FOOTBALL

“A Tradition of Excellence”

2019
August 2019

Dear Section XI Football Coaches,

Welcome to the 2019 football season! It's my pleasure to serve as the Section XI football chairperson and I look forward to another successful season while working with the Suffolk County Football Coaches Association.

It is my job to serve as your liaison to the NYS Public High School Athletic Association and Section XI. Please do not hesitate to call me at the West Islip Administration Building at 631-930-1540 or e-mail me at thoran@wi.k12.ny.us should you have any questions or concerns.

Sincerely,

Tim Horan
Section XI Football Chairperson
MEMO TO:  Tom Combs
FROM:  T. Horan, Section XI Chair
RE:  2019 Football Tournament Dates - Revised
DATE:  May 28, 2019

Section XI Football Tournament Dates – 2019

Section XI Qualifier
Friday, November 8, 2019  Higher Seed  4:00 p.m. or later
Saturday, November 9, 2019  Higher Seed  1:00 p.m. or later

Section XI Semi's
Friday, November 15, 2019  Higher Seed  4:00 p.m. or later
Saturday, November 16, 2019  Higher Seed  1:00 p.m. or later

Section XI Finals
Thursday, November 21, 2019  Stony Brook University  7:00 p.m.  Division III
Friday, November 22, 2019  Stony Brook University  7:00 p.m.  Division I
Saturday, November 23, 2019  High Seed  1:00 p.m.  Division II
Sunday, November 24, 2019  Stony Brook University  1:00 p.m.  Division IV

*Long Island Championships
Friday, November 29, 2019  Stony Brook University  12:00 noon  Division III
Friday, November 29, 2019  Stony Brook University  4:30 p.m.  Division I
Saturday, November 30, 2019  Hofstra University  12:00 noon  Division IV
Saturday, November 30, 2019  Hofstra University  4:30 p.m.  Division II

*Subject to change based on Stony Brook football schedule
To: All Sports Chairpersons  
From: Tom Combs  
RE: Sportsmanship

The New York State Public High School Athletic Association and Section XI would like to ask your cooperation in the promoting of the importance of proper sportsmanship at all of its athletic contests.

Trash talking, inappropriate comments and general poor sportsmanship have become an increasing problem and we would ask that you communicate the following guidelines with the coaches at your Mandatory Coaches Meeting.

1. **There will be zero tolerance for harassing statements related to gender, race, ethnicity, disabilities, sexual orientation or religion by players, coaches, fans or officials.** It is our goal to reinforce our expectations of proper sportsmanship at all times. Incidents or violations will be handled through the regulations outlined in the NYS and Section XI procedures with the appropriate penalties administered.

2. **We have asked the officials to deal with this type of behavior with immediate and strict enforcement.**

3. **Officials are not to be involved directly with the spectators.** Officials will report this type of behavior with fans directly to the home school and follow proper procedures. Home school game administration will be responsible for the conduct at the game site.

4. **Serious incidents or violations shall be reported to Section XI on the next Business day.**

5. Coaches are asked to reinforce proper sportsmanship with their players on a regular basis and model good sportsmanship themselves.

6. Athletic Directors are asked to please review with their coaches the NYSPHSAA expectations and monitor their athletes and staff.

Thank you for your cooperation and assistance in creating a positive, enjoyable and healthy athletic experience for all.

cc: Jim Doig
To: All Coaches
From: Thomas J. Combs
RE: Automatic External Defibrillators

THE FOLLOWING POLICIES ARE IN PLACE AND MUST BE FOLLOWED RELATED TO
AEDS AND EMERGENCY PROTOCOLS

Coaches are reminded that Section 136.4 of the Regulations of the Commissioner of Education
(9/2002) requires that schools provide and maintain sufficient automated external defibrillator
equipment be available to ensure ready and appropriate access for use during emergencies as
well as trained personnel to administer.

In order to provide an efficient and consistent handling of emergency situations the following
steps MUST be followed:

1. The Home School is to be responsible for providing AED-trained personnel and a
   sufficient number of AED's at all interscholastic contests such that an AED can be
effectively administered within 2-3 minutes to a stricken student-athlete, coach or
   spectator.
2. Prior to each contest, the home school coaching staff is to advise the visiting coaching
   staff and officials of the location of the AED and the personnel designated to utilize it.
3. All medical or AED-trained personnel that are present at the contest are to be identified
   prior to the contest.
4. All athletic emergencies are to be reported to the Athletic Directors of the respective
   districts immediately following the contest.
5. No contest will take place without an AED available and able to be administered as per
   #1 above.

Thank you for your cooperation and best of luck this season.
“Tommy Tough” Football Safety Standards

NYSPHSAA

Section XI in its never ending mission to provide its student-athletes with positive and safe athletic experiences has embarked on a journey to make the great game of football even better. Through the vision of the Cutinella Family and the stakeholders of Suffolk County football it is our hope that we can introduce and implement changes that will protect the integrity of the game, minimize risk and allow for positive growth.

Meetings with the Section XI Football Committee, Section XI Safety Committee, Suffolk County Football Officials Association and the Suffolk County Football Coaches Association have zeroed in on the following goals that will begin to be implemented in the spring of 2016 in Section XI and throughout NYS in 2017.

1. Implementation of a mandatory safety statement that will be read pre-game by the officials to all players in grades 7-12 at all contests commencing in the fall of 2016.
2. Identification of a “Player Safety Coach,” as per USA Football.
3. Develop, promote and implement an education program for Athletic Directors, coaches, players, parents, spectators and communities focusing on safety and proper techniques as it relates to illegal helmet contacts. Programs will be designed and implemented targeting all stakeholders with our vision of minimizing risk thereby creating a safer game for all participants. Programs will begin in spring 2016.
4. Support officials associations in the enforcing of NFHS rules and regulations related to the penalties for illegal contacts and hits. Flagrant fouls will result in the appropriate yardage penalty as well as the ejection of the athlete from the contest. The illegal hits of targeting, illegal helmet contact (butt blocking, face tackling and spearing) and defenseless player hits will result in the appropriate yardage penalty as well as the player being removed from the field for at least one play.
5. Players and/or coaches ejected from a contest will be suspended from the next regularly scheduled contest as per the NYSPHSAA and Section XI Misconduct Policy. Repeated infractions may lead to additional penalties.
6. The Suffolk County Football Coaches Association has pledged its support to the officials to make the calls necessary to minimize the risks of the all participants as well as maintain the integrity of the game.
7. Support head coaches in the downloading of game film to the Officials Association for their review and use in the education and professional growth of all of its membership.
8. Support and work with USA Football in its efforts to promote and implement programs that are being created for the benefit of all in the game.
9. Work with Suffolk County Officials Association and Coaches Association in its commitment to dramatically reduce illegal hits. Data on the illegal hits of targeting, illegal helmet contact (butt blocking, face tackling and spearing) and defenseless player hits will be tracked and reported to Section XI for compilation. This data will aid us in the evaluation of our work.
10. Work with our Officials Association in the exploration and development of the best possible evaluation programs.
11. Commitment to bring each of these initiatives to the NYSPHSAA and NFHS level.

We are confident that through the implementation of these strategies and commitment by all who love this great game we can create an even better experience for our student-athletes.
Pre-Game Officials Statement:

“In an effort to minimize risks to you and your opponent, helmets are not to be considered weapons and are not to be used as weapons. Helmets are not to be intentionally used to initiate illegal helmet contact against an opponent, such as spearing, targeting, butt blocking and face tackling.”

Sample Public Announcement During Football Game (should be announced at least 2 times during contest):

“The (insert name of both schools) school districts salute the Suffolk County Football coaches, officials and Athletic Administrators for implementing the Tommy Tough Football Standards, thereby reducing risks for all Suffolk County football players. We ask all spectators to join the Suffolk County coaches in supporting the officials when they make calls pertaining to targeting, illegal helmet contact and defenseless player hits. Thank you for your anticipated cooperation.”
DATE: August 2019
TO: Section XI Coaches of Officiated Sports
FROM: Thomas J. Combs
RE: Rating Officials

Section XI provides a vehicle for coaches to evaluate the performance of game officials. It us our feeling that the system we use is the most comprehensive and effective method possible. We ask for your cooperation in this effort.

Some specifics we wish to reiterate:

1. We are committed to protecting the right of each and every coach to rate officials. We believe it to be an obligation of each and every coach to evaluate, though fully understand that your main focus is appropriately your coaching task.

2. Officials DO NOT have access to the sources of their ratings. Confidentiality is a major priority. Even Section Sport Chairs are precluded from having this information. Though we work closely with the Presidents of officials groups, they will verify the confidentiality of your ratings. Only the Section office staff has knowledge of rating sources.

3. The success of the rating system is totally dependent on your cooperation.

4. When evaluating each official, carefully consider the keys to each category:

   Excellent (5) Should be reserved for the truly outstanding performance, a performance you would want on a championship contest. Over the course of a season, there should be very few 5’s given.

   Good (4) Means just that - a good performance, not outstanding, but better than acceptable - no complaints. Generally, we would expect to see more 4’s than any other rating.

   Acceptable (3) Should speak for itself. We would expect a fair number of these.

   Poor (2) Definite flaws; contest was seriously affected. Hopefully, you will not need to give many during a season.

   Inadequate (1) Absolutely unacceptable throughout the contest. Hopefully, your need to use this will be rare.

Each individual rating chosen (on each category) is a separate computer entry. The computer “computes” for each official by adding the total points and dividing by 5. This is the overall game rating for the official. This results in overall ratings such as 4.2, 3.4, 3.6, or 3.8 in addition to the whole numbers.

Best regards for an enjoyable and productive season.

ratingofficials.coachesmtgs.coaches
CODE OF ETHICS FOR COACHES

Section XI is committed to high ethical standards of conduct as applied to coaches and athletes, therefore coaches shall:

1. Know the rules of the game, the policies of Section XI, and the rules and regulations of NYSPHSAA. The coach and the team shall abide by these rules and regulations.

2. Actively use their influence to enhance good sportsmanship on the part of their players and their community.

3. Refrain from the verbal abuse of athletes and/or officials. Profane and vulgar remarks, critical public comments, and off-color humor are demeaning, offensive and unprofessional.

4. Refrain from the physical abuse of athletes and/or officials. Unnecessary roughness, fighting or any other form of physical abuse cannot be tolerated. (Note: Verbal and physical abuse should never substitute for motivational techniques, which enhance performance without threatening the dignity of the athlete.)

5. Be responsible for the supervision, discipline, and behavior of his/her athletes and abide by all of the rules and regulations of the host school at away contests.

6. Preserve the integrity of competition by never humiliating the opponent in a deliberate manner.

7. In unofficiated sports, ensure honesty in scoring and integrity of calls on the part of their athletes.

8. Do not attempt to seek an advantage through intimidation of opponents or officials.

9. Be positive role models relative to the use of controlled and illegal substances (drugs, alcohol, and tobacco).

10. Recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well being of the individual players.

Violations of this code will be handled by Section XI in the following manner:

1. Misconduct regarding the inappropriate behavior of a coach shall be referred to the offending coach's athletic director.

2. If the violation is not reconciled, the athletic director will forward a report to the Executive Director.

3. On a further violation or flagrant misconduct, the Executive Director will send a formal letter to the coach, athletic director and principal noting that such behavior is unacceptable at Section XI contests. The letter should reflect the degree of inappropriateness.

