



NORTHERN ATHLETIC CONFERENCE

MODIFIED

SECTION X ATHLETIC

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PHILOSOPHY

It is extremely important that ALL students, parents and coaches involved at this initial level of the interscholastic program have a positive, meaningful, and productive experience. It is also important that ALL students have reasonable opportunity to test learned skills in a competitive situation, and that such competition be as equitable as possible.

1. To provide as broad and varied an athletic program as is possible with an opportunity for competition on an equal basis for all students. A desirable program will encourage participation in intramural competition at several achievement levels and provide inter-school competition in a modified sports program for the more talented in as large a variety of sports as possible.
2. To realize that the individual schools have the final responsibility to equalize competition and must administer the program so that no over-matching of teams or individuals shall be permitted.
3. To conduct the athletic program so that educational objectives shall be achieved; so that the highest ideals of sportsmanship are upheld; so that no single phase of the educational program is promoted at the expense of other equally important programs.
4. To realize that the athletic program must be integrated with all other activities essential to youth, including those that may be conducted by out-of-school groups, to avoid an excessive load for any student.
5. To administer the program in such a manner that participants are properly examined, approved, equipped, insured, selected, classified, instructed, and supervised so that as safe a program as is possible is conducted.
6. To administer the program so that there shall be no over-emphasis, minimum loss of school time, with limited publicity, competent officiating, limited awards (e.g. paper certificates, ribbons) and all efforts made to keep in a proper perspective.
7. To provide qualified coaching leadership that understands the teaching of sports to the age group, the objectives of this modified sports program, and the emphasis on safety procedures.
8. To cooperate with schools in the area in providing an inter-school athletic administrative unit that will achieve the objectives and will aid in the development of the highest type of cordial inter-school relationships.
9. To conduct the program so that the proper respect for authority is achieved and so that all evidence of undesirable athletic mannerisms are avoided.
10. To compete within the spirit of the rules, to give every opponent due credit and respect, and to win honorably and to lose graciously.
11. To finance the program through Board of Education approved funds.
12. To cooperate with the Sectional Athletic Council in its efforts to provide sound leadership for all junior high schools in the section. No sectional team or individual championships are to be conducted.

GENERAL ELIGIBILITY RULES FOR THE MODIFIED PROGRAM

Situations not covered by the following specified modified rules shall be governed by the [Eligibility Standards](#) of the New York State Public High School Athletic Association, Inc.

AGE: Upon entry into the 7th grade, a student is eligible for modified program competition. One is ineligible when the sixteenth birthday is attained; however, if a student attains the sixteenth birthday during a sport season he/she may complete that sport season. NOTE: Schools, leagues and sections may organize Modified Program competition by age, grade, geography and/or ability levels within the limitations of the NYSPHSAA Eligibility Rules to ensure safe and equitable competition. Teams shall practice and compete only against other teams that use the same criteria for organization (i.e. age, grade, performance).

BONA FIDE STUDENTS: A contestant must be a bona fide student of grades 7, 8, 9 of the school represented. NOTE: If it becomes necessary to combine member schools to maintain a team or sport, a written request must be submitted and approval obtained from the league and section involved. Schools which have combined must submit a report to the Modified Committee and this will be submitted to the Executive Committee.

CHAMPIONSHIPS-TOURNAMENTS: Tournament competition is not permitted in the Modified Program. No sectional team or individual championships are to be conducted, nor are there to be championship playoffs on a team or individual basis.

DURATION OF COMPETITION: High School Eligibility Standard #8 becomes effective on the date of entry in ninth grade.

EMERGENCY PROCEDURES: It is recommended that all schools develop emergency procedures to be followed by coaches.

EXTENDED PLAYING TIME: Eligibility for play in an extended playing time should be determined on the basis of the following participation standards:
Players with no participation in the regular game/contest should be eligible for play in an extended playing time.

Players whose participation in the regular contest is limited, i.e., their total participation was no more than one-half of the regular playing periods/quarters shall also be eligible for play in an extended playing time.

Limited participation shall be further defined to mean that entry into a playing period rather than actual playing time shall constitute "participation" in the regulation contest.

Optional Plan for use at the league or Section level: If a team has fewer than the minimum number of players to play the five (5) period concept the following game rules will apply:

A four (4) quarter game will be played with the number of minutes being increased for each quarter (see chart below); however, no player may play more than three (3) quarters (*see exceptions below). This will apply provided the team has a sufficient number of players so as not to exceed the NYSPHSAA regulated playing time allocation for each sport (see chart below).

SPORT	TIME LIMIT			MINIMUM # OF PLAYERS
	REGULATION ON GAME	5 PERIOD PLAY	4 QUARTER EXTENDED PLAY	
BASKETBALL	7 min. quarters	7 min. quarters	9 min. quarters (quarter 1-8 min)	7
FIELD HOCKEY	25 min. halves	12 min. periods	15 min. quarters	15
FOOTBALL	10 min.	10 min. quarters	12 min. quarters	19
BOYS LACROSSE	9 min. quarters	9 min. quarters	11 min. quarters	14
GIRLS LACROSSE	25 min. halves	12 min. periods	15 min. quarters	16
SOCCER	15 min. quarters	15 min. periods	18 min. quarters	15
VOLLEYBALL	3 out of 5 game matches	5 games	6 games with a max of 20 pts per game	12

* Exceptions: In boys' and girls' lacrosse, girls' field hockey and boys & girls' soccer, if a team has only one goal keeper that goal keeper may play in all periods of 4 Quarter Extended Play or in all periods of 5 Period Play. Except for the goal keeper, the "time" allocated for the game will not be extended. All players except for the goalkeeper will follow the 4 quarter or 5 periods extended playing time format and are therefore only eligible to play 3 periods.

1. HEALTH EXAMINATION: A student who may engage in interschool competition shall receive an adequate health examination and may not practice or participate without the approval of the school medical officer.

NOTE: Physicals for participation in school sports may be scheduled at any time during the calendar year. The results of the physical shall be valid for a period of 12 months after the last day of the month in which the physical was conducted. Unless the medical examination is conducted within 30 days of the start of a season, a health history update is required. Any pupil whose safe participation is in question as a result of the health history interview, or injury, or prolonged absence must be re-qualified by the school physician prior to participation. 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. Immediately following the last sanctioned tournament competition for that season, a new physical is required if the student is going to play another sport. Sport season includes tryouts.

