

3/15/16

MHAL SPORTS BY-LAWS 6/30/16

Should an issue arise that is not specifically addressed by these by-laws the Executive Committee may be consulted if past practice is unable to satisfactorily resolve the issue.

SCHEDULING PROCEDURES

The primary goal of the MHAL is to provide competition.

The league will schedule games based on the number of schools offering a specific sport. Schedules will be assigned in Single, Divisional or Conference format (see below)

- **ALL VARSITY LEAGUE CONTESTS MUST BE PLAYED.**
- Regular season league contests must be completed prior to participation in MHAL Championship Tournaments. Past league procedure has been to amend master schedules as needed in an attempt to accommodate unusual circumstances.
- Postponements must be made up on the next available date.
- When rescheduling reaches an impasse between the AD's and forfeiture is a possibility the Athletic Directors involved will engage the MHAL Athletic Coordinator to help resolve the issue.
- If an agreement cannot be reached a forfeit may be awarded

GUIDELINES GOVERNING FORFEITURES

PROCEDURAL GUIDELINES: Compliance Issues

- Issue needing resolution arises
- AD's cannot reach a resolution
- AD's contact the MHAL Athletic Coordinator/President and/or Vice President . If there is a precedent for a decision, the League Officer(s) offer that information at this time.
- The MHAL Athletic Coordinator/President and/or Vice President calls all members of the Executive Committee and the AD's in conflict.
- Each AD gives information to the Executive Committee.
- The AD's hang up and the Executive Committee deliberates the issue.
- Upon reaching a decision, both AD's are called and the MHAL Athletic Coordinator/President and/or Vice President offers the Executive Committee's decision to both parties at the same time.

- The MHAL Athletic Coordinator follows up the calls with a written offering of the decision. The decision is kept on file to serve as a precedent for future reference by the MHAL Athletic Coordinator.

Schools are encouraged to schedule scrimmages/non-league contests with MHAL schools that are not on the regular schedule

The following sports and activities are conducted under the direction of the MHAL at the Modified (M), Junior Varsity (JV), and Varsity (V) levels:

Baseball	Boys	Girls*
. Basketball	Boys	Girls
Cheerleading		#
Cross Country	Boys (V) (M)	Girls (V) (M)
Field Hockey	Boys*	Girls
Football	Boys%	Girls*
Golf	Boys (V)	Girls*
Gymnastics	Boys*	Girls (V)
Lacrosse		#
Nordic Skiing	Boys#	Girls#
Alpine Skiing	Boys#	Girls#
Swimming		OCL
. Soccer	Boys	Girls
Softball	Boys*	Girls
Tennis	Boys (V)	Girls (V)
Track & Field	Boys (V) (M)	Girls (V) (M)
Volleyball	Boys*	Girls
. Wrestling#	Boys%	Girls*

- * May play after successful completion of the NYSED Mixed Competition Guidelines.
- % this activity is conducted for Modified age athletes only under MHAL jurisdiction - (JV & V under Section IX jurisdiction)
- # this activity under Section IX jurisdiction

Starting dates for all sports will be determined by Section IX and may be made more limiting by the MHAL.

All Modified Sports will generally begin the Fall season no earlier than the first day of school. Winter and Spring starting dates will start one week later than the varsity sports.

All sports are conducted under the Modified "B" program guidelines of the NYSPHAA, Section IX, and MHAL

Exception: In the event a district does not offer a junior varsity program in that sport (excluding football), 9th graders of the appropriate age may compete in that sport by mutual consent (on the modified level). Of the schools involved.

Appeals regarding the eligibility guidelines should be forwarded to the Section IX Eligibility Committee.

MHAL SPORTS DIVISIONS

All divisions are based on BEDS information each year.

There will be 2 Conferences, American & National for all 2 and 4 Division configurations. The total number of schools offering a particular sport will determine the number of divisions for that sport.

Non-public schools may be placed to accommodate competitive balance as determined by the Executive Committee.

4 DIVISION SPORTS

(BASEBALL, BASKETBALL, BOYS GOLF, SOCCER, SOFTBALL, and VOLLEYBALL)

AMERICAN CONFERENCE

NATIONAL CONFERENCE

DIVISION 1	DIVISION 2	DIVISION 3	DIVISION 4
FDR	NEW PALTZ	SPACKENKILL	RHINEBECK
POUGHKEEPSIE	RED HOOK	ELLENVILLE	MILLBROOK
WALLKILL	RONDOUT	ONTEORA	PINE PLAINS
SAUGERTIES	MARLBORO	DOVER	WEBUTUCK
	HIGHLAND		COLEMAN

FIELD HOCKEY 1 DIVISION BEGINNING 2016-17

1. KINGSTON			
2. PINE BUSH		6. ELLENVILLE	
3. RED HOOK		7. ONTEORA	
4. RONDOUT		8. RHINEBECK	
5. SPACKENKILL		9. PINE PLAINS	
		10. WEBETUCK	

1 DIVISION SPORTS

CROSS COUNTRY, TENNIS, SPRING TRACK

MHAL CHAMPIONSHIP SCHEDULING INFORMATION FOR DIVISION SPORTS

An MHAL Championship may be awarded for any sport where there is a minimum of six (6) member teams competing. In case of extenuating circumstances, a MHAL Champion may be awarded if the number of teams is less than six pending approval of the Athletic Directors.

****MHAL SCHOOLS WHO MAY BECOME INVOLVED IN MHAL PLAYOFFS MUST SAVE 2 CONTESTS FOR PLAYOFFS. MHAL POST SEASON COMPETITION COUNTS AS GAMES PLAYED TOWARD THE MAXIMUM NUMBER PERMITTED UNDER NYSPHSAA SPORTS STANDARDS.**

4 DIVISION PLAYOFFS-

Each Division will have a champion.

A point system will determine DIVISION WINNERS; Ties will result in a playoff at a neutral site. 3 way ties will be determined through a coin toss for the bye in 1st round, Bye will play winner of 1st round tie breaker

3 points for a Division win

2 points for a Conference win

Ties – ½ point total for game (1 D) (.5 C)

Non-public members and associate members may be scheduled based on other criteria

All of the arrangements for the playing off of ties shall be made by the MHAL Athletic Coordinator, Chairperson, Sports Chairs, and the Athletic Directors of the member schools involved.

CONFERENCE CHAMPIONSHIPS

DIVISION 1 winner and DIVISION 2 winner play for American Conference Championship

DIVISION 3 winner and DIVISION 4 winner play for National Conference Championship

Home team status for conference championships:

DIVISIONS 2 & 4 will be designated home teams on even years. DIVISIONS 1 & 3 will be designated home teams on odd years

MHAL LEAGUE CHAMPIONSHIP

Winners of conference championships will play in the Finals. No consolation games will be scheduled. Championship "double headers" in soccer and basketball will alternate early and late games between girls and boys contests annually.

Home team status:

American Conference will be designated home team on even years. National Conference will be designated home team on odd years for league championship contest.