4. Should Section XI deem it necessary, the matter will be pursued through the Ethics Committee.
SPORTSMANSHIP

In all sports, players and coaches will rate their opponents' sportsmanship at every contest. Season team averages will determine winners in each league/division/device. The officials' rating card will include a sportsmanship rating of opponents at every contest (league and non-league). All teams at all levels of all sports are expected to submit these ratings.

Certificates and recognition will be given to those teams best exemplifying sportsmanship.

Every sport has its own rules and regulations that must be known and respected by coaches and athletes and enforced consistently by officials. However, there are certain behavioral standards that elevate an athletic event from a mere contest to a positive educational experience. Section XI's purpose in implementing this system is to encourage coaches and athletes to focus on these behavioral standards.
SECTION XI
2019-20
FOOTBALL COACHES’ REPRESENTATIVES

Sport: _____Football______________
Chair: _____Tim Horan______________

Division I
Chris Boltrek – Ward Melville
Paul Longo– William Floyd

Division II
Steve Fasciani- Smithtown West
Mike Marratto- Half Hollow Hills East

Division III
Jamie Lynch- Islip
Brian Schaumloffel- Westhampton

Division IV
Vin Ammirato- Mt. Sinai
Rick Punzone- Babylon
# 2019 Football Placement

52 Team Structure (2nd year of 2 year placement format)

<table>
<thead>
<tr>
<th>DIVISION I (12 Teams)</th>
<th>Division II (14 Teams)</th>
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<td>William Floyd</td>
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<td>Patchogue</td>
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<th>Division III (14 Teams)</th>
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<td>Rocky Point</td>
<td>Hampton Bays</td>
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*New Team Criteria- Ineligible for playoffs*
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<td>9. Hauppauge</td>
<td>9. Center Moriches</td>
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<td>12. Amityville</td>
<td>12. East Hampton (Dropped)</td>
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<td>13. Miller Place</td>
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<td>14. Rocky Point</td>
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## Tentative 2019-20 Football

All separate admissions

**TO PURCHASE TICKETS GO TO:**
https://gofan.co/app/school/NYSFHSAAXI

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http://www.sectionxi.org/TOUR/fb.htm
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<th>SPORT</th>
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<th># PRACTICES PRIOR TO 1st SCRIMMAGE/CONTEST</th>
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<th>FIRST SCRIM/CONTEST DATE</th>
<th>NYS CHAMP DATE</th>
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<td>Field Hockey</td>
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<td></td>
<td>17 VAR</td>
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</tr>
<tr>
<td>G Gymnastics</td>
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<td>8/26</td>
<td>9/6</td>
<td>2/29</td>
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<tr>
<td>B/G Soccer</td>
<td>16 JV</td>
<td>6</td>
<td>8/26</td>
<td>9/2</td>
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<tr>
<td></td>
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<tr>
<td>G Tennis</td>
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<td>6</td>
<td>8/26</td>
<td>9/2</td>
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<td>8/26</td>
<td>9/2</td>
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**LAST DAY OF 10-5 RULE IS FRIDAY AUGUST 30**

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<thead>
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<th>Sport</th>
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<th>First Practice Date</th>
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<td>11/19</td>
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<tr>
<td>B/G Bowling</td>
<td>19 VAR</td>
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<td>11/11*</td>
<td>Recomm.</td>
<td>3/7-8</td>
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<td>6</td>
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<td>11/19</td>
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<td></td>
<td>20 VAR</td>
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<td>11/11*</td>
<td>11/19</td>
<td>3/6-7</td>
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<td>6</td>
<td>11/11*</td>
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<td>3/7</td>
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<td>2/28-29</td>
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<tr>
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<tr>
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<td>3/9</td>
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<td>16 VAR</td>
<td>6</td>
<td>3/9</td>
<td>3/16</td>
<td>6/12-13</td>
</tr>
</tbody>
</table>

+6 tournaments maximum *11/11 (Veterans Day) start date per NYSPHAA (Section XI will start 11/12)

Note: First scrimage and first contest dates are based on using Saturdays and holidays as practice dates (except Thanksgiving Day and Veterans Day). If teams do not practice on Saturdays, and or holidays, add one day for each practice missed. According to the Section XI Holy Day Policy approved on Dec. 8, 1984, no contest or interschool scrimage may be scheduled by Section XI on the dates listed below. Jewish holy days begin at sundown of the preceding day, and end at sundown of the day listed. Student-athletes must be able to be home by 6PM on days preceding Jewish holy days.
<table>
<thead>
<tr>
<th>HOLY DAY OBSERVANCE</th>
<th>SIGNIFICANT DATES TO CONSIDER</th>
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<tr>
<td>Sept 30 &amp; Oct 1 • Rosh Hashanah</td>
<td>Sept 2 • Labor Day</td>
</tr>
<tr>
<td>Oct 9 • Yom Kippur</td>
<td>Oct 14 • Columbus Day</td>
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<td>Dec 24 • Christmas Eve</td>
<td>Oct 31 • Halloween</td>
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<td>Dec 25 • Christmas Day</td>
<td>Nov 5 • Election Day</td>
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<tr>
<td>Apr 8 • 1st Day of Passover</td>
<td>Nov 11 • Veterans' Day (observed)</td>
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<tr>
<td>Apr 9 • Holy Thursday</td>
<td>Nov 20 • Thanksgiving Day</td>
</tr>
<tr>
<td>Apr 10 • Good Friday</td>
<td>Jan 20 • Martin Luther King Jr. Day (observed)</td>
</tr>
<tr>
<td>Apr 12 • Easter Sunday</td>
<td>Feb 17 • Presidents' Day</td>
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<tr>
<td></td>
<td>May 25 • Memorial Day (observed)</td>
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<table>
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<th>STANDARD TEST DATES</th>
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<tr>
<td>Aug 24 • SAT</td>
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<tr>
<td>Sept 14 • ACT</td>
</tr>
<tr>
<td>Oct 5 • SAT &amp; Achiev</td>
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<tr>
<td>Oct 16, 19 • PSAT</td>
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<td>Oct 26 • ACT</td>
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<tr>
<td>Nov 2 • SAT &amp; Achiev</td>
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GET IN TOUCH


8/9/2019
FOOTBALL DUAL PARTICIPATION
SOCCER PLAYER/FOOTBALL KICKER
RULES AND REGULATIONS

1. Athletes who are being considered for dual participation as a soccer player and kicker on the football squad must be high school level students. Students may not be selectively classified from the middle school for this dual participation. Dual participation is permitted on Varsity, JV and JV9 football and soccer teams only.
2. The minimum number of practices required prior to scrimmages and contests are sport specific.
3. Rescheduling of contests will not be permitted to resolve conflicts in soccer and football schedules. Athletic Directors must determine the sport in which the soccer player/football kicker will participate.
4. While participating in football, the dual participant will not be considered a field player and can only participate in kicking situations. These situations will include PAT, field goal, kick-off, free kick following safety, or any free kick and punting situation.
5. Schools utilizing dual participants must designate the individual. That information must be sent to all opponents as well as the football coordinator prior to the first contest. The information should include the athlete's name, grade, height, weight and jersey number.
6. All fake kicks are permitted provided that the designated kicker lines up in a normal kicking position prior to the snap.
7. The misconduct policy is sport specific.

<table>
<thead>
<tr>
<th>FOOTBALL DUAL PARTICIPANT REGISTRATION FORM</th>
</tr>
</thead>
<tbody>
<tr>
<td>SCHOOL YEAR</td>
</tr>
<tr>
<td>SCHOOL</td>
</tr>
<tr>
<td>COACH</td>
</tr>
<tr>
<td>ATHLETIC DIRECTOR</td>
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<tr>
<td>ATHLETE'S NAME</td>
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<tr>
<td>GRADE</td>
</tr>
<tr>
<td>HEIGHT</td>
</tr>
<tr>
<td>WEIGHT</td>
</tr>
<tr>
<td>JERSEY #</td>
</tr>
</tbody>
</table>

Prior to first contest:
E-mail Section XI Football Coordinator at t.horan@wi.k12.ny.us
E-mail Section XI Executive Director at t.combs@sectionxi.org
E-mail Athletic Director of all opponents

http://www.sectionxi.org/donna/FB_kicker.htm
Combined Practice Guidelines

A combined practice between two or more schools is designed to increase competition during a controlled instructional situation.

A combined practice **MUST** conform to the following:

(Day 6-10)

a) Coaches are to instruct their own players.
b) "Full Live" contact is permitted but not required.
c) Athletes/Teams may not participate in a combined practice unless they have previously completed five (5) days of practice.
d) While working on team situational aspects, drills may not exceed seven (7) players from either team. This will allow for teams to conduct a 7 v 7 period for skill positions or it may be designed to focus an inside run package to emphasize offensive/defensive line play.
e) Schools using more than seven (7) players in a team drill will be in violation of this rule.

(Post Day 10)

f) Teams/athletes will follow all guidelines listed above with exception to letter D. Since teams have now met the legal requirement to scrimmage, they may line up in 11 v 11 situations provided they adhere to all scrimmage rules including the Two (2) nights rest period.

g) If schools participate in a combined practice on or after Day 13, they must adhere to the “Football Contact Limitations” rule listed as #8 in the NYSPHSAA Handbook Sports Standards Section under Football.
FOOTBALL

General Rules and Regulations


2. Game Jerseys: The visiting team shall wear white or light-colored jerseys, unless a change is agreed to by the athletic directors of both schools.

3. Scouting: No scouting at practices is permitted. Scouting at scrimmages is only permitted by mutual agreement of the coaches.

4. Videotape Exchange: Tape of the most recent game shall be available on Sunday or Monday as agreed upon by the coaches.

5. 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). From NYSPHSAA Handbook.

6. At all varsity games an adult shall be a member of the chain crew and will be available to consult with the head linesman at least 15 minutes before game time.

7. Protests: Judgment calls may not be protested.

To protest a decision which may have resulted from misapplication or misinterpretation of a rule, the coach must (a) direct a player or incoming substitute to request a timeout for a coach-referee conference prior to the time the ball becomes alive following the play to be reviewed, and (b) request the referee to review his decision.

The referee must review the decision which may have resulted from misapplication or misinterpretation of a rule with the coach; confer with the other game officials; have access to the current editions of the National Federation Official High School Rule and Case Books which shall be in the possession of the down marker man; and render a final decision.

A charged time-out occurs when no change in the ruling results. An official's time-out occurs when a coach-referee conference concerning the misapplication of a rule results in the referee altering his ruling.

A delay of game - 5 yard penalty shall be assessed for a coach-referee conference after all permissible charged time-outs for the coach's team have been used, and during which the referee is requested to reconsider the application of a rule and no change in the ruling results.

8. Division standings will be determined by implementing the Power Rating Point System.

9. Division schedules will be devised based on the coaches' seeding of division teams.

10. Pre-Season Practice Format - NYSPHSAA Rules (Approved by the Athletic Council 1/11/11):

a. The first two days of practice must be non-contact, without the use of protective equipment and mechanical blocking devices. The use of cones, ropes, ladders, step-over dummies, soft hand shields and similar devices as teaching aids is permissible. Helmets may be worn.

b. The next three days provide a transition from the conditioning phase to full contact. During this phase, players are permitted to wear a helmet and shoulder pads. Blocking dummies, sleds, and similar devices are permitted. During this phase, player-to-player tackling drills, team scrimmaging, running full contact plays, etc. are not permitted.

c. The following five days consist of contact practice with full protective equipment and the use of all training devices. Full player-to-player contact and team scrimmaging is permitted.

d. Interscholastic scrimmages/contests may commence after ten practices have been completed by the individual player and team.

