



TABLE OF CONTENTS

Frequently Asked Questions

Eligibility Brochure

Transfer Rule

- Transfer Rule
- Waiver Guidelines
- School of Residence Form
- Waiver Request Form

Foreign Exchange Students

- CSJET Direct Placement Questions

Scholar Athlete Team Award Instructions

School of Distinction Instructions

Senior All-Star Contest

- Criteria Letter
- Letter of Intent
- Roster
- Financial Report

Record Reporting Form

Scrimmage

Point of Emphasis

Sportsmanship

- Regulation
- Sport Promotion Program
- Be Loud, Be Proud, Be Positive

Championships

- Dates & Sites
- Code of Conduct
- Gate List
- Championship Programs

Permission for Special Accommodations

Modified

- 50% Scrimmage Regulation

Sanctioning

Concussion Management

- Guide to Successful Program
- Sample School Policy
- Guideline & Procedures
- Support Materials
- Sideline Card
- Return To Play Protocol
- Concussion Checklist
 - On-Site Evaluation
 - Physical Evaluation
 - Return To Play Protocol

Safety

- Heat Index Procedure
- Wind Chill Procedure
- Early Season Acclimatization
- Best Practices for Preventing Skin Infections

Wrestling

- Skin Infection Form
- Best Practices – Preventing Infection
- Parent Awareness Form
- Weight Certification Report
- Waiver – 14 Day Rule

Counting of Contest Forms

- Cross Country
- Wrestling
- Track and Field

Frequently

Asked

Questions

*Including
Steps
to
Eligibility*



TABLE OF CONTENTS

“FREQUENTLY ASKED QUESTIONS”

General.....	1
Amateur Regulations	4
Bona Fide Student.....	4
Club Teams	5
College Attendance & Participation.....	5
Combining of Teams - Small Teams	6
Competition.....	6
Dual Sport Participation.....	7
Senior All-Star Contests.....	8
Exhibition Swimmers.....	8
Extended Eligibility	8
Foreign Exchange & International Students	9
GED Programs	10
Health Examinations	10
Home School.....	10
Ineligible Competitors	11
Jewelry	11
Mixed Competition	11
Modified Sports.....	12
Officials.....	12
Out of State Competition	13
Outside Team Participation.....	13
Permission for Special Accommodations	14
Practice Requirements	14
Sanctioning	15
Scrimmages.....	16
Sectional Representation.....	16
Selection Classification.....	17
Special Requests	17
Sportsmanship.....	17
Student Faculty Contests.....	18
Transfer Rule.....	19
Tryouts	20
Two Varsity Sports	20
Volunteer Coaches.....	20

STEPS TO ELIGIBILITY	21
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GENERAL QUESTIONS

Q. One of our student athletes just had an outstanding performance. I believe she may have broken a NYSPHSAA record. How do I submit her name to be included in the records listed on the website www.nysphsaa.org?

Please go to the website, www.nysphsaa.org and click on RECORDS. You will then be directed to a page that includes the RECORD REPORTING FORMS and the record books for the NYSPHSAA and NFHS. Please click on the REPORTING FORMS and that will direct you to the forms that you will need to submit the record.

Q. I have heard that the classification cut off numbers have been changed for the 2010 – 2011 school year. Is it true, and if so what are the new numbers?

The NYSPHSAA annually reviews the classification numbers to determine if a change is warranted. At the December 2009 Executive Committee meeting, the cut off numbers were changed for next school year. For 2010 – 2011 the numbers will be: Class AA 925 and up, Class A 525 – 924, Class B 305 – 524, Class C 175 – 304 and Class D 174 and below.

Q. How would I go about nominating someone for the NYSPHSAA Hall of Fame?

Please go to our website, www.nysphsaa.org . Click on the FORMS button (on the top) and you will be able to access the nomination form. Please make sure that you provide all the information that is required with your nomination packet. The nomination must be approved by the Section prior to being submitted to the NYSPHSAA office. The completed nomination forms must be submitted by the December 15th deadline.

Q. Where do I seek advice when I have a sport specific question such as a clarification of a sport rule, not an eligibility standard?

We suggest that you contact the sport coordinator from your local section. We consider all sport coordinators to be the recognized expert in their particular sport. If they are unable to assist you, please contact our state sport coordinator for clarification.

Q. I have two students who would like to participate in practices with the soccer team. One student has been deemed ineligible due to the transfer rule and the other student is a special needs student who turned 19 prior to July 1st. May I allow them to participate?

No. All “athletes must meet all standards of eligibility for practice or competition.” (NYSPHSAA Handbook p. 90, 100)

Q. I have a male student who wants to swim as an independent, is this possible.

The NYSPHSAA does not recognize independent competitors; the student must represent the school in which they are a bona fide student. A student can be an individual competitor, representing their school with a certified coach who has been appointed by the Board of Education. The athlete must meet all the standards of eligibility and meet the criteria under the Representation regulation.

Q. May I split my tennis team on a particular day into two squads and have them compete in matches at two different locations and/or may I split my tennis team on a particular day into two squads and have one group play a match while the other goes to another school for a scrimmage?

Yes, you may split your squad BUT the team will be charged with two matches on that day toward the maximum number of matches (18 for tennis) for the season. The scrimmage would not count toward the maximum as long as it truly is conducted as a scrimmage (Please refer to the 2010-2012 NYSPHSAA Handbook for how a scrimmage must be conducted). If you go over the maximum number of matches for the season the team and all the members of the team are ineligible for the remainder of the entire sport season. (Note: Only 18 tennis matches are permitted for 2009-2012.)

Q. How do I keep up with the NYSPHSAA initiatives and changes such as new regulations and the progress of sport committees?

The Association has a monthly NYSPHSAA Office Report highlighting the most updated information. The Office Report will be emailed directly to all Athletic Administrators and is available on our web site www.nysphsaa.org.

- Q.** Is it possible to email the NYSPHSAA to ensure that a student athlete is eligible for high school competition?
The NYSPHSAA encourages communication via email under most circumstances but not to assist you in determining the eligibility status of a student. Too often there are extenuating circumstances that are not easily conveyed in an email. Therefore we request you contact the office by phone to discuss the matter.
- Q.** How are the All-State Teams selected?
The NYSPHSAA does not sponsor or endorse any All-State Team. All-State teams are usually selected by outside organizations such as a coaches association or the sports writers association.
- Q.** Where can I find the most recent changes to NFHS playing rules?
The recently adopted sport rule changes can be found on the NFHS web site. The internet site address is www.nfhs.org or click on the link located on the www.nysphsaa.org web site.
- Q.** My varsity and junior varsity bowling teams are scheduled at home on side-by-side lanes. If a junior varsity athlete plays only the first game, may I move him up to the varsity squad during a later game?
No. Once an athlete enters competition, regardless if it is a minute or half a contest, he/she is charged with their one competition of the day. They are not eligible to enter another competition that day.
- Q.** After competing in one contest we discovered a student/athlete did not have a physical examination and approval by the school physician. Is there a penalty?
Yes. To be eligible to practice or compete, an athlete must have a physical exam and approval of the school medical officer. The penalty is forfeiture of the contest. Furthermore, none of the practices participated in by the student prior to the date of the school physician's approval count toward the required number of practices.
- Q.** Recently we received an invitation to a track meet which included a coed relay event. Is this permissible?
*While boys' and girls' track meets may be combined and held at the same site, no coed events may be held. Boys may only compete against boys, and likewise girls against girls. Relays are considered one event despite the fact there are multiple participants in that event. All participants must be of the same gender. (*2004 NFHS)*
- Q.** We have scheduled 24 games for our ice hockey team. It appears that we will receive a forfeit next week due to team illness. May we schedule another contest so we can play the maximum number of contests allowed?
*A forfeit is considered a contest. Therefore you should not schedule another game or you would be in violation of the maximum number of contests allowed. (Note: **Only 20 Ice Hockey games are permitted for 2009-2012.**)*
- Q.** My volleyball team has been invited to participate in a three day tournament. Is this considered to be one contest or three contests?
*In volleyball, each day of a tournament shall be counted as one contest. The team will use three of the 24 maximum number of contests. NYSPHSAA Handbook p. 115 - Volleyball. (Note: **Only 20 Volleyball games are permitted for 2009-2012.**)*
- Q.** We are considering conducting a "double dual" in track and field. Is this permissible?
Our Sports Standards of one night rest between contests, as well as the individual limitation of one contest per day, preclude holding "double duals" in track and field. There is a distinction between a "double dual" meet and a multiple school meet. As approved by our governing board in 1984, if the competitors from all schools compete at the same time in events (a multiple school meet) and adhere to the daily individual limitation, then these meets would count as one contest towards the maximum number allowed. For example, when four cross country teams all run the course at the same time, this would be one contest in terms of NYSPHSAA's maximum number of contests regardless if some additional superficial scoring is used-such as Team A beats Team B, C and D and Team B beats Teams C and D. On the other hand, a "double dual" wrestling meet would count as two contests as all contestants do not compete in an event at the same time, even though the individuals do not exceed the four-bouts-a-day limitation.

Q. My soccer coach wants to move a Junior Varsity player up to the Varsity squad. Is this permissible?

In terms of high school programs the NYSPHSAA has no restrictions on movement from one level of play to another for Freshman, Junior Varsity and Varsity level teams. An athlete could compete on the Varsity level on day and then compete on the Junior Varsity level on the following day. Note: Some leagues have more restrictive standards.

Q. How are people chosen as members of the National Federation's game rules committees?

Representatives to the National Federation's rules committees come from eight geographical sections of the country. New York belongs to Section 1 of the National Federation which is comprised of eight states (including the New England states and New Jersey). When openings occur on the various rules committees for Section 1, only those states which use the National Federation rules in a specific sport without modification are eligible to submit candidates for consideration. The NYSPHSAA generally submits the names of our state sports coordinators. In addition to sectional representation on the rules committees, the NFICA and the NFIOA also select members to serve on these committees.

Q. Why does the start of the fall season begin so early in August? The dates often cut into family vacations and summer employment.

The NYSPHSAA has not established sport seasons since 1980. At that time authority to establish sport seasons was given to each of the eleven sections. The NYSPHSAA governing board only approves of deviations to the section's seasons.

Q. May a student-athlete compete in an athletic contest without their coach present?

No. All student-athletes representing their high school must be under the direct supervision of a qualified coach appointed by the Board of Education of the school district.

Q. Can a baseball player participate in a JV game then participate in a Varsity game that follows?

NYSPHSAA does not differentiate between JV and Varsity programs. A baseball player may participate in both games as long as he does not compete in more than 2 games in a day and exceed the maximum number of 24 contests permitted in the season. However, there may be local Section or League rules that may restrict the player from participating in both. (Note: Only 20 games are permitted for 2009-2012.)

Q. Do all athletic directors have to attend a NYSPHSAA workshop?

Beginning in the 2007 – 2008 school year, each school district is required to have their athletic director attend an annual mandatory NYSPHSAA Eligibility Workshop. Failure to comply with the mandate will result in the school being ineligible for post season competition.

Q. Now that wrestling, winter track, cross country and spring track are able to count the number of competitions for the individual competitor what is the penalty if a member of the team exceeds the maximum number of contests.

The penalty remains the same as it has always has been. "If a team or individual exceeds the maximum number of contests permitted, the penalty is team ineligibility from the date of violation for the rest of the season." The team in which the violation occurred would be ineligible for the remainder of the season. To assist coaches and athletic administrators to keep track of the contests entered the NYSPHSAA will have a "Competition Form" available on our website for use in the coming school year.

AMATEUR REGULATIONS

Q. Several student athletes are hoping to be hired by the Parks Department to supervise and instruct our town's summer playground program. Will such employment hurt their amateur status?

No. Our Amateur Standard specifically exempts instructing, supervising or officiating in any organized youth sports program which includes recreation and playground programs. A good rule of thumb is to remember a scholastic athlete may be employed working with individuals whose level of play does not exceed his/her level of participation.

Q. Our local Rotary Club wants to give a scholarship award of \$500 to an outstanding athlete. Is this permissible? *Scholarship awards are exempt from our Amateur Rule if they are held by the awarding organization and paid directly to the institute of high learning chosen by the student.*

Q. One of our scholastic bowlers filled in as a substitute on an adult league where money was awarded as prizes. Now we are told the student is ineligible. Why?

While all other sports follow our Standard #2 Amateur, bowling also follows USBC Rule 400, which puts limits on prizes for bowlers.

Q. We have a young man who is an outstanding bowler. His father told me that the child plans to participate in the US Open Qualifier, as well as the World Championships. The father informs me that all prize money will go to a scholarship fund, under guidelines established by the United States Bowling Congress (Rule 400.) Can this young man participate if he declines any prizes that are worth more than \$250?

Please refer to page 91 of the 2010-2012 NYSPHSAA Handbook, specifically Section A #3 which speaks directly to scholarships. The USBC requires scholarship monies to be placed in their SMART fund. These funds must ONLY be used for a scholarship to an institution of higher learning.

BONA FIDE STUDENT

Q. A district resident has inquired about the athletic eligibility of their child. The student attends a small non public school in our community which does not offer any athletic opportunities for their student body. May they participate in our modified athletic program at the public school?

No, they are ineligible to compete because they are not a Bona Fide Student in your district which requires the child to attend your school and enroll in three classes plus Physical Education (2010-2012 NYSPHSAA Handbook, Pages 38, 87 and 94).

Q. Our neighboring school district does not sponsor an ice hockey program. Several students are interested in participating on our teams. Can they tryout for our team?

No, they are not eligible to do so. A common misconception held by coaches and parents is that if a sport is not offered in one school a student can go to another school which sponsors a program. This is not true. A student must be registered in a school (Bona Fide Student) to be eligible for its athletic programs.

Q. A student registered in a private school located within our school district's boundaries desires to participate on our high school soccer team. Is he eligible to do so?

No. The student must be registered in the high school he represents and taking at least four subjects including Physical Education (Bona Fide Student Rule). While public school districts must provide certain services to non-public school students, extracurricular activities such as athletics are not included.

CLUB TEAMS

Q. One of the schools in our league is forming a club team to foster the development of a girl's gymnastics team. They had asked to schedule a scrimmage and a contest with our junior varsity gymnastics team. Is this permissible?

Interscholastic athletic teams can only scrimmage and/or compete against other school board approved interscholastic teams. These teams must follow all Commissioners' Regulations and NYSPHSAA Standards. The State Education Department or NYSPHSAA does not recognize club teams. They do not need to follow any regulations governing scholastic sports.

Q. We are thinking of starting a girls' club lacrosse team to get the sport started in our school. We hope to participate in a limited number of contests this year. Is this acceptable?

You certainly could start a club team for girls' lacrosse instead of an interscholastic team; however, you should first explore if other club teams exist. If so you would have opportunities for competition. If not, keep in mind that interscholastic teams may not practice/scrimmage with or compete against club teams.

Q. This year our school has initiated a varsity level crew program. In the past, when crew was organized as a club team, we competed against other school club teams as well as rowing organizations' teams. My athletic director tells me I can not compete against these teams anymore. Is this true?

Yes. The Commissioner's Regulations as well as NYSPHSAA standards restrict board of education approved scholastic athletic teams to competition only with other similarly approved athletic teams. Scholastic athletic teams are mandated to follow the Commissioner's Regulations as well as all eligibility standards of the Association. School club/activities programs as well as outside groups are not required to follow any of these regulations. Your varsity crew team may only compete against other scholastic crew teams. Further more this same restriction applies when participating in multi-team invitationals.

COLLEGE ATTENDANCE & PARTICIPATION

Q. One of our soccer players is attending a community college part-time and wonders if he can practice with that college's soccer team?

Your soccer player may not practice with the college squad during the scholastic soccer season or he will become ineligible from the date of participation.

Q. One of our students is attending an accelerated program full-time at a local community college. She has not graduated and is still under 19. Is she eligible?

The student must still be meeting all Commissioner Regulations and NYSPHSAA Standards to have athletic eligibility. Of particular importance, the high school must be granting credit for 3 courses plus physical education for her college courses.

Q. While visiting a college campus may a high school athlete participate in a practice or competition with the college team? What are the limitations?

The NYSPHSAA standard #7 states that a student athlete may not participate in practice or competition with any individual or team(s) representing a college in that sport in that season. However, for example, it would be permissible for a student to participate in a basketball practice at the college if it were held during our fall or spring sport season.

COMBINING OF TEAMS - SMALL TEAMS

Q. Our district has two high schools – East and West. East has a wrestling program. Since West does not sponsor a wrestling team may students from West participate on East’s team?

To participate on a high school’s athletic team the student must be a bona fide student of that school. In other words, a student must be registered in that school and taking three courses plus physical education. This rule applies to all high schools regardless if they are located in the same district or not. However, a merger may be requested.

Q. Our school is conducting interscholastic swimming for one student. The Handbook states the number of required practices which must be completed prior to the first competition. If our one swimmer participates in the number of practices stipulated for an individual is he eligible to compete?

No, he is not eligible. Since your one swimmer is the team, he must complete the number of practices specific for the team prior to any competition.

Q. May a parochial school located within our district combine with our high school’s swimming program?

Only NYSPHSAA member schools may receive permission to combine sports programs. If the parochial school is a non-member, they must first join the section and the athletic association. When that is accomplished they may petition the section to combine swimming programs with another member school.

Q. We do not have a swimming program at our school. Parents have inquired if their son, an outstanding swimmer, may compete as an independent in scholastic swim meets?

All competition conducted by our schools must only be between or among member schools. No student is eligible to enter such competition without representing a school. Only two avenues of action are open to schools wishing to provide opportunity for a single student; they are 1) establish their own program, or 2) seek to form a single team with another school district.

Q. Our son has been a competitive swimmer for 10 years. He has expressed a sincere interest in competing at the high school level with a desire to compete at states. His high school has a pool but no team. How would we go about having him compete either for his high school or “unattached” with eligibility to swim at states?

In order for your son to compete he would have to represent the school in which he attends. NYSPHSAA does not recognize “unattached” swimmers. He would have to represent his school when competing. The other option would be to have a combined or “merged” team with a neighboring district, if your school was willing.

Q. Our school district does not sponsor an ice hockey team. May my son play for the neighboring school district which does have a team?

No, your son must be a bona fide student, taking three courses and physical education in the high school represented to be eligible. However, your school district may wish to investigate the possibility of combining schools to form one program.

COMPETITION

Q. In April members of our indoor track team have been invited to an invitational championship. May we participate?

After the indoor track season ends schools may not participate in competition for that sport. No team or individual student may represent its school in any post-season game or tournament. Individuals may attend such competition unattached to the school. No school uniforms, equipment or financial support is permitted.

Q. Our cross country team has received an invitation to a cross country meet being hosted by a nonmember, private school. May our teams compete against schools that are not NYSPHSAA members?

Our schools are permitted to scrimmage and compete against nonmember public, private and parochial schools that belong to the New York State Federation of Secondary Schools Athletic Association. In addition, our member schools may also compete against NYSPHSAA approved Friend and Neighbors.

Q. Last spring we replayed part of a contest in baseball as the result of a protest on a day we had a double header scheduled. We were told we had to cancel one of the games. Was that right?

Yes, while the game or part of a game replayed as a result of a protest does not count as an extra game, the scheduling of contests still must adhere to the time between contests. Though baseball is permitted two (2) contests per day, the "protest" game counted as one of the games allowed.

Q. Our basketball team has been invited to a tournament. All the schools are from New York except one school belongs to the CHSAA (Catholic High School Athletic Association). Are we permitted to play them?

Our member schools are permitted to scrimmage and compete against any New York public, private and parochial school that belongs to the New York State Federation of Secondary School Athletic Associations. The CHSAA is one of the four athletic associations comprising that group.

Q. Due to injury we will only have 15 players eligible for a football game this weekend. Our opponent has agreed we will only scrimmage on the day of the game. Is there a problem with that?

Yes. All interschool contacts (both scrimmage and contests) in football are permitted only when each school has the required number of students who are physically fit and eligible. For eleven-man football this is 16 or more players. (revised 6/04)

Q. Our league is discussing using a 10 run rule in baseball this coming spring. May we adopt this rule?

In October 1998 the NYSPHSAA waived baseball's 10 run rule. A league or section may not use the rule without the approval of the NYSPHSAA's governing board. This does not prohibit an individual school or coach ending a contest prior to its full completion for whatever the reason.

Q. May a school practice/scrimmage against a club team?

No, interscholastic teams may not practice/scrimmage with or compete against club teams. (Handbook page 86)

Q. Our local community college is planning a basketball tournament in December with area school teams invited. I told the college that scholastic teams could not participate without a secondary school co-sponsor. Am I right?

Yes, scholastic teams can only compete in competition which have a school sponsor or co-sponsor (see Standard #18 - Outside Agencies). Furthermore, any competition co-sponsored with an outside agency must have your section athletic councils approval.