NOTE: The Handbook Committee recommends that each incidence of prolonged absence should be reviewed individually by the coach and the athletic director, consulting with the school physician when necessary and a reasonable amount of practice time and playing time be established based on the athlete's readiness for safe return to competition.

2. INTERSCHOOL PRACTICE SESSIONS/SCRIMMAGES: A school is limited to three (3) interschool practice sessions/scrimmages which, if conducted, may be held at any time after minimum practice requirements and previous to the last scheduled contest. By sectional approval, in cases where officials are not available for contests and all avenues of obtaining certified official have been exhausted, additional scrimmages are permissible as replacements to the scheduled contests. Interschool practice sessions/scrimmages are governed by the same hours to elapse between such sessions/scrimmages as for regularly scheduled contests with the exception of football.

NOTE: With Section/League approval, up to 50% of the maximum number of games permitted for each modified level sport may be designated as scrimmages. (Example: Basketball – 14 games scheduled, 50% (7) could be scrimmages plus 7 games for a total of 14.

Under this option, if a contest is converted to a scrimmage, the scrimmage would count toward 50% as outlined in the Promotion Rule.

NOTE: In practice sessions/scrimmages:

- a) Both squads use the same field simultaneously with both coaches making corrections and giving instructions to players as they would do during their own practice.
- b) No official score is kept.
- c) No admission is charged.
- d) No spectators are permitted unless such is the usual plan whenever the squad has a practice.

3. MIXED COMPETITION: [Updated Guidance](#)

MULTI-SCHOOL CONTESTS/ TOURNAMENT COMPETITION/ CHAMPIONSHIP/FINALS AND AWARDS:

Tournament competition is not permitted in the modified program. No sectional team or individual championships are to be conducted. With sectional/league approval in multi-school contest and invitational, may award place ribbons to the top competitors.

Championship playoffs on a team or individual basis are prohibited. Sections, leagues, devices or groupings should not host an end-of-season finale multi- school contest that can be construed as a jamboree, carnival, or invitational tournament. Multiple school contests can be conducted at the end of the season only if it is in a sport in which multiple team contests are regularly scheduled throughout the season and the final contest mirrors that of the rest of the schedule, thus the contest is not larger than all the others. This may be true for individual dual sports (i.e. squad meets for Wrestling, cross country or track). Team sport multiple school contests prior to the end of the season are permitted provided:

- a. No participant shall compete in more events, matches or games than permitted in any other regularly scheduled contest in that sport, on that day.
- b. All handbook rules are applicable

Coaches and directors are encouraged to design ideas that follow the spirit of, and guidelines for, modified athletics.

4. **PENALTIES:**

1. If a school uses an ineligible student in any interschool contest, the penalties shall be as follows:

a. In all team sports-forfeiture of the contest. In individual sports, the use of an ineligible player would result in the contest being forfeited. However, the performances and outcomes of the other individuals would stand.

b. In the individual sports-bowling, cross country, fencing, golf, gymnastics, rifle, skiing, swimming, tennis, track, wrestling – all points scored by the individual shall be forfeited and places moved up accordingly.

2. For any violation of eligibility or sports standards a school or a school authority may be censured, placed on probation, or suspended.

3. Consistent with good ethical standards the prompt reporting of the knowledge of an infraction shall be made to the proper authorities in writing.

4. School Districts may appeal to the Section to gain relief from the prescribed penalty if the violation of eligibility standards resulted from circumstances out of the District's control.

5. **PRACTICE SESSIONS:** Each student may participate in only one practice session a day on only six days of a calendar week. Practice sessions shall be limited to two hours and be at least 45 minutes in length. No student may be permitted to participate in school organized practice or play on seven consecutive days.

All required practice sessions shall include vigorous activity related to the specific sport.

A tryout session may be used toward the required number of practices needed prior to the first scrimmage or contest when the high school and modified seasons start simultaneously or when the high school tryout periods are contiguous to the beginning of the modified sports season.

6. **PROMOTION:** A contestant in grades 7, 8, and 9 who practices or competes with or against a freshman, junior varsity or varsity performer shall not return to the modified athletic program in that same season in that same sport. With Section approval, 7th or 8th grade contestants may be promoted to a higher classification within the modified program or to a high school team at any time during the season.

a) In a section whose "early winter" season ends in mid-winter, followed by the "late winter" season, the modified ninth grader could not be elevated to the varsity for post schedule contests in a sport played in the "early winter" modified season.

b) Promotion Regulation shall be waived for Boys' and Girls' Swimming & Diving and Boys' and Girls' Outdoor Track and Field permitting schools with section approval the option of running combined modified and varsity swimming and diving meets, alternating events.

c) The NYSPHSAA Executive Director may grant a waiver of the promotion rule if a High School team is dropped by the school district.

7. **SPORTS SEASONS:** All competitions shall be completed within the sport season indicated by each individual section.

8. **TIME INTERVAL:** A team may never play three days in a row. There shall not be more than four contests played per calendar week.

9. **TRANSFER:** A student who is enrolled in one school may subsequently transfer no more than once during a school year without a corresponding change in the residence of their parents or guardians or having reached the age of majority establishes a residency.

a) A student who transfers from one school to another becomes eligible after starting regular attendance.

b) 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 regular attendance for fall 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.

c) Practices at the previous school district 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.

d) 7th and 8th graders that compete at the high school level will be subject to the [transfer rule](#) in "that" sport (effective with the 2017-2018 school years).

10. **TRYOUTS:**

a) A section may establish tryout periods to allow EXCEPTIONAL ATHLETES who have completed and approved through the NYS Education Department Athletic Placement Process (APP) the opportunity to be selected for a high school team.

b) Seventh and eighth grade students must be invited by the Athletic Director or school designee.

c) Ninth grade students may 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 modified program until the athlete's tryout is complete.

e) Tryout periods for wrestling, boy's lacrosse and ice hockey shall be a maximum of five 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 sectional approved tryout sessions are not subject to the Promotion rule.

h) In cases involving new transfer students, overlapping season, and/or medical conditions the student's try-out period will be 3 out of 5 days, 5 out of 7 days, or 8 out of 10 days of the high school season depending on the sport.

