



BOYS LACROSSE

Modified Level

2018

TABLE OF CONTENTS

- I. Welcome letter**
- II. Scheduling Information**
- III. Modified Level Placement**
- IV. B Level Program - Policy**
- V. Modified Lacrosse Rules**
- VI. Code of Ethics for Coaches**
- VII. Section XI Sportsmanship Information**
- VIII. Section XI Rating of Officials**
- IX. 5 Period Roster Sheet**
- X. AED Reminder**

Bayport-Blue Point Union Free School District

Timothy M. Mullins
Director of Athletics,
Physical Education & Health

Timothy Hearney, Ed.D.
Superintendent of Schools

March, 2018

Dear Suffolk County Boys Lacrosse Coach,

Welcome to another season of Section XI Boys Lacrosse. It is my pleasure to continue to serve all of you as your Sports Chairperson and I look forward to working with the Lacrosse Coaches Association.

It is my job to serve as your liaison to the New York State Public High School Athletic Association and Section XI. Please do not hesitate to call me at the Bayport - Blue Point Administrative Center at 472 - 7808 or e mail me at tmullins@bbpschools.org should you have any questions or concerns.

I wish each and every one of you an enjoyable and successful season.

Sincerely



Tim Mullins
Section XI Boys
Lacrosse Chairman

MODIFIED PROGRAM

FALL – SEPTEMBER 5 THROUGH NOVEMBER 4

| | | |
|------------------------------|---------------------------------------|----------|
| Cross Country (Boys & Girls) | Joe Pennacchio | 831-8015 |
| Field Hockey | Deb Ferry (Half Hollow Hills) | 592-3065 |
| Football | Tim Horan (West Islip) | 930-1540 |
| Soccer (Boys) | Mike Huey, PO Box 691 Mattituck 11952 | 298-2119 |
| Soccer (Girls) | Joseph Vassile-Cozzo (East Hampton) | 329-4143 |
| Tennis (Girls) | Pete Cesare (Copiague) | 842-4010 |

EARLY WINTER – NOVEMBER 6+ THROUGH JANUARY 20

| | | |
|--------------------|------------------------|----------|
| Basketball (Boys) | Bob Mayo | 721-3434 |
| Volleyball (Girls) | Dan Butler (Hauppauge) | 761-8373 |
| Cheerleading | Scott Reh (Mt. Sinai) | 870-2900 |

LATE WINTER – JANUARY 22 THROUGH MARCH 24

| | | |
|--------------------|----------------------------------|----------|
| Basketball (Girls) | Danielle Turner (Port Jefferson) | 793-8748 |
| Volleyball (Boys) | Kathy Masterson (Westhampton) | 288-3800 |
| Wrestling | Pat Smith (Smithtown) | 382-2100 |

SPRING – MARCH 26++ THROUGH JUNE 9

| | | |
|----------------------|---|----------|
| Baseball | Gregg Wormuth (Mattituck) | 298-8471 |
| Gymnastics (Girls) | Pat Smith (Smithtown) | 382-2100 |
| Lacrosse (Boys) | Tim Mullins (Bayport-Blue Point) | 472-7808 |
| Lacrosse (Girls) | Jeremy Thode (Center Moriches) | 878-0092 |
| Softball | Jim Wright (Walt Whitman) | 812-3141 |
| Swimming | Gary Beutel (Sachem) | 471-1335 |
| Tennis (Boys) | Mark Mensch (William Floyd) | 874-1137 |
| Track (Boys & Girls) | Tony Toro, PO Box 427, Miller Place 11764 | 928-0991 |