Late game status:

Later game in MHAL Tournament will be determined by the following:

- unequal # of games , an average # of points per contest will be computed
- most points in MHAL

- overall MHAL record
- head to head

GUIDELINES FOR SUPERVISION AT LEAGUE CHAMPIONSHIP EVENTS

Athletic Directors of participating schools are responsible for providing supervision at championship events according to the following procedures:

Athletic Directors are required to fax or email to the MHAL Athletic Coordinator the names of the supervisors from their district 48 hours before the event.

If a participating school cannot provide security, the MHAL Athletic Coordinator will hire the required security and the district will be billed for the cost at the going rate required by the site. Minimum supervisors are as follows....

Basketball-4, Soccer-3, Field Hockey, Baseball/Softball, Volleyball, Track-2

CHAMPIONSHIP AWARDS

The MHAL Athletic Coordinator is the only person authorized to purchase awards to be presented by the MHAL.

Individual Sports-Player Awards: Boys and Girls Cross Country, Golf, Boys and Girls Tennis, Boys and Girls Track will be based on places in League Championships.

Type of Awards: Medals for 1st (Gold), 2nd (Silver), 3rd (Bronze).

The number of awards given: Determined by the number of events or activities in the sport.

Example: Tennis - student would win 1st, 2nd or 3rd in 1st singles, 2nd singles, 3rd singles, 1st doubles and 2nd doubles.

Team Awards

Championship Trophies: Schools winning MHAL Championships will be awarded permanent trophies.

Traveling Trophies: Each sport will have a traveling trophy which will be kept by the winning school for one year. Winning schools would have their names inscribed on the trophy. After 3 consecutive titles the school will keep the trophy.

The MHAL Academic Award Criteria:

The High School Principal, Director of Guidance, Athletic Director or their representative should be involved in the selection process.

1. An average of 90% must be achieved
2. The program is open only to Varsity team members who participate in a sport.
3. Reporting dates will coincide with NYSPHSAA S/A Program Fall – based on grades from the first marking period

- Winter – based on grades from the second marking period
Spring – based on grades from the third marking period
4. Member schools will arrange publication of Academic Award winners at their discretion.

MHAL Senior Scholar Athlete And Senior Scholarship Award Suggested Criterion :

1. Letter of application
2. Academic excellence/performance
3. Community service – in school/out of school
4. Athletic awards
5. Academic awards
6. Ability to present oneself
7. Future plans
8. Membership in clubs, etc., offices held
9. Class officer
10. Other activities

MHAL ATHLETIC EVENT EMERGENCY PLAN

This is merely a "guide." Districts are encouraged to have plans for events and venues.

Pre crisis Indicators

Unusual Movement:

- Athletic teams or groups not moving together
- Groups of students not in their territory
- Absence of groups not in their territory
- Sudden clustering of students

Student attendance can point to a potential problem:

- By those students who most likely would not attend
- By those students who have been suspended

Warning signs are suggested when:

- Graffiti is increased
- Students carry items into events
- Nonprofessional staff mention hearsay
- Rumors are not dealt with as if they are true

Chaperone and/or Crowd Control Duties

To maintain a high level of conduct by:

- Being courteous
- Not running to the scene of action
- Dealing with a threat as an act of violence
- Following the chain of command

To remain highly visible by:

- Wearing arm bands or other identifiers

- Assisting in finding rest rooms, seats, or concessions
- Enforcing event rules about spectator behavior
- Removing unruly students or spectators
- Being able to identify associated event personnel

To keep moving by:

- Not viewing or taking an active role in the athletic event
- Asking spectators to move into assigned seating areas
- Asking spectators to not loiter in exit or fire lanes

Police

Police are helpful at athletic events because they:

- Add to the decorum of the contest
- Help with spectator ejection or removal
- Aid in traffic control
- Provide a safe atmosphere

Techniques that police bring to events are:

- the diffusion of large crowds
- The diffusion of a possible situation
- When to call for help
- Hand on to help

Activating Event Safety Plan

Designate a site administrator or event manager. Persons authorized to take action are chaperones, coaches, and administrators. Person in charge shall notify or direct notification as needed:

- Emergency providers – police, ambulance, fire, poison ctr.
- Superintendent of Schools
- Building Administrator, Athletic Administrator
- Site chaperones

Response to medical emergency will follow a sequence of steps:

- Assess the injury.
- Call 911 If life threatening to player
- Administer first aid. Prepare to transport to medical facility
- If injured is minor, call parents.
- Complete an injury report
- Cancel the game if necessary

Response to crowd control incident will use a four layer approach that is:

- Prevent any incident from escalating
- Request Police backup if necessary
- Keep crowd back
- Witness and document incident
- Remain in the area until all is clear

Sequential responses will include:

- Monitoring of weather stations and/or scanners
- Event evacuation or cancellation instructions told during prevent announcement. Potential causes are: severe weather, fire, bomb threat, sustained power outage
- Event rules that serve notice to no alcohol, no smoking and improper spectator behaviors and consequences told also during prevent announcements

Chain of Command

- The chain of command at athletic events is defined as:
 - Superintendent of Schools
 - Building Principal
 - Athletic Director
 - Sponsoring Coach
 - Security Personnel

Checklist of Event Risks

This checklist of event risks is used to pragmatically prepare for interscholastic athletic events and/or championships:

- Proper supervision in all areas in use
- Plan for the occurrence of bad weather
- Prevent inspection of playing and spectator area
- Facility maintenance
- Event announcement, which covers rules and evacuation routes
- Injury reporting forms on hand
- Medical personnel and supplies arranged
- Officials, scorekeepers, timers, and announcer in place
- Forms completed: insurance, pay vouchers, etc.
- Public address system and/or megaphones available to warn
- Telephone and/or cell phone available
- Ancillary help duties are defined for :ticket takers, custodial, etc

CONDUCTING CONTESTS

General Information

***PLEASE NOTE- Approved Spalding game balls will be required in all levels of sectional competition beginning 2016-17 for the following sports: Soccer, basketball, baseball, softball and volleyball. Football (sectional sport) will also utilize Spalding.**

GAME RULES - All NYSPHSAA stipulated rules will be followed in conducting contests except as noted in the following section.

GAME TIME: School days 4:15 P.M. for all events except as noted by sport,

ADMISSION: Determined by the host school. Championships as determined by the MHAL, Section 9 or NYSPHSAA. MHAL Championship Tournaments will charge a \$5. admission.

POSTPONEMENTS: Games/matches are to be rescheduled as soon after the postponement as possible.

DRESSING ROOM FACILITIES: Locker room, Bathrooms and access to water.

WARM UP PERIOD- Proper warm up periods will be allotted to all athletes regardless of the scheduled time of the game.

REGULAR COACHES MEETINGS: To be determined by the Sport Chair(s)

CHAMPIONSHIPS – MHAL championships in all MHAL sponsored sports, Section 9 Championships, NYSPHSAA State Tournament. Varsity teams only may be involved in championships.

DAILY SCORE REPORT- All member schools are required to report varsity contest results daily. Results are to be forwarded to the Athletic Coordinator for the purpose of league standing.