MODIFIED SPORTS STANDARDS CHART FOR INTERSCHOOL COMPETITION

Sport	# of Practices for students to represent their school	Team and Individual Maximum No. Contests	Minimum Time Between Contests*	Individual Limitations per Day	Rules	Time and Distance Limits
Badminton	6	14	1 Night	2 Matches/ 1 Contest	USBA	
Baseball	10	14	1 Night	2 Games *	NFHS	
Baseball Pitcher	10	14	1 Night	1 Game	NFHS	Pitch Count Restrictions
Basketball	6	14	1 Night	1 Game	NFHS- Boys NCAA- Girls	7 Minute Quarters
Bowling	6	14	1 Night	3 Games	USBC	
Cross Country	6	10	2 Nights	1 Meet	NFHS	
Field Hockey	6	12	1 Night	1 Game	NFHS	25 Minute Halves
Football	10	7	4 Nights **	1 Game	NFHS	10 Minute Quarters
Golf	6	14	1 Night	1 Match	USGA & Local Course Rules	
Gymnastics	10	10	1 Night	3 Events * / 1 Contest	NFHS- Boys USAJO- Girls	
Ice Hockey	6	14	1 Night ***	1 Game	NFHS	13 Minute Periods
Lacrosse- Boys	6	12	1 Night	1 Game	NFHS	10 Minute Quarters
Lacrosse- Girls	6	12	1 Night	1 Game	NFHS/ US Lacrosse	25 Minute Halves
Skiing	6	12	1 Night	2 Events	FIS & ESA	
Soccer	6	12	1 Night	1 Game	NFHS	
Softball	6	14	1 Night	2 Games *	ASA	
Swimming & Diving	6	14	1 Night	3 Events/ 1 Contest	NFHS	
Tennis	6	14	1 Night	2 Matches *	USTA	
Track & Field (Outdoor)	6	10	1 Night	4 Events (One Relay)/ 1 Contest	NFHS	
Track & Field (Indoor)	6	10	1 Night	3 Events/ 1 Contest	NFHS	
Volleyball	6	14	1 Night	2	NCAA	
Wrestling	10	14 Pts.	1 Night	2 Bouts *	NFHS	Max of 10 Pts. Thru 2 Pt. Contests

(**) Three nights/scrimmage

(***) In Ice Hockey, contests may be played with only one night's rest three times per season scheduling or rescheduling. See details in Game Rules section.

SECTION 10 MODIFIED ATHLETIC COUNCIL

Executive Director

Mark Wilson, St. Lawrence-Lewis
BOCES Canton, New York 13617

NYSPHSAA Modified Representatives

Tiffany Irish, Morristown Central School District
Shawn Miller, Salmon River Central School District

Executive Committee

Shawn Miller, President, Male
P.E. Rep
Eric Luther, Vice President,
Principal Rep
James Cruikshank, Superintendent Rep
Erika Backus, Secretary, Female P.E.
Rep
Becky Byrns, Treasurer
Joey Reome, At-Large Rep
Tiffany Irish, At-Large Rep

MODIFIED ATHLETIC COUNCIL - SCHEDULING PROCEDURE

Geography - BOCES Regions

St. Lawrence-Lewis & Franklin-Essex-Hamilton

Central
League East
League
West
League

Type(s) of Team Grouping

7th & 8th Modified
7th, 8th, & 9th Modified-alternative Football & Basketball
A - Football
B - Football
Individual Sports - Track, Cross Country, Swimming, Wrestling

FALL SPORTS	
SPORTS	MAXIMUM NUMBER OF CONTESTS
Boys Soccer	12
Girls Soccer	12
Volleyball	14
Football	7
Girls Swimming	14
Cross Country	10

WINTER SPORTS	
SPORTS	MAXIMUM NUMBER OF CONTESTS
Boys Basketball	14
Girls Basketball	14
Bowling	14
Boys Swimming	14
Wrestling	14 Pts.

SPRING SPORTS	
SPORTS	MAXIMUM NUMBER OF CONTESTS
Baseball	14
Softball	14
Boys Lacrosse	12
Girls Lacrosse	12
Track	10
Golf	14

The NAC reserves the right to place any team into a sport grouping that best serves the modified program.

STARTING DATES

Based on NFHS/NYSPPHSAA Calendar

Fall Modified Program
 Winter Modified Program
 Spring Modified Program

Week #9 – First Monday after Varsity begins
 Week #21 – First Monday after Varsity begins
 Week #38 – First Monday after Varsity begins

CLASSIFICATIONS

JUNIOR HIGH GRADE 7 & 8

This classification includes students for the modified program 7 & 8 ONLY – Grade 9 students are not to be considered for this program and no student 15 years of age is to be considered at the beginning of the sports season.

MODIFIED GRADE 7, 8, & 9

(Alternative Cross Country, Football, Soccer, Basketball, Baseball, Softball, Lacrosse and Wrestling)

This classification includes students for the modified program in grades 7-8-9, inclusive, as defined by NYSPHSAA. It is suggested by the NAC that 7th grade students who will be participating against 9th grade students be tested using the Advanced Placement Process. The “Composition of the Team” description is most important to define the proper groupings and scheduling balance. Schools need to indicate prior to the schedule being finalized, in their best judgment, what grade the majority of students will make up this team.

GRADE 9 FROSH (not currently being offered in Section 10)

This is a high school program using high school rules. Any students in grades 7 & 8 who participate in this classification must be tested using the “The Advanced Placement Process”.

ALTERNATIVE TO THE MODIFIED SCHEDULING PLAN

An alternative scheduling plan can be submitted to the NAC if a group of schools have reason(s) to request a variation. This request should be submitted in writing and sent to the NAC before the scheduling process begins.

Schools who request this alternative may have to develop their own schedule:

Alternatives: Football – based upon number of schools in a 7/8 & 7, 8 & 9 configuration.

NOTE: Schools that **consistently** default on their commitment to the sport, classification, and/or schedule may be requested to participate on a limited basis or create their own schedule.

