

HIGH SCHOOL SPORTS STANDARDS CHART FOR INTERSCHOOL COMPETITION

SPORT	Number Practices Prior To First Scrimmage		Number Practices Prior To First Contest		Team And Individual Maximum No. Contests *	Minimum Time Between Contests	Individual Limitations per Day	RULES
	TEAM	IND.	TEAM	IND.				
Badminton	6	4	8	6	---	1 night	3 matches	USBA
Baseball	8	6	10	8	<u>20</u>	1 night	2 contests	NFHS
Battery	10	8	15	13				
Basketball	8	6	10	8	<u>18</u>	1 night	1 contest	NF - BOYS NCAA - GIRLS
Bowling	training		training		<u>20</u>	1 night	6 games	USBC
Cross Country	10	8	10	10	<u>16</u>	2 nights	5000 meters or 3.1 miles	NFHS
Fencing	10	8	15	13	<u>20</u>	1 night	3 contest	USFA
Field Hockey	8	6	10	8	<u>16</u>	1 night	1 contest	NFHS
Football	11	11	15	15	<u>9</u>	4 nights (1)	1 contest	NFHS
Golf	training		training		<u>18</u>	1 night	1 match	USGA & LOCAL COURSE RULES
Gymnastics	10	8	15	13	<u>16</u>	1 night	6 events (boys) 4 events (girls)	NFHS BOYS USAGJO - GIRLS

Ice Hockey	8	6	10	8	20	1 night	1 contest	NFHS
Lacrosse	8	6	10	8	16	1 night	1 contest	NFHS- BOYS US Lacrosse - GIRLS
Rifle	3	2	5	3	16	1 night	1 contest	NRA
Skiing	8	6	10	8	16	1 night	2 events	FIS & USSA
Soccer	8	6	10	8	16	1 night	1 contest	NFHS
Softball	6	4	8	6	20	1 night	2 contests	ASA
Swimming	12	10	12	10	16	1 night	4 events	NFHS
Tennis	6	4	8	6	18	1 night	2 matches ++	USTA
Outdoor Track	10	8	10	10	16+	1 night	4 events	NFHS
Winter Track	10	8	10	10	16+	1 night	3 events	NFHS
Volleyball	6	4	8	6	20	1 night	Tournament: 15 games 2 matches/day	USVBA Jr.- BOYS
Wrestling	10	8	15	13	20 points +	1 night	4 bouts 5 bouts tournament only	NCAA - GIRLS NFHS

(1) 2 nights for scrimmage

* indicates maximum plus section, state championships and games necessary to break divisional or league ties

** inclusive of section championships

+ indicates maximum number of contests in which an individual competitor may participate

++ modified scoring system must be used (see p. 116)

NYSPHSAA, Inc. SPORTS STANDARDS

JEWELRY RULE - No jewelry, which includes visible body piercing objects, shall be worn in any sport. Any piece of jewelry that is visible at the start of or during a contest is in violation of the NYSPHSAA Jewelry Rule. Religious medals must be taped to the body and under the uniform. Medical medals must be taped to the body so they are visible. Soft, pliable barrettes are permissible, body gems are not. Metal barrettes are permissible in Girls Gymnastics only. **NOTE:** The sports of Bowling and Golf are exempt from this rule. Wrist watches are permitted in cross country.

UNIFORMS - The use of an American flag or a memorial patch/arm band is approved when it is worn and/or placed in accordance to the sport specific rules.

GAME BALLS - NFHS authenticating mark is not required on game balls for competition.

THUNDER & LIGHTNING POLICY (EFFECTIVE 10/25/04): Applies to regular season through NYSPHSAA Finals:

1) Thunder and lightning necessitates that contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion - thunder is thunder, lightning is lightning.

a) With your site administrator, set up a plan for shelter prior to the start of any contest.