MEDIA REPORTING – The HOME Varsity coaches are responsible for notifying the Daily Freeman, Times Herald Record, the Hudson Valley Sports Report and the Poughkeepsie Journal of final contest scores and statistics.

FIRST AID EQUIPMENT – Each team is responsible for its own first aid supplies and equipment. (see NYSPHSAA regulations for football)

AUTOMATED EXTERNAL DEFIBRILLATOR- Each HOME school is responsible to have an AED available for use by opponent schools. Each school is responsible for bringing an AED to off school site events. (i.e Cross Country meets)

OFFICIALS RATINGS – All Varsity Coaches AND JV Coaches will be required to rate all contest officials as set forth by the league and/or section

SENIORS ON JV -Seniors may be allowed to participate at the Junior Varsity level. The AD must notify the League in writing.

SCOUTING- Scouting of any MHAL scrimmage is prohibited. However, film scouting of MHAL contests is permitted.

MUSIC DURING CONTESTS- Pre-game and half-time music may be played at the discretion of the Home School. Music must stop one minute prior to play.

DUAL SPORT ATHLETES- The MHAL recognizes a student's right to participate in two sports in the same sports season. Individual member school will establish its policy in this matter.

JEWELRY RULE: The NYS Jewelry rule is in effect at all contests. NO Jewelry is allowed.

SIGNS/NOISEMAKERS/DRESS/BODY PAINT- Use of any artificial noise makers are prohibited

Signs, except those of ‘Welcome’ and “spirit” and those needed to maintain crowd control at events, are also prohibited. Welcome and spirit signs must be affixed to designated walls or other immovable objects.

Appropriate public attire at events, shirts are required, no body paint-face paint only.

REPORTING RESULTS: It is the responsibility of the Home School to report results to the following papers:

Daily Freeman 331-5000
Times Herald Record 343-2181 (800) 228-8832
Poughkeepsie Journal 454-2005/6/7 (800) 933-7267
Hudson Valley Sports Report

It is the responsibility of each athletic director to send all varsity league contest results to the ATHLETIC COORDINATOR.

SPORTSMANSHIP: SECTION IX BY LAWS Unsportsmanlike Conduct Rule Revised by Section IX * The MHAL will abide by all Section IX and NSPHSAA regarding sportsmanship.

Sportsmanship: The NYSPHSAA and Section IX recognizes and appreciates that the influence and responsibility of the school administration with regard to good sportsmanship extends to all levels of competition. However, it must also be seen that the NYSPHSAA AND Section IX has been vested with the responsibility to ensure that all contests under its jurisdiction are conducted satisfactorily. This standard applies to all regular season and post schedule play.

I. Coach:

- Any coach excluded by a certified official from an interschool competition for unsportsmanlike conduct is ineligible to coach any interschool competition in that sport until after the next previously scheduled contest at the same level (e.g. junior varsity, varsity, etc.) has been completed. **The coach may not be present at the game site. NOTE:** “Not being physically present at the site” means the disqualified coach is not to be present in the locker room, on the sidelines, in the stands or site area before, during or after the game/meet.
- A coach who strikes, shoves, kicks or makes other physical contact with the intent to do so to another person (e.g. official, another coach, player, fan) shall be expelled immediately and banned from further participation or coaching in all sports for one year from the date of the offense.
- The coach of the player(s) who was ejected will notify his/her Athletic Director of the incident on the same day that it occurred. The Athletic Director will then contact the League Coordinator to confirm that the player(s) will not be allowed to participate in the school’s next scheduled game/games as above.

II. Player:

- Any member of a squad ruled out of a contest for unsportsmanlike conduct or for a flagrant foul will have the following occur:

A. First Ejection – that player(s) cannot attend or participate in the next scheduled contest **in that sport**. If the season has ended the player(s) cannot attend or participate in the next scheduled contest in his/her next season of participation.

B. Second Ejection – that player(s) cannot attend or participate in the next two scheduled contests **in that sport**. If the season has ended the player(s) cannot attend or participate in the next two scheduled contests in his/her next season of participation.

C. Third Ejection – that player(s) cannot attend or participate in any remaining scheduled contests for the remainder of that sports season. If the season has ended the player(s) cannot attend or participate in the next three scheduled contests in his/her next season of participation.

Please note: Disqualified from one season carry over to the next season of participation. Section IX
By Laws

- Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intent to do so to an official shall be expelled from the game immediately and banned from further participation in all sports for one year from the date of the offense. **NOTE:** “Member of the squad” includes player, manager, scorekeeper, timers, statisticians.

III. Official:

- Unprofessional conduct on the part of official such as, but not limited to, taunting, baiting, use of profanity, shall be reported by a school administrator from the aggrieved school to the Section Executive Director. A request will be made to the appropriate sport officials’ chapter to investigate the incident and to report their action to the Section in a timely manner.
- The official who ejected the player(s) or coach shall notify the League Coordinator prior to 12:00 Noon the following day of the name(s) of the player(s) or the coach and the infraction(s). The League Coordinator shall notify the Athletic Director of the offending school.

SPORT SPECIFIC BY-LAWS

BASEBALL

All games will be played under the National Federation rules.

Game baseballs. A minimum of four game balls should be provided by the home team for each game. Since an official baseball has not been adopted by the MHAL, it is recommended that the Spalding Baseball, which is the ball used in Sectionals, be used for Varsity play.

The Home Team score book shall be the official score book.

All JV games will have a 2 1/2 hour time limit, in that no new inning start after 2 1/2 hours of playing time has elapsed, except in the case of a tie.

All JV games will have a 15 run rule whereby the game would be officially over after 4 1/2 innings providing the home team is ahead. If visiting team is ahead then 5 full innings would be played.

A varsity game that is official and tied, but not completed because of weather or darkness is suspended and continued from point of suspension.

Games that are suspended prior to becoming official , shall be resumed from point of suspension of play. (regular and post season).

The visiting team shall have the game field for practice and warm-ups for a period of 15 minutes prior to game time. For example, 4:15 P.M. game -- visiting team field 3:55 P.M. -4:10 P.M.; 4:10 P.M. - Umpires Meeting

Varsity and JV coaches must be in uniform (pants and baseball hose) in order to coach the bases.

MODIFIED BASEBALL

NO NEW INNING AFTER 2HOURS AND 15 MINUTES . A 15 RUN RULE SHALL APPLY. TIES AT THE END OF A COMPLETE REGULATION GAME WILL NOT BE CONTESTED IN EXTRA INNINGS.

BASKETBALL

WARM UP: 15 MINUTES

V & JV games will be 8 minute quarters.

Spectators are not permitted to have horns, body paint, shirtless, noisemakers, signs, etc.

Pre-game and half-time music may be played at the discretion of the Home Team. Music must stop one minute prior to play.

MODIFIED BASKETBALL:

Teams set up by ability level, i.e. best players on "A" squad, the rest on "B" squad.

All schools with combined 7th and 8th grade teams will play a fifth quarter. Quarters are 7 minutes long.