11. The 20-yard line overtime procedure for breaking ties will be used in all division games.

12. In any school which does not field a varsity football team, a student in his/her final year of athletic eligibility is prohibited from playing at the junior varsity level.

13. High school soccer players are given the opportunity to participate in football as kickers. (Approved 1/10/07)

NYSPHSAA/Section XI Sports Standards
Approved at Section XI Athletic Council 5/18/04

The minimum number of eligible players required for a team to participate in a contest (game or scrimmage) is:

16 - HS (Varsity, JV, JV9)
16 - Modified (Approved by the Athletic Council 1/13/09)

Seeding Procedures

1. The Section XI sport chairman will schedule division seeding meetings.

2. Team information forms requesting pertinent data will be completed by each coach in preparation for the seeding process.

3. At the meeting, team information forms and division seeding forms will be distributed.

4. Each voting representative will be expected to report on their anticipated strength and/or weakness and provide a suggested ranking for their own team within the division. Speaking order:

14 teams: 8, 7, 9, 6, 10, 5, 11, 4, 12, 3, 13, 2, 14, 1
13 teams: 7, 8, 9, 5, 10, 4, 11, 3, 12, 2, 13, 1
12 teams: 7, 6, 8, 5, 9, 4, 10, 3, 11, 2, 12, 1
11 teams: 6, 7, 5, 8, 4, 9, 3, 10, 2, 11, 1

5. Time should be allowed for coaches to review data and rank all other teams (excluding their own) within the division. Following the speaking order, each coach will report his ranking.

6. Teams not represented will be ranked by coaches in attendance. The average rankings of coaches in attendance will be used.

7. New Seeding Variable: In an effort to improve accuracy of seeding, the highest seed rank (highest single seed) and the lowest seed rank (lowest single seed) of the subjective ranking will not be included in each teams total score. For example from a 14 team division: Team A receives seed ranks of 2, 3, 4, 3, 4, 3, 4, 3, 4, 2, 3 and 8. The subjective total score for Team A would NOT include one of the 2 seeds and the 8 seed. The subjective total score for Team A would be calculated using the remaining eleven scores. (3/12/18)

8. A subjective ranking will be devised from the rankings by totaling the scores (numerical ranking) for each team. The lowest score will be the highest ranked, etc.

9. a. If a team competed in a higher division the previous year, it will be placed a half position higher than its finish the previous year.
   b. If a team competed in a lower division the previous year, it will be placed a half position lower than the previous year.

10. Ties in subjective seeding will be broken by:
    a. Team's own ranking
    b. Where they finished previous year

11. If one team drops in a division after June 1st, any contest scheduled with that team will be considered a forfeit. Approved 1/15/14

12. If one team drops in any division prior to June 1st, the Football Committee will reconvene and approve the scheduling procedure. Approved 1/15/14

13. If two teams drop in any division prior to August 1st, a new schedule will be developed for that division. Approved 3/8/11

14. The divisional semi-final will be scheduled at the higher seed with the home school determining the date (Friday or Saturday) and time of the contest.

15. Football
   - 8 power-ranked games will be scheduled which will determine the final standings.
   - A 9th football game will be scheduled as follows:
     ~ Section XI tournament qualifying round at higher seed: 1 vs. 8; 2 vs. 7; 3 vs. 6; 4 vs. 5
     ~ Winning team will qualify for the tournament semi-final. Teams will be seeded for the semi-final based on the regular season results.
     ~ No admission will be charged.
     ~ Schools are responsible for their own costs.
     ~ Night games will be permitted.

New Team Criteria: In an effort to encourage new football teams and reflect current times, any school that did not have a varsity football team the year before (did not play 1 game) will be added to a division determined by ADs through conference voting for a 2 year growth period (Not eligible for playoffs if a team is placed outside enrollment). The New Team cannot displace another football team's placement.

Football Placement (App 3/12/18)

- Chart based total number of teams = 52
- Student enrollment based (annually)
- If any team drops football, that division will have 1 less team and follow the Section XI drop team policy

<table>
<thead>
<tr>
<th></th>
<th>Division I</th>
<th>Division II</th>
<th>Division III</th>
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<tbody>
<tr>
<td>2016</td>
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<td>2017</td>
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<td>2018</td>
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<td>14</td>
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<tr>
<td>2019</td>
<td>12</td>
<td>14</td>
<td>12</td>
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</tbody>
</table>

*new team criteria awarded to 1 team for 2018 & 2019 season. Ineligible for post season

Power Rating Point System

Division standings will be determined by implementing the Power Rating Point System. At the completion of a division schedule, the following procedure will be:

STEP I
Assign the proper winning and losing percentage rating to each team based on its record. (See chart)
Example:
Team X: record 5-2-1, winning raw score .71, losing raw score .29
Team Y: record 6-3-1, winning raw score .73, losing raw score .27

STEP II
Determine each team's individual point total as follows:
A. For every win, add the winning percentage raw scores of the opponent.
B. For every loss, subtract the losing raw scores of the opponent.

http://www.sectionxi.org/handbook/hssports/football.htm
8/12/2019
C. Add each team's own winning percentage raw score to the total.

**STEP III**
Set the final standings by ranking the teams in order using accumulated point totals. Results may be curved to prevent the publication of a negative total for any team by adding a like positive number (100 points) to all scores.

**Strength of Schedule Point System**

<table>
<thead>
<tr>
<th>Fourteen Teams</th>
<th>Thirteen Teams</th>
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<tbody>
<tr>
<td>1st seed = 14 pts</td>
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<td>14th seed = 1 pt</td>
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**Double Relief Scheduling Option:** If athletic directors, after consultation with their varsity head football coach, WITHIN any single division, feel the Double Relief OPTION is appropriate for their division for any given season, they can vote to implement it with a 75% majority. If a division votes to implement the Double Relief OPTION, it will be followed for that one season. Athletic Directors wishing to pursue this OPTION, must submit a request to the Section XI Executive Director and Football Chairperson 1 week prior to the annual spring football seeding meeting. (3/12/18)

**Ties in Division Standings**
The procedure for breaking ties in division standings (teams with exact power points):

1. Head-to-head record breaks ties in point standings in favor of the winner.
2. Comparative record versus the highest finishing common opponent. If the record is the same, continue to compare the performance of each team against the highest finishing common opponents in descending order until the tie is broken.
3. If the tie has not been broken using common opponents, it will be broken by the team that beat the highest finishing uncommon opponent.
4. If the tie is still not broken, the highest ranked team as determined by division coaches at the pre-schedule meeting will be the team given the higher final division standing.

(Approved Oct. 99)

**Section XI Tournament Games:**
Effective July 1, 2014, Section XI has adopted SPALDING as the official ball used in all Section XI playoff contests. Schools are mandated to use a SPALDING product exclusively during ALL ROUNDS of the Section XI playoffs.

**Alpha Spalding Football Penalty:** Penalties for teams who use a non-Alph Spalding football during a post season Section XI game (includes kicking games) 3/12/18

- **1st Offense:** Unsportsmanlike penalty on head coach- 15 yard penalty & loss of down*
- **2nd Offense:** Unsportsmanlike penalty on head coach (head coach ejected)- 15 yard penalty & loss of down*

Additional Offenses: 15 yard penalty with loss of down*

*Kick-off: Re-kick and access penalty

Points of interest:
1) If an official accidentally receives a non Alpha Spalding ball throughout the game, they are encouraged to return the non Alpha Spalding ball to the team bench in exchange for a Alpha Spalding ball and NOT implement a penalty. Penalties are only to be assessed AFTER a team using a non Alpha Spalding ball.
2) Kick-offs - If kicking team uses a non Alpha Spalding ball, the kick will be a re-kick and penalty assessed according to above.

A. Semi-Final and final games are sponsored by Section XI. The host school will be reimbursed for expenses as stipulated by Section XI. Admission will be charged.

B. Postponements - The decision to postpone the Section XI Division Semi-Final shall be made by the home school Athletic Director. The decision to postpone the Section XI Division Final shall be made in concert with Section XI and the sport chairman. (Approved 3/10/09)

C. Protests - The on-field officials shall be the official protest committee. All protests shall be made to the referee prior to the play following the contested ruling. The referee will convene the protest committee, which will render a decision before play continues. Said
decision is final.

D. The 20-yard line overtime system for breaking ties will be used in all Section XI tournament games.

E. Halftime will be 20 minutes in length. Each school will be allotted eight minutes for an appropriate presentation of their choosing.

**Long Island Championships:** All teams will be responsible for supplying and using the Spalding Alpha Ball (3/12/18)

### Varsity Football 20-Yard Line Overtime Procedure

If at the end of the fourth quarter the teams have the identical scores, the tie will be resolved by the following method approved by the New York State Public High School Athletic Association. All game rules will apply except:

a. No try will be made if the winner of the game has been determined;

b. If Team B scores a safety, the game is ended;

c. If Team B gains possession, the down and series for Team A ends immediately;

d. No free kick privileges are allowed following a fair catch or awarded fair catch.

When the score is tied at the end of the fourth quarter, the referee will instruct both teams to return to their respective team boxes. There will be a three-minute intermission during which both teams may confer with their coaches. All officials will assemble at the 50-yard line and review the procedure. The referee shall inform each coach that unused time outs do not carry over. The linesman will go to the team on the side of the field where the line-to-gain equipment is located, and the line judge will go to the other team and escort the respective team captains to the center of the field for the coin toss.

At the coin toss, the visiting team captain shall be given the privilege of calling the coin while it is in the air. The winner of the toss shall be given the choice of defense or offense, or of designating the end of the field at which the ball will be put in play. The referee will indicate the winner of the toss by placing a hand on his shoulder. To indicate which team will go on offense first, the referee will place a ball in the team captain's chest area while he is facing the goal toward which his team will advance and give the first down signal. The other team captain will face the offensive captain with his back toward the goal which he will defend.

Each team shall be permitted one additional time-out for each extra period. The team scoring the greater number of points in the overtime shall be declared the winner. The final score shall be determined by totaling all points scored by each team during the regulation and overtime periods.

To start the overtime, the offensive team (Team A) shall put the ball in play, first and 10 on Team B's 20-yard line anywhere between the inbounds. Team A shall have a series of four downs. The series shall be terminated by any score by Team A or, if Team B had possession, at the end of any down. Team A shall be awarded a new series when:

a. NFHS rules apply;

b. Team A recovers a scrimmage-kick (field goal attempt) between the goal lines after it has been touched first by Team B beyond the neutral zone;

c. When Team B is guilty of roughing the kicker, or place kicker holder or passer.

If Team A scores a touchdown, it is entitled to the opportunity to try for points, except when it is unnecessary to break the tie. A field goal attempt is permitted during any down. If the defensive team gains possession, the ball becomes dead immediately, and Team A's series is ended.

After team A has completed its series, Team B will become the offensive team with the ball in its possession at the 20-yard line anywhere between the inbounds. The same end of the field will be used for both possessions in order to insure equal game conditions and conserve time.

If the score remains tied after each team has been given one series, the procedure shall be repeated until a winner is determined. There will be an intermission of two minutes during which the loser of the coin toss will be given first choice of the options. If additional periods are required, first choice of options will be alternated.