DUAL SPORT PARTICIPATION

Q. Can a student athlete play two sports in one season?

That depends if the individual section permits dual participation. The NYSPHSAA permits the Section Athletic Councils to make that determination. (2010-2012 NYSPHSAA Handbook - Representation, page 101)

Q. A student has asked if he can participate in two sports, baseball and track, this spring. Is this permitted?

The NYSPHSAA does not prohibit such participation. A Section Athletic Council, however, may have adopted more stringent regulations. Should a student choose to participate in two sports at the same time, he/she must complete the required number of practice sessions for each sport.

SENIOR ALL-STAR CONTESTS

Q. A senior basketball player has been invited to participate in an All-Star senior contest as well as an all-star contest being held out-of-state. May he participate in both of these contests?

All-Star contests are approved by the section in which the contest is to be held and by the NYSPHSAA Executive Director. Specific guidelines must be adhered to when conducting these contests. A senior may only participate in one approved All-Star contest in a sport.

Q. Our league always hosts NYSPHSAA approved All Star basketball tournaments for boys and girls. This year we are going to schedule the games a week after our sectional tournament. Is this a problem?

When scheduling All Star contests the organizers must keep in mind that only seniors who have completed their secondary school eligibility in that sport may compete in these contests. Therefore, scheduling your All Star contests prior to NYSPHSAA's post schedule tournaments (regional through finals) eliminates all seniors who are members of teams still competing. Should a senior from such a team compete in your event he/she will become ineligible for the rest of the sport season.

EXHIBITION SWIMMERS

Q. Our school has a one girl swim team. Often she is an exhibition swimmer at dual school meets. Is she eligible for sectional and other post-schedule competition?

In August 1991, the NYSPHSAA governing body approved that times established by exhibition swimmers could be used to qualify for post-schedule competition and that an exhibition performance may count as one of the six required meets. Swimmers must have a total of six school contests. (see page 88 of the 2010-2012 NYSPHSAA Handbook)

EXTENDED ELIGIBILITY

NOTE: Effective July 27, 2010, the NYS Regents passed a regulation permitting students with disabilities to request permission to participate under certain conditions. Contact the NYSED.

Q. An 18 year old senior at my school is inquiring about their eligibility status. The student is entering their 5th year of high school and has participated in four years of soccer and basketball. I've heard of a "5th year of eligibility." Can I apply for a waiver of the Duration of Competition Regulation?

For many years, the term "5th year" has been inappropriately used to describe an "extension of eligibility." The Duration of Competition restricts opportunity/participation to four consecutive years, beginning with entry into the 9th grade. Therefore, a 5th year of "participation" may not be granted. (See pages 46 and 94 of the 2010-2012 NYSPHSAA Handbook) See Note above.

Q. Can a fifth year senior compete in our athletic program if they are under the age of 19?

According to the Commissioner's Duration of Competition Regulation, a student athlete has 4 consecutive seasons of eligibility upon entry in to the 9th grade. Exceptions are approved if it is proven the student did not enter into competition for a season due to accident or illness or similar circumstances beyond the control of the student. (2010-2012 NYSPHSAA Handbook, page 46) In addition, the accident or illness must have had caused the need to attend school for one or more additional semesters in order to graduate. (NYSED approved June 2009) See Note above.

Q. We have a learning disabled youngster who has participated in wrestling. Next year he will be 19 years old. Can a special waiver be granted?

The 19 year old age rule is the Commissioner's regulation. To date no waiver has been granted by the Department. The rule has been administered equally to all students. See Note above.

Q. In the Commissioner's Duration of Competition Regulation, it states "that if sufficient evidence is presented... the pupils failure to enter competition...was caused by illness, accident, or similar circumstances beyond the control of the student..." What is meant as similar circumstances?

According to the State Education Department, similar circumstances has been defined as "similar circumstances related to an illness or an accident."

Q. A student has turned 19 in June but is currently a sophomore due to the fact she has immigrated and has experienced difficulty with academics and social interaction due to language barriers. She has average athletic ability and will not experience much playing time. We believe she would benefit greatly from our athletic program. May a waiver of the Duration of Competition regulation be granted?

No. Under these circumstances permission would not be granted to participate in the high school athletic program. The Commissioner of Education has been consistent in limiting athletic participation to four consecutive years after entering the 9th grade until the student reaches the age of 19. It is permitted for a student who attains the age of 19 on or after July 1 to continue to participate during that year. The July 27, 2010 approved NYSED regulation would not apply under this circumstance.

FOREIGN EXCHANGE & INTERNATIONAL STUDENTS

Q. We have a foreign exchange student who graduated from high school in his country. I know he cannot compete, but is he allowed to practice with the team since he is enrolled in the high school?

A student must meet ALL eligibility standards to practice or compete, therefore the foreign exchange student would not be permitted to practice.

Q. A student from Canada has enrolled in our school. While he has been graduated from a Quebec secondary school, he only attended high school for three years. Is he eligible to participate in ice hockey?

No, he is not. Our Foreign Student Standard states "All foreign students who have graduated from the secondary school system in their country are ineligible for the interscholastic athletic program". This standard is consistent with the Commissioner's Duration of Competition Standard which limits eligibility to prior to graduation regardless of the number of years of high school attended.

Q. We will be receiving a foreign exchange program student this year. Is it true that for the student to have athletic eligibility the exchange program must be approved?

One year of athletic eligibility is granted if the exchange programs has been approved by the Council of Standards for International Educational Travel (CSIET) and the student meets all State Education Department and NYSPHSAA standards. If the student is not in an approved CSIET Program, please treat them like a transfer student. NOTE: A listing of CSIET approved programs is available on the NYSPHSAA web site.

Q. We have a student from Denmark who attended our school last year as part of a CSIET foreign exchange. He continues to live with a family in the community. Is he eligible for athletics?

Our Standard #9 Foreign Students grants bona fide foreign exchange students only one year of athletic eligibility. Essentially this is a waiver of the Transfer Rule. A foreign student who elects to stay a second year falls under the Transfer Rule. He would be ineligible for one year in all sports he participated in the previous year.

Q. How is eligibility determined for a foreign exchange student?

If the student is affiliated with a foreign exchange program approved by CSIET, our transfer rule is waived for a maximum of one year to permit athletic eligibility. If the student is not in an approved CSIET program our transfer rule would be used to determine eligibility. Please refer to the NYSPHSAA Handbook for other restrictions.

Q. One of our ice hockey players will be part of a student exchange program to Norway next year. He will need a fifth year upon return to complete his studies. Will he have athletic eligibility?

This standard is a Commissioner of Education Regulation. You may apply to your Section for an extension of eligibility of athletic eligibility. However you must counsel your student that he may not participate in competition in any sport while he is abroad. Such participation would render him ineligible for an extension of eligibility.

GED PROGRAMS

Q. We will be placing a student in an alternative school to enroll in a high school equivalency program (GED). Does the student have athletic eligibility?

Yes, the student would have athletic eligibility at the high school of last attendance if he/she meets Commissioner's Regulations. That is, the student must be enrolled in the equivalent of 3 courses (at least 2.5 hours of class instruction) plus meeting the physical education requirement.

HEALTH EXAMINATIONS

Q. If a student's physical examination expires 10 days after the start of the sport season is the athlete eligible for practices and competition until the end of the sport season?

YES! If the health history update was completed 30 days prior to the start of the sport season. Sections or school districts do have the option of adopting a more restrictive rule if they so desire.

Q. Our school physician will not approve a student for soccer due to blindness in one eye. I know the school physician has absolute authority in these decisions. Is there any avenue for appeal?

Yes; in 1978 an amendment was passed to Title 6, Article 89 of the Education Law. This amendment (commonly known as the Dunne Bill) provides for a special proceeding whereby the student may petition the local Supreme Court. Such a petition must be supported in affidavits from at least two physicians.

Q. Our school physician has disqualified a student from participating in lacrosse because he has one kidney. Can this decision be appealed?

The school physician is the final authority in determining the physical readiness for athletic eligibility. However, New York State law permits parents to commence a special proceeding in the Supreme Court if they do not accept this determination.

HOME SCHOOL

Q. Two students who are home schooled want to participate in our athletic program. May they?

No. Home-instructed students are not eligible to participate in interscholastic sports – Section 135.4 (2) (7) of the Commissioner's Regulations directs that a participant in interscholastic sports must be enrolled in the public school.

INELIGIBLE COMPETITORS

Q. We have just found that one of our wrestlers was an ineligible competitor during our first two dual meets. Do we forfeit his wins in his weight class?

In 1988 the NYSPHSAA changed the penalty rule to make the consequence the same for team and individual sports. If a school uses an ineligible student in any part of a contest, such contest is forfeited to the opposing schools. In this instance the whole team forfeits the two contests the ineligible wrestler participated in. However, in individual sports the performances and outcomes of the other individuals would stand.

Q. After a wrestling competition we found that one athlete participated in a weight class below that which he was certified for. Do we forfeit that bout?

You are correct in that the wrestler is ineligible. However, the entire wrestling contest is forfeited to the opposing school as per Standard 19 - Penalties. The performances and outcomes of the other individuals would stand.

JEWELRY

Q. I am aware of the NYSPHSAA jewelry rule. One of my swimmers, who wears a medical alert medal, was told by an official it must be completely covered. Would you clarify the rule?

Yes, we have a regulation that all religious and medical medals must be taped to the body. Religious medals are taped and under the uniform, while medical alert medals must be taped to the body with the emblem visible. Obviously without the emblem visible there is little use to wear the medical alert.

Q. A player on our JV baseball team recently pierced his tongue. Is this considered to be visible body jewelry and should he remove it to participate?

Yes. He must remove the tongue stud to be an eligible competitor.

MIXED COMPETITION

Q. A freshman male student is interested in participating on a girls sports team. Must the school district re-evaluate him on a yearly basis?

Yes. According to the mixed competition guidelines, all students need to be re-evaluated yearly. Yearly evaluation assures the monitoring of the growth and development of the individual student.

Q. Last year a female student was approved to participate on a team designed for males under the guidelines of Mixed Competition. Does the student need to be evaluated each year?

In 1993 the guideline was altered to state, "the panel decision applies only to the sport and season for which the application was made. Subsequent seasons or sports will require another review." The reason for change was predominately safety; a student's athletic profile could change dramatically from one year to the next.

Q. Our school offers both softball and baseball, can a girl opt to play baseball? Are Baseball and Softball considered two different sports?

Please reference the NYSAAA Handbook. For the purpose of Mixed Competition baseball and softball are considered the same sport. By referencing the chart you will discover that baseball/softball is a panel approved sport. In addition it states when a school has a male (baseball) and female (softball) team females are permitted on the team designed for boys with approval of the Superintendent of Schools and approval of the Review Panel. This order of approval must be followed. Please be aware the decision to approve participation should be based upon the female's ability to compete successfully on the baseball team. We also reference this in the 2010-2012 NYSPHSAA Handbook (p 98) letter "c" regarding the Exceptional girl.

If you do not have the NYSAAA binder, we strongly suggest purchasing one for your high school. It can be ordered from our on-line store or the NYSAAA.

MODIFIED SPORTS

Q. Our basketball team is sure to make our sectional playoffs. Is it possible to move our talented ninth grade Modified Program basketball players up to our varsity level team?

Any students participating in the Modified Program may not be moved up to a junior varsity or varsity team after completion of fifty percent of their modified schedule. For example, if your modified basketball team has a schedule of 14 games and the team has competed in 7 contests, the team members could not be promoted to a high school team. Exception: If there is no JV team in a sport, 9th grade students may be promoted following the end of the modified season for past season play only.

Q. The NYSPHSAA standard which permits a student to tryout at the high school level without jeopardizing participation at the modified level has recently been changed. What is meant by "may not return to the modified level until the tryout is over"?

The tryout is over when the level of appropriate participation has been decided. The student does not have to participate in a tryout for the entire length of time but may return to the modified level after their evaluation period is over. A student may not exceed the maximum number of try out days.

Q. We have nearly completed our junior varsity baseball season. For the last few games we would like to move two modified program baseball players up to the junior varsity level. May we do this?

Modified program competitors may not be moved up to a high school level of play after completion of fifty percent of their modified schedule. If the modified baseball program consists of 14 games, the two players would be ineligible to be moved to the junior varsity level if their team has competed in seven or more games.

Q. Where do I find the rules for Modified Sports?

There is a section of the 2010-2012 NYSPHSAA Handbook (pages 125-155) dedicated to Modified sports. Any situation not covered in the Modified portion of the Handbook shall be governed by the Eligibility Standards of the NYSPHSAA.

OFFICIALS

Q. This year we are operating on a contingency budget. In order to save expenses may we have our physical education staff officiate our modified program competition?

Officials from the NYSPHSAA contracted officiating organizations must be used. The numbers to be employed are stipulated in your local section's contract. The only time you may have a non-certified person officiate a contest is if on a given day there is no one available from your local officials' chapter which services the sport in question.

OUT-OF-STATE COMPETITION

Q. The varsity basketball team is interested in participating in an out of state eight team tournament. The schedule calls for the team to play two games in one day. Is this permitted? If not, may we apply for a waiver to be able to play?

The NYSPHSAA rules limit participation in only one basketball game per day. When traveling out-of-state all member schools must abide by all NYSPHSAA approved rules and there is no mechanism for a waiver to be obtained. Please speak to the host school of the event to see if the tournament schedule can be adjusted so your team may participate in conformance with the Association's regulations.

Q. Our baseball team is going to Florida during our spring break. We intent to scrimmage other schools during our stay. Is this permissible?

Scrimmages conducted out-of-state are permitted. Coaches should remember scrimmages are practice sessions that are simulated contests. See the 2010-2012 NYSPHSAA Handbook for how a scrimmage must be conducted. Otherwise a game will be charged against the maximum number of contests allowed. Schools are responsible to ensure that all schools they scrimmage against are members of the state associations.

Q. I have an exceptional track athlete who would like to participate in an out-of-state track meet. I called the NYSPHSAA office and found out that the meet has been sanctioned by the host state and by New York. Can he go to the meet with his parents and represent our high school?

No. An athlete must be under the direction and supervision of a certified coach approved by your school's Board of Education in order to compete in a sanctioned contest, game or meet. However, your athlete may compete on his own in open meets or events organized for athletes not representing their schools. He may compete "unattached" - he may not represent his school (no school uniform, no school coach, no school transportation or financial assistance).

Q. Our girl's lacrosse team is traveling out of state to compete against a high school team that is a member in good standing in their state's athletic association. Do we need to be concerned about any other rules?

Yes. According to the NYSPHSAA Interstate Contest regulation (page 97) when schools schedule interscholastic contests with schools in other states, each school will observe its own State regulations and standards of eligibility. In the case of girl's lacrosse, your team will still be required to wear goggles even if the host school is not required to do so. In other sports, regulations such as nights rest, games in a day and other regulations like pitching limitations must be adhered to.

OUTSIDE TEAM PARTICIPATION

Q. Several of my varsity baseball players are joining a recreational baseball league which begins in May. Can they participate in this league while on my team? What about players participating with adults?

In 1988 the NYSPHSAA eliminated its rule which placed prohibitions on outside competition participation by scholastic athletes. Your baseball players may participate on outside teams in any sport at the same time they are on your school teams. Furthermore, none of our standards prevent competition with or against adults during competition sponsored by outside agencies. (also reference College Rule)

PERMISSION FOR SPECIAL ACCOMMODATION

Q. We have a basketball player that has a wrist injury and he was seen by a doctor, the doctor has cleared him to play this upcoming basketball season provided he wears a neoprene wrist guard on his wrist. We have the doctor's note with the recommendation, what do we need to do to make sure he can wear this brace for games? Do I need to send your office any documentation?

Please check the sport rule book (NFHS Basketball Rule Book) to determine if he can wear the brace. If the rules "prohibit" the brace you will need to contact Assistant Director Todd Nelson and follow the Permission for Special Accommodations process.

PRACTICE REQUIREMENTS

Q. Two student athletes played in the NYSPHSAA Soccer final four this year. They decided to come out for the basketball team two weeks into the season and well after their soccer season was completed. May I carry over 3 practice days toward their required 8 practice days for basketball?

This provision in the Practice Regulation is intended to be used when participation in NYSPHSAA championship events prevents a student athlete from practicing with the next season's sport. The carryover of practices can be applied when our events cause the conflict and therefore permits students to be loyal to their current sport without pressure. In this case, the student athletes came out two weeks late so the practices cannot carry over.

Q. I have three student athletes who need one more practice to be eligible to compete in a contest. May I count the warm-up prior to a game as a practice?

No. By definition a practice is a "session for the purpose of providing instruction and practice in physical conditioning activities, skills, team play, and game strategy designed expressly for that sport..." In addition, "all required practices shall be organized and planned for a reasonable length of time and shall include vigorous activity specific to the sport for the purpose of improving the physical condition of the players. Each of the required number of practices for the individual must include vigorous activity...". A warm up does not meet this requirement.

Q. Due to weather conditions an invitational basketball tournament was rescheduled on a Sunday. Then it was canceled. The host school indicated some "six day" rule. Please explain.

Under Eligibility Standard #22 Practice Sessions (b) no student or team may participate in practice or games on seven consecutive days during the regular season. The tournament was canceled because most of the invited schools would have already engaged in practices/games during six days prior to the contest.

Q. A family is moving into our district from Ohio in September. Their son has been participating in football. When may he be eligible to compete?

Once the student-athlete meets the required number of practices he is eligible to compete. Practices at the previous school may be counted if the previous school submits in writing the number and dates of such practice.

Q. One of our soccer players will lack one required practice on the day our first competition is scheduled. May the coach hold a special practice for the athlete so he is eligible for the game?

While a coach could hold the practice it will not count to meet the minimum practice requirement to be eligible for that day's contest. The student still would be ineligible for that game.

Q. How many days can a team or individual practice and compete in a week and how are the days counted?

No student or team may participate in practice or play on seven consecutive days during the regular season. To count, start with the first practice or game after a day of no activity and count the number of consecutive days regardless if they cross over into the next week. 2010-2012 NYSPHSAA Handbook, page 101.

Q. A football player will be attending boot camp training this summer and will not complete the training until August 28. May we count the days at Boot Camp as practice since the Marine training involves rigorous activity over an extended period of time?

No. These practices may not count under any circumstance. According to the NYSPHSAA practice regulation (Standard #22), a practice session must provide instruction and practice in physical conditioning activities, skills, team play, and game strategy designed exclusively for that sport under the supervision of a qualified coach appointed by the Board of Education of the local school district.

Q. One of our soccer players will be attending a week long camp while participating in a tournament with their travel team. May we count those practices to fulfill the required number of practices required prior to competition?

No, our regulation requires practice to provide instruction and physical conditioning activities, skills, team play and game strategy designed expressly for that sport under the supervision of a qualified coach appointed by the Board of Education of the local school district. NYSPHSAA Handbook page 100.

Q. A student-athlete was cut from the volleyball team and now is interested in joining the cross country team. May we count some of her volleyball practices for the cross country requirement?

Yes. The NYSPHSAA Executive Committee voted to approve the carry over of practices under certain conditions. Please check the 2010-2012 NYSPHSAA Handbook, page 100, for details.

Q. May a student-athlete count the warm-up prior to a contest as a practice so they can meet the required number of practices to be eligible to compete in that contest?

No. By definition a warm-up does not meet the requirements of a practice session.

SANCTIONING

Q. Our high school has a senior that has been invited to participate in a national cross country championship. Is the event sanctioned? Can he participate?

At the current time, no national events are sanctioned by either the NFHS or NYSPHSAA. The athlete could compete only if they attend the meet unattached from your high school. This would require that no school funds, school transportation or school uniforms be used. The athlete should obtain a USA Track and Field membership and compete with a track club so he can participate without jeopardizing his eligibility.

Q. One of our talented student athletes has been invited to participate in a national championship event. Can the district sponsor their participation by paying the entry fee, providing transportation and lodging?

No, the school district may not sponsor participation in a non-sanctioned athletic event. The NYSPHSAA has not approved national championship events in any sport. The child may attend this meet but they must be "unattached" from their high school. Please refer to the "Points of Emphasis" document for further details to avoid any school sanctions or participant ineligibility.

Q. A few of our student-athletes are interested in participating in a non-sanctioned track invitational involving athletes from a variety of states. May they attend?

No, not as members of your school's team. NYSPHSAA member schools may participate in an interstate contest involving four or more schools, or an interstate contest which is cosponsored by an organization other than a member school only if the event has been sanctioned by our Association. An athlete entering a non-sanctioned event must do so as an individual, totally independent from the school team.

Q. One of our teams wishes to participate in a tournament outside of New York State. How do I make sure if this event is legitimate and will not violate any rules of the NYSPHSAA.

According to the INTERSTATE CONTEST regulation, school districts are required to give notice to the NYSPHSAA when they plan on participating in an out of state competition involving four or more schools. Contests must be sanctioned by the NFHS and NYSPHSAA. (2010-2012 NYSPHSAA Handbook, page 97) With the substantial increase in high school teams traveling out of state it is imperative to inquire about the event prior to arranging any travel plans. This will help ensure all regulations (such as Amateur, College, Outside Agencies, Non Federation Member Schools, Post Schedule, Post Season and Representation) are being followed appropriately.