GENERAL SPORTS STANDARDS

The rules governing play, eligibility and participation shall be those outlined by the HANDBOOK of the NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION. Situations not covered by the following specific modified rules shall be governed by the General Eligibility Rules for the Modified Program which are listed in the Modified section of the NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION handbook.

1. The standard starting time for contests played on school days shall be 4:30 p.m. and 10:00am Saturdays. Time changes can be made upon mutual agreement of the two schools by notifying the Section 10 office a minimum of 48 hours in advance of the date of change.
2. With the exception of Unified Sports, a student may participate in only one sport during a season.
3. In case of postponement, the contests will be rescheduled on the next day if possible. If not, the first open date for both schools must be used for the make-up. Some schools can play on Saturdays and, if feasible, this should be done.
4. The length of all contests shall be maximum time allowed by game rules.
5. All sport specific game conditions and standards must be approved by the Modified Athletic Council.
6. It is recommended that the Olympic style handshake be used prior to or immediately following the contest.
7. Adequate warm-up time must be provided to all athletes prior to or immediately following the contest.
8. The home school shall provide adequate crowd control and site supervision for all home games and scrimmages.

MODIFIED ATHLETIC COUNCIL STANDARDS OF COMPETITION - NYSPHSAA MODIFIED STANDARDS UPDATES

1. BASEBALL

Game Conditions: See Modified Sports Standards Chart – pg. 10

1. Pitchers must participate in at least ten (10) practices before an interschool game.
2. Doubleheaders: A team may play two (2) games in one day twice during a season, either a double header against a single opponent, or two successive games against two different opponents. The following double header restrictions must be followed:
 - a) The recommended maximum number of doubleheaders allowed is two (2).
 - b) It is recommended that a team not play three (3) games in two (2) consecutive days. It is recommended that no more than four (4) games a week be played.
 - c) The following pitch count must be followed for all modified pitchers:

<u>Max # Pitches</u>	<u># Nights Rest</u>
61-75	4
41-60	3
21-40	2
1-20	1

- d) Each game of the doubleheader is to be five (5) innings. No team may play more than fourteen (14) innings in one day. This allows a total maximum of four (4) extra innings in the event of tie game(s).

3. Equipment

- a) Catchers shall wear full protective equipment of helmet, mask with throat protector, chest protector, shin guards and cup.
- b) Batters and base runners shall wear protective headgear.
- c) Any player warming up a pitcher, on or off the diamond, shall wear a mask.

Game Rules:

1. The home team shall supply game balls.
2. It is recommended that the home team complete warm-ups prior to the arrival of the visiting team.
3. Regulation game shall be seven (7) innings. The Section "Mercy Rule" is described below. Games will have a two (2) hour and 15-minute "hard stop" time limit unless mutually agreed upon by both teams and the umpire to an extended time frame.
4. Doubleheaders shall be 2 five (5) inning games. Games will have a two (2) hour "hard stop" time limit unless mutually agreed upon by both teams and the umpire to an extended time frame.
5. Designated hitters will not be allowed.
6. An extra player, referred to as EP is optional (on a game-by-game basis) but, if one is used, it must be known prior to the start of the game (official lineup card) and be listed on the scoring sheet in the regular batting order. If the EP is used, he must be used for the

entire game. Failure to complete the game with the EP results in forfeiture of the game, (except in case of injury or ejection from the game with no eligible players left to enter, the rules permit play with eight men). A person designated as the EP (not a defensive player at the start of the game) may at a later time play a defensive position; the defensive player now is only a batter for that inning and not a fielder. There will always be one player in the lineup not on the field defensively. The EP may be substituted for at any time, either by a pinch-runner or pinch-hitter who then becomes the EP. The substitute must be a player who has not yet been in the game. Subs and reentry will be treated as in the past. A starter may re-enter the game into his same batting order position.

7. The re-entry rule may be waived only if an injured player must be replaced and all eligible substitutions were used during the game.

8. When the team at bat has two outs with the catcher on base, a pinch runner may be used to allow the catcher to get his/her gear on prior to the third out. (The pinch runner is a player who is a substitute, or in the case that all substitutes have been used, a player off the bench who is not currently in the lineup. This rule does not change the normal substitution rules and does not overshadow the need to get all players in the lineup; it allows for cutting time off the transition between innings).

9. A new substitution game rule may be used to maximize modified players' participation in their games. The official lineup card will list all players on the team in a designated Batting order, allowing any of the players listed in a slot to bat when that slot occurs.

Section X Run/Mercy Rule Approved (4/3/14)

SINGLE GAME: Run/Mercy Rule - Innings 1-6 will be played with a five (5) run limit per inning. The 7th inning will be played out completely (3 outs no run limit).

NOTE: The half inning officially ends when the 5th runner touches home plate. This will prevent runners continuing to run the bases to end the inning.

DOUBLEHEADERS: The same rules will apply for doubleheaders innings 1-4 will be played with a five (5) run limit per inning. The 5th inning will be played out completely (3 outs/ no run limit).

NOTE: The half-inning officially ends when the 5th runner touches home plate. This will prevent runners continuing to run the bases to end the inning.

2. BASKETBALL

Game Conditions: See Modified Sports Standards Chart – pg. 10

Game Rules: Boys (NFHS) Girls (NCAA)

1. The maximum length of any quarter shall be seven (7) minutes.
2. Four (4) full 60-second and two (2) 30-second timeouts per game are allowed.
3. The 3-point shot is allowed.
4. Free Substitutions is facilitated by permitting substitutions on:
 - a) Any dead ball
 - b) Any violations
5. There is no shot clock