*Rev: 1/16*
MEMO

TO: NYSPHSAA Section Executive Directors
FR: Robert Zayas, NYSPHSAA Executive Director
RE: Football Contact Limitations
DATE: June 5, 2015

On May 1, 2015 the NYSPHSAA Executive Committee approved limiting contact in the sport of football beginning with the 2015 season. The newly adopted Football Contact Limitation states:

"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 14th day (modified).

If you have any questions, concerns or need any clarification pertaining to this newly approved rule, please contact me, so we can address it prior to the start of the 2015 Football season.

Thank you.
2019 NFHS FOOTBALL RULES CHANGES

BY STATE ASSOCIATION ADOPTION, USE OF VIDEO REVIEW ALLOWED FOR STATE POSTSEASON CONTESTS [1-3-7 NOTE (NEW), TABLE 1-7 – 1-3-7 NOTE (NEW)]
Rationale: By state association adoption, instant replay may only be used during state postseason contests to review decisions by the on-field game officials. This adoption would allow state associations to develop protocols for use of video replay.

IMPROVED VISIBILITY OF NUMBERS [1-5-1c, 1-5-1c(6) (NEW)]
Rationale: The purpose of numbers on jerseys is to provide clear identification of players. In order to enhance the ability to easily identify players, the committee has clarified the size requirements for jersey numbers through the 2023 season. The committee also added a new requirement that, effective in the 2024 season, jersey numbers must be a single solid color that clearly contrasts with the body color of the jersey.

REDEFINED REQUIREMENTS FOR A LEGAL SCRIMMAGE FORMATION [2-14-1, 7-2-5a]
Rationale: A legal scrimmage formation now requires at least five offensive players on their line of scrimmage with no more than four backs. This change will make it easier to identify legal and illegal offensive formations.

PROHIBITION ON TRIPPING THE RUNNER [2-45, 9-4-3o (NEW), 9-4-3o PENALTY (NEW)]
Rationale: In an effort to decrease risk, tripping the runner is now prohibited. It is now a foul to intentionally use the lower leg or foot to obstruct a runner below the knees.

40-SECOND PLAY CLOCK [2-35-1, 3-6-1, 3-6-2a, 7-2-1]
Rationale: To have a more consistent time period between downs, the rules committee approved situations where 40 seconds will be placed on the play clock. The new rule defines when 40 seconds will be placed on the play clock and when 25 seconds will be placed on the play clock.

HORSE-COLLAR TACKLE ADDITION [9-4-3k]
Rationale: Grabbing the name plate area of the jersey of the runner, directly below the back collar, and pulling the runner to the ground is now an illegal personal contact foul.
ILLEGAL KICKING AND BATTING PENALTY REDUCED [9-7 PENALTY]
Rationale: The penalty for illegally kicking or batting the ball was reduced from 15 yards to 10 yards.

2019 EDITORIAL CHANGES

2-6-2d, 5-2-2, 5-2-4, 6-5-4, 7-2-5a, 8-5-2 EXCEPTION, 9-3-8 PENALTY, 10-4-2c EXCEPTION, 10-5-1j,

2019 POINTS OF EMPHASIS

1. Proper Procedures for Weather Delays
2. Expanded Neutral Zone as it Applies to Run or Pass Options
3. Free-Blocking Zone and Legal Blocking

**As of February 11, 2019**
40-Second Play Clock, State Option for Postseason Instant Replay Among Changes in High School Football

FOR IMMEDIATE RELEASE

INDIANAPOLIS, IN (February 11, 2019) — In an effort to establish a more consistent time period between downs in high school football, the play clock will start at 40 seconds instead of 25 seconds in many cases beginning with the 2019 season.

This change was one of seven rules revisions recommended by the National Federation of State High School Associations (NFHS) Football Rules Committee at its January 13-15 meeting in Indianapolis, which were subsequently approved by the NFHS Board of Directors.

The play clock will continue to start at 25 seconds (a) prior to a try following a score, (b) to start a period or overtime series, (c) following administration of an inadvertent whistle, (d) following a charged time-out, (e) following an official’s time-out, with a few exceptions, and (f) following the stoppage of the play clock by the referee for any other reason. In all other cases, 40 seconds will be placed on the play clock and start when the ball is declared dead by a game official.

Previously, the ball was marked ready-for-play when, after it had been placed for a down, the referee gave the ready-for-play signal and the 25-second count began. Beginning next season, in addition to the above situations when the 25-second count is used, the ball will also be ready for play when, starting immediately after the ball has been ruled dead by a game official after a down, the ball has been placed on the ground by the game official and the game official has stepped away to position.
“The entire committee needs to be commended for its thorough discussion regarding the move to a 40-second play clock, except in specific situations that will still have a 25-second play clock to show play is ready to begin,” said Todd Tharp, assistant director of the Iowa High School Athletic Association and chair of the NFHS Football Rules Committee. “This is one of the most substantial game administration rules changes to be approved in the past 10 years, and without detailed experimentation from several state associations over the past three years, along with cooperation of the NFHS Football Game Officials Manual Committee, all the elements needed to approve this proposal would not have been in place.

Another significant change approved by the committee was the addition of a note to Rule 1-3-7 to permit state associations to create instant-replay procedures for state postseason contests only. This revision would allow game or replay officials to use a replay monitor during state postseason contests to review decisions by the on-field game officials. Use of a replay monitor would be on a state-by-state adoption basis, and the methodology for reviewing calls would be determined by the applicable state association.

“The ultimate goal of each game official and each officiating crew is to get the call correct,” Tharp said. “Each state association, by individual adoption, can now use replay or video monitoring during its respective postseason contests to review decisions by the on-field game officials. Each state association, if it adopts this rules revision, will also create the parameters and scope of the replay.”

With regard to uniforms, the NFHS Football Rules Committee clarified the size requirements for numbers on jerseys through the 2023 season and added a new requirement effective with the 2024 season. Clarifications to Rule 1-5-1c (in bold) that are in effect through the 2023 state that the numbers, inclusive of any border, shall be centered horizontally at least 8 inches and 10 inches high on front and back, respectively. In addition, the entire body of the number (the continuous horizontal bars and vertical strokes) exclusive of any border(s) shall be approximately 1½-inches wide. Finally, through the 2023 season, the body of the number (the continuous horizontal bars and vertical strokes) shall be either: (a) a continuous color(s) contrasting with the jersey color; or (b) the same color(s) as the jersey with a minimum of one border that is at least ¼-inch in width of a single solid contrasting color.
Effective with the 2024 season, the entire body of the number (the continuous horizontal bars and vertical strokes) of the number shall be a single solid color that clearly contrasts with the body color of the jersey.

“The purpose of numbers on jerseys is to provide clear identification of players,” said Bob Colgate, NFHS director of sports and sports medicine and staff liaison to the NFHS Football Rules Committee. “In order to enhance the ability to easily identify players, the committee has clarified the size requirements for jersey numbers through the 2023 season and added a new requirement for the 2024 season.”

Two changes were approved by the committee in an effort to reduce the risk of injury in high school football. First, tripping the runner is now prohibited. Beginning next season, it will be a foul to intentionally use the lower leg or foot to obstruct a runner below the knees. Previously, a runner was not included in the definition of tripping. Second, in Rule 9-4-3k, the “horse-collar” foul was expanded to include the name-plate area, which is directly below the back collar. Colgate said grabbing the name-plate area of the runner’s jersey, directly below the back collar, and pulling the runner to the ground is now an illegal personal contact foul.

A change in the definition of a legal scrimmage formation was approved. A legal scrimmage formation now requires at least five offensive players on their line of scrimmage (instead of seven) with no more than four backs. The committee noted that this change will make it easier to identify legal and illegal offensive formations.

The final change approved by the NFHS Football Rules Committee for the 2019 season was a reduction in the penalty for illegally kicking or batting the ball from 15 yards to 10 yards.

A complete listing of the football rules changes will be available on the NFHS website at www.nfhs.org. Click on “Activities & Sports” at the top of the home page and select “Football.”

According to the 2017-18 NFHS High School Athletics Participation Survey, 11-player football is the most popular high school sport for boys with 1,036,842 participants in 14,079 schools nationwide. In addition, there were almost 30,000 boys who participated in 6-, 8- and 9-player football, along with approximately 2,500 girls who played the sport for a grand total of 1,068,870.

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About the National Federation of State High School Associations (NFHS)

The NFHS, based in Indianapolis, Indiana, is the national leadership organization for high school sports and performing arts activities. Since 1920, the NFHS has led the development of education-based interscholastic sports and performing arts activities that help students succeed in their lives. The NFHS sets direction for the future by building awareness and support, improving the participation experience, establishing consistent standards and rules for competition, and helping those who oversee high school sports and activities. The NFHS writes playing rules for 17 sports for boys and girls at the high school level. Through its 50 member state associations and the District of Columbia, the NFHS reaches more than 19,000 high schools and 11 million participants in high school activity programs, including more than 7.9 million in high school sports. As the recognized national authority on interscholastic activity programs, the NFHS conducts national meetings; sanctions interstate events; offers online publications and services for high school coaches and officials; sponsors professional organizations for high school coaches, officials, speech and debate coaches, and music adjudicators; serves as the national source for interscholastic coach training; and serves as a national information resource of interscholastic athletics and activities. For more information, visit the NFHS website at www.nfhs.org.

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IN NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

NEWS RELEASE

New Blocking, Kicking Rules Address Risk Minimization in High School Football

FOR IMMEDIATE RELEASE

INDIANAPOLIS, IN (February 22, 2017) — New rules on blindside blocking are the most recent steps taken by the National Federation of State High School Associations (NFHS) Football Rules Committee in minimizing the risks associated with the sport.

The establishment of a new definition of a blindside block in Rule 2-3-10 and the addition of Rule 9-4-3n prohibiting a blindside block were two of 11 rules changes recommended by the NFHS Football Rules Committee at its January 20-22 meeting in Indianapolis. All rules changes were subsequently approved by the NFHS Board of Directors.

“The NFHS Football Rules Committee’s actions this year once again addressed risk minimization, officiating, competitive balance and game administration,” said Bob Colgate, director of sports and sports medicine at the NFHS and staff liaison for football.

The definition of a blindside block established by the committee is “a block against an opponent other than the runner, who does not see the blocker approaching,” and now results in a 15-yard penalty.

The committee stated that the blindside block “involves contact by a blocker against an opponent who, because of physical positioning and focus of concentration, is vulnerable to injury.
Unless initiated with open hands, it is a foul for excessive and unnecessary contact when the block is forceful and outside of the free-blocking zone.”

“As has been the case for many years, the NFHS Football Rules Committee continued to place their main emphasis on risk minimization,” said Todd Tharp, chair of the NFHS Football Rules Committee and assistant director of the Iowa High School Athletic Association. “With this new definition of a blindside block and the penalty to be assessed, the committee stresses the importance of proper coaching techniques under the rules and accurate enforcement by the game officials.”

Another significant risk-minimization change was elimination of a pop-up kick in new Rule 6-1-11. A new definition of a pop-up kick in Rule 2-24-10 is defined as “a free kick in which the kicker drives the ball immediately to the ground, the ball strikes the ground once and goes into the air in the manner of a ball kicked directly off the tee.”

The committee implemented this change in an effort to reduce risk of injury due to the increased use of the pop-up kick on sideline kickoffs. Such kicks will be penalized as a dead-ball free-kick infraction, as noted with new Rule 6-1-11 PENALTY.