MODIFIED SCHEDULING INFORMATION 2017-18

| Sport | Max # Contests Allowed | # Practices Prior to 1 st Scrim | | # Practices Prior to 1 st Contest | | 1 st Practice Date | 1 st Scrim Date | 1 st Possible Date Contests Allowed | Earliest Date Contests Will Be Scheduled | Last Date |
|---------------|------------------------------|--|------|--|------|-------------------------------------|----------------------------------|--|--|--------------|
| | | Team | Ind. | Team | Ind. | | | | | |
| B/G Soccer | 10 | 8 | 6 | 10 | 8 | 9/5 | 9/14 | 9/16 | 9/25 | 11/4 |
| B/G X Country | 8 | 8 | 6 | 8 | 6 | 9/5 | 9/14 | 9/14 | 9/25 | 11/4 |
| Football | 6 | 13 | 12 | 17 | 16 | 9/5 | 9/20 | 9/23 | 9/25 | 11/4 |
| Field Hockey | 10 | 8 | 6 | 10 | 8 | 9/5 | 9/14 | 9/16 | 9/25 | 11/4 |
| G Tennis | 10 | 6 | 4 | 6 | 4 | 9/5 | 9/12 | 9/12 | 9/18 | 11/4 |
| G Volleyball | 10 | 8 | 6 | 10 | 8 | 11/6+ | 11/15 | 11/18 | 11/20 | 1/20 |
| B Basketball | 10 | 8 | 6 | 10 | 8 | 11/6+ | 11/15 | 11/17 | 11/20 | 1/20 |
| Cheerleading | 3 | 8 | | 10 | | 11/6+ | 11/15 | 11/17 | - | 1/21 |
| Wrestling | 10 | 12 | 10 | 15 | 13 | 1/22 | 2/5 | 2/8 | 2/12 | 3/24 |
| G Basketball | 10 | 8 | 6 | 10 | 8 | 1/22 | 1/31 | 2/2 | 2/5 | 3/24 |
| B Volleyball | 10 | 8 | 6 | 10 | 8 | 1/22 | 1/31 | 2/2 | 2/5 | 3/24 |
| Softball | 10 | 8 | 6 | 10 | 8 | 3/26++ | 4/5 | 4/9 | 4/16 | 6/9 |
| B/G Track | 8 | 10 | 8 | 10 | 8 | 3/26++ | 4/7 | 4/9 | 4/16 | 6/9 |
| Baseball* | 10 | 10 | 8 | 12 | 10 | 3/26++ | 4/7 | 4/11 | 4/16 | 6/9 |
| B Tennis | 10 | 6 | 4 | 6 | 4 | 3/26++ | 4/3 | 4/3 | 4/16 | 6/9 |
| B Lacrosse | 10 | 10 | 8 | 12 | 10 | 3/26++ | 4/7 | 4/11 | 4/16 | 6/9 |
| G Lacrosse | 10 | 10 | 8 | 10 | 8 | 3/26++ | 4/9 | 4/9 | 4/16 | 6/9 |
| B Swimming | 8 | 10 | 8 | 12 | 10 | 3/26++ | 4/7 | 4/11 | 4/16 | 6/9 |
| G Gymnastics | 8 | 10 | | 15 | | 3/26++ | 4/7 | 4/13 | 4/18 | 6/9 |

+All early winter sports may conduct tryouts a maximum of 3 days during the week of Oct 30-Nov 4. These do not count toward the required minimum number of practices.

++All modified spring sports may conduct tryouts a maximum of 3 days during the week of Mar 19-24, 2018. These do not count toward the required minimum number of practices.

***Baseball Pitchers fall under Individual requirements**

NOTE: FIRST SCRIMMAGE AND FIRST CONTEST DATES ARE BASED ON SCHOOL DAYS AND SATURDAYS. BECAUSE LOCAL SCHOOL CALENDARS MAY DIFFER, EACH SCHOOL MUST VERIFY ITS OWN DATES.