"A" Team players to play 1st and 3rd quarters; "B" Team players to play 2nd and 4th quarters; 5th quarter will be at coach's discretion.

List of "A" and "B" players to be exchanged before game. The A team should ideally consist of the 7 best players regardless of position.(numbers may vary).

Everyone must play.

Two time outs per half (no carryover), with one time out in the 5th quarter.

During each quarter 1 and 1 will be shot on the 5th foul.

Pressing is permitted at any time, providing the point spread is 10 pts. Or less for the quarter.

Pressing will not be based on a cumulative score.

Score must be kept in score book.

Seven minute quarters, with no half-time. One minute break between quarters.

Score will be removed from the scoreboard after each quarter.

CHEERLEADING REGULATIONS (the current National Federation Spirit Rule Book governs participation). NYSPHSAA and Section IX rules and regulations apply. **COMPETITIVE CHEER IS A SECTION IX SPORT.**

CROSS COUNTRY

It is the responsibility of the Home Team to provide a starter and clerk at Dual Meets - not necessarily paid.

Have the course properly and clearly identified either through markers, arrows, flags, or spotters, and to familiarize the visiting teams with the course prior to the meet.

For the MHAL Championship Meet

- practice runs are allowed at meet site.
- Top 7 runners per school are allowed in the Varsity Boys and Varsity Girls races

For regular league meets – unlimited entries.

MODIFIED CROSS COUNTRY: As per current NYSPHSAA Handbook

FIELD HOCKEY

MHAL PLAYOFFS: SEMI FINALS-

Regular season #1 v. #4, #2 v.#3. Higher seeds will host. Winners compete in the mhal championship. .

REGULAR SEASON TIE-BREAKING PROCEDURE- As per current NFHS Rules.

TIE BREAKING PROCEDURES FOR MHAL SEMI FINALS AND FINALS WILL BE COMMUNICATED BY EMAIL TO PARTICIPANTS BY THE MHAL FIELD HOCKEY CHAIR.*Current NFHS rules will apply.

MODIFIED FIELD HOCKEY:

GENERAL REGULATIONS: Teams with less than 22 players may play four twelve minute quarters. Teams with 22 or more players will play five twelve minute quarters. The "A" team will play first and third quarters. The "B" teams will play the second and fourth quarters. Players who play the fifth quarter will be determined by each coach.

FOOTBALL

V & JV is governed by Section 9, information can be found on the Section 9 web-site.

<http://www.sectionixathletics.org>

SECTION IX MODIFIED A & B FOOTBALL BY-LAWS(SEE SECTION IX FOOTBALL HANDBOOK FOR REVISIONS).

Proposed Revision II June 5, 2014

Teams will be divided into A & B squads. Roster will be exchanged between coaches prior to each game. Section IX strongly suggests that Modified Coaches call each other 48 hours prior to the contest to report number of players on each team. Contact numbers will be placed in the Section IX Football Handbook.

- **The current year National Federation Rules and Section IX Approved Rules for Modified Football will govern play:**
 - The Modified A & B Football program will play five (5) ten minute quarters, where number of players is sufficient to do so.

- **Punts will be employed in all Modified games following H.S. rules, exception below.**
- Team offensive formations are limited to standard formations including the use of only one side receiver (NO UNBALANCED LINE); there may be a maximum split of 1 yard between linemen , **tackle to tackle**. If a wide receiver is employed, the maximum split from the tackle cannot be more that 10 yards. On the snap of the ball, there may be only 2 players outside of the tackle on either or both sides of the field. Motion shall be prohibited to the side of the formation that has two players outside of the tackle. **If the ends split on punt formation the teams must punt. All down field blocking must be done above the waist.** *2 Wideouts are allowed, but not more than 10 yards from the tackle or end. The wideouts may be either, or both, split ends/or flankers. But the formation is limited to only one wideout to a side. As in the past, no shifts or motion is allowed, BUT, motion is allowed only by the set back to create a second wideout formation. To be legally in motion, the set back must start from a set position in the backfield, either directly behind the snapper, or on the side of the snapper that is in the direction of the in the direction of the motion. That is, the man in motion cannot cross an imaginary line through the snapper and parallel to the sidelines. The offense must employ three players on the line-of-scrimmage on both sides of the center, no unbalanced line.*
- Until the snap, **defenses must employ a 4, 5, or 6 man front**, in an imaginary straight line within 2 yards of the ball. **4 and 6 man fronts must be balanced and aligned head up, tackle to tackle and cannot cover the center (no gap alignment). If a 5-man front is employed. The nose guard must line head up on the center and tackles head up on the offensive guards or tackles (no gap alignment.) Defensive Lineman, once aligned and in a stance cannot step prior to the snap of the ball. No Blitzing allowed. Linebackers must be stationary and at a 3 yard minimum depth at the snap of the ball;** three defensive backs must be at least 3 yards behind the deepest linebacker. **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)** Inside the 10 yard line defensive backs may be 2 yards behind the deepest linebacker. Penalties: improper formation – 5 yards; down field blocking below the waist – 15 yards.
- ****EXPERIMENTAL RULE-Kick-off may be used beginning with the third week of the season upon advance notice by the coaches to the opposing Athletic Director.** There shall be no on-side kickoffs permitted, and the kicking team shall not be permitted to recover the kickoff under any circumstances.
- Point-After-Touchdown will be scored; 2 points for a kick and 1 point for run or completed pass.
- Safety – scoring team puts the ball in play on the 50 yard line.
- All down field blocking must be done above the waist.

- When an offensive team employs a wide receiver (split end or flanked), 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 not wider than half the distance between the wide receiver and the next lineman.
- Ball: (1) Modified “B” (7th and 8th Grade) will use the Youth ball.
(2) Modified “A” (7th, 8th and 9th Grade) will use either Youth or High School.
- Numbering: If because of the number of players on a team or due to budgeting problems, a school cannot uniform its team by proper numbers (lineman, ends, & backs), that school’s coach will notify the opposing school’s coach and the officials prior to the start of the game to allow those players to participate (Example # 57 for a Tight End)
- **In addition to the above, the following rules will govern play for Modified A & B Football when 5 quarters are being played:**
 - Teams will be divided into “A” and “B” squads. Rosters will be exchanged between coaches prior to each game. The “A” teams should consist of the best offensive and defensive players, and the “B” Team should consist of the balance of the team. The players designated as “A” Team play exclusively on the “A” team, and the players designated as “B” Team play exclusively on the “B” team. **The only exception would be injury.** If an “A” team player were injured, he would be replaced by a “B” Team player. The replacement player becomes a member of the “A” team and may not play on the “B” team. The “B” team must use a non-starting “B” team member to replace an injured player. If a team is short players, and “A” team player may be substituted for the injured “B” team player after a conference of both coaches from each school is held to insure another “B” team player is not available.
 - **There must be at least 13 players per “A” & “B” squad. Any teams unable to field the required number of players must notify opponents Athletic Director at least one day prior to the scheduled date of the contest, then a (4) four quarter game will be played. All teams with 25 or more players must play a five quarter game – teams with 24 or less players must play a four quarter game. If a team does not have 16 players, the opposing school’s Athletic Director shall be notified and the contest shall be canceled.**
 - At the beginning of the 2nd, 4th, and 5th quarters play will begin from the spot where the ball was last placed in the previous quarters.
 - There will be half time of ten minutes. The ball will change possession at the half time.
 - “A” squad will play the 1st, 3rd and 5th quarters.
 - “B” squad will play 2nd and 4th quarters.
 - All teams must be split evenly. i.e. 30 players, 15 each squad/ 36 players, 18 each squad.