2) When thunder is heard and/or when lightning is seen, the following procedures should be adhered to:

a) Suspend play and direct participants to go to shelter, a building normally occupied by the public or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, car).

b) Do not permit people to stand under or near a tree; and have all stay away from poles, antennas, towers and underground watering systems.

c) After thunder and/or lightning have left the area, wait **30 minutes** after the last boom is heard or strike is seen before resuming play or competition.

31. **BADMINTON** - A contestant may participate in no more than 3 matches per day. There must be a 15 minute rest between matches 1 and 2, and a 30 minute rest between matches 2 and 3. **For other requirements see p. 108.**

32. **BASEBALL** - Battery candidates shall have at least fifteen practice sessions. All catchers shall wear a throat guard protector attached to the mask. It is recommended the protector be rubber. A contestant may participate in two regulation games per day with at least a fifteen minute rest between games. A pitcher may pitch in a maximum of twelve (12) innings in one (1) day but no more than eighteen (18) innings in any six (6) consecutive day period. Delivery of one (1) pitch constitutes having pitched an inning. If he pitches in eight (8) or more innings in a day, he must have two (2) nights of rest before he can pitch again. Any violation of the rule will be considered in the same light as a school using an ineligible player. The game will be forfeited. **For other requirements see p. 108.** **NOTE:** The Baseball Agreement between the National Federation and the Major and Minor Baseball Leagues provides that no professional team may enter into a contract with a student until after graduation or that class has been graduated from high school, or one is no longer eligible for high school competition. Contact NFHS for more details.

State Association Adoptions:

1. Commemorative patches are permitted in accordance with Rule 1-4-4. (Jan. 2006)
2. Umpires may wear navy, light blue or red uniform shirts. (Oct. 2007)

3. TIED AND SUSPENDED GAME RULE: To be used for NYSPHSAA Championship Tournament. May also be used during regular season play with Section approval:

1) An Official game is 5 innings or 4 and a half if the home team is ahead. If a winner can be determined and no more baseball can be played that day, the game is over and a winner is declared. The game does not have to go 7 innings.

2) If a game is stopped before it becomes an official game, the game is a suspended game. This game will be picked up at that point. Score, inning, count of batter etc. etc. etc should all be recorded in scorebook.

3) If the game is stopped after having gone long enough to be an official game, however a winner cannot be determined due to a tied score. This game becomes a tied/suspended game at that point. This game will be picked up at that point. Score, inning, count of batter etc. etc. etc should all be recorded in scorebook.

4) If a game is stopped after having gone long enough to become an official game and;

a) The visitors score a run or runs in the top half of the inning. The game reverts back to the last completed inning and either a winner is declared or we have a tied/suspended game. Or,

b) The visitors score a run or runs in the top half of the inning and the home team does not complete their at bat. The game reverts back to the last completed inning and either a winner is declared or we have a tied/suspended game. If we have a tied/suspended game we pick up from that point (Visitors runs in the top half of the inning and home team runs in bottom half count). This game will be picked up at that point. Score, inning, count of batter etc. etc. etc should all be recorded in scorebook.

c) The home team ties the game in the bottom half of the inning but doesn't complete the inning. If we cannot play anymore we have a tied/suspended game at that point. This game will be picked up at that point. Score, inning, count of batter etc. etc. etc should all be recorded in scorebook. Or,

d) The home team takes the lead in the bottom half of the 5th or 6th inning, then game is called. At that point the home team is declared the winner.