**SECTION XI
SPORT CHAIRMEN**

| SPORT | NAME | SCHOOL /ADDRESS | | | PHONE |
|-------------------|------------------|------------------------|----------------------|----------------|----------------|
| Badminton | Patrick Murphy | Half Hollow Hills | 525 Half Hollow R. | Dix Hills | 11746 592-3065 |
| Baseball | Gregg Wormuth | Mattituck HS | 15125 Main Rd | Mattituck | 11952 298-8471 |
| B Basketball | Bob Mayo | | | | 721-3434 |
| G Basketball | Danielle Turner | Port Jefferson | 550 Scraggy Hill Rd | Port Jefferson | 11777 793-8748 |
| B&G Bowling | Steve Restivo | Islip | 2508 Union Blvd. | Islip | 11751 553-9277 |
| B Cross Country | Joe Pennacchio | | | | 592-3065 |
| G Cross Country | Tony Toro | | PO Box 427 | Miller Place | 11764 928-0991 |
| Cheerleading | Scott Reh | Mt. Sinai | North Country Rd. | Mt. Sinai | 11766 870-2900 |
| B&G Fencing | Jim Wright | Walt Whitman HS | 60 Weston St. | Hunt. Sta. | 11746 812-3141 |
| Field Hockey | Deb Ferry | Half Hollow Hills | 525 Half Hollow R. | Dix Hills | 11746 791-4441 |
| Football | Tim Horan | West Islip HS | 100 Sherman Ave | West Islip | 11795 930-1540 |
| B Golf | Dennis Maloney | Sayville HS | Brook Street | West Sayville | 11796 244-6625 |
| G Golf | Drew Walker | Hampton Bays HS | 88 Argone Rd. | Hampton Bays | 11946 495-3927 |
| G Gymnastics | Pat Smith | Smithtown Schools | 26 New York Ave. | Smithtown | 11787 723-2110 |
| B Lacrosse | Tim Mullins | Bayport-BP HS | 200 Snedecor Ave. | Bayport | 11705 842-7808 |
| G Lacrosse | Jeremy Thode | Center Moriches HS | 311 Frowein Rd. | C. Moriches | 11934 878-0092 |
| B Soccer | Mike Huey | | PO Box 691 | Mattituck | 11952 298-2119 |
| G Soccer | Joe Vasile-Cozzo | East Hampton HS | 2 Long Lane | East Hampton | 11937 329-4143 |
| Softball | Jim Wright | Walt Whitman HS | 60 Weston St. | Hunt. Sta. | 11746 812-3141 |
| B Swimming | Gary Beutel | Sachem Schools | 51 School St. | Lake Ronk. | 11779 471-1335 |
| G Swimming | Gary Beutel | Sachem Schools | 51 School St. | Lake Ronk. | 11779 471-1335 |
| B Tennis | Mark Mensch | William Floyd HS | 240 Mastic Beach Rd | Mastic Beach | 11951 874-1137 |
| G Tennis | Pete Cesare | Copiague HS | 1100 Dixon Ave. | Copiague | 11726 842-4010 |
| B&G Track | Tony Toro | | PO Box 427 | Miller Place | 11764 928-0991 |
| B Volleyball | Kathy Masterson | Westhampton HS | 49 Lilac Rd. | Westhampton | 11978 288-3800 |
| G Volleyball | Dan Butler | Hauppauge HS | 4 Lincoln Blvd | Hauppauge | 11788 761-8373 |
| B&G Winter Track | Tony Toro | | PO Box 427 | Miller Place | 11764 928-0991 |
| Wrestling | Matt DeVincenzo | Comsewogue HS | 565 Bicycle Path | Port Jeff Sta. | 11776 4748196 |
| Athletics for All | Dan Robinson | Brentwood Schools | 3 rd Ave. | Brentwood | 11717 434-2512 |

2017-18 MODIFIED LEVEL PLACEMENT

Device 1
Comsewogue
Miller Place
Mt. Sinai
Riverhead
Rocky Point
Stony Brook
Shoreham Wading-River
Smithtown Christian

DIVISION I
Device 2A
Bridgehampton
East Hampton
Hampton Bays
Montauk
Pierson
Ross
Shelter Island
Southampton
Springs

Device 2B
Center Moriches
East Moriches
Greenport
Mattituck
McGann-Mercy
Port Jefferson
Southold
Westhampton Beach

Device 3
Candlewood
Commack
East Northport
Elwood
Finley
Hauppauge
Kings Park
Northport
Oldfield
Stimson
West Hollow

DIVISION II

Device 4
Amityville
Babylon
Bay Shore
Beach
Brentwood E,N,S,W
Copiague
Deer Park
Islip
Lindenhurst
Moses
Udall
West Babylon
Wyandanch

Device 5
Accompsett
Dawnwood
Gefinas
Great Hollow
Longwood
Murphy
Nesaquaque
Sagamore
Samoset
Selden
Seneca
Sequoya

DIVISION III

Device 6
Bayport BP
Bellport
Central Islip
Eastport/S Manor
East Islip
Oakdale
Oregon
Paca
Ronkonkoma
Saxton
Sayville
South Ocean
William Floyd

B Level Program - Five Period Format

The five period format is mandated for all B level teams in basketball, field hockey, football, lacrosse, soccer and volleyball. *The regulation format has been eliminated (approved 5/22/07).* Playing an extra quarter (extra game in volleyball) is NOT AN OPTION for the B level program in any sport.