SCRIMMAGES

Q. Our field hockey team has scheduled a scrimmage on Monday. That morning we will have completed our eighth team practice. Is this allowable?

No, you cannot schedule a required practice prior to a scrimmage or a contest on the same day. The first day you can scrimmage would be on day nine.

Q. Our football team is scheduling a series of scrimmages with other schools. Is it permissible to scrimmage one school in the morning and then schedule another scrimmage in the evening if no individual exceeds the maximum 90 live contact plays during that day?

No. Only one scrimmage session may be scheduled in one day. Regardless if a boy participates in one live contact play or forty live contact plays he has participated in a scrimmage. Additionally there must be two nights of rest between scrimmages.

SECTIONAL REPRESENTATION

Q. Does the Association have guidelines which the Sections must follow when selecting their representatives for NYSPHSAA championships?

The NYSPHSAA's governing board has established a maximum number of competitors to which each section must adhere. At this time, the method of selecting their representatives for each sport is left to each section to determine.

Q. A student athlete will have only competed in five contests due to an injury sustained at the beginning of the season. May a waiver of Standard #25 Representation be granted to permit the competitor to participate in Sectionals? How do I go about obtaining the waiver?

Yes, a waiver can be granted by the Section Athletic Council to permit the student to participate in Sectionals. Please contact your Section Executive Director for the procedure you will need to follow.

Q. Due to an illness, one of our soccer athletes has not been an eligible competitor during the regular season in the required six contests. Can we request a waiver so he can compete in Sectional competition?

A request for waiver of the Representation regulation (2010-2012 NYSPHSAA Handbook, page 102) should be forwarded to your Section's Executive Director for action by the Athletic Council.

SELECTION CLASSIFICATION

Q. Last week our varsity swim team competed in a dual meet against a team that had two eighth graders on their squad. Since then it has been determined the eighth graders had not been selectively classified to swim on the varsity team. What is the penalty?

The two eighth graders were ineligible competitors. Thus the entire meet is forfeited (not just the events they swam in) to your school. Individual results may stand, unless the ineligible athletes were involved in a relay. The eighth grade students could be selectively classified at this point, but prior to any competition they would need to complete the required number of practices again.

Q. Under the Selection Classification program must a student pass all the components of the physical fitness test prior to participating in a try out for a varsity or junior varsity team?

Yes, under the guidelines of the NYS Education Department regulation a student must meet all the required standards in the Selection Classification program before they can participate in a try out. This includes parental permission, developmental screening, and the athletic performance components.

Q. A seventh grade gymnast was selectively classified and placed on the high school gymnastic team. This is her third year on the team. She is still an eighth grader, as she had to repeat the year. Once she enters ninth grade doesn't she have four years of eligibility?

Once a student has been placed on a high school team through the selection classification process, the "clock" starts counting consecutive years of eligibility. A seventh grade student receives six years of eligibility; an eighth grade student receives five years. In this situation, she has used three of her six consecutive years of eligibility. She would not be eligible for her senior year.

Q. One of our students was selectively classified as a seventh grader to participate on junior varsity baseball. Currently he is repeating 10th grade. Will this affect his eligibility?

When a student is selectively classified to a high school sport he/she is given six years of high school eligibility. The years of eligibility are counted consecutively from the year of the original approval. When a student repeats a grade the count of years continues. In this case the boys' sixth year of eligibility would occur during his junior year, leaving no eligibility during his senior year.

SPECIAL REQUESTS

Q. One of our soccer players has to wear a knee brace when participating. We were told special permission was needed from the NYSPHSAA to allow the athlete to wear the brace in competition. Is that true?

No. A knee brace is NOT automatically prohibited by the National Federation Soccer Rules. Coaches should examine any knee brace worn by their players to make sure there is no dangerous metal exposed. If the metal or other hard substance on the brace is covered with soft padding, or a soft pliable sheath covers the entire brace, these knee braces shall not be judged illegal. The same procedure is permitted under the National Federation and NCAA basketball rules.

SPORTSMANSHIP

Q. One of the players on my boys' soccer team was disqualified from a game for verbally abusing an official. We were informed he must sit out the next scheduled contest. Doesn't this penalty apply only to state tournament progression competition?

In April 1993, the NYSPHSAA governing board approved this penalty for all regular season games as well as state tournament games. This policy supersedes any league or sectional policy dealing with sportsmanship.

Q. A member of our varsity soccer team was disqualified for unsportsmanlike conduct the last game of our season. I am aware of NYSPHSAA's Sportsmanship Standard. When would this member sit out a contest?

Disqualification from one season carries over to the next season of participation. For example, if the athlete also participates in basketball he/she will sit out during the first basketball competition.

Q. Our varsity soccer coach was disqualified from a game for unsportsmanlike conduct. We understand he must "sit out" the next varsity game. Can he act as coach at a modified soccer contest?

Your varsity soccer coach may not act as coach for any level of play for soccer until after he has sat out the next varsity soccer contest.

Q. A game official red carded a player in the parking lot of a school for directing abusive language to him as he passed by. Does an official have the right to do this?

The authority of a game official begins with the pregame activities as stipulated in the approved game rules and ends when the contest is declared over. Any difficulties with participants and/or other students after the game becomes the responsibility of school personnel.

Q. A student is disqualified for unsportsmanlike conduct in the last game of the season. He then transfers to a new school. Does the penalty follow him?

Yes, if he is enrolled in a NYSPHSAA member school. The former school has the responsibility to inform the admitting school of the disqualification.

Q. Prior to the December holiday recess, our junior varsity coach was disqualified for unsportsmanlike conduct. He also is an assistant coach for the varsity team. We have two tournaments for the varsity team during the break. May he coach at these competitions?

He may only coach at the varsity level if he has sat out the next regularly scheduled junior varsity competition. If that competition is not scheduled until after the holidays, he is not eligible to coach at the varsity level.

STUDENT FACULTY CONTESTS

Q. This semester we want to hold a student/faculty game that would have our staff competing against our varsity basketball team. Is there a problem?

During the basketball season athletes may not compete against adults (faculty or alumni) without losing eligibility. After the season NYSPHSAA has no standard to prohibit these contests. However, the Commissioner's Regulations General Provisions (h) and (r) clearly indicate competition should be between secondary students which could be cited in litigation.

Q. This May we are planning to hold a game between our junior varsity and varsity basketball team members and our faculty. Is this a violation?

NYSPHSAA's Representation Standard (d) prohibits games and practices between students and adults during the season. Should such a game occur during the basketball season the student-athletes may be ineligible for the rest of the season from the date of the game. Such games held out of the sport season are not covered by NYSPHSAA standards. However, schools are reminded that the Regulations of the Commissioner of Education do limit extra class athletic activities to competition and practice between pupils in grades 7 through 12. Should an injury occur in a student/faculty game there may be a basis for litigation.

TRANSFER RULE

Q. My son attended a non-public school for 8th & 9th grade and played football, basketball and lacrosse. He transferred to the public school where we live for 10th grade and played football, indoor track, and lacrosse. He misses the non-public school and is considering going back. Will he be eligible if he transfers back?

If he did transfer back to the non-public school, he would not be eligible for football, indoor track and lacrosse during his junior year. He would be eligible for any other sport(s) he may wish to participate in. In his senior year, he would be eligible for football, indoor track and lacrosse after having sat out a year.

Q. I have an athlete whose family has moved out of the area, but the student athlete wants to remain at our school in order to graduate with his/her class. Is there something in the handbook that addresses this issue? Will the student be eligible?

The NYSPHSAA transfer rule only goes in effect if there is a change in registration from one district to another.

Q. May a student transfer to a school in their district of residency without penalty?

Yes. Students who transfer from any school to the public school district of their residence or the private school within that district's boundaries may apply for a waiver of the transfer rule. Such a transfer, without penalty, will only be permitted once in a high school career. The appropriate forms need to be filed prior to the student's first practice.

Q. A boy has transferred to our school from a neighboring district without a change of residency. Last year he participated in junior varsity soccer. Isn't he eligible for varsity soccer this fall?

No, he is not eligible for any level of soccer participation. The Transfer Rule is sport specific. No consideration is given to level of participation. Depending of the circumstances, a waiver of the Transfer Rule may be requested.

Q. The Transfer Standard necessitates we keep track of all students enrolling in our school. I've asked my coaches to report to me all new students coming out for their teams. We are a large school, however, and I am afraid the coaches may not be aware if a student is newly registered or not. Any suggestions?

Some athletic directors have found it helpful to have their Guidance Department send them the name and date of registration of all entering students as they occur.

Q. A family from out-of-state has just moved into a neighboring public school district. Their son would like to enroll in our district so that he may participate in lacrosse. Is this possible?

When the parents make a residence change the children must enroll in the public school district or in a private school within that district's boundaries of their parents' residency to have athletic eligibility.

Q. Our district permits teachers who live outside of the district to enroll their children in our schools tuition free. Are these students eligible for athletics?

These students are treated the same as any other student who changes registration without a corresponding change of their parent's residence Standard #30 - Transfer. Such students are ineligible to participate in any sport they have participated in one year prior to his/her transfer. In April 1999, the courts upheld the Transfer Standard in these situations (East Bloomfield vs. NYSPHSAA).

Q. A student in a neighboring school district may move into our district this summer to live with his grandmother. We know he must receive a waiver from the section since his parents did not move with him. We want to apply for the waiver this spring to make sure he has athletic eligibility. Is this acceptable?

Our Transfer Standard is only activated by a change in registration. Application for a waiver can only be made after a transfer has taken place.

TRYOUTS

Q. What is the tryout period regulation? Can you explain the requirements?

At the October Executive Committee meeting, the following change in General Eligibility Rule #17 Tryouts (page 134) was amended to read: a.) "A section may establish tryout periods to allow EXCEPTIONAL ATHLETES who have completed and passed the NYS Education Department Selection/Classification (S/C) Procedures and Standards the opportunity to be selected for a high school team. b.) Seventh and eighth grade students must pass the S/C qualifications prior to the tryout period. c.) Ninth grade students do not have to pass the S/C qualifications to participate in the tryout. d.) The tryout period for a modified athlete shall be defined as participation in three (3) of the first five (5) practice days of the high school season. During the tryout period, the modified athlete may not return to the modified program until the athlete's tryout is complete. e.) Tryout periods for wrestling, boys lacrosse and ice hockey shall be a maximum of five (5) of the first seven (7) practice days of the high school season. f.) The tryout period for football shall be a maximum of eight (8) of the first ten (10) days of the high school season. g.) Student athletes participating in sectionally approved tryout sessions are not subject to the Promotion rule." (as of January 2003)

TWO VARSITY SPORTS

Q. May a school field two varsity level teams in the same sport?

Yes. While not many schools are able to sponsor two teams in the same sport it is permissible. They should be conducted as two separate entities with two rosters of players, with no movement from one squad to the other at any time. Usually such teams are placed in different leagues for regular season play.

VOLUNTEER COACHES

Q. Two people in our community would like to volunteer their time as assistant coaches for our soccer teams. Is this permissible?

Anyone coaching interscholastic sports must meet all the standards of the Commissioner's Regulation 135.4. This means that they meet all the coaching qualification requirements of the State Education Department. Not being paid for coaching does not set aside these requirements. Volunteer coaches, as a special class of coaches, are not recognized by SED.

STEPS TO ELIGIBILITY

The following information is provided to assist you in determining the eligibility status of your student-athletes and assist you in administering your athletic program. It is NOT to be used as a substitute for the NYSPHSAA Handbook.

DURATION OF COMPETITION - Standard #8

Students are eligible for:

1. Four consecutive seasons of a sport beginning with entry into 9th grade and prior to graduation, and
NOTE: Five consecutive seasons of a sport in high school athletic competition beginning with entry into 8th grade, and six consecutive seasons of a sport in high school athletic competition commencing with entry into the 7th grade.
2. Until a student reaches their 19th birthday, and
3. If their birthday is on or after July 1, the student may continue to participate for the entire school year.

FOREIGN EXCHANGE STUDENT (Standard #9)

Students are eligible for one year if:

1. Is enrolled in an approved CSIET program, and
2. If the host family is not the Athletic Director or member of the School District's coaching staff, and
3. Has not graduated from the school system in their home country, and
4. Has not reached the age of 19 prior to July 1, and
5. No evidence of placement for athletic purposes.
6. Host family is not the AD or a member of District coaching staff.

HEALTH EXAMINATION (Standard #10)

Students are eligible if:

1. An adequate health examination approved by school physician, and
2. The physical was given during the last 12 months, and
3. Completed a health history update (if physical was completed more than 30 days prior to the start of the sport season).
* Please note, if the 12 month period for the physical expires during a sports season, participants may complete the season as long as a health history was conducted prior to the season. For example, a physical conducted on August 1 would be valid through August 31. If a student plays beyond August (ex. football), the student may complete that sports season as long as an interval health history was conducted before the start of the season.

HOME SCHOOL STUDENT (Commissioner Regulation - Bona Fide Student)

Students are NOT eligible under any circumstance because:

1. Not a Bona Fide Student in your district, and
2. Not on the official attendance roster of the secondary school they wish to represent.

INTERNATIONAL STUDENT (Standard #9)

Students are eligible if:

1. Has not graduated from the school system in their home country, and
2. If the host family is not the Athletic Director or member of the School District's coaching staff, and
3. Has not reached the age of 19 prior to July 1, and
4. Has not participated in the sport at a level equal to or greater than our high school sports program, and
5. No evidence of enrollment for athletic purposes, and host family is not the AD or a member of District coaching staff.
6. See Transfer Rule

INTERNATIONAL COMPETITION (Standard #11)

Hosting an International Contest

1. An International Contest Sanction Application must be filed with the NYSPHSAA at least sixty (60) days prior to event.
2. Opponents must be members of a team representing a secondary school.
3. The contest must be held within the relative sport season and be counted as one of maximum number of contests.
4. A complete report, including a financial statement, must be filed with the NYSPHSAA and the NFHS within thirty (30) days of the contest.

Attending International Competition

1. An International Contest Sanction Application must be filed with the NYSPHSAA at least sixty (60) days prior to the contest.
2. League, conference and sectional schedules may not be altered.
3. Opponents must be members of a team representing a secondary school - our schools follow our eligibility rules and sport standards.
4. Such competitions may not take place within four weeks of the start of the school's sport season.
5. Practice sessions restricted to maximum number required prior to the first contest.
6. The Section must approve of the trip and competitions.

INTERSTATE COMPETITION (Standard #13)

1. Hosting a contest involving four or more schools, one or more from another state; or, a contest involving three or more states; or, a contest co-sponsored by an outside organization involving a school(s) from other states: file the proper sanction form with the NYSPHSAA office ninety (90) calendar days or more prior to the event, including a list of all participating schools.
2. Participation in an interstate contest involving four or more schools, or any two-school contest involving an outside organization as a co-sponsor, contact the NYSPHSAA office to validate that the event has been sanctioned.
3. Dual Team interstate contests: It is the school's responsibility to be certain the opposing school is a member in good standing of its State Association; or, a school approved by the State Association; or, a contest involving an outside sponsor is co-sponsored and co-administered by a member or approved school.
4. Fee Schedules: Go to www.nysphsaa.org

NATIONAL MEETS or TOURNAMENTS

Students are NOT eligible:

1. The NYSPHSAA does sanction National events, and
2. The National Federation does not sanction National events.

NOTE: Athletes attending these meets/tour must do so unattached from and not represent their high school.

OUT OF SEASON ACTIVITIES (Practice Sessions - Standard #22)

School sponsored activities are permissible if:

1. Consist of general conditioning, weight training, weight lifting, intramurals, recreation, open gyms, club activities and camps, and
2. Are not mandated by coaches or school personnel, and
3. Are available to all students.

Non School sponsored activities are permissible if:

1. Not mandate by coaches or school personnel.

Note: It is recommended that no school equipment be used for these programs as per State Comptroller Opinion 85-37.

SECTIONAL CONTESTS – FOOTBALL (Representation - Standard #25)

Students are eligible if:

1. Have been an eligible participant on a team in that sport in that school for a minimum of three (3) regularly scheduled contests, and
2. Those contests were on different days, and
3. Concluded before the end of the regular season.

SECTIONAL CONTESTS – INDIVIDUAL SPORTS (Representation - Standard #25)

Students are eligible if:

1. Have represented their school in the sport in 6 regularly scheduled contests, and
2. Those contests were on different days, and
3. Concluded before the end of the regular season.

SECTIONAL CONTESTS – TEAM SPORTS (Representation - Standard #25)

Students are eligible if:

1. Have been an eligible participant on a team in that sport in that school for a minimum of six (6) regularly scheduled contests, and
2. Those contests were on different days, and
3. Concluded before the end of the regular season.

SENIOR ALL-STAR CONTESTS (Standard #26)

Students are eligible if:

1. They are seniors and have exhausted their eligibility in that sport, and
2. Only participate in one approved all star contest in that sport, and
3. The contest is held within the designated sport season, and
4. Approved by the Section Athletic Council and NYSPHSAA Executive Director.

TRANSFER (Standard #30)

Students are eligible if:

1. Transferred with a corresponding change of residence of his/her parent (or whom they have resided with for at least six months), and
2. The residency change involved a move from one school district to another.
3. Student who returns from any school to the public school district of their residence or the private school within that district's boundaries shall be exempt from the Transfer Rule. Such a transfer, without penalty, will only be permitted once in a high school career. The proper forms need to be filed prior to the student's participation in practice or competition.

Students are ineligible if:

1. Transferred without a corresponding change in residency of his/her parent (or whom they have resided with for at least six months), and
2. If participated in a sport during the one year period immediately preceding the transfer, they are ineligible to participate in that particular sport for a period of one year.

A student MUST abide by all of the eligibility standards of the New York State Education Department and the New York State Public High School Athletic Association.

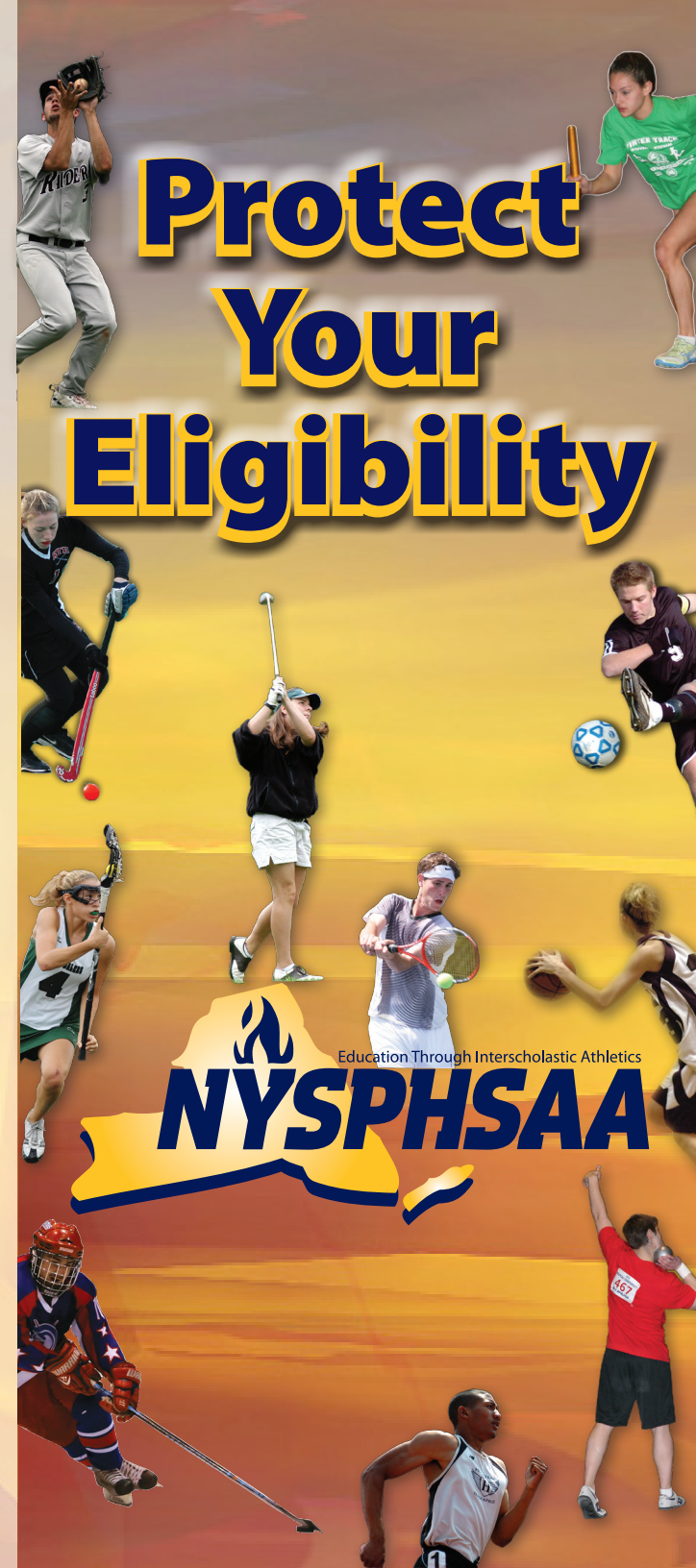
Please contact the Athletic Administrator at your school for a more detailed explanation of the eligibility standards.