6. The use of a 10 second count to get the ball over (1/2) half court is in effect for boys and girls.
7. There shall be one overtime period that is 4 minutes in length. There shall be two (2) time-outs for that period. All players are eligible for the overtime period. If a tie exists at the end of the overtime period, the game will end. There will no additional overtime periods or “sudden victory”. Time-outs do not carry over into overtime periods.
8. Bonus situation (free throws). Two free throws for each common foul (except players & team control fouls) beginning with the fifth team foul in each quarter.
9. The smaller sized ball is to be used for girls only; boys use the **full-sized ball**.
10. The **NFHS** rulebook will be used for boys and the **NCAA** rulebook will be used for girls.
11. “Pressing” by definition is an extension of one’s defense. It is usually interpreted by the defense extending their formation to ½, ¾, or full court. In boys & girls’ basketball the half court line can become an extra defensive player because of the 10-second time restriction.
(11/15)
 - A. Teams may press (*this includes “double teaming” the ball*), except when a team is leading by (15) or more points. When this occurs, the team in the lead must remove the press until the lead is (15) or under. A team is considered NOT to be “pressing” if, after a change of possession, the team on defense retreats inside the three-point circle. If a three-point circle does not exist, an imaginary line can be drawn through the top of the key circle (19’ 9”) and extend to the sidelines. The team will remain behind the restraining line until the first ball pass is made in the that teams offensive end of the floor. After this time, the defense can extend beyond the restraining line.
12. Extended Game - Both participating teams must have at least 10 players eligible to participate in the game in order to play a (5th) fifth period in any game. If a team does not have ten (10) players available at game time the game will be played under the regular (4) four period rules. Note: no single player can play in all five (5) periods if the 5th period is utilized.

3. BOWLING

Game Conditions: See Modified Sports Standards Chart – pg. 10

Game rules:

1. All competition shall be conducted under the United States Bowling Congress and NYSPHSAA Inc., requirements.
2. At no time shall the foul line be set aside

4. COMPETITIVE CHEERLEADING

Game Conditions: See Modified Sports Standards Chart – pg. 10

Policies controlling cheerleading have been developed at the Association & Sectional level.

<http://www.nysphsaa.org/Sports/Winter/Cheer/Rules.aspx>

5. CROSS COUNTRY

Game Conditions: See Modified Sports Standards Chart – pg. 10

Game Rules:

1. The order of events is determined by meet director
2. Team scoring will be allowed in small meets only for the first 4 places of each team.
3. The max distance shall be 1 ½ miles in the first half of the season and should increase to 2 miles in the second half of the season, on the date designated by the Section Athletic Council.
4. It is recommended that there be a minimum standard of six meets scheduled for Modified Cross Country.

5. FOOTBALL

Game Conditions: See Modified Sports Standards Chart – pg. 10

1. Maturity – Careful evaluation of the individual's age, weight, height, physiological maturity and degree of coordination with relation to all the others, especially one above or below average of others in height, weight, physiological maturity as related to age, should be made.

2. Individual Skills – A thorough program of screening for a period of two weeks shall be conducted. Basic conditioning, running, cutting, falling, rolling, catching, line, and backfield fundamentals, blocking and tackling techniques, Ball handling drills should be participated in.

Dummies and sleds should be used, and no one should be permitted in live contact drills until ability has been proven to partake in them. Match participants of equal size and ability for participation during live contact drills.

3. Team Skills – Team play leading to game situations should be taught through controlled scrimmages with contestants placed in groups of similar maturity and skills.

4. Desire – Observation of the individual's alertness and general desire to participate must be noted. (The above-mentioned types of testing and teaching, with complete cataloging of the individual's ability, should enable the coach to screen all candidates and determine their readiness for competition.)

5. Equipment –

- a. Properly fitted equipment of good quality is mandatory for safe participation in football.
- b. All essential protective devices are to be used.
- c. In addition to the normal pads and helmets, dental and face protection guards should be provided.
- d. All protective pads should be covered by the uniform.
- e. If protective pads are exposed, the uniform part should be replaced or repaired.

6. It is recommended that a doctor, trainer or EMT be present at all football games within Section 10.

7. Fencing around the field is recommended. Spectators must remain in the designated spectator area.

8. It is recommended that mature adults, preferably faculty members, are assigned to the chains and down markers for modified games.

9. No scouting of modified games shall be permitted.
10. The use of phones is permitted.
11. Level A and B may use a youth sized ball.
12. The home school shall be responsible for crowd control.

Game conditions for 11-Man and 8-Man Football:

1. The first two (2) days of practice sessions must be non-contact exercises and equipment shall be limited to the helmet, face mask, dental protection device, t-shirt, supporter, shorts, ankle supports, socks, shoes, protective pads for elbow and/or knee areas. During the next three (3) days, the addition of shoulder pads along with the use of blocking dummies, sleds, and other similar teaching and training devices is permissible. No scrimmages or live contact drills are allowed. The next five (5) days shall consist of contact with full protective equipment and the use of training devices. Scrimmages are permitted on the eleventh (11th) day.
2. No school team or individual player may participate in more than seven (7) games. Teams may play three (3) games in a 14-day period. In extreme cases, games may be rescheduled if approved by the sectional athletic council. A minimum of four (4) nights of rest must elapse between any games. The time between scrimmages and the time between football games and scrimmages must be three (3) nights.
3. At least 16 players must be dressed and available to play on an 11-man team; at least twelve (12) players for an 8-man team for all interschool scrimmages and contests.

Game Rules for 11- Man Football:

1. Time periods shall be 10-minute quarters.
2. Scores will be kept per quarter only. Each quarter will start 0-0.
3. Team offensive formations are limited to standard formations, no unbalanced lines allowed. There may be a maximum split of 1 yard between linemen. If a wide receiver is employed, the maximum split from the tackle cannot be more than 10 yards. On the snap of the ball, there may be only two (2) players outside of the normal tackle alignment on either or both sides of the field. Motion is allowed toward the two (2) receiver side of the formation provided the ball is snapped before the player crosses the middle of the formation. If the ends split on punt formation, the team must punt. There are no “walkaway” ends when receiving the punt from this formation. Definition of side of formation – the half of the formation from midline of the center that has a set back to that side and two (2) players outside the tackle. All downfield blocking must be done above the waist. Until the snap the defense shall be allowed to use 4, 5, or 6-man fronts gap alignment permitted (4 and 6-man fronts cannot cover the center) (July 2019). Defensive lineman is not permitted to move until the snap of the ball; linebackers must be stationary and at least 3 yards off the line of scrimmage. Press coverage is not allowed against the receiver except when the receiver is within 5 yards of the offensive tackle. Penalties: improper formation– 5 yards; down field blocking – 15 yards.
4. No kick-off – start play from own 35-yard line.
5. Two (2) points shall be allowed for a kick extra point and one (1) point for a run or pass.