Following are the conditions of this program:

1. Only B level teams may participate.
 2. Teams shall be divided into two squads of equal numbers and equal ability. In football and boys lacrosse, the two squads shall be of unequal ability.
 3. Coaches must exchange rosters prior to every contest.
 4. One squad will play the first and third periods and the other squad the second and fourth periods. All athletes are eligible for the fifth period.
 5. All points scored count.
 6. Teams having the minimum numbers of athletes as listed below are obligated to play five periods (unless on austerity) provided their opponents also meet the minimum numbers.
Basketball - 12; Field hockey - 24; Football - 26; Lacrosse - 26; Soccer - 24 ;
Volleyball - 14
 7. If one team has fewer than the minimum number of players (Basketball - 12; Field Hockey - 24; Football - 26; Lacrosse - 26; Soccer - 24; and Volleyball - 14), both teams will play the *four* period format, with the A squad playing periods one and three and the B squad playing periods two and four*. *No athlete may play in more than three periods when numbers dictate (revised 5/22/07).*
- *However, the five-period format may be played if agreed prior to the start of the contest (revised 12/07).
8. NO ATHLETE MAY PLAY IN MORE THAN THREE PERIODS OF A FIVE PERIOD CONTEST.
 9. There is no half time intermission when five periods are played.
 10. Extra compensation forms presented by the officials must be signed by the home coach. Officials are compensated an additional 20% of the game fee with the exception of volleyball which is a set fee (see Officials Contract).
 11. Each coach is requested to make a notation on the rating card verifying the extra compensation for the officials.

MODIFIED BOYS LACROSSE

National Federation rules

Game Conditions

1. A minimum of two nights rest between contests.
2. The maximum number of contests shall be 10.
3. Time Interval: Unless extenuating circumstances arise, it is recommended that no more than two contests should be scheduled per week. There shall not be more than three contests played per calendar week. Contests may be played with only one night rest three times per season for rescheduling purposes only.

Equipment

1. All players, including the goalkeeper shall wear all protective equipment, including arm pads.
2. Properly fitted equipment of good quality is mandatory for safe participation in lacrosse.
3. All balls must be NOCSAE approved and stamped. The essential protective equipment must include a lacrosse helmet with a face mask (NOCSAE approved), lacrosse arm guards, lacrosse shoulder pads, lacrosse gloves, and a mouthpiece. The goalkeeper must wear a chest protector and throat protector.
4. Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any modified sport.
5. Face masks for lacrosse competition must have a center bar.
6. With the exception of the goalkeeper's stick, there shall be no rule restriction on the length of the stick in modified lacrosse providing the stick falls between 40-72 inches.
7. Modified lacrosse players are exempt from the uniform outer clothing and helmet color regulations.
8. No tape on throats of face off sticks.
9. Eye shade - 1 solid stroke, no words, numbers, logos, etc.

Game Rules

1. The length of quarters shall be nine minutes.
2. A team shall be permitted 3 time out periods per half. The time outs cannot be accrued in the course of the game.
3. A one-arm swing with a stick, whether contact is made or not, shall be considered a personal foul--slashing. This includes the over-the-head check.
4. There is no such call as a "Brush" in the modified program. Contact between stick and helmet is a personal foul.
5. There is no ten (10) second count used to get into attack-goal area. The official's judgment is to be used.
5. Contact with the ball is not allowed by any offensive players when the ball is loose in the crease.
6. Body checking is allowed only against a player who is in possession of the ball.
7. The 10 second rule is eliminated. There will be no time counts for advancing the ball.

8. Substitutes are permitted whenever the ball goes out of bounds. A horn will be used to substitute players when the ball goes out of bounds.
9. If a goalkeeper is given a penalty; he may remain in the game and the in-home shall serve the penalty.
10. Modified lacrosse players will be exempt from color requirements for sweatpants (NFHS 2003) and helmets (NFHS 2004)
11. Two overtime periods of two minutes are to be played in the event the game is a tie; and no sudden victory period is to be allowed.
12. Offside revisions - counting forward concerned with the half field situation.
13. Body checks to a player in a defenseless position - minimum of 2 minute, non-releasable penalty.
14. Hits to head/neck area - minimum of 2 minute, non-releasable penalty.
15. During last 2 minutes of game, 2nd penalty on defense team with offense in the box results in a whistle, stop play, enforce penalties and restart as required.
16. No free clear on offside, lay the ball down where it is when whistle blown. Pick it up and clear it from there.

Section XI Rules

B Level Program - Five Period Format

The five period format is mandated for all B level teams in boys lacrosse except for those teams which have opted to be scheduled in regulation contest devices. The extra quarter format for extra participation is not an option for the B level program in Section XI.