33. BASKETBALL- Boys' basketball will use a 35 second shot clock. For requirements see p. 108.

Waivers/Modifications - Girls Basketball:

1. The game will consist of 4 quarters of eight (8) minutes each. Intermission will be 1 minute after the 1st and 3rd quarter and 10 minutes at the half. Extra periods shall be four (4) minutes in length. (Oct. 2003)

2. Modification of fouls and penalties, Rule 10, Sections 4, 6 and 8, have been approved. (Oct. 2000)

3. A waiver until 2011 of the requirement of the home team to wear a light colored uniform in girls' basketball. (Oct. 2008)

4. A waiver of the requirement for officials to request a physicals note when an athlete wears a "sleeve" on the arms or legs. (Oct. 2008)

5. For the 2009-2010 season, a waiver of the NCAA womens' rules to allow for the sections that so desire to experiment with sixteen (16) minute halves. This waiver applies only to non-league contests at the varsity level upon mutual agreement of both schools (August 2009)

Waivers/Modifications - Boys Basketball:

1. With Section approval schools may experiment with two 16 minutes halves in tournaments and non-league games during the 2008-2009 season. (Oct. 2007)

34. **BOWLING** - USBC rules will be used for scoring purposes only, with the exception of USBC rule #400 pertaining to amateur status. Any violation of USBC rule #400 will result in a one year suspension from the date of the infraction which mirrors the penalty for Eligibility Standard #2. **GAME:** A game consists of 10 frames. **MATCH (contest):** Consists of a maximum of 3 games. **TOURNAMENT:** Consists of a maximum of 6 games and counts as 1 contest. The Baker format may be used a maximum of two times per season with a maximum of 15 Baker format games per tournament. A combination tournament is permitted with a maximum of eight (8) Baker format games and three (3) individual games. A Combination Tournament counts towards the maximum of two (2) Baker format tournaments. **INDIVIDUAL LIMITATIONS:** A student may not participate in more than one contest per day. **TIE BREAKING PROCEDURES:** In tournament competition only one of the following tie breaking procedures may be used until the tie is broken: 1. regular game; 2. 9th & 10th frame roll off; 3. one game Baker format. The tie breaking procedure must be designated prior to the start of the tournament. No practice bowling will be allowed in the tournament house after midnight of the day preceding the State Championship. Violations of this rule will result in individual or team disqualification. The oil pattern will be announced in advance of the NYSPHSAA Bowling Tournament. The pattern will be prepared for the practice round, with the understanding the pattern will be set as consistent as possible throughout the tournament. Other pertinent lane information will be included in the pre-tournament announcement. (August 2009). It is recommended that training should precede the first contest and that all competitors be in uniform. The foul line rule shall never be set aside. **For other requirements see p. 108.**

35. **CROSS COUNTRY** - Interschool cross country runs shall not exceed 3.1 miles or 5000 meters in length. A maximum of 2 meets per week (Monday-Sunday) shall be permitted. An individual competitor may participate in a maximum of 18 contests. **For other requirements see p. 108.**

Waivers/Modifications:

1. Waiver of the NYSPHSAA Jewelry Rule to allow the wearing of a wrist watch. (Oct. 2008)

36. **FENCING** - Interschool competition in fencing shall be conducted under the rules of the United States Fencing Association, provided such rules do not conflict with NYSPHSAA, Inc. requirements. A contest consists of three (3) bouts. Individual competition may not exceed nine (9) bouts in one day. **For other requirements see p. 108.** **For a complete list of approved rule clarifications, go to Handbook section at www.nysphsaa.org.**

37. **FIELD HOCKEY** - **For other requirements see p. 108.** Protective eyewear which meets the ASTM Standards shall be worn by all member school field hockey players (May 2007). If undershirts are worn, they must be white in color for the home team and dark in color for the away team (Feb. 2008). Sections may determine which of the approved overtime procedures to follow (May 2006).

State Association Adoptions:

1. Officials may wear a colored or black and white stripe shirt. (Jan. 2005)
2. The game clock may continue to run after goals are scored and when one team is ahead by 5 or more goals. (Jan. 2005)
3. When a player is yellow carded during overtime, the offending team will play shorthanded.