- When a 4 quarter game is played there will be no 5th quarter scrimmage allowed. Only teams with “A” and “B” squads are eligible for 5th quarter.
- **Unsportsmanlike conduct of coaches or players will not be tolerated and will follow NYSPHSAA and Section IX rules.**
- **Section IX Injury report for 2013 is required and new 2014 injury report form is due at the end of the 2014 season**

****Each half will start with a kickoff.**

A. The 100-yard field kickoff will be from the 40-yard line.

B. The kickoff line will be marked with an appropriate symbol, usually an “X”.)

C. There shall be no on-side kickoffs permitted, and the kicking team shall not be permitted to recover the kickoff under any condition.

D. When a kickoff goes out of bounds the receiving team shall have the option of:

1. Taking the ball at the point where it went out of bounds

OR

2. Accept a five (5) yard penalty and re-kick the ball.

GOLF

MATCH TIMES: 3:30 - 4:00 P.M. as dictated by the host golf course.

TOURNAMENTS: The Larry Johnson Memorial will be recognized as the MHAL Team Championship. This will be a 9 hole tournament. A MHAL Section 9 qualifying tournament will also be held. It will be an 18 hole tournament. The results will not affect league standing.

TIE Breaker for MHAL championships

A nine hole match held at a neutral course selected by the Golf Chair will be used as a tie breaker in the event teams are tied for first place at the completion of the season.

RULES GOVERNING MATCHES:

- All players will be required to report together to the scorer’s table. At that time, all scores are agreed upon, disputes resolved, sportsmanship reviewed, and the score cards are signed. A six person team shall play nine holes. The four lowest scores will constitute the team's score and will, therefore, be the winner. If a tie exists, the score of the fifth lowest person will be used to break the tie. If a tie still exists, the sixth lowest player score will be used. If the above procedure still results in a tie, the coach of each

will choose two players. These two players from each will play until the low ball decides the match.

- Each player will carry his own bag. Each player will keep his opponents' score on his card along with his own. Both players must sign and turn in both cards.(1-1,2-2) etc.
- All matches will be played according to USGA rules, amended by the club's local rules
- The home course card, when signed and turned in, will be the official card. Coaches will emphasize that all cards should be legible and that each golfer should turn in a card. Any questions as to rulings or Scoring must be made before the official card is turned in.
- Coaches should be called immediately should any question occur between players. If a coach is not available for the ruling, the player should play two balls out and record the score for both situations, pending a ruling. Once a match begins, only a player can call a penalty.
- The professional at the host site will interpret the rules in case of disagreement between teams. That decision will be final.
- Coaches will encourage their teams to keep play moving as rapidly as possible.
- Cancellations shall be rescheduled by mutual agreement.
- Soft spikes or sneakers are mandatory.
- All players will wear collared shirts.
- No jeans, sweatpants, gym shorts, or cutoffs will be permitted. Walking-length or Bermuda-length Shorts are permitted.
- No use of tobacco products is permitted.
- Coaches will review the code of conduct, introduce all players, and the shaking of hands will take place at the beginning of each match.
- All players in each group must be present prior to the signing of the scorecards in the presence of the coaches.
- Seeding for regular season matches are #1 plays #1, #2 plays #2, #3 plays #3. etc.
- Add a 2 stroke penalty for golfers who throw or break equipment, 1 stroke for inappropriate verbal outbursts as either witnessed by a coach or attested to by two or more players. Coach to assess own player after investigation of incident.
- The use of electronic equipment-cell phones, headphones, Walkman, iPods, etc. is prohibited during play.
- Ruling on distance measuring devices for the 2013 season:
 - A player may obtain distance information by using a device that measures distance only. Cell phones are not allowed nor any other multi-functional device that has the capability to connect to the internet. This includes, but is not limited internet capable smartphones, tablets, or PDA's which may be used as a distance measuring device, even if no other features or applications installed on the device are not actually used. If, during a stipulated round, a player uses a distance-measuring device that is designed to gauge or measure other conditions that might affect his play (e.g., gradient, wind speed, temperature, etc.), the player is in breach of Rule 14-3, for which the penalty is disqualification, regardless of whether any such additional function is actually used
- Disqualifications shall be subject to current NYSPHSAA Sportsmanship Policy enforcement.

SECTION IX GOLF COMMITMENT TO COMPETE

Congratulations on your fine athletic achievement and earning the right to represent your section in the Section IX Golf Tournament.

Your participation not only affects the outcome but also has a significant impact on the integrity of this sanctioned tournament. Should a player withdraw in a later round, the equality of previous rounds is affected by unjustly eliminating a deserving player or team who is committed to completing the tournament.

By signing this document, you agree to uphold the integrity of the Section IX Championships by committing to play the entire tournament, unless you are eliminated or you are unable to continue because of injury or illness. Withdrawal without notification of your Coach, Athletic Director and the Section IX Golf Chair will result in your being declared ineligible for any other Spring Sport, including championship rounds.

Please Print

Player Name: _____

Player Signature _____ Date

Parent Signature: _____ Date

High School: _____

Athletic Director: _____

Athletic Director's Signature _____ Date

UPON NOTIFICATION OF ILLNESS OR INJURY OF A GOLFER, THE ATHLETIC DIRECTOR MUST NOTIFY THE LEAGUE GOLF CHAIR AND THE SECTION IX GOLF CHAIR.

GYMNASTICS

Please reference the Section IX website. A current handbook is posted there with all pertinent information prior to each season.

SOCCER: (BOYS AND GIRLS)

NFHS FEDERATION RULES WILL APPLY

Schools strive to make fields - maximum size (120x75)

Game Length: Two forty minute halves

REGULAR SEASON TIE GAME – Varsity two ten minute sudden victory overtime periods

REGULAR SEASON TIE GAME – JV two five minute sudden victory overtime periods

If game is tied after overtime, game will remain tied. Any game that ends in a tie will result in each team receiving ½ of the winning point total.

BOYS- TIE BREAKER FOR CONFERENCE AND LEAUGE CHAMPIONSHIP GAME:*

GIRLS - TIE BREAKER FOR CONFERENCE AND LEAGUE CHAMPIONSHIP GAME:*

***CRITERIA TO BE ESTABLISHED BASED ON CURRECT NFHS RULES AND COMMUNICATED TO PARTICIPANTS PRIOR TO THE TOURNAMENT.**

YELLOW CARD - player will be removed from game and may return at next substitution opportunity. (coach responsibility)

In the event that the player receives two Yellow Cards in the same game, resulting in a Red Card, the two Yellow Cards will not count towards the season total; as the player will receive one game suspension as a result of the misconduct and ejection.