6. Two (2) points for a safety and scoring team will put the ball in play at the 50-yard line.
7. All downfield blocking must be done above the waist. Downfield blocking is interpreted as any blocking of an opponent taking place downfield from the free blocking zone, which for this rule is extended from sideline to sideline. The downfield blocking rule is also in effect whenever a defensive team becomes an offensive team as the result of receiving a punt, pass interception, or the recovery of certain types of fumbles. The point that offensive play begins extending from sideline to sideline, would be interpreted as the inception of that play and thus, for rule clarification purposes, would be the scrimmage line for that play (i.e. the point the punt or interception was received). The penalty for violation of this rule will be 15 yards as spelled out in Rule 9, Section 1 of National Federation Football Rules.
8. Sections may adopt the use of a small ball.
9. Coaches shall be permitted on the field in the experimental five quarter football program. (Optional for section wide use with approval of the section.)
10. When an offensive team employs a wide receiver (split end or flanker), the defensive end to the side of the formation may assume a "walkaway" position. The end may align at a maximum depth even with the two (2) inside linebackers and no wider than half the distance between the wide receiver and the next lineman.
11. With Section approval, schools will be allowed to use two (2) wide receivers on opposite sides of the formation.
12. (New 2017) Each team will run a series of 10 plays for both their (A and B) teams/squads during the first, second, and fifth quarters during the game to ensure that all student-athletes get to play (this may be waived by mutual agreement of both head coaches). The 3rd and 4th quarters will be run with stop time for the duration of each quarter.

Game Conditions for 5-Quarter Contests:

1. Both participating teams must have at least thirty (30) players eligible to participate. Teams will be divided into A & B squads. These two (2) rosters will be presented/discussed at the pregame official/coach meeting. Teams will have separate A and B teams during games unless injury circumstances during the game make for an untenable situation.
2. There must be at least 15 players per A & B squads.
3. "A" squad will play 1st and 3rd quarters.
4. "B" squad will play 2nd and 4th quarters.
5. An (A) squad roster player can only play with or against (A) squad players 1st & 3rd and vice versa for the (B) squad roster players.
Note: An (A) squad offensive player cannot play on the (B) Defensive squad or vice versa for the B defensive squad players.
6. Anyone can play in the 5th quarter.
7. No half times if 5th quarter format is used.
8. The home coach will be responsible for notifying officials when they arrive to which format will be used.

9. All quarters shall be 10 minutes in length.
10. Some suggestions for the 5th quarter if Game is TOO lopsided.
 - a. Don't play the quarter if all players have had plenty of playing time.
 - b. Use only B players. (If safety warrants)
 - c. Use A Line with B backs.
 - d. Use B line with A backs.
 - e. Use only B players on defense

Football Contact Limitations:

Contact in the sport of football for High school and modified football teams shall have no more than two "Full-Contact practices" per week during the season; with no Full-Contact" session to exceed 90 minutes. "Full-contact" means a practice where drills or live action is conducted that involves collisions at game speed, where players execute tackles and other activity that is typical of an actual tackle football game. Limitation of "Full-Contact practices" will begin with the 13th day (high school and the 14th day (modified).

6. BOYS' LACROSSE

Game Conditions: See Modified Sports Standards Chart – pg. 10

1. Equipment:

- a) The essential protective equipment must include a lacrosse helmet with a face mask, lacrosse arm guards, lacrosse shoulder pads, lacrosse gloves, and a mouthpiece. Goalkeepers must wear chest protectors and throat protection.
- b) Face masks for lacrosse competition must have a center bar.
- c) Modified lacrosse players are exempt from the uniform outer clothing and helmet color regulations (Rule 1, Section 9, article 1a and 2c).

Game Rules:

1. The length of the quarters shall be 10 minutes.
2. One sudden victory overtime period of 4 minutes is to be played in the event the game is a tie. (Feb. 2020)
3. A one-arm swing with a Crosse is allowed.
4. There is no such call as a "Brush" in the Modified Program. Contact between Crosse and helmet is a personal foul.
5. In a 5-period lacrosse game the mercy rule shall be in effect at the end of the third period of play.
6. Substitutes are permitted when the ball goes out of bounds. Substitutions during live play shall be permitted on the fly. (July 2019)
7. When a goalkeeper gets a penalty, the in-home player may serve the penalty if a second goalkeeper is unavailable.
8. A goal will be disallowed after the horn sounds to indicate the end of the period. (July 2019)

7. GIRLS' LACROSSE

Game Conditions: See Modified Sports Standards Chart – pg. 10

Game Rules:

1. US Lacrosse.
2. Halves shall consist of a maximum of 25 minutes; the clock will not stop after goals have been scored.

3. Equipment:

- a) Properly fitted equipment of good quality is mandatory for safe participation.
- b) All field players are required to wear lacrosse goggles, which meet ASTM standards.
- c) All players must wear mouthpieces.
- d) Goalkeepers must wear the following equipment: 1) Helmet with face mask, 2) Mouthpiece, 3) Throat protector, 4) Padding on hands, arms, legs, shoulders and chest, to conform with US Lacrosse rules (with max thickness 1", padding does not excessively increase the size of these body parts).

4. Modified stick-checking in modified girls' lacrosse.

If only one official or two non-locally rated officials are working the game, then modified checking rules would be enforced.

Modified Checking:

1. Checking below the shoulders is permitted.
2. Any check above the shoulders or into the sphere or forcing the opponents stick into the sphere constitutes an illegal check.
3. Check to the head and a slash are mandatory cards.

5. A time-out may be called when the ball is not in play. One time-out per team, per half will be allowed. The duration of the time-out will be two minutes.

6. If after a scored goal, a team has a five (5) goal or greater lead, the game will be resumed with the losing team having the ball at the draw circle.