38. **FOOTBALL** - A contestant (or team) may participate in no more than 10 interschool football contests, inclusive of sectional championships. The 9th game is permitted, with section approval, for teams who do not qualify for sectional play. For the teams involved in the sectional tournament, the maximum number of contests shall be 10. For those sections involved in the state championship three additional games are permitted for a total of 13 games for the season: 1 game for regionals, 1 game for semifinals, and 1 game for championships. Interschool contacts (both scrimmages and contests) in football shall be permitted only in those schools which have an adequate number of students on the squad who are physically fit, eligible and prepared for each game as follows: Eleven man football—16 or more; eight man or nine man football—14 or more; six man football—12 or more. All football games of the NYSPHSAA, Inc. shall be played following National Federation Football rules. The first 3 days of practice must be noncontact, without protective pads and without blocking sleds and other blocking devices. The next 2 days provides a transition from the conditioning phase to full contact, shoulder pads along with the use of blocking dummies and sleds and similar devices are permitted. The following 6 days consists of contact practice with full protective equipment and use of training devices. Four additional practices must be held prior to the first interschool contest, however, interschool scrimmages may commence on day 12. **NOTE:** For any violation of this rule, the head coach will be suspended from the next regularly scheduled contest. 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. Not being present at the site means the disqualified coach is not present in the locker room, on the sidelines, in the stands or site area before, during or after the game. The minimum time between interschool football scrimmages shall be two days. It is **recommended** that a physician be present at all football games. If the services of a physician cannot be obtained, coverage should be provided by persons qualified to give emergency care (e.g. physician assistants, emergency squads, athletic trainers). **For other requirements see p. 108.**

39. **GOLF** - Practice sessions should precede the first match. It is recommended that practice and matches be carefully supervised by the school coach. **For other requirements see p. 108.**

For NYSPHSAA Championship play:

1. Range Finders are not approved during competition, however may be used in practice rounds by coaches or players.

2. Rulings may only be pointed out by the competitors and markers. Spectators are not permitted to make rulings.

3. Practice Rounds: Only competitors may play in the student-athlete's practice rounds. Coaches are limited to being on the course in a supervisory and coaching capacity.

40. **GYMNASTICS** - Metal barrettes are permissible. For all competition the Technical Handbook for Girls' Gymnastics, 4th edition, will be used (approved August 2009). **For requirements see p. 108.**

41. **ICE HOCKEY** - All games shall be played according to the rules of the **NFHS** Hockey Rulebook with all approved changes and interpretations as established by the NYSPHSAA, Inc. Ice Hockey Committee. Ice Hockey games shall consist of three (3) fifteen (15) minute periods. The minimum number of ice hockey players for competition as well as interschool practice sessions shall be nine players and one goaltender. All players shall wear helmet including ear piece, full face masks and throat protectors and all goalkeepers must wear a throat guard or neck protector. All players

must wear helmets while on the bench or in the penalty box. During the regular season each game begins on a clean sheet of ice and at minimum the ice is cleaned after the 2nd period. If the ice is not cleaned after each period there will be at least a three (3) minute rest period or intermission between periods 1 and 2. **For other requirements see p. 109. For a complete list of approved NFHS waivers, go to Handbook section at www.nysphsaa.org.**

42. LACROSSE - All games shall be played according to the rules of the NFHS Lacrosse Guide (boys) or U.S. Lacrosse Standards (girls) with all approved changes and interpretations as established by the NYSPHSAA, Inc. Lacrosse Committees. In girls' lacrosse field players are required to wear lacrosse goggles which meet ASTM standards. In 2009 Boys JV Lacrosse will play 12 minute quarters. (May 2007) **For other requirements see p. 109.**

Waivers/Modifications:

Girls Lacrosse:

1. Permanently waive Rule 1 Field Dimension for regular season play only. (Aug. 2004)

2. Goalkeeper Substitutions: After reporting to the score table, a goalkeeper is permitted to move down the sideline to await the current goalkeeper to exit the field. She then may enter the field of play. (Oct. 2005)

43. OUTDOOR TRACK & FIELD - A contestant shall be permitted in any one meet to compete in any four events. There must be one night of rest between contests and no more than three contests scheduled per week. An individual competitor may participate in a maximum of 18 contests. Wrist watches are approved for practice only. **For other requirements see p. 109. NOTE:** Failure of the home school to meet its obligation of providing legal equipment for an event shall result in all points for the event being forfeited to the offended team.