RED CARD - player, coach, or bench personnel in the team area shall be disqualified for:

Exhibiting violent conduct or committing serious foul play; a player anywhere on the field (other than a goalkeeper within his/her own penalty area); Intentionally handling a ball to prevent it from going into goal; an intentional foul by a player against an opponent who is moving toward a goal with an obvious opportunity to score; using foul or abusive language; any subsequent act of misconduct

*The player will be removed from the game and will not play in team's next game

MODIFIED SOCCER:

A five (5) quarter game must be played if both teams have 22 or more players at the start of the game and in accordance with the following:

Both coaches will exchange rosters before the start of the game.

The players must be seeded from #1 on down. The top half will be squad "A", the bottom half will be squad "B". This must be entered on the score sheet before the game starts.

Squad "A" will play quarters 1, 3, and 5: Squad "B" will play quarters 2 and 4

If "A" team drops under the number of players needed to put a team on the field, bring up the top "B" player(s).

If "B" team drops under the number of players needed to put a team on the field, bring down the lowest "A" player(s).

No player may play more than four (4) quarters.

No half-time will be used, five (5) quarters will be played with a one (1) minute break between quarter.

SOFTBALL

GAME BALLS: Optic Yellow Dudley SB 12 LND-FP *

SCORER: Home team scorebook will be official

RULES: All games will be played under ASA rules

WARM-UPS: The visiting team shall have the field for practice and warm-ups for a period of 15 minutes prior to game.

All JV games will have a 2 1/2 hour limit, in that no new inning start after 2 1/2 hours of playing time has elapsed, except in the case of a tie.

All Varsity and JV games will have a 15 run rule whereby the game would be officially over after 4 1/2 innings providing the home team is ahead. If visiting team is ahead then 5 full innings would be played.

Helmets with facemasks are to be worn on the bases, when batting, any student coaching the bases and the on deck batter.

If a coach is not able to be present, he must have a representative at the post season meeting.

MODIFIED SOFTBALL

No new inning after two hours and fifteen minutes. A fifteen run rule shall apply. Ties at the end of regulation will not be contested in extra innings.

Dropped third strikes are considered a "dead ball" batter is out

TENNIS (GIRLS/BOYS)

SPORTSMANSHIP(coaches should address these concepts at the beginning of matches and whenever necessary)

The following points of emphasis will be carried out by coaches, spectators and players:

- Cheering for a point should come only when the team being cheered scored a clear winner.
- Cheering will not occur when a player errs
- Cheering in retaliation will not be tolerated
- Cheering will be subdued to avoid distracting players engaged in other matches.
- Verbal warning will be prior to the team match, first infraction will result in a point deduction, second infraction will result in loss of the game, third infraction will result in loss of match and sit out the next scheduled contest.

FORMAT FOR PLAY: Format and/or scoring of play is subject to change by majority of coaches present at the scheduled pre-season meeting with Athletic Directors' approval, i.e. 8 game w/add scoring (at 8-8 tie, 12 pt. tiebreaker is in effect) 10 game, 2 of 3 w/no add, etc. Coaches may modify a final match, by mutual consent IF the team match is decided.

1. NYSPHSAA and USTA rules will govern play.
2. Dual Meet will consist of (3) singles and (2) doubles matches. The winner of each match will receive one point for his/her school, with the team winning three or more matches being the winner of the team match.
 - a. Breaks in the set where coaches may confer with players will not occur until the conclusion of the 3rd game in all sets.
3. The winner of each individual match shall be the first player or doubles team to win designated games. He/she must win by a margin of at least 2 games over opponent unless they reach 6-6 in which case a 12 point tiebreaker will be played.
4. If, as a result of scheduling difficulties, in an effort to conclude the dual meet season in a timely manner, multi-team matches (as per State Handbook) may be scheduled. For multi-team matches, an 8 game pro-set, with a 12 point tiebreaker at 8-8 scoring format will be used.
 - a. Coaches may continue by mutual consent to modify a final match if the team match is decided.
5. The won/loss record of each team shall determine the final league standings. In the event of a tie for League Championship, the two teams involved shall have a playoff using the same rules outlined herein. The winner of this playoff shall be designated as the League Champion.
6. Line-ups for dual matches shall be determined by each coach on a merit system and shall be exchanged before the start of the match. At the beginning of the season, the player playing in the number one spot shall be the best player on his/her squad and the positions to be filled by the remaining players, 2 and 3, will be placed according to singles ability. 1st and 2nd doubles teams will be selected according to their doubles ability. Beginning with the fourth league match of a team's season, lineups

must remain unchanged. Lineups will be faxed to the MHAL Tennis chair prior to the team's first match and an updated finalized lineup prior to the fourth match.

7. A player may **NOT** participate in both singles and doubles in any Dual Match.
8. In case of emergency, open substitution would be allowed for the duration of one match only. For example, (this applies to each of the five positions), if the number one singles player is ill and not able to play, then the coach could play his/her 8th best player in the number one spot instead of moving everyone up one position, making the entire match more competitive. In subsequent matches, if a position open for the second time, **it is the coach's responsibility to move all players up one position. At no time in the season may a position be defaulted. At any time in the season, if it is discovered that these rules were disregarded, the team shall forfeit the improperly structured matches.**
9. Coaches may communicate with their players during matches at changeovers for a period not to exceed 30 seconds. (This may not occur until after the completion of the 3rd game).
Both coaches will meet with the player if he/she has a question regarding the rules of play. The coach may meet alone with his/her player for medical reasons. In questions of line calls, coaches will work to accept a mutual agreement.
10. No jewelry shall be worn during competition.
11. Inclusive dates of sport season as per Section IX: August through post-season for girls and March through post-season for boys.
 - a. Standard starting time is 4:15 PM with a 10 minute warm-up prior to match
 - b. Make-up dates: Next day when possible
 - c. USTA sanctioned tennis balls (new) for every match
 - d. Coaches serve as officials, if necessary
 - e. Uniform code #1
 - f. All-League selection shall follow award procedures outlined in the by-laws with one exception: selection shall be based on individual league record.
 - g. No admission charge
 - h. No dressing room facilities required
12. Sportsmanship: Appropriate sportsmanship and proper decorum will be stressed by coaches to their respective squads and spectators.

MHAL TOURNAMENT:

Qualifications:

1. Entries must have played at least 50% of their league matches as a singles player or doubles team. A waiver due to injury may be approved by the league. The waiver request must be made in writing from the Athletic Director and be accompanied with a doctor's note to the MHAL Coordinator.

2. Be ranked a Top 12 First, Top 6 Second, or Top 2 Third singles players by overall win percentage
3. Be ranked a Top 12 First or Top 4 Second teams by overall win percentage
4. Wild Card doubles teams will be allowed if each member of the team has won 50% of their matches or more or would qualify for the singles draw based on the criteria above.