7. SOCCER

Game Conditions: See Modified Sports Standards Chart – pg. 10

Game Rules:

1. NFHS Rules
2. Regulation games shall consist of four (4) quarters. Each quarter shall be fifteen (15) minutes in length.
3. Extended playing time may be utilized in games where both participating teams have fifteen (15) or more eligible participants. Please refer to Extended Playing Time Chart above.
4. Free substitution is permitted when the ball goes over the sideline or end line.
5. Equipment:

- a) An all-purpose type of foam helmet may be worn, and a mouthpiece may be worn by the soccer goalie for protective purposes. (Feb. 2023)
 - b) Shin guards must be always worn by all players (NOCSAE approved)
 - c) A minimum of three quality game balls should be used at each game.
6. One-time out per quarter (including each overtime period) may be called whenever the ball is dead. The coach is permitted on the field during the time out period to instruct the players. (July 2019)
 7. Corner flag posts must be flexible in nature (wood, plastic or plastic foam) and conform to the NFHS rule standard of not being less than 5 feet high. Plastic traffic cones may be substituted in place of corner flags.
 8. There shall be two overtime periods of four minutes when the regulation game ends in a tie. A coin shall be flipped prior to the first overtime period. If time still exists after the second overtime, no further play shall be conducted.
 9. In the event of a disqualification of a player, a substitution must be made for that disqualified player. If a team has no eligible substitute, the team may continue to play shorthanded.
 10. The NFHS regulation that the boys' and girls' soccer goalie uniform jersey be numbered and all white away uniforms shall be waived at the modified level.
 11. The sliding tackle, flip throw-in & overhead scissors kick are not permitted.

9. SOFTBALL

Game Conditions: See Modified Sports Standards Chart – pg. 10

1. Any pitcher pitching more than four (4) innings in one game must have at least one night of rest before pitching again. When removed from pitching, the contestant may play any other position.
2. Ten Player teams (EP/Flex players) are optional with Sectional approval (Note: the 10th player cannot bat) per NFHS rulebook.
3. Doubleheaders: A team may play 2 games in one day three times during a season, either a double header against a single opponent, or two successive games against two different opponents. The following double header restrictions must be followed:
 - a) The recommended maximum number of doubleheaders allowed is three (3) per season.
 - b) It is recommended that a team not play 3 games in two (2) consecutive days. It is recommended that no more than four (4) games be played in a week.
 - c) Pitching limitations remain the same.
 - d) Each game of the doubleheader is to be five (5) innings. No team may play more than 14 innings in one day. This allows a total maximum of four (4) extra innings in the event of a tie game(s).

Game Rules:

1. The home team shall supply game balls.
2. It is recommended that the home team complete warm-ups prior to the arrival of the

visiting team.

3. USA Softball Rules, seven (7) innings. With Section/League approval, a “mercy rule” will be permitted; allowing a game to end after a team at the short end of the 15-run rule has completed their fifth at bat. (Dec. 2010)

4. Nine defensive players are allowed.

5. The pitching distance shall be forty (40) feet.

6. Stealing when a team is 10 or more runs ahead in the game, they will not be permitted to steal again until the team behind has reduced the scoring lead to under ten (10) runs. (A stolen base is credited to a runner whenever she advances 1 or more bases unaided by a hit, putout, force-out, fielder’s choice, passed ball wild pitch, an error illegal pitch or obstruction).

7. On a dropped third strike, when the catcher fails to catch the third strike, the batter will not be permitted to advance to 1st base regardless of whether it is open or not. (i.e for base runners on the bases, a dropped 3rd strike will be considered a DEAD BALL - No advancement).

8. A player may re-enter the game once. The player must re-enter into the same spot in the lineup where they originally batted. They can go in the field anywhere but batting order must remain the same. The re-entry rule may be waived only if an injured player must be replaced and all eligible substitutions were used during the game.

9. Equipment

- a) Catchers shall wear the full protective equipment of helmet, mask, chest protector, shin guards, throat protector.
- b) Batters and base runners shall wear protective headgear.
- c) Any player warming up a pitcher, on or off the field, shall wear protective equipment.
- d) Metal cleats are allowed. (Jan. 2024)

10. Regulation game shall be seven (7) innings. The Section “Mercy Rule” is described below. Games will have a two (2) hour and 15-minute “hard stop” time limit unless mutually agreed upon by both teams and the umpire to an extended time frame.

11. Doubleheaders shall be 2 five (5) inning games. Games will have a two (2) hour “hard stop” time limit unless mutually agreed upon by both teams and the umpire to an extended time frame.

Section X Mercy Rule:

SINGLE GAME: Run/Mercy Rule - Innings 1-6 will be played with a 5-run limit per inning. The 7th inning will be played out completely (3 outs, no run limit).

NOTE: the half inning officially ends when the 5th runner touches home plate. This will prevent runners continuing to run the bases to end the inning.

DOUBLEHEADERS: 2 (5) inning games -The same rules will apply for doubleheaders innings 1-4 will be played with a 5-run limit per inning. The 5th inning will be played out completely (3 outs/ no run limit). No inning shall begin after two (2) hours from the start of the game.

NOTE: the half inning officially ends when the 5th runner touches home plate. This will prevent runners continuing to run the bases to end the inning

10. SWIMMING

Game Conditions: See Modified Sports Standards Chart – pg. 10

Schools may have the option of running combined modified and varsity swimming and diving meets, alternating the events.

Game Rules:

1. The NFHS Rules of Swimming and Diving shall be followed except as indicated below.
2. A swimmer is permitted one false start before disqualification. The use of the no re-call false start rule shall not be utilized.
3. Swimmers may compete in a maximum of three (3) events. (1 relay and 2 individuals, or 2 relays and 1 individual).
4. The events and their order shall be:
 - 200 yd./m. medley relay
 - 200 yd./m. freestyle
 - 100 yd./m. Individual medley
 - 50 yd./m. freestyle
 - 50 yd./m. butterfly (optional - 100 yd. butterfly)
 - 100 yd./m. freestyle
 - 50 yd./m. backstroke (optional - 100 yd. backstroke)
 - 50 yd./m. breaststroke (optional - 100 yd. breaststroke)
 - 200 yd./m. freestyle relay

Order of Events for Combined Modified/Varsity Swimming Meets

1. Modified 200 yd./m. medley relay
 2. Varsity 200 yd./m. medley relay
 3. Modified 200 yd./m. freestyle
 4. Varsity 200 yd./m. freestyle
 5. Modified 100 yd./m. individual medley
 6. Varsity 100 yd./m. individual medley
 7. Modified 50 yd./m. freestyle
 8. Varsity 50 yd./m. freestyle
 9. Modified 50 yd./m. butterfly
 10. Varsity 100 yd./m. butterfly
 11. Modified 100 yd./m. freestyle
 12. Varsity 100 yd./m. freestyle
 13. Varsity 500 yd./m. freestyle
 14. Varsity 200 yd./m. freestyle relay
 15. Modified 50 yd./m. backstroke
 16. Varsity 100 yd./m. backstroke
 17. Modified 50 yd./m. breaststroke
 18. Varsity 100 yd./m. breaststroke
 19. Modified 200 yd./m. freestyle relay
 20. Varsity 400 yd./m. freestyle relay
5. With prior mutual agreement of teams, league or section races may be conducted by seeded heats with the winners established on time alone. No final events may be conducted.
 6. For multi-school contests, refer to General Eligibility Rule #10.