44. RIFLERY - Interscholastic competition in riflery shall be conducted according to the rules of the National Rifle Association. For competition between teams in both small bore and air rifle, four contestants may fire with all four scores to count for the team score. One or more of these three positions are to be used: prone, offhand, or kneeling as determined by the Section. Only .22 caliber rifles with iron sights and .22 caliber rimfire ammunition are to be used. Air rifle events are approved. The home team is to furnish official N.R.A. targets for both teams. All safety precautions must be observed at all times. Rifles shall be cased when transported. Competitors shall wear hearing protective devices. The use of eye protection is recommended. **For other requirements see p. 109.** Coaching will be permitted for air rifle during Regional competition. (Oct. 2006)

45. SKIING - Each contestant shall wear a protective hard shell helmet during practice and competition for all alpine skiing practices and races, giant slalom and slalom. A contestant may participate in no more than two events in any one day of competition, provided that the last event of the day is cross country and that no more than one cross country event is raced per day. It is recommended that all meets be conducted under the rules of the U.S. Eastern Amateur Ski Association, the National Ski Association of America, and the Federation International de ski (F.I.S.). **For other requirements see p. 109.**

Waivers/Modifications: The minimum ski lengths for slalom and giant slalom. (May 2005)

46. SOCCER - **For other requirements see p. 109.**

Boys Overtime Procedure: Regular season games should consist of two 40 minute halves with two 10 minute sudden victory overtimes, if needed, to break the tie. Beginning

with Section play and continuing on through the State Tournament, overtimes would consist of two 15 minute sudden victory periods and, if still tied, penalty kicks. The only exception to this would be in the State Championship game where co-champions would be declared after the two sudden victory overtime periods. (May 2008)

Girls Overtime Procedure: Regular season games would have two 40 minute halves followed by two mandatory 10 minute fully played overtimes. In Sectional and State Tournament play, the overtimes would be two 10 minute periods of full play followed by two 5 minute sudden victory overtime periods, if needed. Co-champions would be declared in the State Championship game if the tie was not broken after the two 5 minute sudden victory overtimes. (May 2008)

State Association Adoptions: (May 2008)

Length of Period: The game will be played in two equal halves of 40 minutes each.

Shorten Periods: By mutual agreement or in any emergency, by agreement of coaches or ordered by the head referee, provided it is determined to shorten the periods before the game or before the second half begins and all remaining periods are the same length.

Suspended Game: If less than one-half of the game has been completed, the game will be restarted from the point of interruption.

Time on Field: Time may be kept on the field by the head referee.

Score on Field: The official score may be kept by the head referee.

Reserve Official: The reserve official may assume the duties of the scorer.

Yellow Card Accumulation Policy: It is the intention of the NYSPHSAA Sportsmanship Committee to address the issue of the accumulation of Yellow Cards during the soccer season by an individual player or coach. The situations surrounding Red Cards are dealt with directly under the NYSPHSAA Guidelines for Sportsmanship and Misconducts outlined in the State Handbook for all sports. The consequences for the accumulation of excessive Yellow Cards will be as follows:

1. Five Yellow Cards accumulated by a single player or coach in the regular season will result in a one game suspension. Disqualifications due to an accumulation of five yellow cards occurring in the last game of the season will carry over into the next season of participation, if the team does not enter post season play.

2. The continued accumulation of Yellow Cards by the same individual or coach will result in a one game suspension per additional Yellow Card.

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

4. The accumulation card total is for regular season play only and the process will start over again for post season play. However, any penalties awarded as a result of the last regular season game will carry over into the post season.