A complete copy of the NYSPHSAA Handbook can be found at www.nysphsaa.org.



American Dairy Association
and Dairy Council

Funded by dairy farmers throughout New York, American Dairy Association and Dairy Council is proud to support local athletes with products that supply great nutrition and taste. Low-fat and fat-free milk, cheese and yogurt provide a unique package of nine essential nutrients— including calcium and protein— that teens of all fitness levels need. And, a growing body of evidence suggests milk may be just as effective as some commercial sports drinks in helping athletes recover and rehydrate.



Protect Your Eligibility

Education Through Interscholastic Athletics
NYSPHSAA

transfer

If you are planning to transfer or have transferred to a new school, please speak directly to the Athletic Administrator of your school to determine if the transfer will affect your eligibility.



bona fide student

All students must be registered in the school and must be taking at least four subjects including Physical Education.

health examination

A student shall receive an adequate health examination and health history update which is approved by the school physician before practicing or participating in interschool contests.

college

During the sport season, a student is not permitted to practice or compete against an individual or team representing a college in that sport or eligibility will be forfeited for that season.



foreign exchange or international students

Please speak directly to the Athletic Administrator of your school to determine your eligibility to participate in the interscholastic athletic program.

duration of competition

A student is eligible for four consecutive seasons of a sport upon entry into the 9th grade and prior to graduation. Students who have been promoted to the high school program by being Selectively Classified are eligible for that sport for five consecutive seasons of a sport upon entry in the eighth grade or six consecutive seasons of a sport upon entry in the seventh grade.



practice

A student must complete the sport specific required number of practices under the direct supervision of a certified and Board of Education approved coach to be eligible to compete in a scrimmage or contest.



recruitment and undue influence

A student will forfeit their eligibility for a period of one year if they are recruited or influenced to transfer schools for athletic purposes.

professional tryouts

A student may participate in tryouts and/or practice with a professional team or their affiliates ONLY during summer vacation.



national team and olympic development programs

A student may participate as an individual on a National Team or in an Olympic Development Program during the school year.

assumed name

A student must participate under their own name. Eligibility will be forfeited in that sport for a period of one year if a violation occurs.

representation

A student is eligible for sectional, regional and state competition when they have competed in six school scheduled contests during that season. In team sports, the student must have been an eligible participant on a team in that sport at that school for a minimum of six contests (Football - three contests). In individual sports, a student must have competed in six scheduled contests on six different dates prior to the conclusion of the team's regular schedule.

sportsmanship

Students are expected to display appropriate behavior. Unsportsmanlike acts will not be tolerated. Students who are disqualified for unsportsmanlike behavior will be ineligible to compete in the next regularly scheduled contest. A second disqualification in the same sport in the same season will deem the student ineligible for two additional contests and a third disqualification in the same sport in the same season will cause the student to be ineligible for the remainder of the season.



age

A student shall be eligible for interschool competition in grades 9, 10, 11 and 12 until his/her 19th birthday. If the age of 19 is reached on or after July 1, the student may continue to participate during that school year.

senior all star contests

Only seniors who have completed their high school eligibility in that sport may compete in these contests. Students are limited to one Senior All Star contest per sport.

amateur

A student shall be an amateur in the sport. Students will forfeit their amateur status by:

1. Competing for money or other compensation (travel, meals and lodging expenses are permitted).
2. Receiving an award or prize which exceeds \$250.00.
3. Capitalizing on athletic fame. Scholarships to institutions of higher learning are permitted.
4. Signing a professional contract.

maximum # of contests

Each sport is limited to a maximum number of contests. Student athletes or teams may not exceed the maximum number of contests or the team will no longer be eligible to compete for the remainder of the season.





NYSPHSAA TRANSFER RULE

August 2011

NOTE: The Transfer Rule will be enforced as written with no variations permitted.

a. A student in grades 9-12 who transfers, with a corresponding change in residence of his/her parents (or other persons with whom the student has resided for at least six months) shall become eligible after starting regular attendance in the second school. A residence change must involve a move from one school district to another.

Furthermore, when a student moves from one public school district to another public school district, for athletic eligibility the student must enroll in the public school district or in a private school within that district's boundaries of his/her parents' residency. The Superintendent, or designee, will determine if the student has met district residency requirements.

b. A student who transfers without a corresponding change in residence of his/her parents (or other persons with whom the student has resided for at least six months) is ineligible to participate in any interscholastic athletic contest in a particular sport for a period of one (1) year if as a 9-12 student participated in that sport during the one (1) year period immediately preceding his/her transfer. Students who transfer from any school to the public school district of the residence of his/her parents (or other persons with whom the student has resided for at least six months) or a private school within that district's boundaries shall **receive a waiver** from the Transfer Rule. Such a transfer without penalty will only be permitted once in a high school career. *Schools must submit the required transfer form to the Section office. Athletes are not permitted to practice before the form has been submitted. Athletes are not permitted to compete without approval.* NOTE: A student in a foreign exchange program listed by CSIET has a one year waiver of the Transfer Rule. If such a student elects to stay a second year he/she becomes a foreign student at the start of the school year with item (b) in effect.

Exemptions to (b): For athletic eligibility a student must enroll in the public school district or in a nonpublic school within that district's boundaries of his/her parent's residency.

Note: Multiple High School Districts - The policies/boundaries of the school district will be followed. If the district has an open enrollment policy, the interpretation to be used will be same as used for students of K-8 school districts. When a student enrolls in 9th grade, that is the district (building) of their residence. Any subsequent transfer would be subject to the Transfer Rule.

1. The student reaches the age of majority and establishes residency in a district and can substantiate that they are independent and self supporting.
2. If a private or parochial school ceases to operate a student may transfer to another private or parochial school of his/her choice. Otherwise, a student must enroll in the public school district of his/her parents' residency.
3. A student who is a ward of the court or state and is placed in a district by court order. Guardianship does not fulfill this requirement.
4. A student from divorced or separated parents who moves into a new school district with one of the aforementioned parents. Such a transfer is allowed once every six months.
5. A student who is declared homeless by the superintendent pursuant to Commissioner's Regulation 100.2.
6. A student of a military employee who is transferred to an active military base may enroll in the non-public school closest to their residence and maintain eligibility if the student enrolls in a non-public school immediately following the change in residence.

NOTE: *It is provided, however, that each school shall have the opportunity to petition the section involved to approve transfer without penalty based on an undue hardship for the student.*

c. Transfer students trying out for sports before school opens in the fall shall register and be accepted by the principal of that school before the medical examination and the first practice. This shall constitute the start of the regular attendance for falls sports.

NOTE: After approval by the school medical officer a student may practice immediately and must satisfy the specific Sports Standard according to the number of practice sessions required.

d. Practices at the previous school may be counted toward the minimum number of practices required provided the principal or athletic director of the previous school submits, in writing, the number and dates of such practices to the principal or athletic director of the new school.

TRANSFER APPEAL GUIDELINES

NYSPHSAA TRANSFER RULE

For consideration when determining hardship waivers of the Transfer Rule

Financial – Appeals require documented proof of a significant loss of income or a significant increase in expenses.

- Written description outlining the circumstances that led to the financial hardship. Appropriate documentation may include:
 - Evidence of loss of income or change in financial obligations that are not self imposed.
 - Family W2 forms – pay stubs.
 - Notarized statement from parent.
 - Statement from employer, attorney, accountant, social services or other professional personnel with knowledge of the circumstances.
 - Most recent tax returns – past two years.

Health and Safety – Appeals are considered for safety, mental health, personal relationships and other similar circumstances.

- Written documentation is required from Superintendent of Schools or HS principal of the sending school indicating the specific circumstances which necessitated the transfer.
- Supporting documentation from a third party outside of the school may be submitted. Example: Police report.

Educational –

- Evidence that the student is taking three units of credit in a particular subject area or any combination of three units of credit in Advanced Placement, International Baccalaureate or dual college credit courses not offered in the sending school which qualify for graduation requirements. Each dual college credit course is the equivalent of one unit of study at the high school level. The Director of Guidance or Principal of the sending school must submit a list of their school's course offerings. The Director of Guidance or Principal of the receiving school must submit a copy of the student's schedule through grade 12 and a list of course offerings. Subsequent verification of the student's schedule may be requested.
- Written documentation from Superintendent of Schools or HS principal of the sending school indicating the specific academic circumstances requiring the transfer.

Foreign Exchange student –

- Report these students through the Section office by using a standardized form.

Updated June 13, 2011



SCHOOL OF RESIDENCE FORM

NYSPHSAA TRANSFER REGULATION

(Incomplete or partial forms will not be accepted)

TO BE COMPLETED BY STUDENT'S SCHOOL OF RESIDENCE

School reporting transfer: _____

Student's name _____ Date of birth _____

Date of transfer _____ Grade level _____ Age _____

Current address _____

Parents' Names _____

Current Address(es) _____

Telephone Number(s) (____) _____ (____) _____

How long has student resided at the current address? _____

With whom is student residing? _____

Relationship of this (these) person(s)? _____

Reason for transfer (be specific) _____

Signed by school administrators of the school of residency.

The undersigned hereby certify that the student named herein has transferred to his/her school of residency without inducement, recruitment or having sought an athletic advantage.

Superintendent's signature _____ Date _____

Principal's signature _____ Date _____

Athletic Director's signature _____ Date _____

SECTION ____ USE ONLY

___ APPROVED Signature _____ Date _____

Executive Director

___ DISAPPROVED

___ REFERRED TO ELIGIBILITY COMMITTEE

___ STUDENT RETURNED TO DISTRICT OF RESIDENCY

Return to: Section Office

PART TWO TO BE COMPLETED BY SCHOOL STUDENT PREVIOUSLY ATTENDED
AND RETURNED TO STUDENT'S PRESENT SCHOOL

Name of Student _____

Date of entrance into the ninth grade _____

Name of School Attended Prior to Transfer _____

Address of School _____

Date of entrance to this school _____

Date of withdrawal from this school _____

Reason for withdrawal _____

Student's address while attending the above school _____

With whom did student reside at this address? _____

Relationship of this (these) person(s)? _____

Did student participate in interscholastic athletics at previous school? YES ___ NO ___

If yes, please complete Sport History in section three.

The undersigned have no knowledge that the student named herein has transferred to his/her present school with inducement, recruitment or having sought an athletic advantage.

Superintendent's signature _____ Date _____

Principal's signature _____ Date _____

Athletic Director's signature _____ Date _____

If unsigned, please state reason _____

PART THREE - TRANSFER STUDENT SPORT HISTORY

Student Name _____

Date of entrance into the ninth grade _____

Current School _____

	Year	Sport	Level	School
7th Grade	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
8th Grade	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
9th Grade	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
10th Grade	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
11th Grade	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
12th Grade	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____



**REQUEST FOR WAIVER
OF
NYSPHSAA OF TRANSFER REGULATION**

(Incomplete or partial forms will not be accepted)

PART ONE - TO BE COMPLETED BY STUDENT'S PRESENT SCHOOL

School submitting request: _____

Student's name _____ Date of birth _____

Date of transfer _____ Grade level _____ Age _____

Current address _____

Parents' Names _____

Current Address(es) _____

Telephone Number(s) (____) _____ (____) _____

How long has student resided at the current address? _____

With whom is student residing? _____

Relationship of this (these) person(s)? _____

Reason for transfer (be specific) _____

Signed by school administrators of school where student is currently enrolled after receipt of sections two and three from the school student previously attended.

The undersigned hereby certify that the student named herein has transferred to his/her present school without inducement, recruitment or having sought an athletic advantage.

Superintendent's signature _____ Date _____

Principal's signature _____ Date _____

Athletic Director's signature _____ Date _____

SECTION ____ USE ONLY

Signature _____ Date _____

Section Representative

Title _____

___ APPROVED

___ DISAPPROVED

___ REFERRED TO ELIGIBILITY COMMITTEE

Return to: Section Office

PART TWO TO BE COMPLETED BY SCHOOL STUDENT PREVIOUSLY ATTENDED
AND RETURNED TO STUDENT'S PRESENT SCHOOL

Name of Student _____

Date of entrance into the ninth grade _____

Name of School Attended Prior to Transfer _____

Address of School _____

Date of entrance to this school _____

Date of withdrawal from this school _____

Reason for withdrawal _____

Student's address while attending the above school _____

With whom did student reside at this address? _____

Relationship of this (these) person(s)? _____

Did student participate in interscholastic athletics at previous school? YES ___ NO ___

If yes, please complete Sport History in section three.

The undersigned have no knowledge that the student named herein has transferred to his/her present school without inducement, recruitment or having sought an athletic advantage.

Superintendent's signature _____ Date _____

Principal's signature _____ Date _____

Athletic Director's signature _____ Date _____

If unsigned, please state reason _____

PART THREE - TRANSFER STUDENT SPORT HISTORY

Student Name _____

Date of entrance into the ninth grade _____

Current School _____

	Year	Sport	Level	School
7th Grade	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
8th Grade	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
9th Grade	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
10th Grade	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
11th Grade	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
12th Grade	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____



FOREIGN STUDENT REPORTING FORM

New York State Public High School Athletic Association

Foreign Student Name _____

Country of Origin _____

Date of Birth _____

Has the student graduated from the secondary school system in their country? YES NO
(circle one)

If YES, the student is not eligible for interscholastic athletic participation.

If NO, please complete the rest of the form.

This foreign student possesses a: J1 visa F1 visa (circle one)

As stated in the NYSPHSAA, Inc. Handbook, this foreign student meets the standards and criteria of the following: (Check one)

_____ Is a bona fide **Foreign Exchange Student**, who is a participant in the approved CSIET program, _____;
FULL NAME OF FOREIGN EXCHANGE PROGRAM

_____ Is an **International Student** under the requirements of **Standard #9 Foreign Student and #30 Transfer**;

and will participate in the following sports:

FALL _____

WINTER _____

SPRING _____

Athletic Director - Name

School

Athletic Director - SIGNATURE

Date

CC: Section Executive Director



FOREIGN STUDENTS

To be used for the evaluation of ...
DIRECT PLACEMENTS (CSIET Approved Programs)
OR
Foreign Students not enrolled in a CSIET Program

To assist our schools in evaluating sport participation that is equivalent to or on a higher level than our scholastic sport program the following guidelines are offered. The elements listed can be used to judge a foreign students' previous experience in a specific sport.

- The athletic contests are formal and cannot be considered “pick up” games.
- Competition is organized and scheduled between teams/individuals.
- Recognized rules are followed.
- Scores are kept.
- Equipment/facilities/uniforms are provided by a sponsor (club, school, town, agency).
- Competitions are officiated.
- Competition schedules and scores are publicized.
- Competitions are against a variety of opponents organized in a similar manner (clubs, towns, regions, nations).
- Individuals are selected through try-out sessions and/or past performance.

REMINDER:

All foreign students who have been graduated from the secondary school system in their country are ineligible for our interschool athletic program. Please refer to NYSPHSAA Handbook, pages 94 & 95 for further information.

SCHOLAR/ATHLETE TEAM AWARD PROGRAM



Sponsored by

pupil
benefits
plan, inc.

The NYSPHSAA Scholar/Athlete Team Award Program continues to be filed electronically. Electronic filing enables the NYSPHSAA to process the applications and send the awards in a timely fashion.

To begin the application process, go to:

1. www.nysphsaa.org
2. Programs
3. Scholar/Athlete Team Award - Application Form

Before you can begin the application, the site will prompt you for your school's "SED Code." (This is the same code you use to file your BEDS form and Sports Participation Survey electronically.) Then follow the online instructions.

Before "submitting" the form electronically, you are advised to print a hard copy for your reference and files. This is very important since you will not receive a hard copy of the application with your awards. It also serves as proof of submission in the event a transmission error occurs.

If you need to revise your application, go back into the form the same way you did originally. The application information is retained and you will only need to make your revision and resubmit. The application will then come in as an update.

For questions please contact Bob Stulmaker at (518)690-0771, 8:00am -4:30pm.

DEADLINE DATES

<i>Fall:</i>	December 6, 2013	(lates until 12/20)
<i>Winter:</i>	February 28, 2014	(lates until 3/14)
<i>Spring:</i>	May 16, 2014	(lates until 5/30)

REMEMBER:

1. Weighted grades are NOT allowed.
2. Print a copy for your records. You will not receive a hard copy with your awards.
3. Late applications (received up to 15 days after the deadline date) will not be listed in the final standings.
4. DO NOT mail a hard copy of the application.

Computing the SCHOLAR/ATHLETE TEAM Average

STEP ONE:

Choose the sport - After you choose a sport, a form will open showing that sport and the required number of student-athletes for that sport. Listed below are the varsity sports eligible for the NYSPHSAA, Inc. Scholar/Athlete Team Award and the number of varsity team members required:

Badminton	B - 8 , G - 12		
Baseball/Softball	11	Lacrosse (B&G)	11
Basketball (B&G)	7	Rifle	7
Bowling (B&G)	7	Skiing (B&G)	7
Cross Country (B&G)	7	Soccer (B&G)	12
Fencing	7	Swimming (B&G)	11
Field Hockey	12	Tennis (B&G)	9
Football	12	Indoor Track (B&G)	12
Golf (B&G)	7	Outdoor Track (B&G)	12
Gymnastics	B - 8, G - 7	Volleyball (B&G)	8
Ice Hockey	8	Wrestling	10

NOTE: If you have MORE than the required number, see Step 4 - Additional Team Members.
If you have LESS than the required number, see Step 5 - Small Team Size.

STEP TWO:

Fill out the AD's name/address portion of this form correctly. A mailing label is produced from this information and your awards will be sent to that address.

STEP THREE:

1. Every class that is given a grade needs to be included. Pass/Fail subjects are not included. If a letter grade is given, convert to number grade.
2. List the required number of athletes by name, grade and report card grades earned during the Sports Season marking period(s). Round to the nearest thousandth.
e.g. 92.1258 = 92.126 91.6742 = 91.674

	FALL	WINTER	SPRING
12 week marking period, use:	1st	2nd	3rd
5 or 6 week marking period, use:	1st	average of 2 & 3	average of 4 & 5

3. If letter grades are reported, convert to number grades as follows:

A+ = 100	B+ = 88	C+ = 78	D+ = 68
A = 95	B = 85	C = 75	D = 65
A- = 92	B- = 82	C- = 72	D-/E/F = 0

DO NOT USE WEIGHTED GRADES when computing the team's composite grade average.

STEP FOUR - Additional Team Members

Additional varsity team members, beyond the required number, will be recognized provided their sport season report card averages are 90.000% or greater, individually. NOTE: These gpa's do not compute into the team's total average.

STEP FIVE - SMALL TEAM SIZE

Teams with less than the required number may apply for the S/A Team Award provided:

1. 100% of the roster is used to compute the team average. Type that number in the space provided on the application form.
2. No team with less than five (5) varsity players may apply.
3. Read the "small team size statement" and check verification box.

EXAMPLE: A tennis team requires nine (9) as shown above. If a tennis team has 5 varsity players, the team average of the 5 players must be 90.000% (or higher). If the team has 6 varsity players, the team average of all 6 must be 90.000% (or higher). If the team has 4 varsity players, the team does not qualify.

STEP SIX:

Check the box to verify that you have read and understood the verification statement and hit the SUBMIT button. The next window will give a message that your application was successfully submitted and will ask if you'd like to submit another sport. If you DO NOT receive this window your application was not successfully submitted. To revise an application, go back into the form - it retains your previously inputted information - make the change(s) and hit the SUBMIT button again.

Nomination Form Example

STUDENT NAME (First, Last)	Grade (7-12)	REPORT CARD AVERAGE
----------------------------	--------------	---------------------

1 - Chad (Colleen)	9	93.755
2 - Joe (Judy)	8	87.125
3 - Sam (Sue)	12	89.667
4 - Bill (Barb)	10	98.022
5 - Tim (Tammy)	11	96.333
6 - Carl (Carol)	7	89.100
7 - Bob (Brenda)	12	94.425

⇒ See STEP 3

TOTAL	645.427
-------	---------

TEAM COMPOSITE GRADE AVERAGE (90% OR ABOVE)	92.204
---	--------

ADDITIONAL TEAM MEMBERS (MUST HAVE GPA OF 90% OR HIGHER): ⇒ See STEP 4

1. Donna (Dave)	10	91.290
2. Jim (Lisa)	9	90.345

WHICH IS YOUR GOAL?