The NFHS Football Rules Committee also expanded Rule 2-32-16 regarding a defenseless player by adding specific examples of a defenseless player. Those examples include, but are not limited to:

a) A player in the act of or just after throwing a pass;
b) A receiver attempting to catch a pass who has not had time to clearly become a runner;
c) The intended receiver of a pass in the action during and immediately following an interception or potential interception;
d) A runner already in the grasp of a tackler and whose forward progress has been stopped;
e) A kickoff or punt returner attempting to catch or recover a kick, or one who has completed a catch or recovery and has not had time to protect himself or has not clearly become a ball carrier;
f) A player on the ground including a ball carrier who has obviously given himself up and is sliding feet-first;
g) A player obviously out of the play or not in the immediate vicinity of the runner; and
h) A player who received a blindside block with forceful contact not initiated with open hands.
“A great deal of time was spent by the committee creating specific criteria to define exactly what a defenseless player is,” Tharp said. “Coaches can use these examples to focus on the proper mechanics of blocking and tackling, and game officials now are able to use this expanded definition to focus on continued risk minimization of the players.”

Changes to Rule 7-1-6 expand on the situations required for encroachment to occur after the ready-for-play and after the snapper has placed his hand(s) on the ball. The rule previously stated that encroachment occurred if “any other player breaks the plane of the neutral zone.” In addition, now defensive players are restricted from contacting the ball prior to the end of the snap or making contact with the snapper’s hand(s) or arm(s) until the snapper has released the ball.

The remaining changes approved by the NFHS Football Rules Committee touched on a new ball specification (1-3-1h), uniforms [(1-5-1b(3)], game officials (1-5-4), post-scramble kick fouls (2-16-2h), penalty time clock management (3-4-7), prosthetic limbs (4-2-2I) and forward-pass interference (7-5-10), in which the previous foul for non-contact face guarding was eliminated as forward-pass interference.

Regarding the uniform change in Rule 1-5-1b(3), effective with the 2021 season, “the jerseys of the home team shall be a dark color that clearly contrasts to white.”

“The committee revised the rule to provide schools and manufacturers more clarification regarding the game’s current trend of utilizing lighter gray shades,” Colgate said. “The requirement for teams to wear contrasting colors to white is not a new rule, and it is the committee’s expectation that this new clarification will allow changes to be made during normal replacement cycles.”

A complete listing of all rules changes will be available soon on the NFHS website at www.nfhs.org. Click on “Activities & Sports” at the top of the home page, and select “Football.”

According to the 2015-16 NFHS High School Athletics Participation Survey, football is the most popular sport for boys at the high school level with 1,083,308 participants in 11-player football. Another combined 28,943 boys participated in 6-, 8- and 9-player football. In addition, 2,140 girls participated in one of the four football offerings during the 2015 season.

*This press release was written by Cody Porter, graphic arts/communications assistant in the NFHS Publications/Communications Department.*
2018 NFHS FOOTBALL RULES CHANGES

1-5-4, 1-5-5, 3-5-10e (NEW) 3-6-2, 9-9: Improperly equipped player shall be replaced for at least one down.  
**Rationale:** Prior to the game, the head coach is responsible for verifying that the players are legally equipped and will not use illegal equipment. The penalty for a player who is not properly equipped has changed from a distance penalty against the team to removal of that player for at least one down. The penalty provisions for any use of illegal equipment remain unchanged and result in an unsportsmanlike conduct foul charged to the head coach.

2-32-16a: Defenseless player provisions for passer clarified.  
**Rationale:** The committee clarified that defenseless player provisions do not apply to a passer until a legal forward pass is thrown. The passer continues to be a defenseless player until the pass ends or the passer moves to participate in the play.

6-1-3b PENALTY, 6-1-4 PENALTY: Signal change for free kick infractions.  
**Rationale:** The signal for free kick infractions, other than encroachment of the neutral zone, has been changed from signal 18 to signal 19.

6-1-9b (NEW), 6-1-9b PENALTY (NEW), 10-4-2 EXCEPTION (NEW), 10-5-1j (NEW): New penalty option adopted for fouls by kicking team.  
**Rationale:** In an effort to reduce re-kicks, further minimize risk and ensure that appropriate penalties are in place for all fouls, the committee has added an option for fouls committed by the kicking team during free and scrimmage kicks. The change would allow the receiving team all of the previous options as well as accepting the distance penalty at the end of the down.

SIX-PLAYER FOOTBALL (RULE 3): Length of time between periods revised.  
**Rationale:** The timing rule between periods and intermission for six-player football has been standardized to match the current NFHS 8-, 9- and 11-player football rules.

2018 FOOTBALL EDITORIAL CHANGES

Field Diagrams, 1-3-7, Table 1-7 (9.), 3-4-2c, 3-5-2b, 3-5-5b, 3-6 PENALTY, 5-1-2a, 7-2-5b EXCEPTION (1), Table 7-5-4, 7-5-5, 9-4 PENALTY, 9-5-1h, 9-7-2 EXCEPTION, 9-8-1j, 10-4-7, Resolving Tied Games, Penalty Summary, NFHS Official Football Signals, Index.

2018 FOOTBALL POINTS OF EMPHASIS

1. Proper Wearing and Use of Required Equipment
2. Blindside Blocks and Defenseless Player
3. Enforcement of Penalties for Personal Fouls and Unsportsmanlike Conduct Fouls
4. Pace of Play and Timing Issues

**As of June 2018**
Proper Wearing and Use of Required Equipment

Prior to the start of each game, the head coach must verify that all of his players have the proper equipment and that no illegal equipment will be used. The purpose of equipment rules is to ensure the safety and protection of both the player wearing the equipment and his opponent. Due to the potential for injury, game officials must strictly enforce equipment rules. Game officials have been reluctant to penalize a team for the failure of a player to properly wear all of the required equipment. This reluctance may be due to game officials assuming that equipment violations are a minor offense and do not warrant penalties. In view of this reluctance, a rule change has been implemented to lessen the severity of the consequence of violating equipment rules. With the lessened severity, it is imperative that game officials follow appropriate procedures when equipment violations occur. Equipment rules are an extremely important part of the game, and it is therefore essential that game officials are diligent in promptly addressing any and all equipment rule violations.

Equipment violations can be grouped into three categories: (1) failure to properly wear required equipment, (2) failure to wear or use legal and/or required equipment, and (3) wearing illegal equipment. The first category encompasses instances where the required equipment is present, but is not worn properly. Examples include, but are not limited to, unsnapped chin straps, tooth and mouth protectors that are dangling, or jerseys that do not fully cover the shoulder pads or back pads. If game officials observe any improperly worn equipment during a dead-ball period, they should declare an official’s time-out and ask the player to make a correction. However, if the equipment issue is not recognized until the snap is imminent, the game official should immediately sound his whistle to prevent the snap from occurring, declare an official’s time-out and require that the player leave the game for at least one down to address the equipment issue. The second category is when a player is missing any required equipment. In this situation, an official’s time-out must be declared, the player must leave the game for at least one down and will not be allowed to return to the game until the missing equipment is obtained and properly worn by the player. The third category occurs when a player wears illegal equipment. Examples include, but are not limited to, the wearing of cleats that exceed ½-inch, or the presence of a sticky substance on a player’s uniform. If a player is detected wearing illegal equipment, his head coach is charged with an unsportsmanlike conduct foul under Rule 9-8-1h.

If any equipment becomes illegal or defective during the game, correction must be made
before the player continues to participate. Examples include chin-strap snaps which break off of the helmet or a jersey that slides up over the top of the shoulder pad. If the correction can be made without the assistance of a team attendant, and without delaying the ready-for-play signal by more than 25 seconds, an official's time-out may be called to perform such correction. Alternatively, a team may request a charged time-out to perform the correction. However, if correction cannot be completed within 25 seconds, or during a charged timeout, the player may not continue to participate until correction is made.

**Pace of Play and Timing Issues**

In order to maintain a fair balance between offense and defense, a consistent pace of play should be established and maintained by the game officials during the entire contest. Each team should be allowed an equal opportunity to make substitutions and call plays during the time between the dead ball and the next ready-for-play signal. The pace of play should not change during the contest, and should be the same from game to game, and from officiating crew to officiating crew. Therefore, the committee recommends the ready-for-play signal be given between 12 and 15 seconds after the previous dead ball. This pace of play should be consistent no matter if either team wants to hurry up or slow down. Long incomplete passes, plays into the side zones and first downs may require the game officials to hustle to get the ball and line-to-gain equipment properly set, while short runs up the middle may require a slight delay before marking the ball ready for play. Consistency is the goal without regard to particular game situations.

To accomplish a consistent pace, the referee should develop a “feel” for 12 to 15 seconds. This feel can be accomplished in many ways. A few examples could be for a referee to establish a routine of duties to perform after each dead-ball whistle, then mark the ball ready-for-play after completing those duties. A referee could also use the game clock to time 12 to 15 seconds if it is running and easily observable. Lastly, a referee could ask an observer to record the amount of time between a dead-ball whistle and the next ready-for-play so pace-of-play adjustments can be made during their next contest. With some attention by the referee and effort by the entire officiating crew, consistent pace of play can be achieved.

In a similar fashion, game officials should also be vigilant about unfair use of the game clock. Rule 3-4-6 has been around for many years and allows the referee to start or stop the game clock when a team attempts to illegally conserve or consume time. This rule applies at any time during the contest including the last two minutes of either half. Game officials are encouraged to become “clock aware” at 4:00 in each half for potential illegal clock manipulation. Game officials should also be “clock aware” near the end of the first and third periods if weather conditions or field conditions could give a team an advantage through the delay or acceleration of the reversal-of-field position at the end of each period.

In 2017, the NFHS Football Rules Committee adopted Rule 3-4-7 which gives an offended team the option to start the clock on the snap when a penalty is accepted with less than two minutes left in either half. This option applies to any accepted penalty by either team if the clock would otherwise start on the subsequent ready-for-play signal. In a situation where there is a live-ball foul by one team and a dead-ball foul by the other, or a dead-ball foul by
both teams, each team would be given the option to start the clock on the snap if it would have otherwise started on the ready-for-play. If either team exercises this option, the clock will start on the snap. It is of no significance whether or not the clock was running at the time a foul occurred.

**Enforcement of Penalties for Personal Fouls and Unsportsmanlike Conduct Fouls**

Rule 9-4 provides a list of illegal personal contact fouls. These acts are illegal due to the potential for injury to an opponent. With a few notable exceptions, these fouls do not carry an automatic disqualification, although disqualification may result if the covering official judges the foul to be flagrant. Additionally, the penalties for repeated violations in the same game are not cumulative. For example, if a player pulls a ball carrier down by the face mask and later in the game commits a taunting foul, the player remains in the game. Unnecessary roughness fouls are personal fouls — not unsportsmanlike conduct fouls — and are not being included in the specific fouls that would lead to disqualification unless the act is flagrant. Unsportsmanlike conduct fouls never involve contact with an opponent.

Game officials need to be aware of all circumstances before enforcing the distance penalty for a personal foul as there are several factors to be evaluated, such as the type of play (loose ball vs. running play), whether there was a change of possession, whether a score occurred during the play or whether a double foul or multiple fouls occurred.