5. The post season policy will provide a one game suspension after three Yellow Cards and a one game suspension for each additional card received through the State Final. A one game suspension resulting from a yellow card in a team's last post season game will carry over into the next season of participation.

6. The coaches of both schools are to report all Yellow Cards to their League and Section by means of Mail, E-mail or Fax for tabulation. The officials should report to their boards concerning games in which cards are given and the reasons for issuance of the card. Board policy will determine the method of notification to the League and Section. A final end of the year report including data on disqualifications shall be sent to the NYSPHSAA Sportsmanship Coordinator.

7. Refusing to report, or failing to report infractions and allowing players to continue play under these circumstances will result in the forfeiture of all games in which the individual in question participated.

47. **SOFTBALL** - A contestant may participate in 2 regulation games per day with at least a 15 minute rest between games. By Section adoption 5 inning double headers may be played. Varsity softball teams can play three (3) contests in one day only for invitational tournaments during the regular season. Tie breaker rule in effect at top of the 10th inning. An unannounced substitution during a contest will be not be penalized. For other requirements, see p. 109.

Waivers/Modifications:

1. A permanent waiver that the pitching distance will remain at 40 feet for the varsity, JV and freshmen levels.

48. **SWIMMING** - Shaving (wet or dry) is prohibited at all swimming competitions and practice sites. Violation will result in disqualification. Sections may permit schools to compete in quad/dual meets. The minimum diving depth requirements are as follows: Pools built before January 1987 meet the NFHS minimum depth requirement (currently 10 feet) and pools built after January 1987 meet the NYS Department of Health's minimum requirement (currently 11 feet). For other requirements see p. 109.

Waivers/Modifications: Sections may reduce the number of dives for junior varsity and freshman meets. (Aug. 2002)

49. **TENNIS** - A player may compete in either a singles or doubles competition on the same day. In tournament play, the maximum number of matches shall be three in one day. Participation in a two-day invitational tennis tournament shall count as one of the 20 contests permitted and only three such tournaments shall be allowed within the 20 meet limitation. Only two matches are allowed per day and both matches must use a modified scoring system that conforms to one of the following formats: best 2 of 3 sets, using no-add scoring, with a 12 point tie breaker at 6 all; or, ten game pro-set, using regular scoring with a 12 point tie breaker at 9 all. (May 2003) For other requirements see p. 109. The Commitment to Compete form must be completed to be eligible to compete in the NYSPHSAA tournament. (Boys-May 2003; Girls-May 2006) At the NYSPHSAA Championship coaching on the court is permitted, however cheering remains prohibited (Jan. 2009).

50. **VOLLEYBALL** - A contestant (or team) may participate in a maximum of 2 matches in a day. Each day of a tournament shall count as 1 contest. The total number of tournament games played in one day shall not exceed 15 games. An additional 15 point game is permitted only to break ties in pool play to advance to finals as per tie-breaking procedures. In tournament play volleyball teams shall have at least ten minutes of rest between matches. All games will be played according to NCAA Rules with all games played to 25 points. Teams will be permitted 18 substitutions and will switch at 13 points in the deciding game. For other requirements see p. 109.

Waivers/Modifications:

A. Girls and Boys Volleyball:

1. Two score keepers are permitted with the home score book as the official score book. (Feb. 2008)

2. With Section approval, the use of lines people during league play may be waived. (May 2007)

3. Teams can warm-up behind or adjacent to the court during the warm-up period. (May 2005)

4. If uniform specifications are not compliant, these procedures will be followed: (April 2004)

a. Notify the coach of the team at fault of the violation. The team will attempt to legalize the uniform of the team member(s) in questions.

b. If the uniform fault cannot be legalized, meet with the opposing coach to determine whether a protest will be filed.

c. If no protest is filed at this time, no future protest will be accepted on this issue.

d. If protest is filed, follow protest procedure and play the match.

e. The libero uniform is exempt from this modification.

