

## SUMMARY of NYSPHSAA Meetings MARCH 2010

### **FOOTBALL – Change in Pre Season Practice Regulation from 3-2-6-4 to 2-3-6-4**

The **first two (2) days** of practice must be non-contact, without the use of protective equipment and mechanical blocking devices. The use of cones, ropes, ladders, step-over dummies, soft hand shields and similar devices as teaching aids is permissible. Helmets may be worn. The **next three (3) days** provide a transition from the conditioning phase to full contact. During this phase, players are permitted to wear a helmet and shoulder pads. Blocking dummies, sleds and similar devices are permitted. During this phase, player to player tackling drills, team scrimmaging, running full contact plays etc. are not permitted. The **following six (6) days** consist of contact practice with full protective equipment and the use of all training devices. Full player to player contact and team scrimmaging is permitted. **Four (4) additional practices** must be completed by the individual and team prior to the first contest. Interscholastic scrimmages may commence after 11 practices have been completed by the individual player and team. Interscholastic contests may commence after 15 practices have been completed by the individual player and team.

### **SCRIMMAGE:**

**Nights Rest** – All scrimmages will require one night rest, except football which will require two nights rest between scrimmages.

**Limitations Per Day** – Change the headings on the Sports Standards Chart to state **Limitation of scrimmage or game.**

**INTERSCHOOL SCRIMMAGES:** A scrimmage is **SIMULATED CONTEST**. In scrimmages: (a) both squads use the same field simultaneously with both coaches making corrections and giving instructions, (b) **GAME RULES MUST BE ALTERED – SEE SPORT SPECIFIC REQUIREMENTS**, (c) no official score is kept, (d) time period(s) are defined in the Sport Standards section of the NYSPHSAA Handbook, (e) no admission is charged. The use of officials would be permitted and encouraged whenever possible for the purpose of instruction regarding the rules and proper application of rules.

### **FOREIGN EXCHANGE STUDENT**

**Definition** – A foreign exchange student is a student that is enrolled in a NYSPHSAA member school that is a participant in a foreign exchange program. The foreign exchange program may or may not be accepted for listing by the CSIET.

### **INTERNATIONAL STUDENT**

**Definition** – An international student is a student that is enrolled in a NYSPHSAA member school, who is not enrolled in a foreign exchange program nor living with his/her parents (or other persons with whom the student has resided for at least six months)

### **SPORTSMANSHIP**

The committee recommends adjusting the language of the Sportsmanship Rule to state, ...disqualified *by a sport official*..... This change would clarify that the penalty would be enforced during a scrimmage or a contest.

### **VOLLEYBALL**

#### **DEFINITION OF A SCRIMMAGE**

- Games would start at point 4 and end at point 25 or a game could be timed with no point cap.
- One person on a team would need to serve 3-5 consecutive serves regardless if the point was scored before the other team would get the ball. (rotate)
- Unlimited legal substitutions and unlimited time outs.

**VOLLEYBALL JEWELRY RULE** - Requesting to continue the use of 2009-10 NCAA Jewelry Rule to replace Rule 7.2.3 of the NCAA 2010-11 rules: If a substitution request is acknowledged (whistled), and the player

is wearing an illegal uniform or jewelry or has illegal equipment, the substitution is denied and a delay sanction assessed. If warm-up activities or play must be interrupted because of a player wearing an illegal uniform, jewelry or equipment, that team is assessed a delay sanction. The jewelry must be removed before the player can participate further. If, during the warm-up period, a player responds promptly to a referee's request to remove jewelry or illegal equipment, a delay sanction is not assessed.

#### **SPORTSMANSHIP**

Any coach that does not serve the penalty for violating the Sportsmanship Standard #27, is ineligible to coach until the next two (2) regularly scheduled contests have been completed. If the coach continues to not serve the penalty, the matter will be referred to the Section Executive Director for further action.

#### **MODIFIED COMMITTEE**

- **FOOTBALL** – With section approval, schools will be allowed to use two wide receivers on opposite sides of the formation.
- **WRESTLING** - Modified wrestlers who compete in two or three bouts in a contest, the time periods are either: Three 1 minute periods or 1st Period – 1 minute, 2nd and 3rd Periods – 1 and ½ minutes.
- **WRESTLING** – With section/league approval an additional, sudden victory, overtime period shall be permitted in modified wrestling. Wrestlers must start in the standing position, and the period shall not exceed 30 seconds. (Pending Safety Committee Recommendation)
- **SCRIMMAGES** –Due to current fiscal concerns in New York State, with sectional/league approval, up to 50% of the maximum number of games permitted for each modified level sport may be contested as scrimmages during the 2010-2011 and 2011-2012 school years. Example: Basketball – 14 games permitted, 50% (7) could be scrimmages plus 7 games for a total of 14. Also three additional scrimmages are permitted. Scrimmages must follow all the guidelines in the NYSPHSAA Handbook.
- **BASEBALL/SOFTBALL** - With sectional/league approval, when the team at bat has two outs with the catcher on base, a pinch runner may be used to allow the catcher to get his/her gear on prior to the third out. The pinch runner is a player who is a substitute, or in the case that all substitutes have been used, a player off the bench who is not currently in the lineup. This rule does not change the normal substitution rules and does not overshadow the need to get all players in the lineup; it allows for cutting time off the transition between innings.
- **EARLY FALL MODIFIED STARTING DATES** - Some sections have approved earlier fall 2010 modified starting dates: Section 5 – August 28 for football, Section 6 – August 23 for football and Section 7 – August 25 for all sports.

#### **WRESTLING ADVISORY COMMITTEE**

- Requesting approval for wrestlers to be certified at a minimum weight rather than a minimum weight class.
- Considering utilizing the National Wrestling Coaches Association data base for the submission of Minimum Weight Certification results. The NWCA data base is currently being used for the submission of data for At-Large competitors and the seeding of the NYSPHSAA Championship.

#### **SWIMMING**

- The Boys and Girls Committees will be requesting approval to continue to use the criteria to establish the qualifying standards.