Seeding:

1. Draw shall be made in accordance with USTA National Amateur Circuit Regulations. (1 seed for every 4 players in singles and doubles.)
2. Seed is determined by league records and drawn by lot for respective lines on the draw in the top half and the bottom half.
3. Bye lines are determined by lot with one each 1/4.
4. Remaining players are drawn by lot and entered on the next vacant line.

TOURNAMENT RULES:

1. Scoring shall be per coaches recommendations for preliminary matches up to the semi-finals. This shall be determined at the pre-tournament coaches' meeting. Semi-finals and finals will be 2 of 3 regular scoring with a 12 pt. tiebreaker to be used at 6-6.
2. Each team entry in both singles and doubles shall supply three new tennis balls. The winner of the match will keep the new tennis balls.
3. 10 minute warm-up before each match with a recommended 30 minute break between matches. This break may be shortened in the event of time constraints. Each participant may have up to a one hour break before the final matches of the tournament.
4. Players to be defaulted after one warning unless flagrant for profane or obscene language or gestures on any unsportsmanlike conduct.
5. Proper tennis attire is required during play.
6. Qualifiers for the Section IX Tournament: 8 finalists in Singles (Quarterfinalists),
8 finalists in Doubles (Quarterfinalists)

SECTION IX TENNIS COMMITMENT TO COMPETE

Congratulations on your fine athletic achievement and earning the right to represent your section in the New York State High School Tennis Tournament!

Your participation not only affects the outcome but also has a significant impact on the integrity of this sanctioned tournament. This competition is a progressive, single elimination format, and the withdrawal of a player or a doubles team, for reasons other than an injury or illness, affects the equality as well as the integrity of this fine tournament. Should a player withdraw in a later round, the equality of previous rounds is affected by unjustly eliminating a deserving player or team who is committed to completing the tournament. The fairness of future rounds is affected by providing an unfair advantage to a player who advances to the next round fully rested as a result of an opponent(s)'s withdrawal.

By signing this document, you agree to uphold the integrity of the Section IX Championships by committing to play the entire tournament, including the consolation bracket, unless you are eliminated or you are unable to continue because of injury or illness.

Please Print

Player Name: _____

High School: _____

Athletic Director: _____

Player's Signature & Date

Parent's Signature & Date

Sectional Chair's Signature

The original must be presented to the Boys/Girls Tennis State Coordinator. The player will not be allowed to participate in the State Championships without the submission of this signed document.

A copy must be given to the player's High School Athletic Director

TRACK & FIELD

MEET TIME: 4:15PM

NATIONAL FEDERATION RULES APPLY

ORDER OF EVENTS (Regular Season):

GIRLS

400 Hurdles (30")
4 x 800 (3200) Relay
100 M Dash
1500 M Dash
400 M Dash
4 x 100 (400 M) Relay
100 M Hurdles (33")
800 M Run
200 M Dash
3000 M Run
4 x 400 (1600 M) Relay

BOYS

400 Hurdles (36")
4 x 800 (3200) Relay
100 M Dash
1500 M Dash
400 Dash
4 x 100 (400 M) Relay
110 M Hurdles (39")
800 M Run
200 M Dash
3200 M Run
4 x 400 (1600 M) Relay

Field events should be started 1/2 hour before running events. Long Jump followed by Triple Jump; Shot Put followed by Discus (unless situation warrants reversing and is agreed upon by all coaches); High Jump & Pole Vault as soon as possible. In the Jumps, a 45 minute "Open Pit" will be used for both Jumps. If the number of competitors requires a longer time period, jumps will be completed in a timely manner.

Boys and Girls (combined) should be same order except girls first then alternate.

CO-RUN FIELD EVENTS:

GIRLS - SHOT (switch)
GIRLS - LONG
GIRLS - TRIPLE

BOYS - DISCUS
BOYS - LONG
BOYS TRIPLE

GIRLS - HIGH JUMP FOLLOWED BY BOYS.(ODD YEARS GIRLS FIRST, EVEN BOYS FIRST).

BOYS AND GIRLS - POLE VAULT-START AT OPENING HEIGHT AND MOVE UP IN SIX INCH INCREMENTS UNTIL COMPETITION IS COMPLETED.

CO- RUN RUNNING EVENTS:

1500 M Run/1600 M Run; 3000 M Run/3200 M Run

RUNNING EVENTS: All will run in timed sections (best time wins). There will be no prelims, semis, etc. The BEST RUNNERS from each school should run against each other in the FIRST HEAT (scoring heat). (2 teams, 6 runners - maximum). All other runners and given their time to report to their coach. It will not be recorded at the finish line. If there are 3 teams scheduled for a dual meet there will be 2 timed heats to determine scoring places.

RELAYS: One team per school. In Dual Meets, if both coaches agree, an additional team may run as a non-scoring relay. The scoring team must be designated prior to the race.

MULTIPLE SCHOOL LEAGUE MEETS: Shall be scored as separate meets between each school. Report results to Press accordingly.

TIES: (League Meets) If score is tied at conclusion of meet, the team with the greater number of First Places is the winner.

LEAGUE CHAMPIONSHIP MEET: End of season Meet held to determine All-League recipients .In case of a tie, refer to League rules for ties.

NUMBER OF ENTRIES: Entries UNLIMITED provided the Home School arranges for qualified personnel to handle the field events. The paid officials will handle the running events.

It is expected that coaches would use their discretion as to the number of entries.

Coaches will assist when necessary with timing chores.

CHANGE OF ENTRY: A coach may change an entry up to one race prior to a given event in League Dual Meets. At the MHAL Championship Meet, if an athlete scratches from an event it is considered one of the four events allowed for the meet.

LEAGUE RECORDS: (Boys and Girls) Must be set or broken in MHAL Meet, Section IX, State Qualifying, State Meet OR any individual involving 6 or more schools. Notify Sport Chair in writing indicating Date, Meet, Time/Distance.

The top 3 overall results for each event should be reported. If you mail a roster to each paper, it will facilitate spelling and reporting. Cases where results are not reported should be brought to the attention of Sports Chair.

ASSIGNING LANES OR POST POSITIONS:

Individual running events: Alternate positions each race. (**Note:** for 100 M and 100 M hurdles, the choice lanes are the middle ones.)

Relays: Choose through officials for each race (400 relay-lanes all the way; 1600 relay first leg in lanes) 200 M on straight-away - same as 100, etc.

SIGN-IN: It is expected that visiting team coaches will sign-in the names of all competing athletes upon arrival at the site.

EQUIPMENT: Host school shall provide measuring tapes, score sheets, shots, discuses, finish yarn, stop watches, batons. Visiting coaches provide backup materials. Throwing implements will be verified by a coach from both schools prior to competition.

ALL-WEATHER TRACKS: Each team must provide own blocks. Unless all runners have blocks available, no blocks may be used. Check with AD as to the use of spikes.

PERSONNEL: In order to provide "unlimited entries" and to facilitate the smooth operation of a meet, the Home School should have Qualified, Knowledgeable, Unbiased personnel to conduct the field events & time. Visiting coaches should assist.