5. The time length of all time outs is 60 seconds (August 2009).

B. Boys Volleyball:

1. The use of NCAA Volleyball Rules with the same modifications used in girls' volleyball beginning in the fall of 2009 (Jan. 2009).

2. A player may touch the opponent's court with hand(s) or feet, provided some part of the hand(s), foot/feet remain either in contact with or directly above the center line, and the penetration does not interfere with the opponents play.

51. **WINTER TRACK** - A contestant (girl or boy) shall be limited to participation in three events. There must be one night of rest between contests and no more than three contests scheduled per week. An individual competitor may participate in a maximum of 18 contests. Wrist watches are approved for practice only. For other requirements see p. 109.

52. **WRESTLING - Multiple Dual Meet Events:** Each individual competing in these events is charged 1 point for each dual meet. **Triangular Meet:** Three teams compete, with each team wrestling a dual meet against each of the other two teams at the same site. Each individual is charged 2 points toward their dual meet schedule. **Double-Dual Meet:** Three (or more) teams compete, with each team wrestling a dual meet against two of the other teams at the same site. Each individual is charged 2 points toward their dual meet schedule. **Quadrangular Meet:** Four teams compete, with each team wrestling a dual meet against each of the other three teams at the same site. Each individual is charged 1 point for each match wrestled counting toward their dual meet schedule. **Dual Meet Tournaments - Bracket Tournament:** Teams are placed in a bracket, with the winning teams advancing to a championship. Losing teams may compete in a consolation bracket to determine team placement. **Pool Tournament:** Teams are placed in pools. Teams compete in dual meet competition against every team in their pool, to determine the rank of teams in each pool. Teams from each pool wrestle against the same-ranked team(s) from the other pool(s) to determine team placement. **Round-Robin Tournament:** Each team wrestles a dual meet against every other team in the tournament. Team placements may be determined by win/loss record, or by total points accumulated in all meets. Each individual competing in these events will be charged two points toward their twenty-two point limitation and one tournament of the allowable six maximum tournaments as per the NYSPHSAA Handbook. Any school wishing to conduct a dual meet tournament with a unique format shall apply to NYSPHSAA for consideration. Under extenuating circumstances (postponements due to inclement weather, school cancellations) a school may request permission from Section Coordinator to wrestle two dual meets in one day, with a limitation of two per season.

a. A contestant may participate in competitions not to exceed 22 points during the regular season. A dual meet will be assessed one point, while tournaments will be assessed two points. Participation as a contestant or in any exhibition match in any meet shall count as a contest and only six tournaments shall be permitted within the 22

point limitation. A contestant may compete in a maximum of five bouts in one day in tournament competition only. A wrestler must compete (exhibition, forfeit, varsity/JV match) and be charged a competition point, towards the 22 pt. maximum, in order to count toward the minimum required contests under the Representation Standard (six contests).

b. The minimum weight class in which a contestant may compete will be determined by a NYSPHSAA approved assessor, following guidelines of the Minimum Weight Certification Program. A contestant shall be prohibited from wrestling within a weight classification more than one class above his/her actual weight. **For other requirements see p. 109.**

c. A contestant may compete in a maximum five bouts in one day in tournament competition **only**.

d. A wrestler may compete two times in a regular two-team dual meet in the following situations:

1. A wrestler from Team A accepts a forfeit from Team B.

a. The Team A wrestler may wrestle an exhibition match with a Team B member.

b. Points Team A: 1 for the forfeit and 1 for the exhibition match.

c. Points Team B: 1 for the exhibition match.

2. Wrestling vs. the extra wrestlers weighed in.

a. A wrestler from Team A wrestles a match vs. Team B. Team B has a second wrestler weighed in at this weight (or one weight class higher). The Team A wrestler may wrestle an exhibition match with the other Team B wrestler.

b. Points Team A: 1 for the first match and 1 for the exhibition match.

c. Points Team B: 1 for the exhibition match.