1. If it is to be declared the S/A State Champion, you would list your student-athletes with the highest gpa's first, and any additional members, with a 90% or higher, as additional team members. (i.e. "play the first string")
2. If it is to include as many student-athletes on the team as possible, you would follow the above example. This shows the averages below a 90% listed in the team's composite gpa, and the lowest 90%'s as additional team members. (i.e. "play the bench")

ADDITIONAL INFORMATION FOR NOMINATION FORM

- 1) This is a **VARSITY** team award. A student must have played in one varsity competition to be eligible. Managers, scorekeepers, etc. are not eligible.
 - 2) The minimum **Team** Grade Average to apply is **90.000%**. There is no minimum student GPA unless they are to be used as Additional Team Members, which requires a 90% or higher.
 - 3) All grade averages should be listed to three (3) decimal places rounded off to the nearest thousandth. **DO NOT USE WEIGHTED GRADES.**
 - 4) Co-ed teams are not recognized. Mixed teams are eligible and must meet the Regulations of the NYS Commissioner of Education for Mixed Competition.
 - 5) **State Champion** Scholar/Athlete Teams will be declared during the championship sports season. For example: Girls Volleyball's State Championship is held during the fall sports season. Therefore, the State Scholar/Athlete Champion will be awarded in the fall. For those schools who participate in a different season, they will be recognized as a Scholar/Athlete team, but are ineligible for the State Champion award.
 - 6) The **Head Coach** of each sport nominated and the **District Athletic Director** should review the names of the team members listed on the nomination form. The **High School Principal** should verify the accuracy of the grade average of each student listed.
 - 7) Deadline dates for submitting Scholar/Athlete Team Award nominations are:
 FALL SPORTS: 1st **Friday** of December
 WINTER SPORTS: 1st **Friday** of March
 SPRING SPORTS: 3rd **Friday** of May
- NOTE: Late nominations will be accepted up to 15 days beyond the deadline date, but are not eligible for final standings.**
- 8) Any local press release/photos for Scholar/Athlete teams should be sent to the NYSPHSAA.
 - 9) For questions relating to any aspect of the NYSPHSAA Scholar/Athlete Team Award Program contact the NYSPHSAA, Inc. at 518-690-0771.



**NYSPHSAA Scholar/Athlete Team
SCHOOL OF DISTINCTION AWARD**

2013-14 APPLICATION

School Name: _____
 School Address: _____
 Phone Number: _____

VARSIITY SPORT	APPROVED GPA (n/o if not offered) (L if less than 5*)	VARSIITY SPORT	APPROVED GPA (n/o if not offered) (L if less than 5*)
Badminton (Boys)	_____	Lacrosse (Boys)	_____
Badminton (Girls)	_____	Lacrosse (Girls)	_____
Baseball	_____	Rifle	_____
Basketball (Boys)	_____	Skiing (Boys)	_____
Basketball (Girls)	_____	Skiing (Girls)	_____
Bowling (Boys)	_____	Soccer (Boys)	_____
Bowling (Girls)	_____	Soccer (Girls)	_____
Cross Country (Boys)	_____	Softball	_____
Cross Country (Girls)	_____	Swimming (Boys)	_____
Fencing (Boys)	_____	Swimming (Girls)	_____
Fencing (Girls)	_____	Tennis (Boys)	_____
Field Hockey	_____	Tennis (Girls)	_____
Football	_____	Indoor Track (Boys)	_____
Golf (Boys)	_____	Indoor Track (Girls)	_____
Golf (Girls)	_____	Outdoor Track (Boys)	_____
Gymnastics (Boys)	_____	Outdoor Track (Girls)	_____
Gymnastics (Girls)	_____	Volleyball (Boys)	_____
Ice Hockey	_____	Volleyball (Girls)	_____
		Wrestling	_____

*In 2011-12, our district sponsored varsity programs of less than 5 team members. The team member gpa's are listed and attached.

I certify the above teams constitute 100% of our district's varsity program. Each of these teams qualified for, and received, the NYSPHSAA Scholar/Athlete Team Award during 2013-14.

Athletic Director _____ Date _____
 Principal _____ Date _____
 Superintendent _____ Date _____

Deadline Date: June 30, 2014

Send to: NYSPHSAA - Scholar/Athlete Team Award Program
 8 Airport Park Blvd., Latham, NY 12110
 or fax to (518) 690-0775

NYSPHSAA Approval: _____

In 2013-14, our district sponsored varsity programs of less than 5 team members. The team member gpa's are listed and attached.

Sport _____

1. Name _____ GPA _____

2. Name _____ GPA _____

3. Name _____ GPA _____

4. Name _____ GPA _____

Sport _____

1. Name _____ GPA _____

2. Name _____ GPA _____

3. Name _____ GPA _____

4. Name _____ GPA _____

Sport _____

1. Name _____ GPA _____

2. Name _____ GPA _____

3. Name _____ GPA _____

4. Name _____ GPA _____

Sport _____

1. Name _____ GPA _____

2. Name _____ GPA _____

3. Name _____ GPA _____

4. Name _____ GPA _____

NYSPPHSAA Scholar/Athlete Team “SCHOOL OF DISTINCTION” Award

Effective 2002-2003, the “School of Distinction” Award will be presented to any NYSPPHSAA member school who annually can successfully meet the following criteria:

1) Certify that 100% of their varsity programs qualified for and received the NYSPPHSAA Scholar/Athlete Team Award. NOTE: Qualified is interpreted to mean having met all of the program’s criteria, including having met the deadline date to apply as set for each sports season. **Effective 2006-07, member schools sponsoring a varsity team with less than 5 athletes may apply for the School of Distinction Award and meet the 100% standard provided each athlete has a gpa of 90% or greater earned during their sports season.**

a. 100% of the school’s programs with sports season gpa’s as approved by the NYSPPHSAA must be listed on the provided application.

b. Signatures verifying certification by the District Superintendent, Principal and Athletic Director must be provided.

c. Applications must be submitted within 30 days following the close of the Spring Sports Season portion of the Scholar/Athlete Team Award Program. ie. June 30.

d. If schools are merged for all programs, each school must file a separate application by the deadline date.

e. If schools have merged teams, those teams must be listed on the application. (Ex.: If your Ice Hockey team is merged with another school, Ice Hockey must have been recognized for a Scholar/Athlete Team Award and listed on the application.)

2) “100% schools” will be announced at the annual meeting of the NYSPPHSAA Central Committee and published/posted in (on) the NYSPPHSAA “Scholastic Athletics”/web site under the listing of “NYSPPHSAA Academic Honor Roll.”



NEW YORK STATE
PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION, INC.

SENIOR ALL-STAR CONTEST
Application

PLEASE NOTE: PARTICIPANTS MAY ONLY BE THOSE SENIORS WHO ARE NO LONGER INVOLVED IN SECTIONALS, REGIONALS OR STATE COMPETITION.

Sport or Activity _____

1. Name of Contest _____ Date _____

2. Site of Contest _____

3. Co-sponsoring school, league or section _____
(for events sponsored with any outside organization, college or university)

4. School personnel responsible for contest supervision: Name _____
Address _____ Zip _____ Phone _____

5. School personnel responsible for screening and selection of contestants: _____

6. School personnel responsible for screening and selection of coaches: _____

7. Net profit to be donated to the following charitable or educational programs: _____

8. Contestants will be insured by: _____ Own School
_____ Other(list)

Liability insurance supplied by sponsor: _____ Section _____ Other (List)* _____

***Attach certificate of insurance**

9. Uniforms are to be supplied by: _____

10. Officials' organization to assign contest officials: _____

11. Within two weeks of completion of the contest, all of the following must be mailed to **Secretary/Treasurer of the Section** sanctioning the contest:

- | | |
|------------------------------------|---------------------------|
| 1. Complete roster of participants | 3. Injury report |
| 2. Complete financial report | 4. Complete awards report |

Completed application presented and approved by Section _____

Date _____ Section Executive Director _____

NOTE: Contests approved by the Section must be mailed for recording to:

Nina Van Erk, Executive Director
New York State Public High School Athletic Association, Inc.
8 Airport Park Boulevard
Latham, NY 12110

NYSPHSAA, Inc. USE ONLY:

Application complete _____ Date _____

Application returned _____

as incomplete _____

Executive Director



**NEW YORK STATE
PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION**

SENIOR ALL-STAR CONTEST

CRITERIA

Application for approval of a Senior All-Star Contest shall be submitted to the New York State Public High School Athletic Association after approval by the Section Executive Director. Approval will be granted if all the required forms are properly completed and all of the following provisions satisfied:

1. The contestants shall be seniors who have completed their secondary school eligibility in that sport. No contestant shall still be involved in Sectional, Regional or State competition.
2. Only school personnel shall be responsible for the screening and selection of contestants for participation in the contest.
3. Only school personnel shall be responsible for the screening and selection of coaches for conducting the contest.
4. A contestant may participate in no more than one approved Senior All-Star Contest in the same sport during the school year.
5. All participants and personnel involved in an approved Senior All-Star Contest must sign the NYS PHSAA Letter of Intent.
6. All contestants must be bona-fide students from schools who are members of the New York State Public High School Athletic Association and such contests must be conducted in New York State.
7. The contest shall have an established charitable or educational purpose; the financial arrangements of the contest shall reflect an accomplishment of that purpose, and all net receipts from the contest shall be utilized for such purpose. Net receipts shall be gross receipts less expenses directly connected with the administration and conduct of the contest. Gross receipts shall include all revenues derived from the contest. Financial records must be clearly specified in the application for approval according to the terms of the agreement and meet the criteria as approved by the New York State Federation of Secondary School Athletic Associations.
8. Applications must meet guidelines as to safety, number of practices prior to contest, insurance, Commissioner's Regulations, awards and other requirements determined by the New York State Federation of Secondary School Athletic Associations and the individual association.
9. All contests must be conducted within the approved sport season.
10. Commercial sponsors would be discouraged and should not be necessary for conducting a viable Senior All-Star Contest.



NEW YORK STATE
PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION

SENIOR ALL-STAR CONTEST

Letter of Intent

I _____ will participate in the following contest:

Name of Contest _____

Sport to be Contested _____

Date of Contest _____

Site of Contest _____

I fully understand the following rules, regulations, guidelines and laws governing my participation in such a contest as printed in the criteria on page 1 of this letter. I also understand that:

1. I am permitted to play in only one approved Senior All-Star Contest in this sport.
2. I am no longer eligible in this sport.
3. I am no longer participating in Sectionals, Regionals or State competition in this sport.
4. I have not played in any non-approved Senior All-Star Contest in the last year.

Failure to meet the criteria above will result in the loss of your high school eligibility in this sport.

Signed _____
(athlete)

Signed _____
(parent or legal guardian)

Signed _____
(witness)

(school personnel responsible for screening and selection of contestants)

Date _____

Attach to roster of game participants and mail with post game report to Secretary/Treasurer of the section in which contest takes place.

SENIOR ALL-STAR CONTEST

Roster

Name of Contest _____ Date _____

Sport Contested _____ Site _____

School personnel responsible for contest supervision:

Name(s) _____

Address _____ Phone _____

CONTESTANTS (print)

	<u>Name</u>	<u>School</u>	<u>Grade 12 Graduate</u>	<u>Ht.</u>	<u>Wt.</u>	<u>Address</u>	<u>Phone</u>
1.	_____	_____	_____	_____	_____	_____	_____
2.	_____	_____	_____	_____	_____	_____	_____
3.	_____	_____	_____	_____	_____	_____	_____
4.	_____	_____	_____	_____	_____	_____	_____
5.	_____	_____	_____	_____	_____	_____	_____
6.	_____	_____	_____	_____	_____	_____	_____
7.	_____	_____	_____	_____	_____	_____	_____
8.	_____	_____	_____	_____	_____	_____	_____
9.	_____	_____	_____	_____	_____	_____	_____
10.	_____	_____	_____	_____	_____	_____	_____
11.	_____	_____	_____	_____	_____	_____	_____
12.	_____	_____	_____	_____	_____	_____	_____
13.	_____	_____	_____	_____	_____	_____	_____
14.	_____	_____	_____	_____	_____	_____	_____
15.	_____	_____	_____	_____	_____	_____	_____
16.	_____	_____	_____	_____	_____	_____	_____
17.	_____	_____	_____	_____	_____	_____	_____
18.	_____	_____	_____	_____	_____	_____	_____
19.	_____	_____	_____	_____	_____	_____	_____
20.	_____	_____	_____	_____	_____	_____	_____

MUST BE RETURNED WITHIN TWO WEEKS AFTER CONTEST TO SECRETARY/ TREASURER OF YOUR SECTION.

(Additional listing space on back)

Name School Grade 12 Ht. Wt. Address Phone
Graduate

- 21. _____
- 22. _____
- 23. _____
- 24. _____
- 25. _____
- 26. _____
- 27. _____
- 28. _____
- 29. _____
- 30. _____
- 31. _____
- 32. _____
- 33. _____
- 34. _____
- 35. _____
- 36. _____
- 37. _____
- 38. _____
- 39. _____
- 40. _____
- 41. _____
- 42. _____
- 43. _____
- 44. _____
- 45. _____
- 46. _____
- 47. _____
- 48. _____

SENIOR ALL-STAR CONTEST
FINANCIAL REPORT

Name of Contest _____ Date _____

Sport Contested _____ Site _____

RECEIPTS:

Advance Sales \$ _____
Gate Receipts \$ _____
Program Sales \$ _____
Advertisements \$ _____
Entry Fees \$ _____
Radio/Television \$ _____
Other: \$ _____
\$ _____

TOTAL RECEIPTS \$ _____

EXPENDITURES

Chairman's Expense \$ _____
Ass't. Chairman's Expense \$ _____
Officials \$ _____
Programs \$ _____
Program Sellers \$ _____
Printing \$ _____
Tickets (tellers/sellers) \$ _____
Security \$ _____
Custodial \$ _____
Site Rental \$ _____
Concessions \$ _____
Sound System \$ _____
Game Management (scorers etc.) \$ _____
Other: \$ _____
\$ _____

TOTAL EXPENDITURES \$ _____

Signature _____ TOTAL RECEIPTS \$ _____

Date _____ TOTAL EXPENDITURES \$ _____

Submit this report to your Section Secretary/Treasurer within two weeks after completion of the contest.

New York State Public High School Athletic Association, Inc.
**NYSPHSAA High School
Sport Record Reporting Form**



A records database for all sports conducted by the NYSPHSAA has been compiled and is held in the NYSPHSAA office. It has been updated by input from State and Section sport coordinators. If there is a correction to this database or if there is a new record please complete this form and submit to:

NYSPHSAA Sports Record Database
8 Airport Park Blvd.
Latham NY 12110
518-690-0771 FAX 518-690-0775
www.nysphsaa.org

•Sport _____
(ie: Baseball, Boys Track, Girls Lacrosse)

•Record Category _____
(ie: Career Points / Event-1600m relay / Coaching Wins 200+)

•Athlete or Coach or Team NAME _____

•Athlete of Coach or Team SCHOOL _____

•Record _____
(ie: career, season, game strike outs / career, season, game points / # coaching wins)

•Status (date of record - or for coaching wins: active/retired) _____

•Name of Person Submitting Record (print) _____

•Phone Number of Person Submitting Record _____

•Comments / Additional Information _____

•Date Submitted _____

•Signature of Coach _____
(signature) (print name)

•Signature of Athletic Director _____
(signature) (print name)



SCRIMMAGES

Approved MAY 2010

INTERSCHOOL SCRIMMAGES: A scrimmage is a practice that is a **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 (p.111-113)**, (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.

BASEBALL

A baseball scrimmage must include free substitutions and lineup cards will not be exchanged. Scrimmages must also include **one or more** of the following:

1. Play six (6) outs per half inning (example - 3 outs clear the field/ 3 more outs).
2. Batting order must be altered or modified to include more batters than rules permit.
3. Start with a runner(s) on base with a predetermined situation for at least two (2) full innings.

BASKETBALL

A basketball scrimmage must include 10 minute time periods with running time (except time-outs) and unlimited time outs. The score will be cleared at the end of the time period and the time will be reset. Scrimmages must also include **one or more** of the following:

1. Optional shot clock
2. Shoot only fouls against the shooter with free throws awarded in a one plus one.
3. At the end of the 1st and 3rd quarters, each team will run five (5) special plays. Example: out-of-bounds play underneath the basket; sideline out-of-bounds.

BOWLING

In a bowling scrimmage any format may be used and substitutions may be made at any time. No official scores may be kept; therefore, scores may not be used in calculating season average or for qualifying for sectional or state tournaments. Scores may not be used toward league or non league standing.

FIELD HOCKEY:

A field hockey scrimmage must start with a sideline or 16 yard hit and includes **one or more** of the following:

1. A running clock and/or modified periods
2. Incorporate all or part of the Overtime Procedure into the scrimmage
3. Each team will take 5 offensive corners, playing until either a goal is scored; ball goes out of bounds or crosses the 25yd line.

FOOTBALL:

Football scrimmages shall be governed by the following: (a) no official score is kept, (b) no definite time is set or kept, (c) coaches are permitted on the field to provide instruction and make corrections, (d) different configurations governing possession time and down and distance situations (than those normally used in a game) may be used to govern play, (e) unlimited time-outs and stoppages of play are permitted and encouraged for the purpose of both providing instruction and adequate rest periods, (f) the use of officials would be permitted and encouraged whenever possible for the purpose of instruction regarding the rules and proper application of rules, (g) no kickoffs are permitted, (h) punts and extra point kick attempts may involve live play until the ball is kicked. Punts may not be advanced and all fumbled punts and muffs will be blown dead immediately, (i) the total number of plays should be recorded to prevent an individual player from being involved in more than a maximum of 90 live contact plays during the entire scrimmage, (j) no admission may be charged, (k) the participation of student support groups such as cheerleaders, bands, kicklines, etc. are prohibited.

GOLF:

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

1. Use different tees
2. Play multiple shots and multiple putts
3. Play two (2) or three (3) balls
4. Alter playing format: match play, Ryder cup, or best ball format

ICE HOCKEY:

An ice hockey scrimmage shall be divided into two (2) halves with the time to be determined by coaches. The time clock and penalty clocks may be used for time keeping only but no score may be kept. During the scrimmage **one or more** of the following must be included:

1. Each team must play short-handed in predefined situations.
2. Use of half (1/2) ice situations

Continued

LACROSSE: A lacrosse scrimmage must have modified time periods and include **one or more** of the following:

1. Alternate possessions.
2. Start the scrimmage with either a Draw (girls) or a Face-Off (boys)
3. Include the following game situations:
 - a. Face-Off/Draws - Boys/Girls
 - b. Clears and Rides - Boys/Girls
 - c. Extra Man and Man-Down – Boys/Girls
 - d. Fast Breaks - Boys/Girls

SKIING

A skiing scrimmage will consist of one (1) or more runs of slalom, giant slalom and/or Nordic. Electronic timing and officials may be used for instructional purposes only.

SOCCER:

A soccer scrimmage may not exceed a total of 100 minutes and unlimited substitutions are permitted. The length of time for the periods of play is to be determined by the coaches, not to exceed 40 minutes in any one period: halves, three periods or quarters. Scoreboards may be used for timekeeping only. The clock will begin with the goal keeper in possession of the ball. When a goal is scored, play will be restarted with goalie possession. The goalie can restart play with a goal kick, goalie throw or goalie punt.

SOFTBALL

A softball scrimmage must include free substitutions and lineup cards will not be exchanged. Scrimmages must also include **one or more** of the following:

4. Play six (6) outs per half inning (example - 3 outs clear the field/ 3 more outs).
5. Batting order must be altered or modified to include more batters than rules permit.
6. Start with a runner(s) on base with a predetermined situation for at least two (2) full innings.

SWIMMING

In a swimming scrimmage no official times or scores will be kept. Times may not be used to meet the qualifying standard. More than one heat per event is permitted.

TENNIS

A tennis scrimmage must alter format so it does not follow the regular competition format for league/sectional play. Suggested formats include but are not limited to:

1. Teams use tie breaks only
2. 5 game pro-sets with a tie break at 5-5
3. An 8 game pro-set – 1st one to 3 points.
4. Modified 8 game pro set – 1st players to 3 points completes the scrimmage.
5. Teams compete using an 8 game pro-set rather than 2 out of 3 sets with tie breakers at 6-6.

TRACK AND FIELD

A track and field scrimmage must conform to the following:

1. No Scoring – no official results or place finishers recorded.
2. No performance may be used to meet the qualifying standard or be considered a record.
3. Competitors and events must adhere to the limitations of the NFHS.

VOLLEYBALL

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

WRESTLING:

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

1. Must wrestle in predefined situations such as pinning, takedowns, turns, etc.
2. Must wrestle in neutral position. If a takedown occurs would go back to the neutral position.
3. Must wrestle in the referee's position using both styles. If a pin occurs, restart in the referees position.



**NATIONAL EVENTS
POINT OF EMPHASIS**

In order to encourage compliance within the spirit of NYS PHSAA and Commissioners Regulations this is to serve to guide school districts so that athletes can avoid being declared ineligible for high school competition.

High school aged athletes wishing to compete in unsanctioned events or so called “national” events may participate if they are not representing their high school and/or their high school is not sponsoring the event in any manner.