Rules 9-5 and 9-8-1 define noncontact unsportsmanlike conduct and provide general examples of such fouls including using profanity, vulgar language or gestures, attempting to influence a game official’s decision, a coach allowing his players to use illegal equipment, being on the field except as a substitute or replaced player and several other situations.

Specific examples of unsportsmanlike conduct include but are not limited to the following: any delayed, excessive or prolonged act by which a player attempts to focus attention upon himself; using abusive, threatening or insulting language or gestures to opponents, teammates or game officials; or using baiting or taunting acts or words that engender ill will between teams.

Unsportsmanlike conduct fouls accumulate and any player or non-player who receives two such fouls is automatically disqualified from the contest. However, any single foul judged by the game official to be flagrant is disqualification. Unsportsmanlike conduct penalties are always enforced from the succeeding spot.

Situations have arisen in recent years regarding unsportsmanlike conduct that have not been correctly called. For example, the “Where’s the tee?” play described in the case book is an example of unsportsmanlike conduct. The ball should be declared dead and the penalty should be enforced as a dead-ball foul. Football has been and will continue to be a game of deception and trickery involving multiple shifts, unusual formations and creative plays; however, actions and language designed to confuse the defense into believing there is a problem and a snap isn’t imminent are beyond the scope of fair play.
Defenseless Player and Blindside Blocks

In 2017, the NFHS adopted rules defining and giving examples of defenseless players, and rules prohibiting forceful blindside blocks outside the free-blocking zone unless initiated with open hands. Coaches and game officials should understand, teach and apply these rules in a manner promoting player safety and minimizing the risk of player injury.

Defenseless Player — A defenseless player is one who, because of his physical position and focus of concentration, is especially vulnerable to injury. The most common types of defenseless players include passers, receivers, sliding runners, runners whose forward progress is stopped, players out of the play and players who are blindside blocked.

A defenseless player is not in an equal physical position with the player attacking him and could be severely injured when contacted. For example, a player passing or attempting to catch a ball is completely exposed to opponents. A player obviously out of the play has no reason to think an opponent will charge into him. A runner in an opponent’s grasp and whose forward progress has been stopped cannot defend himself from an opponent taking a free shot at him. A downed runner or a runner giving himself up and sliding feet first cannot protect himself against unnecessary contact. A player receiving a blindside block is unaware of the opponent charging him. What is common among all these situations is that the player cannot defend himself or avoid potential contact, leaving himself vulnerable to injury. Special attention must be given to contact against these players to determine if it is legal. Although defenseless players who are involved in the play may be contacted by an opponent, the player initiating contact must do so in a legal manner.

The term “defenseless player” is relatively new to the rules, but the protection afforded these players is not. For several years, the rules have penalized roughing the passer, kick catching interference, illegal helmet contact, unnecessary roughness and late hits. Classifying players as defenseless reinforces the prohibition against illegal contact and emphasizes the need to protect the most vulnerable players. Excessive and unnecessary contact, including forceful contact to the head or neck area of a defenseless player, has long been illegal, and it has no part in the game. Coaches must exercise leadership in eliminating illegal contact, and game officials must act decisively to penalize illegal contact to minimize the risk of player injury.

Blindsight Blocks — A blindside block is an effective blocking technique. There is nothing improper in executing blindside blocks generally, and the rules do not preclude their use altogether. Instead, to enhance player safety and minimize the risk of injury, the rules prohibit a specific type of blindside block: one that is forceful, is not initiated with open hands and occurs outside the free-blocking zone.

A blindside block is a foul if: (1) the block occurs outside of the free-blocking zone; (2) the blocker does not initiate the block with open hands; and (3) the block is forceful. If all three of these factors are present, the blindside block is illegal.

Coaches should teach proper blindside blocking techniques, and game officials should evaluate whether a blindside block is legal, based on these three factors and the considerations below, as well as the underlying spirit and intent of the rules—to promote safety, eliminate illegal contact and minimize the risk of injury to players.
• *Whether the player being blocked can see the block coming.* A blindside block is “a block against an opponent other than the runner, who does not see the blocker approaching.” In other words, it is a block that the opponent does not see coming.

Game officials must first determine whether a block is a blindside block. Usually, this will be obvious. The player being blocked will be looking away from the blocker while being blocked from the side by an opponent. In some situations, however, the player being blocked may turn his head to see the blocker just before contact occurs. Such contact is still considered a blindside block. Though the player may have seen the blocker approach, he did not do so in sufficient time to have a reasonable opportunity to react, adjust and defend himself.

Some element of time, though it may be very short, is necessary to accomplish the rule’s safety purposes. In most situations, the blocker is running at full speed, increasing his momentum and focusing on one player. The player being blocked, however, is focused elsewhere and completely unaware of the charging blocker. Such a player who turns his head at the last second and sees his opponent just before contact cannot realistically protect himself. He is just as defenseless and vulnerable to injury as if he had not turned his head at all. Game officials should not be overly technical with this requirement and should always err on the side of player safety. The intent of this rule is to protect the player being blocked. It is not intended to create a legal way of throwing a shoulder or body block. When in question, the block is a blindsice block.

• *Whether the block occurred outside of the free-blocking zone.* If a blindside block occurs in the free-blocking zone, it is legal even if the contact is forceful and even if it is not initiated with open hands. Of course, the contact must otherwise be legal—a player cannot clip or target an opponent, for example. However, the free-blocking zone exists only during scrimmage plays, and it disintegrates as soon as the ball leaves the zone. When the zone is gone, any blindside block by rule occurs outside of the free-blocking zone and, if forceful, must be initiated with open hands to be legal.

• *Whether the block was initiated with the open hands.* Any forceful blindside block outside the free-blocking zone must be initiated with open hands. Blocks initiated with the shoulder or body are dangerous because of the amount of force they generate. Blocks initiated with open hands are significantly less dangerous because they do not typically generate that same amount of force. The open-hands requirement is intended to reduce the force associated with blindside blocks.

As a result, game officials should consider two things in determining whether a blocker has complied with the open-hand requirement. First, the blocker’s initial contact with his opponent must be with open hands if the block is forceful. Second, the force of the block should come from the blocker’s hands and arms rather than from his shoulder or body.

A player who makes first contact with open hands and imparts a force to the opponent by extending his hands and arms has complied with this rule. However, a player who makes first contact with open hands but nonetheless forcefully drives his shoulder or body into his opponent has not complied with the rule. Instead, he has thrown a shoulder or body block with all the force that his shoulder and body carry. The open-hand requirement is meant to
reduce that type of force. It is not intended to allow an otherwise illegal shoulder or body block simply by placing open hands on the opponent at the last second.

- **Whether the block was forceful.** If a player has thrown a non-open-handed blindside block outside the free-blocking zone, game officials must finally determine whether the block is forceful. If the block is forceful, it is a foul; if not forceful, it is not.

“Forceful contact” is something more than minor contact but something less than excessive contact. The contact should be significant enough to notice, but it does not have to be violent or otherwise unnecessary to be forceful. As an aid to judging whether a block is forceful, the covering official should consider whether the blocker was only attempting to take his opponent out of the play, or whether the block was intended to take the opponent out of the game. The former is legal, while the latter is illegal.

Game officials should take the entire block into consideration. The focus should be on the block itself and the blocker, because he is the player generating the force behind the block. The reaction of the player being blocked may help, but it is not the determining factor. Game officials should never base their decision on forceful contact solely on whether the player goes to the ground.

Where a blocker’s shoulder or body contact results in minor movement of the opponent and the force of the block is not obvious, the block is not forceful. However, where the blocker makes contact with some obvious degree of force behind the block, contact is forceful regardless of the effect on the opponent.

Finally, game officials should be diligent in observing these blocks and penalizing infractions. Although the rule applies throughout the game, blindside blocks are most likely to be made by the offense on returns following interceptions, free kicks and punts. They may also occur when the offense reverses direction on the field. Game officials must use proper mechanics on these plays and be in position to observe players throwing blindside blocks. The most likely offenders will be those doing something different from others. For example, if most players are moving north, these players will be moving south or east and west. These are the players who crack or peel back, “swim upstream” or “go against the grain,” and they are suspect for potentially committing illegal contact fouls.

Through good position and technique, a player initiating an open-handed blindside block can effectively obstruct his opponent with sufficient forceful contact while minimizing the risk of player injury. By teaching these techniques and consistently penalizing infractions, coaches and game officials will have continued taking positive steps toward reinforcing player safety, minimizing injury, and removing unnecessary and excessive contact from the game.

**As of June 2018**
2018-2019 NFHS FOOTBALL GAME OFFICIALS MANUAL POINTS OF EMPHASIS

Equipment Issues to be Addressed

It is critical for all game officials to continue to strengthen their efforts to address all issues that deal with the current equipment requirements. Game officials must focus on these three areas of concern: (1) required equipment not worn properly (pants that do not cover the knees), (2) required and/or legal equipment missing or not being used correctly (no knee pads, thigh guards or hip pads), and (3) wearing illegal equipment (a hard cast not properly covered).

One adjustment made to Rule 1-5-4 requires that the head coach will verify to the referee and another game official prior to the game that "his players have been issued all of the required equipment and they will not use illegal equipment."

Crew members are encouraged to become very observant throughout their pre-game responsibilities and to be prepared to immediately address any equipment issues with the player and a coach. Appropriate communication with the player in the presence of the coach allows for correction to be made prior to the beginning of the contest and avoids problems during the game.

Once the game has started, a major rule change (NFHS Football Rule 3-5-10e) for 2018 calls for an official's time-out to be declared for the removal from the game for at least one down of any player who is wearing required/legal equipment improperly or not at all or is wearing illegal equipment. It is certainly appropriate to allow the correction of the equipment problem quickly and avoid removing the player if the correction/repair is clearly possible in a timely manner (a tooth and mouth protector is hanging from the face mask or a back pad attached to the shoulder pads is not covered by the jersey). Multiple requests are NOT recommended/encouraged to address an equipment problem that continues to be an issue. NFHS Football Rule 3-5-10e is likely to get results as this concern is addressed.

Rule 9-9 (Failure to Properly Wear Required Equipment) has been deleted from the 2018 NFHS Football Rules Book. Rule 3-6-2 no longer calls for a delay-of-game foul for failure to properly wear required/legal equipment. An important change to Rule 9-8-1h calls for an unsportsmanlike foul charged to the head coach if, and only if, a player(s) is wearing illegal equipment.
Game officials are very strongly urged to immediately address this current problem with equipment issues early and often as the 2018 season begins. There is appropriate rule support now for dealing with these problems, and this problem cannot be ignored. It will not go away if game officials fail to take appropriate action.

**Consistent Pace of Play Throughout the Game**

The time difference in marking the ball ready-for-play from referee to referee has incorrectly varied and often very significantly. The time period between downs is supposed to be dictated by the offensive team and not the game officials. The rules afford teams the option of running their offense as fast or as slow as they choose. In many situations, teams are waiting for game officials to declare the ball ready-for-play and could have already resumed, or attempted to resume play. Once the ball is retrieved and placed on the ground for play, all game officials should be in position and ready to officiate without worry of an illegal snap. While regularity and consistency is the responsibility of every game official on the field, the referee likely has the most effect on this procedure. Situations occur such as the referee being overly patient for a quarterback receiving the play call from the coach at the sideline or other crew members unevenly hurrying to retrieve the ball as time declines near the end of a half. Such practices, as inadvertent as they may be, project an inappropriate attitude of bias towards one team or the other and additionally subtract from the fairness of the game.