GAMES COMMITTEE - MHAL CHAMPIONSHIP MEET - will be established for the purpose of providing input and assistance in the planning and administration of the meet. Each school will assign one individual and an alternate to serve on this committee.

ORDER OF EVENTS - MHAL CHAMPIONSHIPS

(*Fastest Seeds Last)

Track Events		
100/110 Meter Hurdles	G/B Trials	
100 Meter Dash	G/B Trials	
400 Meter Dash	G/B Final on Time	
1500/1600 Meter Run	G/B Seeded	
110/100 Meter Hurdles	B/G Semi	Boys First
100 Meter Dash	B/G Semi	
1500/1600 Meter Run	G/B Unseeded	
Frosh/Soph Sprint Medley	Final on Time	Girls Non-
Scoring GIRLS		
100/110 Hurdles	G/B Finals	
100 Meter Dash	G/B Final	
2000 Steeplechase	G Final	

	3000 Steeplechase	B Final	
	800 Meter Run	G/B Final on time	
	200 Meter Dash	G/B Trials	
	400 Meter Inter. Hurdles	G/B Final on Time	
	3000 Meter Run	Seeded	
	200 Meter Dash	G/B Semi	
	3200 Meter Run	Seeded	
	Frosh/Soph Sprint Medley	Final on time	Boys
Non-Scoring	200 Meter Dash	G/B Final	
	3000 Meter Run	G Unseeded	
	3200 Meter Run	B Unseeded	
	4 X 800 Relay	G/B Final on Time	
	4 X 100 Relay	G/B Final on Time	
	4 X 400 Relay	G/B Final on Time	

Field Events:

Shot Put	Girls---Boys to Follow
Discus	Boys---Girls to Follow
High Jump	Girls---Boys to Follow
Long Jump	Boys---Girls to Follow
Girls Pole Vault	

PERFORMANCE STANDARDS – MHAL CHAMPIONSHIP MEET

	Track Events:	Girls	Boys
19.0	100/110 Meter Hurdles	21.0	19.0
13.0	100 Meter Dash	15.0	13.0
60.0	400 Meter Dash	70.0	60'0
	1500/1600 Meter Run	6:00	5:30
	2000/3000 Steeplechase	NT	NT
2:20	800 Meter Run	3:00	2:20
26.0	200 Meter Dash	30.0	26.0
70.0	400 Meter Inter. Hurdles	85.0	70.0
	3000/3200 Meter Run	14:00	12:00
	Field Events:	Girls	Boys
	Shot Put	23-0	35-0
	Discus	60-0	90-0
	High Jump	4-0	5-2

Long Jump	12-0	16-0
Triple Jump	25-0	35-0
Pole Vault	6-0	9-0

MODIFIED TRACK AND FIELD (OUTDOOR AND WINTER)

GAME CONDITIONS/RULES: As per current NYSPHAA Handbook

The suggested running events and their recommended order for spring track and field meets shall be:

- | | | | | |
|------------|----|-----------------|----|-------------------|
| | a. | 55m 30" hurdles | f. | 200 m 30" hurdles |
| | b. | 200 m dash | g. | 800 m run |
| | c. | 1500 m run | h. | 3000 m run |
| (optional) | | | | |
| relay | d. | 100 m run | i. | 4 x 200 m |
| relay | e. | 400 m run | j. | 4 x 100 m |

The suggested field events shall be:

- | | |
|--------------|-------------|
| 4 K Shot Put | Long Jump |
| 1 K Discus | Triple Jump |
| High Jump | Pole Vault |

the suggested running events and their recommended order for combined boy/girl outdoor track meets are:

- | | | | | | |
|-------|----|-----------------------|-------|-------|-----------------------|
| boys | a. | 55 m 30" hurdles | boys | l. | 200 m hurdles |
| girls | b. | 55 m 30" hurdles | girls | m. | 200 m hurdles |
| boys | c. | 200 m dash | boys | n. | 800 m run |
| girl | d. | 200 m dash | girls | o. | 800 m run |
| boys | e. | 1500 m run | boys | p. | 3000 m run (optional) |
| boys | f. | 1500 m run | girls | q. | 4 x 200 m relay |
| girls | g. | 100 m run | boys | r. | 4 x 200 m relay |
| boys | h. | 100 m r | girls | s. | 4 x 100 m relay |
| girls | i. | 3000 m run (optional) | girls | t. | 4 x 100 m relay |
| | j. | 400 m dash | | boys | |
| | k. | 400 m dash | | girls | |

VOLLEYBALL (GIRLS)

Scrimmages: A volleyball scrimmage must include *one or more* of the following:

1. Each server shall serve 3-5 consecutive serves regardless if the point was scored before the other team would get the ball. (rotate)
2. Games would start at point 4 all and end at point 25 **or** a game could be timed with no point cap.

All matches to be played under the rules of the NCAA.

MATCH TIME: JV 4:15 P.M. Varsity to follow after the required warm up period is completed. Order may be reversed by mutual agreement.

POINT SYSTEM FOR LEAGUE CHAMPIONSHIP: 3points for a DIVISION WIN. 2 points for a LEAGUE WIN.

**MHAL VOLLEYBALL LEAGUE CHAMPIONSHIPS SHALL FOLLOW THE 4 DIVISION PROCEDURE OUTLINED IN THIS DOCUMENT
MHAL CHAMPIONSHIP FORMAT FOR VOLLEYBALL CONFERENCE AND LEAGUE TITLE GAME SHALL BE 2/3 OR 3/5 TBD.**

GAME BALL: Legal game ball as per NCAA rule #3* Beginning with sectional play and throughout the state tournament the Spalding VB5#721538 will be required.

GAME: Varsity match consists of best 3 out of 5 games, JV plays 2/3 games, may play all 3 games

Though the uniform rule has been waived in the past, it is highly recommended that when purchasing new uniforms the following regulations are followed:

*beginning with the 2018 season.....

It will be required that either the libero or her teammates wear a solid color jersey:

Regarding the solid color jersey:

Sleeves must be the same color as the body of the jersey

Piping or trim can be no wider than one inch if color is different than body of jersey

Lettering and collars can be a different color than the body of the jersey

Numbers must be a contrasting color and meet specifications under rule 7.1.2

The solid color jersey must clearly contrast from the predominant primary color(s) of the teammates' jersey.

Predominant colors are those that appear on approximately half of the body of the uniform.

Rational: When both the libero and her teammates are in multi-colored uniforms of the same color combinations, it can be very difficult to discern the libero's legality when playing the ball.

Requiring either the libero or the other team members to be in a solid color uniform will assist the referees in determining legal playing actions.

MODIFIED VOLLEYBALL:

Modified A and B teams must be utilized.

Allow 2 toss attempts during serve (to promote over-head serving).

Allow one step in or over service line. Must play 3 games (promoting that everyone plays). May play 6 games. A libero may be used.

WRESTLING

V & JV IS GOVERNED BY Section 9. Information can be found on the Section 9 web-site.

<http://www.sectionixathletics.org>