Clubs should have no affiliation with the school or school’s athletic program. Coaches should be volunteers or compensated by club funds. Clubs should be self insured and not under the insurance policy of the school district. Clubs should establish a name different from the high school team and purchase separate uniforms for competition.

School uniforms may not be worn. According to NFHS Track and Field rules “School issued uniforms must be worn in competition”. Therefore any uniform (regardless of purchaser) worn during high school competition must not be worn in unsanctioned events.

School district funds should not be used to fund entry fees, travel, meals, lodging, etc. School districts should not be linked with an athlete’s participation in any manner.

Athletes should be encouraged to obtain a USATF card. Membership also includes insurance for the individual.



SPORTSMANSHIP

The Association 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 NYS PH SAA 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.

a. Coach:

1. Any coach excluded by a certified official from an interschool competition for unsportsmanlike conduct, including taunting, 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. In individual sports a multi-day contest is considered to be a contest. Disqualification from one season carries over to the next season of participation. The coach may not be present at the game site nor communicate in any manner during the contest with any person present at the 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. (see Taunting, p. 90, Next Previously Scheduled Contest, p. 89) Any coach that does not serve the penalty for violating the Sportsmanship Standard will be ineligible to participate in the next two regularly scheduled contests. If the coach continues to not serve the penalty, the matter will be referred to the Section for further action. If the coach is involved in the NYS PH SAA play-offs, the matter will be referred to the Executive Director of the NYS PH SAA.

Any coach:

1. Who receives a disqualification penalty in a sport shall not participate in the next regularly scheduled contest;
2. Who receives a second disqualification penalty in the same sport in the same season shall not participate in the next two regularly scheduled contests; and
3. Who receives a third disqualification penalty in the same sport in the same season will not be allowed to participate for the rest of the season. If the disqualification penalty takes place in the last contest of the season (regular season or post schedule play), the Section Athletic Council will assess the penalty carrying over into the next season of participation.

2. A coach who strikes, shoves, kicks or makes other physical contact with the intent to annoy, harass or intimidate another person (e.g. official, another coach, player, fan) shall be expelled immediately and banned from further participation or coaching in all sports for a period of time to be determined by the section not to exceed one year from the date of the offense.

b. Player:

1. Any member of a squad disqualified by a sport official for unsportsmanlike conduct, including taunting, or for a flagrant foul shall not participate in that sport in the next previously scheduled contest with a member school or in NYS PH SAA tournament play. In individual sports a multi-day contest is considered to be a contest. The contest in which the athlete was disqualified must count in the total maximum number of contests permitted. Disqualifications from one season carry over to the next season of participation. (see Taunting, p. 90, Next Previously Scheduled Contest, p. 89)

Any player:

1. Who receives a disqualification penalty in a sport shall not participate in the next regularly scheduled contest;
2. Who receives a second disqualification penalty in the same sport in the same season shall not participate in the next two regularly scheduled contests; and
3. Who receives a third disqualification penalty in the same sport in the same season will not be allowed to participate for the rest of the season. If the third ejection takes place in the last contest of the season (regular season or post schedule play), the Section Athletic Council will assess the penalty carrying over into the next season of participation.

2. Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intent to annoy, harass or intimidate an official shall be expelled from the game immediately and banned from further participation in all sports for a period of time to be determined by the section not to exceed one year from the date of the offense. **NOTE:** Member of the squad includes player, manager, score keepers, timers, and statisticians.

c. Official:

1. Unprofessional conduct on the part of the 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 incidence and to report their action to the section in a timely manner.

Sportsmanship Promotion Program

Online Submission

To submit your online self assessment, **first review this document**, and then select the following link: [Sportsmanship Promotion Online Assessment](#) Once selected you will be prompted to enter your assigned State Education Code (sed code). The online assessment application will guide you through the process of submitting the assessment.

School Self-Assessment for NEW YORK Sportsmanship Promotion Program

Complete and submit the online form by April 15 of each school year.

Respond to each statement by selecting 1,2,3 or 4 depending on your school's program as defined below.

1 POLICY NOT IN PLACE

- No supportive policy, process and program has been established by our Board of Education, Administration and Athletic Department
- A process for annual review and assessment is not in place
- There is no organized promotion by the athletic administrators, coaches, students and parents/community

2 POLICY IN PLANNING STAGE

- Initial steps for a policy, process and program are being established by our Board of Education, Administration and Athletic Department
- A process for annual review and assessment is in the primary stages of development
- Initial plans are being developed for promotion by athletic administrators, coaches, students and parents/community

3 POLICY DEVELOPED

- Initial steps for a policy, process and program have been developed by our Board of Education, Administration and Athletic Department
- A process for annual review and assessment has been developed and utilization will begin
- The athletic administrators, coaches, students and parent/community have a plan for promotion

4 POLICY INSTITUTED

- A policy, process and program have been developed and implemented by our Board of Education, Administration and Athletic Department
- A process for annual review and assessment has been developed and utilized
- The athletic administrators, coaches, students and parents/community have been executing a plan for promotion

Purpose

The New York State Public High School Athletic Association has established the promotion of sportsmanship as a major goal. The New York Sportsmanship Promotion Program:

- Encourages each member school to assess its district's approach to developing sportsmanship.
- Recognizes schools that have exemplary sportsmanship programs.

Program

A NYSPHSAA Sportsmanship Committee, consisting of one representative from each section, shall:

- Coordinate the New York Sportsmanship Promotion Program
- Provide sportsmanship guidelines and materials to schools

- Study sportsmanship concerns and recommend solutions
- Administer the selection process for recognizing schools with exemplary sportsmanship programs
- Coordinate public relations campaigns promoting sportsmanship

Awards of Recognition

New York Sportsmanship Promotion Awards shall annually be presented to qualifying schools.

Schools completing the New York Sportsmanship Promotion Self-Assessment should submit the assessment by **April 15**. Each school will receive a New York Sportsmanship Promotion Certificate and congratulatory letter from the Association.

Section Awards

The Section Sportsmanship Committee will review each submitting school's self-assessment, selecting the school(s) deserving Section recognition for promoting sportsmanship. A New York Sportsmanship Promotion Plaque shall be presented to the deserving school(s) at a section athletic council meeting. The Section Sportsmanship Coordinator is to forward the names of the schools awarded Section recognition, along with the assessments and documentation, to the New York State Public High School Athletic Association office by **May 10**.

State Awards

By **May 30**, the NYSPHSAA Sportsmanship Committee shall convene to review the self-assessment of the schools receiving sectional recognition. The committee will choose the school(s) deserving the New York Sportsmanship Promotion State Banner. This prestigious award will be presented to the winner(s) at the Annual NYSPHSAA, Inc. Central Committee Meeting Dinner.

NYSPHSAA Approves Sportsmanship PA Announcement

The Executive Committee of the NYSPHSAA, at their December meeting, approved a sportsmanship public address announcement for all of their championship events. The announcement is entitled “**Be Loud, Be Proud, Be Positive**”.

All through our great country and the world fan behavior has gotten to a point where educators are questioning the perceived importance of athletics. No other activity in a school brings a community together like athletics. But the problem is when you bring a large group of people together sometimes you can get behavior that is not acceptable. Before every game, officials are instructed to read a sportsmanship card to all the athletes participating in the contest. Although some school districts will announce the expectations of the spectators, the NYSPHSAA Sportsmanship Committee felt that a consistent message should be read across the state. The announcement is meant to be brief and to the point in terms of the expectations of all spectators in attendance at our championship events. The hope is that sections and school districts will choose to adopt and use the announcement at all of their contests, ensuring a consistent message whether you are in Long Island or Potsdam. Below is a copy of the approved public address announcement, please feel free to use when appropriate.

“ Be Loud, Be Proud, Be Positive” – New York State Public High School Athletic Association supports and encourages spectators to enjoy the competition between our student athletes and cheer for their teams in a positive manner. Negative comments and behavior will be addressed by the appropriate site personnel. Spectators should “*Be Loud, Be Proud, Be Positive*” toward all players, coaches, officials, and spectators. Thank you for your support and enjoy the game.

2013-2014 NYSPHSAA Championship

Dates/Sites

Fall 2013

Nov 2-4	G Tennis	Tri City Tennis Center, Latham (2)
Nov 9	B/G Cross Country	Queensbury High School (2)
Nov 15	Boys Volleyball	Civic Center, Glens Falls (2)
Nov 16	Federation Cross Country	Bowdoin Park, Wappingers Falls (1)
Nov 16-17	G Soccer	SUNY Cortland, Homer HS, Tompkins Cortland CC (3)
Nov 16-17	Field Hockey	Cicero-N. Syracuse HS, Cicero (3)
Nov 16-17	G Volleyball	Civic Center, Glens Falls (2)
Nov 16-17	B Soccer	Middletown HS (9)
Nov 22-23	G Swimming/Diving	Ithaca College, Ithaca (4)
Nov 22-23	Football East Semifinals	Dietz Stadium, Kingston (9)
Nov 22-23	Football West Semifinals	Sahlen's Stadium, Rochester (5)
Nov 29-Dec 1	Football Finals	Carrier Dome, Syracuse (3)

Winter 2013-2014

January TBA	East Cheerleading Invitational	TBA
Feb 24-25	Boys/Girls Skiing	Bristol Mountain, Canandaigua (5)
Feb 28-Mar 1	Boy Swimming/Diving	Webster-Schroeder HS, Webster (5)
Feb 28-Mar 1	Wrestling	Times Union Center, Albany (2)
March TBA	West Cheerleading Invitational	TBA
March 1	Girls Gymnastics	TBA
March 1	Boys/Girls Indoor Track/Field	Barton Hall - Cornell University, Ithaca (4)
March 1	Rifle (Regional)	TBA
March 1-2	Boys/Girls Bowling	Babylon Lanes (11)
March 8	Boys Volleyball (Regional)	Section 3 TBA
March 8-9	Ice Hockey	Memorial Auditorium, Utica (3)
March 14-16	Girls Basketball	Hudson Valley Community College, Troy (2)
March 14-16	Boys Basketball	Civic Center, Glens Falls (2)
March 21-23	Boys/Girls Federation Basketball	Times Union Center, Albany (2)

Spring 2014

May 29-31	B Tennis	National Tennis Center, Flushing (NYC)
May 31-June 2	B Golf	Cornell University, Ithaca (4)
June 4	B Lacrosse East Semis	Stony Brook University (11)
June 4	B Lacrosse West Semis	Cicero-North Syracuse HS, Cicero (3)
June 6-7	B/G Track & Field	Cicero-North Syracuse HS, Cicero (3)
June 6-7	G Lacrosse	SUNY Cortland (3)
June 6-8	G Golf	SUNY Delhi (4)
June 7	B Lacrosse Finals	Hofstra University, Hempstead (8)
June 8	Federation Golf	Bethpage State Park, Farmingdale (8)
June 14	Softball	Moreau Park, South Glens Falls (2)
June 14	Baseball	Binghamton (4)



Introduction

Any New York State Championship must achieve a standard of Excellence which places it beyond criticism either from an organizational or educational point of view. In essence, each championship represents all of New York scholastic sports and if, for any reason, something disrupts a championship, then the impact of such disruption will be felt by the NYSPHSAA, Inc. and its member schools. What appears at present to pose the greatest threat is the misbehavior of athletes or the lack of supervision responsibilities by coaches while attending such championships.

Code of Conduct for Athletes

1. Use of alcoholic beverages, tobacco products and other drugs (unless prescribed by a physician) will not be tolerated.
2. All curfews and bed checks will be adhered to as set up by the supervisor or coach in charge.
3. Athletes are responsible for their conduct in regard to public property such as: hotel rooms, transporting vehicles, field and courts, locker rooms, etc. Athletes or the school that they represent will be held financially responsible for any damage that they incur.
4. Hotel rooms will be inspected by the supervisor and the occupants of each room prior to the occupying of each room and again before check-out.
5. Athletes must use transportation authorized by their section and school to and from the event.
6. There will be no gambling of any kind.

General Guidelines

1. Athletes should stay in groups when traveling or sightseeing. DO NOT TRAVEL ALONE or leave the group.
2. Athletes should make sure the supervisor/coach knows where they are, who is with them, and when they will return when leaving the general area of the contest.
3. Dress for all trips should be neat, clean and socially acceptable. Athletes are representing their Section as well as their own school district. All actions reflect on these institutions.

Violation - Penalties

If an athlete violates an established rule, the coach or supervisor in charge has the responsibility of disciplining the athlete using the following guidelines:

1. If the violation is prior to the contest or event, the athlete will not be allowed to compete in the contest or further contests. The Section and home school will be notified and a recommendation from the Section for disciplinary action will be given.
2. If the violation is after the contest or event, the home school will be notified and a recommendation from the Section for disciplinary action will be given.
3. If a situation becomes intolerable, the parents and school will be notified immediately and arrangements will be made to transport the athlete home, at Section/school expense, and in the custody of a Section/school representative. If proper action is not taken by the home school, sanctions may be imposed by the Section and/or State Association against the athlete or school district.

I have read and understand the Code of Conduct.

Athlete Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

Coaches/Supervisors Responsibilities

1. Enforce Code of Conduct for athletes. Discipline violators on the spot. Report problems to supervisors and send written reports to the Section and home school district.
2. Set curfews and bed checks and implement them.
3. Be responsible for athletes from departure point of trip until trip is completed and ensure that all athletes have transportation to their home.
4. Conduct room checks and inspection of hotel room with occupants of each room prior to the night's stay, and check/inspect each hotel room after the night's stay. Report any damage, which will be the responsibility of the occupants of the room.
5. Submit Hotel Report form to hotel.
6. Make sure all parent signature slips are in and emergency information is complete.
7. Notify proper authorities in cases of serious injury to athletes.
8. Know where athletes are at all times.
9. Abstain from the use of alcohol and controlled substances (unless prescribed by a physician). If violated the protocol/possible penalty is: 1) the school and Section will be notified; 2) documentation of the incident will occur; and 3) a recommendation from the Section for disciplinary action will be given.
10. Abstain from gambling of any kind.

I understand my responsibilities to my athlete(s) and expectations of my behavior.

Coach/Supervisor Signature _____ Date _____

CONSENT FOR USE OF PHOTOGRAPHY FOR PUBLICITY OR ADVERTISING PURPOSES

I do hereby consent to the use of my photographs in association with any production, media, or news events for the New York State Public High School Athletic Association.

I understand that the New York State Public High School Athletic Association may use my photographs or stories in publications, press materials, web sites, and print and television advertisements promoting the New York State Public High School Athletic Association, its philosophies, and programs.

I hereby irrevocably consent to and authorize the use and reproduction by you, or anyone authorized by the New York State Public High School Athletic Association, of any and all photographs which you have taken during this sport season of me, negative or positive, for any purpose whatsoever, without compensation to me. All negatives and positives, together with prints shall constitute the property of the NYSPHSAA, solely and completely.

I hereby consent to the use of my photograph(s). (sign only if 'yes')

Athlete Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

PARENT RELEASE FORM
EMERGENCY MEDICAL CARE

Your son/daughter has qualified to participate in a NYSPHSAA Championship. In order to ensure he/she receives the proper medical care as needed you must provide the health information below. By signing this form you are authorizing the school's coach or administrator, or tournament official to act on your behalf in authorizing emergency medical, dental, surgical care and hospitalization for your son/daughter in your absence.

Thank you for your cooperation.

(Athlete Name) (Birthdate)

(Address) (Phone)

(Parent/Guardian Name) (Address) (Home&Business phone)

(Athlete's School) (Principal) (School phone)

(Who to contact in case of emergency, other than parent/guardian) (Phone)

(Family Physician) (Phone number)

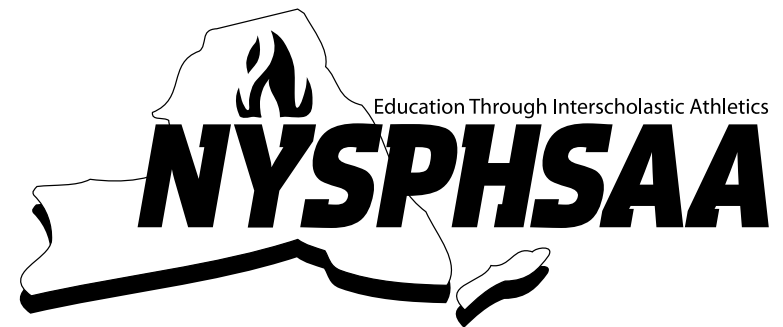
(Allergies or special conditions)

I have read and understand the above parent release form. I do hereby authorize the care referenced above for my child; and I do further release the NYSPHSAA and its agents from any claim whatsoever on account of care authorized pursuant to this emergency medical care release form.

(Parent/Guardian Signature) (Date)

Code of Conduct

For Regional & Championship Competitions



Responsibilities and Guidelines for
Athletes and Coaches Participating in
Regional and Championship Contests

An athlete will not be allowed to participate
without this form completed!



NYSPHSAA Championship

School Gate List

School: _____

Championship Event: _____

Date: _____

Site: _____

Please write down the number of players and bench personnel your school will be bringing to the Championship event. Please note that each sport has a maximum number of players and bench personnel allotted for each school. If your school chooses to bring more than the maximum number allowed the NYSPHSAA will bill the school for the difference. We will use these numbers to prepare the proper credentials and awards for your school.

of players _____ # of Bench Personnel _____

Note: This list below is designed for school administration and appropriate school personnel. The list is limited to a maximum of 8 individuals and is exclusive of the team players and bench personnel. Please contact the NYSPHSAA office if your school has a team photographer. This list should be faxed to the NYSPHSAA office (518-690-0775) or email (tnelson@nysphsaa.org) two days prior to the championship event. Please type or print names and titles.

Name

Title

- | | | |
|----|-------|-------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |
| 5. | _____ | _____ |
| 6. | _____ | _____ |
| 7. | _____ | _____ |
| 8. | _____ | _____ |

Athletic Director or Principal: _____ Date: _____
(signature)

NYSPHSAA Staff Approval: _____ Date: _____
(signature)

Championship Programs

- **Rosters and team photographs must be submitted through MaxPreps. A link to the submission page is available at www.nysphsaa.org under each sport's landing page.**
 - Click on the respective sport and then under 'Championship Central, click on 'XXXXXXXX'
 - All team sports, excluding field hockey and ice hockey, are asked to input rosters at the beginning of the season
 - Changes or updates to a team roster can be made by emailing Todd Nelson (tnelson@nysphsaa.org).
 - Individuals that send in a team picture will receive a confirmation email from the NYSPHSAA
 - Any questions or concerns please contact Todd in the office
- **“WHERE ARE THEY NOW”**

Individuals are asked to submit biographical information on former student-athletes that have participated in one or more NYSPHSAA State Championships. The information can be entered by using the NYSPHSAA website (www.nysphsaa.org). The following dates are the deadlines for individuals to enter submissions to the data base:

Fall: October 15

Winter: February 4

Spring: May 12

When submitting the information, the following will be requested:

Name: first, last, maiden (if applicable)

High School Attended:

Championship Sport:

Year of Championship:

Location of Championship:

Current Residence: Town or City

Current Occupation:

Immediate Family: Husband/Wife, Children, Mother/Father, Pet, etc.

5 or less words to describe your experience:

Any questions or concerns please contact Todd Nelson at tnelson@nysphsaa.org.



PERMISSION FOR SPECIAL ACCOMMODATIONS

Every request for permission for special accommodations (including religious apparel) is evaluated on an individual basis.

The procedure is as follows:

SPECIAL DEVICES AND PROSTHESIS

1. Written approval by the school physician to participate in a specific sport while wearing the device.
2. Review of the NYSPPHSAA approved sport specific rules to determine if there is a prohibition.
3. The member school requests, in writing from the Athletic Director on school stationery, a review and evaluation by the Assistant Director responsible for safety. All requests are to be accompanied by photos of the device being worn by the student taken from several different angles. Additionally, documentation of school physician approval is to be sent.
4. NYSPPHSAA review consists of reviewing the game rules, evaluating if the student would be safe participating while wearing the device, evaluating if teammates and opponents are placed at risk, and possible consultation with our medical advisors.

RELIGIOUS ACCOMMODATIONS

1. Review of the NYSPPHSAA approved sport specific rules to determine if there is a prohibition.
2. For a special accommodation the member school requests, in writing, a review and evaluation by the Assistant Director responsible for safety.
3. Written explanation of the special accommodation needed from the student's religious leader.
4. NYSPPHSAA review consists of reviewing the game rules, evaluating if the student would be safe participating while wearing the device, evaluating if teammates and opponents are placed at risk, and possible consultation with our medical advisors.

SPECIAL ACCOMMODATION

1. Review of the NYSPPHSAA approved sport specific rules to determine if there is a prohibition.
2. The member school requests, in writing, a review and evaluation by Assistant Director responsible for safety.
3. Written documentation from school physician outlining the student's physical limitations and need for a special accommodation.
4. NYSPPHSAA review consists of reviewing the game rules, evaluating if the student would be safe participating while wearing the device, evaluating if teammates and opponents are placed at risk, and possible consultation with our medical advisors.