11. TRACK AND FIELD (OUTDOOR AND INDOOR)

Game Conditions: See Modified Sports Standards Chart – pg. 10

Game Rules:

1. Teams may have unlimited entries in all events.
2. The order of events is set forth in the state handbook.
3. Athletes may have 4 attempts in shot-put, discus long jump and triple jump.
4. Opening heights are:
 - a) Boys High Jump - 3'6" (up by 2")
 - b) Girls High Jump - 3' (up by 2")
5. A runner is permitted one false start before disqualification.
6. A participant may enter a maximum of 4 events per day as long as one is a relay.
7. The 55 meter 30" hurdle race with five hurdles shall have the following spacing:
 - a) Start to first hurdle - 12 meters.
 - b) Distance between hurdles - 8 meters.
 - c) Fifth hurdle to finish - 11 meters.
8. The 200 meter 30" hurdle race with five hurdles shall have the following spacing:
 - a) Start to first hurdle - 20 meters.
 - b) Distance between hurdles - 35 meters.
 - c) Fifth hurdle to finish - 40 meters.
9. The 4K metal shot may be used for outdoor track.
10. The suggested running events and their recommended order for outdoor track and field meets should be:
 - a) 55m 30" hurdle
 - b) 200m dash
 - c) 1500m run
 - d) 100m dash
 - e) 400m dash
 - f) 200m 30" hurdles
 - g) 800m run
 - h) 4 x 100m relay
 - i) Mixed Relay (200-G, 200-B, 400-G, 400-B)
11. The suggested field events for outdoor track and field meets shall be:
 - a) 4K shot put
 - b) 1K discus
 - c) high jump
 - d) long jump
 - e) triple jump
12. The suggested running events and their recommended order for combined boy - girl outdoor track meets shall be:
 1. 55m 30" hurdles boys
 2. 55 m 30" hurdles girls
 3. 200 m dash boys

4. 200 m dash girls
5. 1500 m run boys
6. 1500 m run girls
7. 100 m dash boys
8. 100 m dash girls
9. 3000 m run (optional) girls
10. 400 m dash boys
11. 400 m dash girls
12. 200 m hurdles boys
13. 200 m hurdles girls
14. 800 m run boys
15. 800 m run girls
16. 3000 m run (optional) boys
17. 4 x 200 m relay boys
18. 4 x 200 m relay girls
19. 4 x 100 m relay boys
20. 4 x 100 m relay girls
21. 4 x 400 m relay (optional)* boys
22. 4 x 400 m relay (optional)* girls

*The maximum distance limitation for each athlete must be upheld if this event is included.

13. Possible events for winter track and field competitions include:

1. 50/55 m dash (boys)
2. 50/55 m dash (girls)
3. 200 m dash
4. 300 m dash
5. 400 m dash
6. 600 m dash
7. 800 m run
8. 1000 m run
9. 1500 m run (400m, 200m, 200m, 800m)
10. 300 m run
11. 4 K shot put (plastic cover)
12. Long jump
13. Triple jump
14. High jump
15. 4 x 200 m relay
16. 4 x 400 m relay
17. Sprint medley relay

In facilities with tracks other than 200m in length appropriate modifications in distances are acceptable.

14. It is recommended that there be a minimum of six meets scheduled for Modified Track & Field. (July 2019)

12. VOLLEYBALL

Game Conditions: See Modified Sports Standards – pg. 10

Game Rules: (NCAA)

1. All matches MUST consist of at least three (3) games.
2. Games will be to twenty-five (25) points utilizing rally scoring.

3. When both teams have 12 or more players, an extended play format may be used. This format consists of six games played to a maximum of 20 points per game.
4. Two (2) tosses will be permitted per turn of service.
5. Before October 1st, the service line can be moved in (1) meter. Beginning October 1st no modifications are allowed.
6. The let serve may be used.
7. The libero may be used.

13. WRESTLING

Game Conditions: See Modified Sports Standards – pg. 10

1. All scales will be checked and certified annually.
2. Weigh-ins are on the honor system. Follow Game Rules.
3. Each bout will be scored individually. A team score will not be kept.
4. The host coach must be contacted to discuss match procedures.
5. A contestant or team may participate in competitions not to exceed 14 points.
 - a) 1 Point Meets are any competitions where a wrestler or wrestlers compete in one or two bouts.
 - b) 2 Point Meets are any competitions where a wrestler or wrestlers compete in 3 or 4 bouts.
6. No contestant (or team) can accumulate more than 10 points out of the maximum 14 points allowed via 2-point competitions.
7. No contestant (or team) can accumulate more than 4 points per week.
8. There shall be no competition between wrestlers with an age difference of more than 24 months.
9. At least two (2) nights shall elapse between contests.
10. The time periods for bouts shall be as follows:
 - a. If a contestant competes in only one (1) bout per contest, the time periods are:
Program 1: Three 1 and ½ minute periods
 - b. If contestant competes in two, three or four bouts per contest, the time periods will be either: (1) Three one (1) minute periods, or (2) 1st period: One (1) Minute, 2nd & 3rd periods: 1 ½ minutes.
 - c. There must be a 20-minute rest period between bouts.
 - d. A sudden victory overtime period shall be permitted in modified wrestling. Wrestlers must start in the standing position and the period shall not exceed 30 seconds. (May 2010)

11. There is no limit to the total team bouts in a contest.

12. Matching wrestlers: Both coaches will get together and match their wrestlers. All safety measures on the squad roster form are to be used to equalize competition, namely, experience, physical strength and maturity.