Following are the conditions of this program:

1. Only B level teams may participate.
2. Teams shall be divided into two squads of equal numbers and UNEQUAL ability.
3. Coaches must exchange rosters prior to every contest.
4. One squad will play the first and third periods and the other squad will play the second and fourth periods. All players are eligible for the fifth period.
5. All points scored count.
6. Teams having the minimum number of 26 players are obligated to play five periods (unless on austerity) provided their opponents also meet the minimum number requirements.
7. If teams have fewer than 26 players but still can field two full teams, those teams may opt to play five periods. (If substitutes are used, note #8.)
8. No player may play in more than three periods of a five period contest.
9. There is no half-time when five periods are played.
10. Mercy rule: The clock will go to running time in the beginning of the fourth period if one of the teams is

ahead by 10 goals or more. The clock will stop on all whistles when the differential goes below 10 goals.

11. Extra compensation forms presented by the officials must be signed by the home coach.
12. Each coach is requested to make a notation on the rating card verifying the extra compensation for the officials.
13. All lacrosse teams must utilize the A/B format. If there are not sufficient numbers to play 5 periods, teams will still use the A/B format but may play 4 periods.

B Level Program - Four Quarters/Regulation Contest

When austerity or insufficient numbers of players dictate that five periods cannot be played at the B level, the following conditions are applicable:

1. The five period format does not have to be utilized.
2. There is a halftime.
3. Extra quarters may not be played.
4. Mercy rule: See #10 above.

Rev. 1/16

2018 BOYS LACROSSE MODIFIED RULES

EQUIPMENT:

- a) ALL PLAYERS, INCLUDING THE GOALKEEPER, SHALL WEAR PROPERLY FITTED PROTECTIVE EQUIPMENT DESIGNED FOR LACROSSE.
- b) THE ESSENTIAL EQUIPMENT MUST INCLUDE **HELMET DESIGNED FOR LACROSSE, LACROSSE ARM GUARDS, LACROSSE SHOULDER PADS, LACROSSE GLOVES, AND A MOUTHPIECE. GOALKEEPERS **MUST** WEAR A CHEST PROTECTOR, A THROAT PROTECTOR AND ARM PADS.**
- c) **ONLY** SNEAKERS OR SHOES WITH MOLDED SOLES AND MOLDED CLEATS ARE PERMITTED IN THE PROGRAM. SHOE WITH METAL POSTS OR SPIKES ARE **NOT** PERMITTED IN ANY MODIFIED SPORT.
- d) WITH THE **EXCEPTION** OF THE GOALTENDER'S STICK, THERE SHALL BE NO RULE RESTRICTION ON THE LENGTH OF THE STICK IN MODIFIED LACROSSE IF THE STICK FALLS BETWEEN 40-72 INCHES.
- e) MODIFIED LACROSSE PLAYERS ARE **EXEMPT** FROM THE UNIFORM OUTER CLOTHING AND HELMET COLOR REGULATION (REFER TO NFHS RULE BOOK FOR BOYS LACROSSE)

GAME RULES:

FOLLOW ALL NFHS RULES FOR BOYS LACROSSE!! Including this year's 2018 NFHS Rule

Additions

Rule 4-3-3 For FACE OFFS: A CONTRASTING COLOR BETWEEN THE HEAD AND THE TOP OF THE GLOVE MUST BE VISIBLE ON THE SHAFT AT FACEOFFS. THE CIRCUMFERENCE OF THE SHAFT SHALL NOT EXCEED 3.5 INCHES. NOTE: This can be accomplished with the original shaft color, paint, a single wrap of tape or other material.

Rule 1-6 Art 1 THE HEAD OF THE CROSSE AT ITS WIDEST POINT SHALL MEASURE BETWEEN 6 AND 10 INCHES INSIDE MEASUREMENT AT THE TOP AND BOTTOM OF THE WALL. Note: Only the top of the crosse at its widest point shall be measured.

EXCEPTIONS- HORNS MAY BE USED AND THERE IS NO TIME REQUIREMENT FOR ADVANCING THE BALL.