The NYSPPHSAA will provide written notice of approval or denial to the school district in a timely manner.



New York State Public High School Athletic Association, Inc.

To: Modified Committee, Modified Sports Coordinators, Executive Committee,
High School Sport Coordinators, and Executive Directors
From: Todd Nelson, Assistant Director NYSPHSAA
Re: Modified Scrimmages
Date: May 10, 2010

On May 1, 2010, the NYSPHSAA Executive Committee approved the Modified Committee's recommendation that, with section and league approval, will allow schools to designate up to 50% of the maximum number of games permitted as scrimmages.

Intention:

The Modified Committee's intent was to provide leagues and schools scheduling options to help save programs. The Modified Committee felt very strongly that 50% of a school's schedule be preserved for contests. Schools are not permitted to schedule scrimmages for the entire season.

Implementation of 50% Scrimmage Rule Example:

The league has scheduled modified soccer a 12 game schedule. After section and league approval of the 50% Scrimmage Rule, a school can designate 6 contests as scrimmages (maximum amount allowed). The remaining 6 contests must remain as contests. In addition, a school may schedule up to three additional scrimmages.

Further questions can be directed to me in the NYSPHSAA office. Thank you again for all of your dedication and support of our student athletes.

SANCTIONING

Hosting an Event:

- NYSPHSAA Sanctioning Form (bordering states)
 - 4 or more schools (1 of them out of state) or 3 or more states.
 - Application must be submitted 30 days prior to the event – No Fee.
 - Canada is not considered foreign country, considered bordering state.

- NFHS Sanctioning Form (Interstate and International)
 - 2 or more schools co-sponsored by an outside agency.
 - Non-boarding event if 5 or more states involved.
 - Non-boarding event if 8 or more schools involved.
 - Any event that involves two or more schools and involves a foreign country. Canada and Mexico considered bordering states.
 - Forms due to NYSPHSAA office 90 days prior to event – Fee required.

Attending an Event:

- Notice of entry required on NYSPHSAA website, www.nysphsaa.org. Please notify office before making travel and hotel arrangements.
- Event includes 4 or more schools or any event co-sponsored by an outside agency.
- Contact Todd Nelson at (518)690-0771 or email tnelson@nysphsaa.org.

Information:

- All forms are located on the NYSPHSAA.org website.
- All applications must include a complete list of invited schools.
- Final list due 20 days prior for Track, Cross Country, and Golf.
- Any questions contact Todd Nelson at (518) 690-0771.

A Basic Guide to Implement a Successful Concussion Management Program

With New York State Law mandating concussion management, many athletic administrators are struggling with how to implement a concussion management program within their school district. The good news is that many of the aspects of a successful program have already been created by the NYSPHSAA and the NFHS.

The NYSPHSAA has recommended for the past two years that school districts adopt a concussion management policy for their school district. The NYSPHSAA and the NYS School Boards Association have collaborated on a draft policy that has been approved by the NYSPHSAA Executive Committee. This policy can be found at www.nysphsaa.org. Many other useful resources can be found at www.keepyourheadinthegame.org. Below are three basic steps athletic administrators can implement to get the ball rolling toward a successful program, even if the board of education has not approved a policy. These steps are:

1. Find the one person in your district that is passionate about student safety and form a school based concussion management team. The team could be comprised of a coach, school nurse, school physician, certified athletic trainer, athletic director, physical education teacher, classroom teacher, parent, and any other individual that may be useful to the team. The team will be able to monitor a student who has been diagnosed with a concussion on their return to school and play. The team may also serve as a resource to help educate the school community on the potential dangers concussions can have on a student.
2. Utilize the NYSPHSAA “Invisible Injury” DVD at all coaches, parents, and player meetings. This video shows the basic aspects of concussion management, including the signs, symptoms, and behaviors of a concussion, return to play and school protocols, importance of developing a concussion management team, and the benefits of neurocognitive testing.
3. Require all coaches to take the FREE NFHS Concussion Management Course offered on-line. The course can be accessed by logging onto www.nfhslearn.org. This course has material that the NYSPHSAA has been recommending for the past 5 years. At the completion of the course, each coach will receive a certificate to verify that they have completed the course. The course is 30 minutes in length and can be completed at the leisure of the coach.

Some of our member schools have purchased neurocognitive testing software and have members of their staff trained on administering the test. The NYSPHSAA Concussion Management Team is a strong supporter of neurocognitive testing as a tool to help evaluate a student who has been diagnosed with a concussion. Although neurocognitive testing is valuable, schools can implement the items mentioned above and still be effective without the neurocognitive testing.

As you can see, there are many resources and materials that districts can utilize to begin a successful concussion management program. The NYSPHSAA, along with each Section Concussion Management Team, is available to assist the district with materials and resources to help the district implement a concussion management program. A concussion management program should not be implemented because of legislative action; a concussion management program should be implemented because it is the right thing to do for students.

CONCUSSION MANAGEMENT MODEL SCHOOL POLICY - DRAFT

The Board of Education of the _____ School District recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and recreational activity and can have serious consequences if not managed carefully. Therefore, the District adopts the following policy to support the proper evaluation and management of head injuries.

Concussion is a mild traumatic brain injury. Concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head. Recovery from concussion will vary. Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management.

While district staff will exercise reasonable care to protect students, head injuries may still occur. Physical education teachers, coaches, nurses and other appropriate staff will receive training to recognize the signs, symptoms and behaviors consistent with a concussion. Any student exhibiting those signs, symptoms or behaviors while participating in a school sponsored class, extracurricular activity, or interscholastic athletic activity shall be removed from the game or activity and be evaluated as soon as possible by an appropriate health care professional. The **[insert applicable title, such as, nurse]** will notify the student's parents or guardians and recommend appropriate monitoring to parents or guardians.

If a student sustains a concussion at a time other than when engaged in a school-sponsored activity, the district expects the parent/legal guardian to report the condition to **[insert appropriate title, such as, coach or nurse]** so that the district can support the appropriate management of the condition.

The student shall not return to school or activity until authorized to do so by an appropriate health care professional. The school's chief medical officer will make the final decision on return to activity including physical education class and after-school sports. Any student who

continues to have signs or symptoms upon return to activity must be removed from play and reevaluated by their health care provider.

The Superintendent, in consultation with appropriate district staff, including the chief school medical officer, will develop regulations and protocols to guide the return to activity.

Adoption date:

CONCUSSION GUIDELINES AND PROCEDURES

Education

Concussion education should be provided for all administrators, teachers, coaches, school nurses, athletic trainers and guidance counselors. Education of parents should be accomplished through preseason meetings for sports and/ or information sheets provided to parents. Education should include, but not be limited to the definition of concussion, signs and symptoms of concussion, how concussions may occur, why concussions are not detected with CT Scans or MRI's, management of the injury and the protocol for return to school and return to activity or interscholastic athletics. The protocols will cover all students returning to school after suffering a concussion regardless if the accident occurred outside of school or while participating in a school activity.

Concussion Management Team

The District will assemble a concussion management team (CMT). The CMT will consist of _____ [i.e. the Athletic Director, school nurse, athletic trainer and/or school physician]. The District's CMT should coordinate training for all administrators, teachers, coaches and parents. Training should be mandatory for all coaches, assistant coaches and volunteer coaches that work with these student athletes regularly. In addition, information related to concussions should also be included at parent meetings or in information provided to parents at the beginning of sports seasons. Parents need to be aware of the school district's policy and how these injuries will ultimately be managed by school officials.

Training should include: signs and symptoms of concussions, post concussion and second impact syndromes, return to play and school protocols, and available area resources for concussion management and treatment. Particular emphasis should be placed on the fact that no athlete will be allowed to return to play the day of injury and also that all athletes should obtain appropriate medical clearance prior to returning to play or school.

The CMT will act as a liaison for any student returning to school and/or play following a concussion. The CMT will review and/or design an appropriate plan for the student while the student is recovering.

*School district CMT's can utilize the NYSPHSAA website as well as www.keepyourheadinthegame.org for information related to the signs and symptoms of concussions and the appropriate return to play protocols. A handout describing the Concussion Management teams is also available on the NYSPHSAA website. A Concussion Management Check List that has been approved and recommended by NYSPHSAA is available on this site.

Concussion Management Protocol

Return to play

Return to play following a concussion involves a stepwise progression once the individual is symptom free. There are many risks to premature return to play including: a greater risk for a second concussion because of a lower concussion threshold, second impact syndrome (abnormal brain blood flow that can result in death), exacerbation of any current symptoms, and possibly increased risk for additional injury due to alteration in balance. These NYSPHAA current returns to play recommendations are based on the most recent international expert opinion.* No student athlete should return to play while symptomatic. Students are prohibited from returning to play the day the concussion is sustained. If there is any doubt as to whether a student has sustained a concussion, it should be treated as a concussion. Once the student athlete is symptom free at rest for 24 hours and has a signed release by the treating clinician, she/he may begin the return to play progression below (provided there are no other mitigating circumstances).

Day 1: Light aerobic activity

Day 2: Sport-specific activity

Day 3: Non-contact training drills

Day 4: Full contact practice

Day 5: Return to play

Each step should take 24 hours so that an athlete would take approximately one week to proceed through the full rehabilitation protocol once they are asymptomatic at rest and with provocative exercise. If any post concussion symptoms occur while in the stepwise program, then the student should drop back to the previous asymptomatic level and try to progress again after a further 24-hour period of rest has passed.

[These NYSPHAA current return to play recommendations are based on the most recent international expert opinion.*]

Concussion Management Support Materials

Neurocognitive Testing

As stated in the Zurich Consensus Statement on Concussion in Sport (McCrory et al, 2009), the application of neuropsychological testing in concussion has been shown to be of clinical value and contributes significant information in concussion evaluation. At the same time, NYSPHSAA recognizes that neuropsychological assessment should not be the sole basis of concussion management decisions, nor should it be conducted or used in isolation from appropriate professional consultation and supervision, such as that which can be provided by a neuropsychologist trained and experienced in the neurocognitive assessment of concussion. Moreover, it is also understood that the assessment and management of concussion continues to be an evolving practice and science, and there are currently various approaches to the role and application of neuropsychological testing in concussion. As such, the NYSPHSAA has reviewed a variety of neurocognitive testing tools, some of which are used in the practice of baseline cognitive testing in order to provide potentially useful information by which to compare with post-injury test data. Ultimately, the specific tool or approach which a school district chooses to use should be based, in large part, on the professional resources available to that district by which to ensure proper administration, interpretation, and application of that instrument. The NYSPHSAA, then, suggests that school districts consider the use of neurocognitive testing, administered or closely supervised by a medical professional with concussion management expertise, as they develop their District Concussion Management Policies, Procedures, and Protocols.

Concussion in the Classroom

Students recovering from concussion can experience significant academic difficulties due to impaired cognitive abilities. Mental exertion and environmental stimulation can aggravate concussion symptoms such as headache and fatigue, which in turn can prolong recovery. Accordingly, academic accommodations should be available to the student recovering from concussion both to ensure academic progress and to set the conditions for optimal medical recovery. Academic stress and a sense that teachers or school staff don't understand the student's concussion-related problems can complicate recovery.

Ensuring adequate rest, avoiding overexertion and overstimulation, reducing risk of re-injury and providing academic accommodations are the essential components of a return-to-school plan after concussion. Home tutoring will be needed at first in some cases. As the student

recovers, he or she may need to attend school part-time or full-time with rest breaks. Academic demands should be reduced to essential material, as the concussed student will typically take longer and use more mental energy to complete the same amount of work as before injury. Other accommodations that can help limit symptoms, reduce academic stress, and promote recovery include extended time and a quiet location for tests, providing the student with copies of class notes, and allowing the student to eat lunch in a quiet room with a few friends instead of in a noisy cafeteria.

Physical education class should be modified to reduce risk of re-injury. After an initial period of rest, the student may be able to participate in physical activities where there is low risk of head injury, such as walking or swimming, as tolerated (see article for more complete list of low-risk activities). Substituting mental activity for physical activity is NOT recommended, as mental exertion can aggravate symptoms. Increased sensitivity to noise or light is also common after concussion, so the student should not be required to stay in a loud or bright gym.

Depending on the severity and duration of concussion-related symptoms and associated academic difficulties, a 504 plan or IEP may need to be developed and implemented. Collaboration and communication with the medical providers treating the concussed student will foster development of an appropriate plan. Accommodations and activity restrictions will need to be modified according to the student's particular symptoms and the speed of recovery from injury.

For additional information about the academic consequences of concussion and ways to help the student recovering from concussion, see the following resources:

Going Back to School: Guidelines for School Re-entry after Concussion (brochure available from the BIANYS website: <http://bianys.org/children.htm>,

<http://www.upstate.edu/uh/pmr/concussion/pdf/classroom.pdf>

Addendum

Neurocognitive Testing

Neurocognitive Testing is a specialized evaluation that is primarily concerned with learning in relationship to brain function. Neurocognitive testing consists of assessing verbal skills, visual abilities, processing speed, attention, executive functions, verbal and visual memory, and reaction time. Neurocognitive testing is one of the initial steps in the assessment of concussion and in assessing cognitive strengths and weaknesses. In the majority of cases, neurocognitive testing is used to assist RTP (return to play) decisions and is not done until the athlete is symptom free. However, there may be persons (e.g., child and adolescent athletes) in whom testing is performed early on after the concussion while the athlete is still symptomatic to assist in determining the proper course of management. However, neurocognitive testing should not be the sole basis of management decisions for the concussed athlete. Although in most cases cognitive recovery largely overlaps with the time course of symptom recovery, it has been demonstrated that cognitive recovery may occasionally precede or more commonly follow clinical symptom resolution suggesting that the assessment of cognitive function should be an important component in any RTP protocol. Consequently, once cognitive functions have been assessed, appropriate rehabilitation methods to restore or compensate for any impaired functions can be implemented and informed decisions can be made and RTP protocols can be initiated.



GUIDELINES FOR MANAGEMENT OF HEAD TRAUMA IN SPORTS

Even A Minor Concussion Without Loss of Consciousness Can Have Devastating Results

Head trauma is a common problem in sports and has the potential for serious complications if not managed correctly. Use these guidelines as a protocol, but not in place of, the central role physicians and certified trainers must play.

1. PROBLEMS IN BRAIN FUNCTION:

- a. Confused state - Dazed look, vacant stare, confusion about what happened or is happening.
- b. Memory problems - Can't remember assignment on play, opponent, score of game, or period of the game. Can't remember how or with whom he or she traveled to the game, what he or she was wearing, what was eaten for breakfast, etc.
- c. Symptoms reported by athlete - Headache, nausea or vomiting, blurred or double vision, oversensitivity to sound, light or touch, ringing in ears, feeling foggy or groggy.
- d. Lack of Sustained Attention - Difficulty sustaining focus adequately to complete a task or a coherent thought or conversation.

2. SPEED OF BRAIN FUNCTION: Slow response to questions, slow slurred speech, incoherent speech, slow body movements, slow reaction time.

3. UNUSUAL BEHAVIORS: Behaving in a combative, aggressive or very silly manner, or just atypical for the individual. Repeatedly asking the same question over and over. Restless and irritable behavior with constant motion and attempts to return to play or leave. Reactions that seem out of proportion and inappropriate. Changing position frequently and having trouble resting or finding a comfortable position. These can be manifestations of post-head trauma difficulties.

4. PROBLEMS WITH BALANCE AND COORDINATION: Dizzy, slow, clumsy movements, inability to walk a straight line or balance on one foot with eyes closed.

reference: www.nfhs.org - sports medicine -
information on concussion - pdf

SIDELINE MANAGEMENT OF ACUTE HEAD INJURY

1. Did a head injury take place? Based on mechanism of injury, observation, history and unusual behavior and reactions of the athlete, even without loss of consciousness (LOC), assume a concussion has occurred if the head was hit.
2. Does the athlete need immediate referral for emergency care? If confusion, unusual behavior or responsiveness, deteriorating condition, LOC, or concern about neck and spine injury exist, the athlete should be referred at once for emergency care.
3. If no emergency is apparent, how should the athlete be monitored? Every 5-10 minutes mental status, attention, balance, behavior, speech and memory should be examined until stable over a few hours.
4. No athlete demonstrating symptoms of concussion should return to practice or play (RTP) the day of injury. RTP should be on a following day after appropriate neurological testing and the school physician's clearance.
5. Close observation of athlete should continue for a few hours. Parents or guardians of the athlete should be made aware of proper protocol, symptoms to watch for - contact medical personnel if concerned.
6. After medical clearance, RTP should follow a stepwise protocol with provisions for delayed RTP based on return of any signs or symptoms.

MEDICAL CLEARANCE RTP PROTOCOL

1. No exertional activity until asymptomatic.
2. When the athlete appears clear, begin low-impact activity such as walking, stationary bike, etc.
3. Initiate aerobic activity fundamental to specific sport such as skating, running, etc.
4. Begin non-contact skill drills specific to sport such as dribbling, ground balls, batting, etc.
5. Then full contact in practice setting.
6. If athlete remains without symptoms, he or she may return to play.
 - a. Athlete must remain asymptomatic to progress to the next level.
 - b. If symptoms return, the athlete must return to the previous level.
 - c. Medical check should occur before contact.



CONCUSSION CHECKLIST

(Revision #3)

Name: _____ Age: _____ Grade: _____ Sport: _____

Date of Injury: _____ Time of Injury: _____

On Site Evaluation

Description of Injury: _____

Has the athlete ever had a concussion?	Yes	No	
Was there a loss of consciousness?	Yes	No	Unclear
Does he/she remember the injury?	Yes	No	Unclear
Does he/she have confusion after the injury?	Yes	No	Unclear

Symptoms observed at time of injury:

Dizziness	Yes	No	Headache	Yes	No
ringing in Ears	Yes	No	Nausea/Vomiting	Yes	No
Drowsy/Sleepy	Yes	No	Fatigue/Low Energy	Yes	No
“Don’t Feel Right”	Yes	No	Feeling “Dazed”	Yes	No
Seizure	Yes	No	Poor Balance/Coord.	Yes	No
Memory Problems	Yes	No	Loss of Orientation	Yes	No
Blurred Vision	Yes	No	Sensitivity to Light	Yes	No
Vacant Stare/ Glassy Eyed	Yes	No	Sensitivity to Noise	Yes	No

* Please circle yes or no for each symptom listed above.

Other Findings/Comments: _____

Final Action Taken: Parents Notified Sent to Hospital

Evaluator’s Signature: _____ Title: _____

Address: _____ Date: _____ Phone No.: _____

Physician Evaluation
(Revision #3)

Date of First Evaluation: _____

Time of Evaluation: _____

Date of Second Evaluation: _____

Time of Evaluation: _____

Symptoms Observed: **First Doctor Visit** **Second Doctor Visit**

Dizziness	Yes	No	Yes	No
Headache	Yes	No	Yes	No
Tinnitus	Yes	No	Yes	No
Nausea	Yes	No	Yes	No
Fatigue	Yes	No	Yes	No
Drowsy/Sleepy	Yes	No	Yes	No
Sensitivity to Light	Yes	No	Yes	No
Sensitivity to Noise	Yes	No	Yes	No
Anterograde Amnesia (<i>after impact</i>)	Yes	No	N/A	N/A
Retrograde Amnesia (<i>backwards in time from impact</i>)	Yes	No	N/A	N/A

* Please indicate yes or no in your respective columns. First Doctor use column 1 and second Doctor use column 2.

First Doctor Visit:

Did the athlete sustain a concussion? (Yes or No) (one or the other must be circled)

**** Post-dated releases will not be accepted. The athlete must be seen and released on the same day.**

Please note that if there is a history of previous concussion, then referral for professional management by a specialist or concussion clinic should be strongly considered.

Additional Findings/Comments: _____

Recommendations/Limitations: _____

Signature: _____ Date: _____

Print or stamp name: _____ Phone number: _____

Second Doctor Visit:

***** Athlete must be completely symptom free in order to begin the return to play progression. If athlete still has symptoms more than seven days after injury, referral to a concussion specialist/clinic should be strongly considered.**

Please check one of the following:

- Athlete is asymptomatic and is ready to begin the return to play progression.
- Athlete is still symptomatic more than seven days after injury.

Signature: _____ Date: _____

Print or stamp name: _____ Phone number: _____



Return to play Protocol following a concussion.

The following protocol has been established in accordance to the National Federation of State High School Associations and the International Conference on Concussion in Sport, Prague 2004.

When an athlete shows **ANY** signs or symptoms of a concussion:

1. The athlete will not be allowed to return to play in the current game or practice.
2. The athlete should not be left alone, and regular monitoring for deterioration is essential over the initial few hours following injury.
3. The athlete should be medically evaluated following the injury.
4. Return to play must follow a medically supervised stepwise process.