3. Team A and B may match a wrestler in two exhibitions.

a. Points Team A: 2 for the exhibitions.

b. Points Team B: 2 for the exhibitions.

The following must be followed in each of the above situations:

1. There must be a 45 minute rest between matches.

2. The wrestlers may only wrestle one weight class higher than their weighed in weight class.

3. Each match/forfeit counts 1 point toward the individual's 22 point limit. (May 2008)

Additional information:

a. All wrestlers with braces on their teeth are required to wear a mouth guard to cover all appliances. (Oct. 2006)

b. NFHS 1.5% Weight Loss Rule is waived. (May 2007)

c. A wrestler found to have cheated on the hydration test can no longer participate in wrestling from that point for the remainder of the season. (May 2008)

d. A Parents' Awareness Form for the wrestling minimum weight certification is required to be signed by the parent/guardian and the student and kept on file by the school athletic director.

NYSPHSAA, INC. WRESTLING WEIGHT CONTROL PLAN

On the recommendation of the State Wrestling Committee and with the approval of the State Executive Committee the following weight classes are in effect: 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215 with 96 and 285 as optional weights for dual meets and tournaments.

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

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

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

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

4. Dual meets scheduled on a school day shall use the honor weigh-in procedure. A certified list of recorded weights signed by the Principal or Athletic Director shall be submitted at the official weigh-in before the meet. Honor Weigh-Ins for a school day, dual meet wrestling matches are allowed; Honor Weigh-Ins for non-school day, dual meet wrestling matches are not allowed and if one team has school and the opponent does not have school on the day of a dual meet, Honor Weigh-Ins are allowed. Each wrestler shall make the scratch weight at the weigh-in to be conducted prior to the school's first scheduled academic instruction period on the day of the match and may be permitted an allowance of 3 pounds at the matside weigh-in. One not making the scratch weight at the early weigh-in **will not** be permitted the 3 pounds allowable and must make scratch weight at the matside in order to compete. In the event that a competition is postponed or cancelled, the honor weigh-in is not an official weigh-in, and therefore does not count towards the 50% rule.

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

a) To compete at the 96 lb. class a wrestler **MUST** weigh in excess of 88 lbs. to be eligible.

b) To compete at the 103 lb. class a wrestler **MUST** weigh in excess of 93 lbs. to be eligible.

c) To compete at the 215 lb. class a wrestler **MUST** weigh in excess of 180 lbs. to be eligible.

d) To compete at the 285 lb. class a wrestler **MUST** weigh in excess of 210 lbs. to be eligible.

6. The minimum required weight for the 96 lb., 103 lb., 215 lb. and 285 lb. weight class MUST be met and RECORDED at both the honor weigh-in and the matside weigh-in.

7. A wrestler found to have cheated on the hydration test can no longer participate in wrestling from that point for the remainder of the season.

8. There shall be an allowance of one pound granted each day over the weight limit of the previous day in tournament competition. There is a 1 pound allowance for all involved teams the second day of a dual meet or tournament competition conducted on consecutive days. The maximum allowance for consecutive dual meets or the first day of a tournament following a dual meet is 2 pounds. NOTE: A minimum of 48 hours notification to your opponent is required in order to be granted this one-pound allowance. This rule is voided at post-season wrestling tournaments, namely Class and Sectional competitions that are involved in the process of selection of competitors for championship competition.

NYSPHSAA will grant a 2 lb. growth allowance for each weight class on December 25. This 2 lb. growth allowance does not apply to the minimum weight requirements for the weights of 96 lbs., 103 lbs., 215 lbs. and 285 lbs.

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

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

a. An official weigh-in counts towards this 50% rule whether an athlete competes or not, as long as he/she is eligible to compete and has made weight at both the honor weigh-in (a.m.) and the mat side weigh-in (p.m.).

11. Section sponsored tournaments are not considered part of the regular season; therefore, do not add to the 50% rule, 22 pt. rule or the Representation Standard.