligible.
- d) To compete at the 275 lb. class a wrestler MUST weigh in excess of 215 lbs. to be eligible.

6. The minimum required weight for the 96 lb., 103 lb., 215 lb. and 275 lb. weight class MUST be met and RECORDED at both the honor weigh-in and the matside weigh-in.

7. There shall be an allowance of one pound granted each day over the weight limit of the previous day in tournament competition. There is a 1 pound allowance for all involved teams the second day of a dual meet or tournament competition conducted on consecutive days. The maximum allowance for consecutive dual meets or the first day of a tournament following a dual meet is 1 pound. **NOTE:** A minimum of 48 hours notification to your opponent is required in order to be granted this one-pound allowance. This rule is voided at post-season wrestling tournaments, namely Class and Sectional competitions that are involved in the process of selection of competitors for championship competition.

NYSPPHSAA will grant a 2 lb. growth allowance for each weight class on December 25, 2000 and on December 25 thereafter.

8. Weigh-in for the second day of a tournament must be on the morning of the second day, with a 1 lb. allowance.

9. Effective in 2006-2007 and after, 50% of the weigh-ins during the season must be at the minimum weight he/she will wrestle during the state tournament series.