

MHAL SPORTS BY-LAWS 8/13/18

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. Sport by-laws may be updated prior to the beginning of each sport season. The Athletic Coordinator will update by season and publish annually.

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	Boys*	Girls#
Cross Country	Boys (V) (M)	Girls (V) (M)
Field Hockey	Boys*	Girls
Football	Boys%	Girls*
Golf	Boys (V)	Girls*OCL
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.* any deviation must meet the approval of the Executive Committee

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		SPACKENKILL	DOVER
NEW PALTZ	RED HOOK	ELLENVILLE	MILLBROOK
WALLKILL	RONDOUT	ONTEORA	PINE PLAINS
SAUGERTIES	MARLBORO	RHINEBECK	WEBUTUCK
	HIGHLAND		COLEMAN

FIELD HOCKEY 1 DIVISION BEGINNING 2016-17

1. KINGSTON			
2. PINE BUSH		6. TACONIC HILLS	
3. RED HOOK		7. ONTEORA	
4. RONDOUT		8. RHINEBECK	
5. SPACKENKILL		9. PINE PLAINS	
6. ELLENVILLE		10. WEBUTUCK	
		11 COXACKIE/ATHENS	

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 NYSPHSA 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 division ties shall be made by the MHAL Athletic Coordinator, Chairperson, Sports Chairs, and the Athletic Directors of the member schools involved. In the event of a three way tie a coin flip to determine the bye may be employed.

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:

MHAL Championship contests in soccer and basketball will alternate boys and girls in the late time slot.

- 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

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.

FIRST MODIFIED CONTEST - INITIAL MODIFIED CONTESTS BETWEEN MHAL MEMBER SCHOOLS, SHALL BE CONDUCTED BY NYSPHSAA SCRIMMAGE GUIDELINES

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.
**THE ATHLETIC COORDINATOR SHOULD RECEIVE ONE EMAIL DAILY WITH ALL OF THE PREVIOUS DAY'S
MHAL LEAGUE CONTEST RESULTS.**

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

4/4/18

BASEBALL

All games will be played under the National Federation rules.

Beginning with the 2018 season a game ending 10 run rule shall be instituted for all JV and Varsity Contests

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.

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 2 HOURS 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. .Ties for 4th place will not be contested and #1 seed will advance to the finals.Tie breaker for seeds #1 thru #3 will be 1. Head to head 2. Goals allowed in the 11 MHAL regular season contests.3. Coin flip.

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). * coaches are urged to attend rules interpretation meetings.

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.
- Competitors may use a non-motorized push or pull cart during league competition. 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 boys varsity – Varsity two ten minute sudden victory overtime periods(MHAL regular season)

Girls varsity- 2 ten minute 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 LEAGUE CHAMPIONSHIP GAME:*

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

***CRITERIA TO BE ESTABLISHED BASED ON CURRENT 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

A 40 foot pitching distance shall be utilized.

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. Final lineups will be faxed or emailed to the MHAL Tennis chair prior to the Boys/Girls MHAL Tennis Chair prior to the fourth league match.

7. A player may **NOT** participate in both singles and doubles in any Dual Match.
8. In case of emergency, open substitution will be allowed for the duration of one match only. For example, (this applies to each of the three singles 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.** Substitutions at 2nd doubles are permitted throughout the season.
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. Proper tennis attire must be worn at all matches
 - 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. Additional players may be added at the coaches discretion in order to fill a 16 player draw.
3. Be ranked a Top 12 First doubles team by overall win percentage or Top 4 Second teams by school's overall record. Additional doubles teams may be added at the coaches discretion in order to fill a 16 team draw.
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:

Making the draw sheets for the singles tournament shall be done as follows: the top four seeds will be determined based on individual records, head to head competition, other relevant data and coaches' recommendations. Placement will be done on USTA guidelines. Up to four more singles players may be placed per coaches recommendations. The remaining singles players will be drawn by lottery and placed at the first open spot on the draw sheet...going from top to bottom. No singles player will play his/her own teammate in the first round of the tournament. If by luck of the draw that happens, the player picked to play on this his/her teammates will take the next available spot and a new player is drawn to fill that slot.

Making the draw sheets for the doubles tournament shall be done as follows: Four seeds will be awarded to doubles teams entered who played as doubles teams during the season to be determined by winning percentage, head to head competition, and the discretion of the coaches. The four seeds will be placed in respective positions based on USTA guidelines. Four more doubles teams may be placed which will likely include the Wild Card teams. They will be placed on the draw sheets based on singles' records and other

relevant data and coaches' recommendations. The top team to be placed will go on the bottom half of the draw, the 2nd best team to be placed in the top half of the draw (so as to meet the first or second seeded team in the semi-finals), and the 3rd and 4th best placed teams will be placed in the top or bottom half of the draw by a coin flip. The remaining doubles teams will be drawn by lottery and placed at the first open spot on the draw sheet going from the top to the bottom. No doubles team will play their own team members in the first round of the tournament. If by luck of the draw that happens, the team picked to play one of their own teams will take the next available spot and a new team is drawn to fill that slot.