The 2018-2019 NFHS Football Game Officials Manual is clear on the appropriate procedures in the Basic Philosophy Principles section entitled "Marking the Ball Ready for Play." After the ball is spotted, three to five seconds should be the maximum time to signal the ready-for-play, and game officials are required to" hustle to their proper positions" so that the "same tempo can be maintained throughout the game." Teams want and deserve consistency in this regard.

**Timing Rules and Procedures**

While the rules allow for some flexibility in length of periods and halftime intermissions, there are set limitations. Risk minimization continues to be an emphasis in football and certain rules are in place to protect warm-up and rest periods, and these rules must be followed without exception.

**Length of Periods**

1. Shorten any period or periods in any emergency by agreement of opposing coaches and the referee. By mutual agreement of the opposing coaches and the referee, any remaining period may be shortened at any time or the game terminated. (3-1-3)

2. By agreement of the opposing coaches and the referee, the halftime intermission may be reduced to a minimum of 10 minutes (not including the mandatory warm-up period). (TABLE 3-1)
3. When weather conditions are construed to be hazardous to life or limb of the participants, the crew of game officials is authorized to delay or suspend the game. (3-1-5)

When dealing with lightning or thunder disturbances during a game, please refer to the "NFHS Guidelines on Handling Practices and Contests During Lightning or Thunder Disturbances" in Appendix E of the NFHS Football Rules Book. If a lightning or thunder disturbance occurs near halftime intermission, this delay cannot be treated as halftime intermission. After a weather delay, by rule the second period must be completed and halftime intermission shall be declared. (3-1-3) Halftime intermission may be reduced to a minimum of 10 minutes by agreement of the opposing coaches and the referee. (3-1-3, TABLE 3-1) Rest periods are important for the well-being of the players and should be followed as prescribed.

**As of June 2018**
NFHS Football Rules Changes - 2017

1-3-1h (NEW): Added that commercial advertising is not permitted on the ball.

Rationale: The ball cannot have commercial advertising added to the surface. The only permissible items on the ball are the ball manufacturer's name and/or logo; school name, logo and/or mascot; conference name and/or logo; state association name and/or logos; and NFHS name and/or logos.

1-5-1b(3): Further clarifies that the jersey of the home team shall be a dark color clearly contrasting to the white jersey required for the visiting team.

Rationale: Home game jersey specifications were further revised to provide schools and manufacturers additional clarification regarding the current trend of utilizing lighter gray shades. The implementation date of 2021 affords schools and manufacturers the opportunity to ensure that newer dark jerseys will clearly contrast with white. The requirement for contrasting colors to white is not a new rule, and this new clarification will allow changes to be made during normal replacement cycles.

1-5-1a(2) NOTE, 1-5-4: This change now permits any of the game officials to accompany the referee to meet with the head coach for equipment verification.

Rationale: Member state associations may determine the game official who is to accompany the referee during the required pre-game meeting with each head coach.

2-3-10 (NEW), 9-4-3n (NEW), 9-4 PENALTY: Added a new definition for a blindside block and specifies a penalty for an illegal blindside block.

Rationale: Continuing with the focus on risk minimization, the committee created a definition for a blindside block. This block involves contact by a blocker against an opponent who, because of physical positioning and focus of concentration, is vulnerable to injury. Unless initiated with open hands, it is a foul for excessive and unnecessary contact when the block is forceful and outside of the free-blocking zone.

2-16-2h: Clarified that illegal participation fouls by R occurring during the kick are now enforced under post-scrimmage kick fouls.

Rationale: Illegal participation fouls by R occurring during the kick are now enforced under post-scrimmage kick fouls. Illegal substitution and illegal participation fouls by R occurring at the snap continue to be enforced from the previous spot.

2-24-10 (NEW), 6-1-11 (NEW), 6-1 PENALTY: Added a new definition for a pop-up kick and specifies a penalty for a pop-up kick.

Rationale: Continuing with the committee's efforts to minimize risk, a pop-up kickoff has been defined. A pop-up kick is a free kick in which the kicker drives the ball immediately to the ground, the ball strikes the ground once and goes into the air in the manner of a ball kicked directly off the tee. Such kicks will be penalized as a dead-ball free-kick infraction.

2-32-16: Expands the definition of a defenseless player by incorporating specific examples.

Rationale: The committee adopted specific examples of a defenseless player. By adding these examples, the committee continues to focus on risk minimization and responded to requests on the annual NFHS football rules questionnaire from participating coaches, game officials and state association representatives.
3-4-7 (NEW): Added a new option to the offended team to start the clock on the snap for an accepted penalty inside the last two minutes of either half.

Rationale: The committee added an option for the offended team on an accepted penalty inside the last two minutes of either half. The referee continues to have the authority to start or stop the clock if a team attempts to conserve or consume time illegally.

4-2-2l (NEW): Specifies that the ball is declared dead if a prosthetic limb comes completely off of the runner.

Rationale: With this change, the ball becomes dead when a prosthetic limb comes completely off of the runner.

7-1-6: Now stipulates that it is encroachment to strike the ball or the snapper’s hand/arm prior to the snapper releasing the ball.

Rationale: Defensive players are restricted from contacting the ball or the snapper’s hand(s) or arm(s) until the snapper has released the ball.

7-5-10: Removes non-contact face guarding from the pass interference restrictions.

Rationale: This change eliminates the previous foul for non-contact face guarding forward-pass interference.

**2017 EDITORIAL CHANGES**

Facilities Statement; 1-3-2; 1-5-1a(1); 1-5-1a(2) NOTE; 1-5-2b; 1-5-3b(6); 1-5-3c(2); 1-6-1; 1-6-2; 2-5-3; 3-4-8; 3-5-7f; 3-5-10b; 3-5-10c; 4-2-2k; 7-5-6a; 9-3 PENALTY; 9-4-3k; 10-5-1c; FOOTBALL FUNDAMENTALS – VI-2; PENALTY SUMMARY; INDEX.

**2017 POINTS OF EMPHASIS**

1. Responsibility on Players to Avoid Illegal Contact
2. Illegal Helmet Contact
3. Sideline Management and Control, Professional Communication Between Coaches and Game Officials
4. Proper Enforcement of Penalties for Violations of the Equipment Rules
2016 Rule Changes and Points of Emphasis:

1. Risk Minimization for Officials:
   a. Coaches and all non-players are not allowed to be on the field at any time. (unless during an authorized team conference).
   b. The restricted area in front of the team bench will be clear when the ball is in play.
   c. 2 YARD RESTRAINING LINE - MANDATORY
   d. Strictly Enforced this year !!!!!!

2. Rule Changes:
   Rule: 1-5-1d(5)a - Completely clear or completely white tooth and mouth protectors are no longer prohibited.
   Tooth and mouth protectors shall include an occlusal (protecting and separating the biting surfaces) portion and include a labial (protecting the teeth and supporting structures) portion.
   Rule: 1-5-2b - Football gloves are now required to meet either the new SFIA specification or the existing NOCSAE test standard at the time of manufacture.
   Rule: 2-17, 9-3-6 and 9-3 Penalty - In a continued effort to minimize risk, the Committee made clipping in the free-blocking 9-3 PENALTY zone illegal.
   Clipping is now illegal anywhere on the field at any time.

3. Points of Emphasis
   a. Legal and Illegal Blocks
   b. Legal Jerseys, Pants and Pads
   c. Unfair Acts

4. NYSACFO RULE ENFORCEMENT POLICY
   1. Ready For Play Clock:
      a. Stricter enforcement of the 25 second play clock coupled with a consistent game tempo
      b. Spotting the ball and starting the play clock
   2. Face Painting - Strict enforcement of the eye black and sweat band rule.
   3. Communication Devices
      a. The use of electronic communication devices. The legal use of head phones, tablets, cell phones, etc.
   4. Uniforms
      a. Uniforms jerseys must completely cover the shoulder pads, and back pads. The pants must cover the knees and knee pads.
   5. Tommy Tough Standards; Section XI and Coaches Association and SCFOA
SAFETY- RELATED POLICIES

HEAT ALERT POLICY

1. Modified Heat Alert - When the heat index reaches 88 (equivalent to T.H.I. of 73), practice sessions or contests in all sports must include:
   a. Forced, frequent water breaks (every 10-15 minutes).
   b. Loose clothing, light colored shorts and tee shirts (mesh recommended) for practice sessions.
   c. Frequent rest breaks in shaded areas.
   d. For football and lacrosse, mandatory water breaks every 15 minutes during which all players must remove helmets. Those players not participating in contact activities during practice, games or scrimmages shall not wear helmets.

NOTE: During all contests, the rules are to be modified to permit additional time outs for rest and forced water breaks.

2. Full Heat Alert - When the heat index reaches 95 (equivalent to T.H.I. of 78), no physical activity in any sport is permitted. Team meetings are permitted.

3. Notification of Schools - The Section XI Safety Chairman, will monitor the heat index and will initiate a heat alert by notifying the Section XI Office as to the course of action. The Section XI staff will communicate this information to each member district through the Connect-Ed system, with specific instructions for heat alert implementation. (Rev 5/10)

4. No sport is exempt from modified or full heat alerts. (1/16/02)

PRE-SCHOOL PRACTICE HOURS

Fall season pre-school practice sessions may only be conducted prior to 10:00 AM and/or after 5:00 PM. This applies to all sports except golf and swimming. This restriction is discontinued for the fall season on the Saturday prior to each Labor Day. (Approved 5/22/03)

PROCEDURES FOR THE PREVENTION OF HEAT ILLNESS

1. Ten minute rest breaks during each hour of practice in hot weather to include:
   a. Loosening of uniform jerseys and pads to facilitate cooling.
   b. Free intake of water to replace fluid losses.
   c. Rest break conducted in a shaded area.
2. Water must be freely available to players during practice sessions and games at all levels.
3. Strict adherence to the mandatory regulation for preseason football practice format.
4. Rubberized or other types of non-porous sweat suits may not be used under any circumstances.
5. During pre-school days (August and September), practices are to be conducted prior to 10:00 AM and/or after 5:00 PM. This policy does not apply to school teams that are conducting practice sessions at overnight camps located off Long Island. However, the temperature and humidity must be monitored during these practice sessions; and if the heat index reaches the minimum levels established by Section XI, the heat alert policy will apply. Complete daily records of the heat index must be maintained by coaches.
6. During a modified heat alert, the host school will notify contest/scrimmage officials that there will be mandatory water breaks at approximately 15 minute intervals.

HEAT ILLNESS - extracted from NYS Education Department material

Practice for athletic competition and participation in various forms of physical activity are frequently conducted in very warm and humid weather. Under such conditions, special precautions must be observed. Otherwise, the athlete is subject to:

   a. heat fatigue, depletion of salt and water due to excessive sweating,
   b. heat exhaustion, excessive depletion of salt and water, or
   c. heat stroke, overheating from breakdown of the sweating mechanism.

Heat fatigue dulls the athlete's skill and alertness and makes him/her more vulnerable to injury. The other two heat illnesses can result in serious physical harm and even death. Heat exhaustion and heat stroke are preventable by careful control of various factors in the conditioning program of the athlete. With the start of practice, it is essential to provide for gradual acclimatization to hot weather activity. Equally important is the need to adjust salt and water intake to weather conditions. As the athlete becomes accustomed to hot weather activity, he/she perspires more freely (and thus dissipates body heat) and excretes less salt (and thus conserves sodium). With a graduated training regimen, such acclimatization can be expected after a period of one week.