The cornerstone of proper concussion management is rest until all symptoms resolve and then a graded program of exertion before return to sport. The program is broken down into six steps in which only one step is covered a day. The six steps involve the following:

1. No exertional activity until asymptomatic for seven consecutive days.
2. Light aerobic exercise such as walking or stationary bike, etc. No resistance training.
3. Sport specific exercise such as skating, running, etc. Progressive addition of resistance training may begin.
4. Non-contact training/skill drills.
5. Full contact training in practice setting.
6. Return to competition

If any concussion symptoms recur, the athlete should drop back to the previous level and try to progress after 24 hours of rest.

The student-athlete should also be monitored for recurrence of symptoms due to mental exertion, such as reading, working on a computer, or taking a test.



HEAT INDEX PROCEDURES

Administration of Heat Index Procedures:

- Hourly RealFeel Temperature (Heat index) will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 80 degrees (Fahrenheit) or higher.
- **STEPS TO OBTAIN HOURLY REALFEEL TEMPERATURE:**
 1. Log onto **AccuWeather.com** by using the association website, www.nysphsaa.org, we recommend saving this site to your computer or phone.
 2. Once you have entered the zip code for your practice or contest site you will see the home page for the local forecast. **DO NOT USE THE REALFEEL TEMPERATURE ON THIS PAGE.**
 3. Click onto **HOURLY FORECAST**, and you will be linked to a chart. Please use the current hour RealFeel temperature for your zip code to take the appropriate action for your practice or contest.
- If the Hourly RealFeel temperature (heat index) is 90 degrees or above, the athletic trainer, athletic director, or school designee must re-check the Hourly RealFeel temperature(heat index) at halftime or midway point of the contest. If the Hourly RealFeel temperature (heat index) is 96 degrees (Fahrenheit) or more, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	Hourly RealFeel Temperature (Heat Index) under 79 degrees	Full activity. No restrictions
R E C O M M E N D E D	Heat Index Caution: Hourly RealFeel Temperature (Heat Index) 80 degrees to 85 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch: Hourly RealFeel Temperature (Heat Index) 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider postponing practice to a time when Hourly RealFeel temp is lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).
	Heat Index Warning: Hourly RealFeel Temperature (Heat Index) 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness. Consider postponing practice to a time when Hourly RealFeel temp is much lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time). Light weight and loose fitting clothes should be worn. For Practices only Football Helmets should be worn. No other protective equipment should be worn.
REQUIRED	Heat Index Alert: Hourly RealFeel Temperature (Heat Index) 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.



WIND CHILL PROCEDURES

Administration of Wind Chill Procedures:

- Hourly RealFeel Temperature (Wind Chill) will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 39 degrees (Fahrenheit) or lower.
- **STEPS TO OBTAIN HOURLY REALFEEL TEMPERATURE:**
 1. Log onto **AccuWeather.com** by using the association website, www.nysphsaa.org, we recommend saving this site to your computer or phone.
 2. Once you have entered the zip code for your practice or contest site you will see the home page for the local forecast. **DO NOT USE THE REALFEEL TEMPERATURE on this page.**
 3. Click onto **Hourly Forecast**, and you will be linked to a chart. Please use the current hour RealFeel temperature for your zip code to take the appropriate action for your practice or contest.
- If the Hourly RealFeel temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or school designee must re-check the Hourly RealFeel temperature (wind chill) at halftime or midway point of the contest. If the Hourly RealFeel temperature (wind chill) is -11 degrees (Fahrenheit) or lower, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	Hourly RealFeel Temperature (wind chill) above 40 degrees	Full activity. No restrictions
R E C O M M E N D E D	Wind Chill Caution: Hourly RealFeel Temperature (wind chill) 39 degrees to 20 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing.
	Wind Chill Watch: Hourly RealFeel Temperature (wind chill) 19 degrees to 10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss.
	Wind Chill Warning: Hourly RealFeel Temperature (wind chill) 9 degrees to -10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss. Consider postponing practice to a time when the Hourly RealFeel temp is much higher. Consider reducing the amount of time for an outdoor practice session.
REQUIRED	Wind Chill Alert: Hourly RealFeel Temperature (wind chill) -11 degrees or lower	No outside activity, practice or contest, should be held.

Special Note: Alpine Skiing will be exempt from this policy and will follow the regulations of the host ski center where the practice or event is being held.

Early Season Climate Acclimatization

During the NFHS Summer Meeting in Philadelphia, I was able to attend a workshop on early season acclimatization for our student athletes. With many of our practices beginning in the middle of August, prevention of heat related illnesses should be addressed by all athletic administrators, coaches, athletic trainers, players, and parents. Heat related illnesses can be prevented if coaches and players take the necessary steps to provide a safe and productive practice situation. Below are some concepts that should be taken into account during early season practice sessions.

- **Safety and Performance go hand in hand** – If student athletes are put into a safe environment during practice and competitions, their performance will be greater than students that are in unsafe environments. Too many coaches feel that performance has to be sacrificed in order to be safe, this is not true.
- **Too much too fast** – Coaches feel that they have to condition their athletes to peak endurance the first couple of days of practice. A player's conditioning CANNOT be rushed by the coach. This type of mentality is where the students are most susceptible to heat related illnesses. Please do not over condition your athletes the first week of practice.
- **Body temperature** – A player's body temperature actually increases after the workout stops. Please monitor athletes especially following a workout. Proper cool downs are vital to avoid heat related illnesses.
- **Proper Hydration** – Encourage all athletes to be properly hydrated before practice begins. Recommend to athletes to avoid soda and other caffeinated drinks before and after practice. Ensure that adequate watering stations are available during the entire practice. It is highly suggested that water soaked towels and a cooling station be available in case of a heat related illness.

NYSPHSAA Heat Index Procedures: A reminder that the Heat Index Procedures that have been adopted by the Executive Committee can be found at www.nysphsaa.org. Below are the recommendations and requirements based on the RealFeel temperature according to AccuWeather.com.

	Hourly RealFeel (Heat Index) under 79 degrees	Full activity. No restrictions
R E C O M M E N D E D	Heat Index Caution: Hourly RealFeel (Heat Index) 80 degrees to 85 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch: Hourly RealFeel (Heat Index) 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider postponing practice to a time when Hourly RealFeel temp is lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).
	Heat Index Warning: Hourly RealFeel (Heat Index) 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness. Consider postponing practice to a time when Hourly RealFeel temp is much lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time). Light weight and loose fitting clothes should be worn. For Practices, only Football Helmets should be worn. No other protective equipment should be worn.
REQUIRED	Heat Index Alert: Hourly RealFeel (Heat Index) 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.



NYSPHSAA PHYSICIAN RELEASE WRESTLER TO PARTICIPATE WITH SKIN LESION(S)

The National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee has developed a physician release form for wrestlers to participate with skin lesion(s) as a suggested model you may consider adopting for your state. The NFHS Sports Medicine Advisory Committee conducted a survey among specialty, academic, public health and primary care physicians and reviewed extensively the literature available on the communicability of various skin lesions at different stages of disease and treatment. No definitive data exists that allow us to absolutely predict when a lesion is no longer shedding organisms that could be transmitted to another. Another finding from the survey was the significant differences that exist among physicians relating to when they will permit a wrestler to return to participation after having a skin infection.

Neither the NFHS nor the NFHS Sports Medicine Advisory Committee presumes to dictate to professionals how to practice medicine. Neither is the information on this form meant to establish a standard of care. The NFHS Sports Medicine Advisory Committee does feel, however, that the guidelines included on the form represent a summary consensus of the various responses obtained from the survey, from conversations and from the literature. The committee also feels that the components of the form are very relevant to addressing the concerns of coaches, parents, wrestlers and physicians that lead to the research into this subject and to the development of this form.

GOALS FOR ESTABLISHING A WIDELY USED FORM:

1. Protect wrestlers from exposure to communicable skin disorders. Although most of the skin lesions being discussed generally have no major long term consequences and are not life threatening, some do have morbidity associated with them and student-athletes should be protected from contracting skin disorders from other wrestlers or contaminated equipment such as mats.
2. Allow wrestlers to participate as soon as it is reasonably safe for them and for their opponents and/or teammates using the same mat.
3. Establish guidelines to help minimize major differences in management among physicians who are signing return to competition forms. Consistent use of these guidelines should protect wrestlers from catching a skin disease from participation and should protect them from inequalities as to who can or cannot participate.
4. Provide a basis to support physician decisions on when a wrestler can or cannot participate. This should help the physician who may face incredible pressure from many fronts to return a youngster to competition ASAP. This can involve a student athlete who never wins a match or the next state champion with a scholarship pending.

IMPORTANT COMPONENTS FOR AN EFFECTIVE FORM:

1. Inclusion of the applicable NFHS wrestling rule so physicians will understand that covering a contagious lesion is not an option that is allowed by rule. Covering a non-contagious lesion after adequate therapy to prevent injury to lesion is acceptable.
2. Inclusion of the date and nature of treatment and the earliest date a wrestler can return to participation. This should minimize the need for a family to incur the expense of additional office visits as occurs when a form must be signed within three days of wrestling as some do.
3. Inclusion of a bodygram with front and back views should clearly identify the lesion in question. Using non-black ink to designate skin lesions should result in less confusion or conflict. Also including the number of lesions protects against spread after physician visit.
4. Inclusion of guidelines for minimum treatment before returning the wrestler to action as discussed above. This should enhance the likelihood that all wrestlers are managed safely and fairly.
5. Inclusion of all of the components discussed has the potential to remove the referee from making a medical decision. If a lesion is questioned, the referee's role could appropriately be only to see if the coach can provide a fully completed medical release form allowing the wrestler to wrestle.

This form may be reproduced, if desired and can be edited in any way for use by various individuals or organizations. In addition, the NFHS Sports Medicine Advisory Committee would welcome comments for inclusion in future versions as this will continue to be a work in progress.



**WRESTLING COMMUNICABLE SKIN DISEASE FORM
PHYSICIAN RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION**

Name: _____

Date of Exam: ____ / ____ / ____

School: _____

Mark Location AND Number of Lesion(s)

Diagnosis _____

Location AND Number of Lesion(s) _____

Medication(s) used to treat lesion(s): _____

Date Treatment Started: ____ / ____ / ____

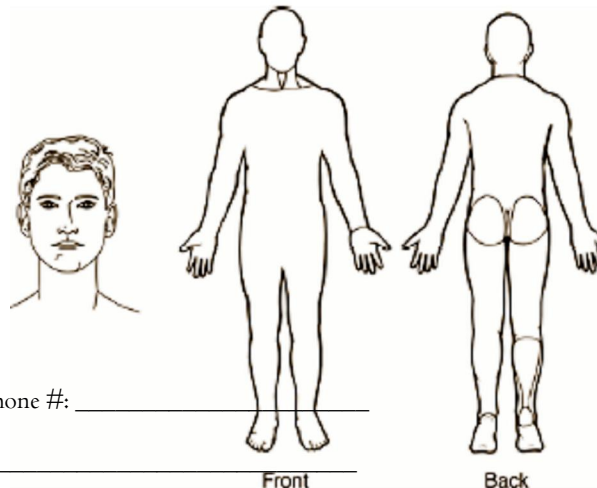
Form Expiration Date: ____ / ____ / ____

Earliest Date may return to participation: ____ / ____ / ____

Physicians Signature _____ Office Phone #: _____

Physician Name (Printed or Typed) _____
(M.D. or D.O.)

Office Address _____



Note to Physician, Physician Assistant, Nurse Practitioner: Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Rules 4-2-3, 4-2-4 and 4-2-5 which states:

“ART. 3 . . . If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation as defined by the NFHS or the state associations, from an appropriate health-care professional stating that the suspected disease or condition is not communicable and that the athlete’s participation would not be harmful to any opponent. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated, on-site meet appropriate health-care professional is present and is able to examine the wrestler either immediately prior to or immediately after the weigh-in. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate.”

“ART. 4 . . . If a designated on-site meet appropriate health-care professional is present, he/she may overrule the diagnosis of the appropriate health-care professional signing the medical release form for a wrestler to participate or not participate with a particular skin condition.”

“ART. 5 . . . A contestant may have documentation from an appropriate health-care professional only indicating a specific condition such as a birthmark or other non-communicable skin conditions such as psoriasis and eczema, and that documentation is valid for the duration of the season. It is valid with the understanding that a chronic condition could become secondarily infected and may require re-evaluation.”

Once a lesion is not considered contagious, it may be covered to allow participation.

For NYSPHSAA member schools an appropriate health care provider is defined as a licensed physician, physician assistant, or nurse practitioner.

Below are some treatment guidelines that suggest MINIMUM TREATMENT before return to wrestling:

Bacterial Diseases (impetigo, boils): To be considered “non-contagious,” all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. Oral antibiotic for three days is considered a minimum to achieve that status. If new lesions continue to develop or drain after 72 hours, CA-MRSA (Community Associated Methicillin Resistant Staphylococcus Aureus) should be considered and minimum oral antibiotics should be extended to 10 days before returning the athlete to competition or until all lesions are scabbed over, whichever occurs last.

Herpetic Lesions (Simplex, fever blisters/cold sores, Zoster, Gladiatorum): To be considered “non-contagious,” all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. For primary (first episode of Herpes Gladiatorum), wrestlers should be treated and not allowed to compete for a minimum of 10 days. If general body signs and symptoms like fever and swollen lymph nodes are present, that minimum period of treatment should be extended to 14 days. Recurrent outbreaks require a minimum of 120 hours or full five days of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over.

Tinea Lesions (ringworm scalp, skin): Oral or topical treatment for 72 hours on skin and 14 days on scalp.

Scabies, Head Lice: 24 hours after appropriate topical management.

Conjunctivitis (Pink Eye): 24 hours of topical or oral medication and no discharge.

Molluscum Contagiosum: 24 hours after curettage.

Best Practices for Preventing Skin Infections

Types of skin infections:

Bacterial skin infections: Caused by “Strep” or “Staph”

Examples: Impetigo and MRSA

Symptoms: redness, swelling, pain, or pus

Viral skin infections: Caused by Herpes Simplex Virus Type-1 (HSV-1)

Examples: Herpes Gladiatorum (Mat Herpes)

Symptoms: fever, swollen glands, blisters surrounded by redness

Fungal skin infections: Caused by a dermatophyte

Examples: Ringworm (Tinea)

Symptoms: itchy red raised scaly patches, sores in the shape of a ring or circle, redness around the outside, bald patches on the scalp, infected nails can be discolored, thick, and crumble

What should athletes do if they have a rash or skin infection

- Tell parent or guardian, coach, and/or school nurse
- Have medical personnel diagnose and prescribe appropriate treatment
- Do not practice or compete until cleared by the Chief School Medical Officer.
- Do not cover the affected area and continue to practice or compete

How can coaches and trainers prevent the spread of skin infections

- Examine athletes before each practice and competition for any skin irregularities
- Know and use proper hand washing hygiene, teach these techniques to all of your student-athletes
- Educate student-athletes on appropriate wound management
- Provide enough clean towels so that student-athletes do not have to share

What can student-athletes do to prevent skin infections

- Report any skin lesions or sores to the appropriate adults
- Have rashes or sores examined by appropriate health care provider
- Wash hands, towels, uniforms, and clothing frequently
- Shower before and after practice
- Do not share deodorant, lotions, ointments, gels, or creams

What can schools do to prevent skin infections

- Environmental surfaces should be cleaned and disinfected on a regular basis
- Repair or discard equipment with damaged surfaces
- Cover treatment tables
- Wash towels and clothing with laundry detergent and hot water (min 160 degrees)

Sources:

NYSDOH:

- Health Advisory: Prevention of Methicillin-Resistant Staphylococcus Aureus (MRSA) Infections in the School Setting:
http://www.nyhealth.gov/diseases/communicable/staphylococcus_aureus/methicillin_resistant/community_associated/health_advisory_2008-12-09.htm

CDC:

- Group A Streptococcal (GAS) Disease (includes impetigo):
http://www.cdc.gov/ncidod/dbmd/diseaseinfo/groupastreptococcal_g.htm
- Community Associated MRSA (CA-MRSA) Information for the Public:
http://www.cdc.gov/ncidod/dhqp/ar_mrsa_ca_public.html
- National MRSA Education Initiative: Preventing MRSA Skin Infections:
<http://www.cdc.gov/mrsa/>
- Methicillin-Resistant *Staphylococcus aureus* (MRSA) among Athletes:
http://www.cdc.gov/ncidod/dhqp/ar_MRSA_AthletesFAQ.html
- Environmental Management of Staph and MRSA in Community Settings:
http://www.cdc.gov/ncidod/dhqp/ar_mrsa_Enviro_Manage.html
- Morbidity and Mortality Weekly Report (MMWR) - Epidemiologic Notes and Reports Herpes Gladiatorum at a High School Wrestling Camp Minnesota:
<http://www.cdc.gov/mmwr/preview/mmwrhtml/00001552.htm>
- Dermatophytes (Ringworm):
<http://www.cdc.gov/nczved/divisions/dfbmd/diseases/dermatophytes/>
- Ringworm and Animals: <http://198.246.98.21/healthypets/diseases/ringworm.htm>

MedlinePlus (National Library of Medicine [NLM] and the National Institutes of Health [NIH]):

- Impetigo: <http://www.nlm.nih.gov/medlineplus/impetigo.html>
- Herpes Simplex: <http://www.nlm.nih.gov/medlineplus/herpessimplex.html> and <http://www.nlm.nih.gov/medlineplus/ency/article/001324.htm>
- Ringworm: <http://www.nlm.nih.gov/medlineplus/ency/article/001439.htm>

National Institute of Allergy and Infectious Diseases (NIAID):

- Impetigo: <http://www.niaid.nih.gov/topics/impetigo/pages/default.aspx>

US Food and Drug Administration (FDA):

- New Ointment Treats Impetigo:
<http://www.fda.gov/downloads/ForConsumers/ConsumerUpdates/ucm048859.pdf>

Allegheny County (Pennsylvania) Health Department (ACHD):

- Mat Herpes: A Fact Sheet: <http://www.achd.net/factsheet/mat.html>

Mayo Clinic:

- Contact Dermatitis: <http://www.mayoclinic.com/health/contact-dermatitis/DS00985>
- Impetigo: <http://www.mayoclinic.com/health/impetigo/DS00464>

NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION WRESTLING MINIMUM WEIGHT ASSESSMENT PARENTAL AWARENESS FORM

The appropriate and healthful control of body weight for wrestlers has been a concern of athletes, coaches, athletic trainers, school physicians, and parents for a number of years. Approximately one-third of wrestlers have used inappropriate weight loss procedures to obtain a lower body weight for wrestling. Regardless of the educational information from national, state and local athletic organizations, unhealthy weight loss procedures continued. Medical concerns for the wrestlers, and the success of other state associations' programs to determine minimum wrestling weight, resulted in the NYSPHSAA governing board approving a Wrestling Weight Certification Program in April 1996. This action was taken after fifteen years of review and study by the Association, which involved the Safety and Research Committee and the NYSPHSAA Wrestling Committee.

The NYSPHSAA Wrestling Minimum Weight Certification Program became mandatory for all member high school wrestling programs, commencing with the 1997-98 wrestling season. The Program is based on two components, assessment of wrestlers to establish a minimum weight at which each athlete will be allowed to compete and nutrition education to promote healthy eating patterns and improved athletic performance.

Schools must follow the provisions of the Wrestling Minimum Weight Certification Program for all wrestlers in varsity and junior varsity programs. Minimum wrestling weight is based upon 7% body fat for males and 14% for females. **The minimum wrestling weight is not established as the athlete's best weight, but rather the minimum weight at which the athlete will be allowed to compete.**

STEPS OF PROCESS: Urinalysis, Body Weight, Skinfolts

1. Wrestler will provide a sample of urine to test for hydration. If the specific gravity of urine is above 1.025, testing cannot continue and testing must be rescheduled after 24 hours has lapsed.
2. Wrestler will be weighed on a digital scale.
3. Wrestler will have sites marked on his body with a marker and have skinfolts raised to determine body fat percentage.

Minimum weight assessment, including urinalysis, may be completed only by health care professionals who have successfully completed the NYSPHSAA's Wrestling Minimum Weight Assessor's Workshop. An athlete found to have cheated in the hydration test process will be ineligible to compete in wrestling for the season.

APPEAL PROCEDURE:

A wrestler may appeal his/her skinfold measurements or calculations. Appeals may not be done on the same day as the original assessment. They are to be conducted on day one, two or three after the original assessment - three consecutive calendar days (count Sundays, holidays and days school is closed). Appeal procedures must be completed prior to any competition. ALL COSTS INCURRED ARE THE RESPONSIBILITY OF THE STUDENT/ATHLETE. The appeal must be completed three days after the date of the original assessment. Student/Athlete will have a choice between the original assessment result or the appeal result. **There is no longer step 2 of the appeal process (Hydrostatic testing).**

I, the parent/guardian of _____, have read the information above and I am aware of the minimum weight assessment process.

Parent/Guardian Signature _____ Date _____

Student-Athlete Signature _____ Date _____

*Failure to have a signed copy on file does not excuse the student-athlete from the assessment process and/or related penalties.
The School's Athletic Director is to keep a copy on file until the season is completed.*