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. Sportsmanship Rule: In the MHAL Tournament the same format will be used as during the regular season matches.

A verbal warning will be given prior to the start of the tournament

First infraction will result in the loss of a game

Second infraction will result in a point deduction

Third infraction will result in the loss of the match and athlete will have to sit out the next scheduled contest

5. Proper tennis attire is required during play.
6. Qualifiers for the Section IX Tournament: 8 finalists in Singles (Quarter finalists),
8 finalists in Doubles (Quarter finalists)

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)

BOYS - DISCUS

GIRLS - LONG

BOYS - LONG

GIRLS - TRIPLE

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 be assigned by the home school.

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

Coaches will assist when necessary with timing chores and field events.

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 * QUALIFYING PROCEDURES, TIME AND DISTANCES
MAY BE REVIEWED AND AMENDED BY MHAL ATHLETIC DIRECTORS ON AN ANNUAL BASIS

(*Fastest Seeds Last)

100/110 PENT.HURDLES G/B

3000/3200 METER G/B SEEDED FASTEST

400 METER DASH G/B FINAL ON TIME SLOW TO FAST

100 METER DASH G/B SEMI TOP 32 SEEDED. ALL OTHERS RUN BUT CANNOT ADVANCE
(WINNER NEXT FOUR)

110/100 METER HURDLES B/G SEMI TOP 32 SEEDED. ALL OTHER RUN BUT CANNOT ADVANCE
(WINNER AND NEXT FOUR)

3000/3200 METER G/B UNSEEDED SLOWEST

800 METER RUN G/B FINAL ON TIME SLOW TO FAST

100 METER DASH G/B FINALS

100/110 METER HURDLES G/B FINAL

2000 METER STEEPLECHASE GIRLS FINAL ON TIME

3000 METER STEEPLECHASE BOYS FINAL ON TIME.

200 METER DASH G/B SEMI TOP 32 SEEDED. ALL OTHERS RUN BUT CANNOT ADVANCE(WINNER
NEXT FOUR).

400 METER INTERMEDIATE HURDLES G/B FINAL ON TIME SLOW TO FAST

1500/1600 RUN G/B SEEDED SLOW TO FAST

200 METER DASH G/B FINAL

PENT. 800/1500 (WHEN IT CAN BE FIT IN)

FROSH/SOPH SPRINT MEDLEY G/B FINAL ON TIME NON-SCORING

½ HOUR BREAK MEDAL PRESENTATIONS IF NO DELAYS IN MEET

3200 METER RELAY G/B FINALS ON TIME

400 METER RELAY G/B FINALS ON TIME SLOW TO FAST

1600 METER RELAY G/B FINALS ON TIME SLOW TO FAST

TRIPLE JUMP FOLLOWED BY LONG JUMP)

POLE VAULT B/G

GIRLS SHOT PUT/BOYS TO FOLLOW

BOYS DISCUS, GIRLS TO FOLLOW

HIGH JUMP BOYS, GIRLS TO FOLLOW (PENT. HIGH JUMP TO GO WITH OPEN

PENT. SHOT PUT TO BE WORKED IN BETWEEN FLIGHTS

PENT LONG JUMP ON SEPARATE RUNWAY

PERFORMANCE STANDARDS – MHAL CHAMPIONSHIP MEET

Track Events:	Girls	Boys
100/110 Meter Hurdles	21.0	19.0
100 Meter Dash	14.6	12.6
400 Meter Dash	70.0	60.0
1500/1600 Meter Run	6:00	5:30
2000/3000 Steeplechase	NT	NT NT
800 Meter Run	3:00	2:20
200 Meter Dash	30.0	26.0
400 Meter Inter. Hurdles	83.0	68.0
3000/3200 Meter Run	14:00	12:00
Pentathlon	3 entries allowed	
Field Events:	Girls	Boys
Shot Put	24-0	36-0
Discus	70-0	100-0
High Jump	4-4	5-4
Long Jump	13-0	17-0
Triple Jump	25-0	35-0
Pole Vault	7-0	10-0

MODIFIED TRACK AND FIELD

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) |
| d. | 100 m run | i. | 4 x 200 m relay |
| e. | 400 m run | j. | 4 x 100 m relay |

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:

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

May play 6 games in one day-score MUST be capped at 20.*Extended play: 6 games with a max of 20 points per game.
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>

Modified wrestling as per current NYSPHSAA Standards.