The idea that water should be withheld from athletes during workouts has no scientific foundation. In fact, such restriction, by depleting water in the body, can lead to heat fatigue and serious heat illness. During exercise in the heat, it is essential to replace the water lost by perspiration. Water should be available on the practice and game field AT ALL TIMES and in large quantities. THERE IS NO REASON WHY COLD OR ICE WATER SHOULD NOT BE GIVEN.

Salt also needs to be replaced daily, particularly during the acclimatization period. Extra salting of the athlete's food within the bounds of taste will accomplish this purpose. Salt tablets, particularly on an empty stomach, can be irritating and may be poorly absorbed. Adding two teaspoons of salt to a gallon of flavored water used for drinking during hot weather workouts offers a better approach. The preparation of the saline solution should be under the direction of the school medical doctor.

At the beginning of practice (particularly for the fall season) it must be recognized that the level of conditioning for each player is variable, and it must be assumed that no player is acclimatized to the heat. It is absolutely essential that the conditioning and acclimatization programs at the onset of practice begin at a modest level and progress slowly during the first week of practice.

STRONGLY RECOMMENDED ADDITIONAL PROCEDURES to help prevent heat illness during the pre-season in football, soccer, cross country and field hockey:

1. The use of a weight chart to record each player's weight before and after every practice. Any player losing more than 3% body weight

http://www.sectionxi.org/handbook/policies/safety.htm

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Section XI

should receive special attention to insure adequate fluid replacement.
2. Revisions in the conduct of practice sessions when the heat index becomes critical:
   a. shorten the length of practice sessions.
   b. revise type and amount of clothing and equipment (shorts, mesh jerseys, etc.).
   c. reduce degree of exertion required during practice sessions.
   d. change soaked T-shirts.
   e. give 10-minute rest breaks every hour.
3. Guidelines for the conduct of practice sessions:
   a. With temperature of 80-90 degrees and humidity under 70%, observe carefully for the few athletes particularly susceptible to the heat.
   b. With temperature of 90-99 degrees and humidity over 70% or temperature of 90-100 degrees and humidity under 70%, players should be given 10-minute rest periods every hour, T-shirts should be changed when soaked, and all athletes should be carefully observed.
   c. With temperature of 90-100 degrees and humidity over 70% or temperature over 100 degrees, practice should be postponed or a shortened program should be conducted in shorts and T-shirts.

FIRST AID MEASURES: Call ambulance and/or police immediately.

Heat Stroke: Collapse - with dry warm skin - indicates sweating mechanism failure and rising body temperature. THIS IS AN EMERGENCY; DELAY COULD BE FATAL. Immediately cool athlete by the most expedient means (immersion in cool water is best method). Obtain medical care at once.

Heat Exhaustion: Weakness - with profuse sweating - indicates state of shock due to depletion of salt and water. Place in shade with head level or lower than body. Give sips of diluted salt water if conscious. Obtain medical care at once.

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**Heat Index Record Chart**  
(for overnight camps off Long Island)

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<tr>
<th>DAY/DATE</th>
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**HEAT ALERT INFORMATION**

The safety chairman will call Metro Weather Service on a daily basis to monitor temperature/humidity conditions. Weather services are now using 'Heat Index' instead of 'THI' for relative temperature/humidity conditions. Therefore, the following indexes shall be used in determining modified or full heat alerts:

1. When the **Heat Index reaches 88** (equivalent to THI of 73), a **Modified Heat Alert** shall be in effect.
2. When the **Heat Index reaches 95** (equivalent to THI of 78), a **Full Heat Alert** shall be in effect.

**PRE-SCHOOL PRACTICE HOURS - ALL SPORTS**

a. Practice sessions may be conducted ONLY prior to 10AM and after 5PM. This applies to all sports except golf and swimming. Starting on the Saturday prior to each Labor Day this restriction is discontinued for the fall season. (Approved 5/22/03)

Section XI, in cooperation with the safety chairman, monitors weather conditions with the aid of Metro Weather Service. When the heat index reaches 88, a heat alert will be in effect. No sport is exempt from modified or full heat alerts. Schools will be notified by the Section XI office when a heat alert exists. (A notice will also be placed on the website.)

Schools **may not** conduct practices or contests in any sport when a full heat alert is in effect. However, team meetings where there is no physical activity are permissible.

Coaches are reminded that **water is to be available** in the activity area at **all times and in large quantities**.

b. Football Camps:
The Section XI policy for pre-school days as it relates to practices conducted prior to 10AM and after 5PM is not in effect for teams attending such camps away from Long Island. However, the following guidelines for those teams should be observed:

(1) When the heat index reaches 88, a modified heat alert will be in effect and practices should be modified.
(2) When the heat index reaches 95, a full heat alert shall be in effect and practices must be cancelled.

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WIND CHILL POLICY

SECTION XI WIND CHILL PROCEDURES

1. Post-Season Contests: The Section XI Safety Chairman, in consultation with the Executive Director, will monitor RealFeel (wind chill) one hour prior to the start of a Section XI post-season contest and will alert member schools according to the NYSPHSA Wind Chill Procedures.

2. Regular Season Contests or Practices: Member school districts must use the NYSPHSA Wind Chill Procedures to determine if an alert or cancellation of events at their school is warranted.

NYSPHSA WIND CHILL PROCEDURES

Administration of Wind Chill Policy:

1. Wind Chill will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 39 degrees (Fahrenheit) or lower.

2. The athletic trainer, athletic director, or school designee will use the accuweather.com website to determine the wind chill index for the area of the contest/practice. The accuweather.com website can be reached through the NYSPHSA website. Once a person is on the accuweather.com website, they will put in the zip code for the location of the contest/practice and the website will give the air temperature as well as the RealFeel temperature (wind chill).

3. If the RealFeel temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or school designee must re-check the RealFeel (wind chill) at halftime or midway point of the contest. If the RealFeel (wind chill) temperature is -11 degrees (Fahrenheit) or lower, the contest will be suspended.

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

<table>
<thead>
<tr>
<th>RealFeel (wind chill) above 40 degrees</th>
<th>Full activity. No restrictions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wind Chill Caution: RealFeel (wind chill) 36 degrees to 20 degrees</td>
<td>Stay adequately hydrated. Notify coaches of the threat of cold-related illnesses. Have students and coaches dress in layers of clothing.</td>
</tr>
<tr>
<td>Wind Chill Watch: RealFeel (wind chill) 19 degrees to 10 degrees</td>
<td>Stay adequately hydrated. Notify coaches of the threat of cold-related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss.</td>
</tr>
<tr>
<td>Wind Chill Warning: RealFeel (wind chill) 9 degrees to -10 degrees</td>
<td>Stay adequately hydrated. Notify coaches of the threat of cold-related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss. Consider postponing practice to a time when RealFeel temperature is much higher. Reduce the amount of time for an outdoor practice session.</td>
</tr>
<tr>
<td>REQUIRED Wind Chill Alert: RealFeel (wind chill) -11 degrees or lower</td>
<td>No outside activity, practice or contest, should be held.</td>
</tr>
</tbody>
</table>

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GUIDELINES FOR AUTOMATED EXTERNAL DEFIBRILLATORS AT INTERSCHOLASTIC CONTESTS:

Section 136.4 of the NYS Commissioner of Education Regulation (9/2002) requires that schools provide, maintain and have readily available sufficient automated external defibrillator equipment necessary to address emergency situations by trained and certified personnel; accordingly, the following guidelines are established.

1. The home school is to be responsible for providing AED-trained personnel and a sufficient number of AED’s at all interscholastic contests such that an AED can be effectively administered within less than 3 minutes to a stricken student-athlete.

2. Prior to each contest, the home school coaching staff is to advise the visiting coaching staff and officials of the location of the AED and the personnel designated to utilize it.

3. All medical or AED-trained personnel that are present at the contest are to be identified prior to the contest.

4. All athletic emergencies are to be reported to the Athletic Directors of the respective districts immediately following the contest.

5. No contest will take place without an AED available and able to be administered as per #1 above.

SECTION XI CONTESTS

1. At cross country meets conducted at off-site locations, those schools designated as the home schools will be responsible to bring the AED and trained personnel to use it. The personnel from home schools will be assigned to a specific location on the course.

2. At Section XI-sponsored team tournaments, the higher seeded team will be responsible for providing trained personnel and an AED.

3. At Section XI-sponsored Individual sport tournament events, the host school will be responsible for providing trained personnel and an AED.

4. At Section XI-sponsored individual sport tournament events conducted at non-school sites, the sport chairman will designate particular schools to be responsible for providing trained personnel and an AED.

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THUNDER/LIGHTNING POLICY

SECTION XI REGULAR SEASON CONTESTS

1. Whenever weather or other conditions cause the official(s) to interrupt a contest, the official(s) shall make every reasonable effort to resume and complete the contest, with full consideration of the weather and site conditions (as they affect safety and playing conditions). The official(s) shall wait a minimum of 30 minutes from the time of the interruption before considering the cessation of play.

2. When thunder is identified at the site of an outdoor contest, the official(s) will suspend play immediately and wait a minimum of 30 minutes from the time of the interruption before considering the cessation of play. The official(s) will then make a decision whether to cease play for that day or resume the contest.

3. If lightning is observed at the site of an outdoor contest by the official(s) 15 or fewer minutes prior to the scheduled start of that contest, the official(s) and the responsible school authorities shall not permit that contest to be played on that date.

4. If lightning is observed at the site of an outdoor contest by the official(s) during the playing of the contest, the official(s) shall immediately cease play for the day. The rules of the particular sport shall determine whether the contest is "official" or must be resumed at a later date.

SECTION XI POST-SEASON EVENTS (SECTION CHAMPIONSHIPS, TOURNAMENTS AND NYSPHSAA QUALIFYING EVENTS)

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 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.

Rev. 3/16
Reminder....

RECOMMENDED GUIDELINES FOR AUTOMATIC EXTERNAL DEFIBRILLATORS AT INTERSCHOLASTIC ATHLETIC CONTESTS

❖ The home school is responsible for providing trained personnel and an adequate number of AEDs at all interscholastic contests.

❖ At cross country meets conducted at off-site locations, those schools designated as the home schools will bring an AED and the trained personnel to use it. The personnel from home schools will be assigned to a specific location on the course. All competing schools will receive AED location maps for this site at the beginning of the season.

❖ At Section XI sponsored team tournaments, the higher seeded team will be responsible for providing trained personnel and an AED.

❖ At Section XI sponsored individual sport tournament events, the host school will be responsible for providing trained personnel and an AED.

❖ At Section XI sponsored individual sport tournament events conducted at non-school sites, the sport chairman will designate particular schools to be responsible for providing trained personnel and an AED.

❖ On the occasion where a home school will not be providing an AED and trained personnel at a contest, it is the responsibility of that home school to so notify the visiting school in a timely manner.
Medical Waivers for NYSPHSAA Regulation

Waivers of the minimum number of required participations may be granted for medical reasons only. To request such a waiver, the athletic director must submit:

a. written request for such to the Executive Director,

b. medical documentation of the illness/injury indicating specific dates, and

c. a record of the athlete's participation.

The athletic director will be notified of approval/disapproval.
Football should call in their results between 4:30pm and 9:15pm Monday through Friday and between noon and 8:00pm on Saturdays.

Number- 631-843-2820