1. THE LENGTH OF QUARTERS SHALL BE 9 MINUTES.
2. **TWO** OVERTIMES PERIODS OF 2 MINUTES ARE TO BE PLAYED IN THE EVENT THE GAME IS A TIE; AND **NO** SUDDEN VICTORY PERIOD IS TO BE ALLOWED.
3. A TEAM SHALL BE PERMITTED **3** TIME-OUT PERIODS PER HALF. THE TIME-OUTS **CANNOT** BE ACCRUED IN THE COURSE OF THE GAME.
4. A **ONE**-ARM SWING WITH A CROSSE, WHETHER CONTACT IS MADE OR NOT, SHALL BE CONSIDERED A PERSONAL FOUL-SLASHING. THIS INCLUDES THE OVER-THE-HEAD CHECK.
5. THERE IS **NO** SUCH THING AS A "BRUSH" IN THE MODIFIED PROGRAM. CONTACT BETWEEN THE CROSSE AND HELMET IS A PERSONAL FOUL.
6. CONTACT WITH THE BALL IS DISALLOWED BY ANY OFFENSIVE PLAYERS WHEN THE BALL IS LOOSE IN THE CREASE.
7. BODY CHECKING IS ALLOWED **ONLY** AGAINST A PLAYER WHO IS IN POSSESSION OF THE BALL.
8. IN A FIVE (5) PERIOD LACROSSE GAME **THE MERCY RULE** SHALL BE IN EFFECT AT THE END OF THE THIRD PERIOD OF PLAY.
9. SUBSTITUTES **ARE PERMITTED** WHENEVER THE BALL GOES OUT OF BOUNDS.
10. WHEN A GOALTENDER GETS A PENALTY, THE IN HOME PLAYER WILL SERVE THE PENALTY IF A SECOND GOALTENDER IS UNAVAILABLE.
11. A GOAL WILL BE DISALLOWED AFTER THE HORN SOUNDS TO INDICATE THE END OF THE PERIOD.

2019 BOYS LACROSSE MODIFIED RULES

EQUIPMENT:

- a) ALL PLAYERS, INCLUDING THE GOALKEEPER, SHALL WEAR PROPERLY FITTED PROTECTIVE EQUIPMENT DESIGNED FOR LACROSSE.
- b) THE **ESSENTIAL EQUIPMENT** MUST INCLUDE **HELMET DESIGNED FOR LACROSSE, LACROSSE** ARM PADS, **LACROSSE** SHOULDER PADS, **LACROSSE** GLOVES, AND A **MOUTHPIECE**. GOALKEEPERS **MUST** WEAR A CHEST PROTECTOR AND A THROAT PROTECTOR. ARM PADS ARE OPTIONAL.
- c) **MODIFIED BOYS LACROSSE** WILL FOLLOW CURRENT **2018 NFHS RULES** PERTAINING TO CLEATS: Page 17 (Section 9 Player Equipment) Art. 1 letter f. (#1. a,b,c,d & e and #2.)
- d) MODIFIED LACROSSE PLAYERS ARE **EXEMPT** FROM THE UNIFORM OUTER CLOTHING AND HELMET COLOR REGULATION (REFER TO **2018 NFHS RULE BOOK** FOR BOYS LACROSSE)

GAME RULES:

FOLLOW ALL NFHS RULES FOR BOYS LACROSSE Including this year's 2019 NFHS Rule and US LACROSSE Additions

Rule 5-3: BODY CHECKS: 1. BODY CHECKING OF AN OPPONENT WHO IS NOT IN POSSESSION OR WITHIN 3 YARDS OF A LOOSE BALL IS LEGAL .

Rule 1-6 Art 1: THE CROSSE SHALL BE AN OVERALL LENGTH 40-42 INCHES (short crosse) OR 52-72 (long crosse), EXCEPT FOR THE GOALKEEPERS 'S CROSSE WHICH MAY BE 40-72 INCHES LONG.

Rule 4-13 : ADVANCING THE BALL BEYOND THE CENTER LINE WITHIN 20 SECONDS AND Rule 4-14: ADVANCING THE BALL INTO THE GOAL AREA WITHIN 10 SECONDS.

EXCEPTIONS-

1. THE LENGTH OF QUARTERS INCLUDING A 5TH QT SHALL BE 10 MINUTES.
2. FOR EXTENDED PLAY, THERE SHALL BE 4 QTRS OF 11 MIN EACH.
3. IN THE EVENT OF A TIE THERE SHALL BE ONE 4 MINUTE SUDDEN VICTORY OVERTIME PERIOD.
4. A TEAM SHALL BE PERMITTED **2 NONCONSECUTIVE** TIME-OUT PERIODS PER HALF. THERE SHALL BE ONE TIME OUT DURING OVERTIME.
5. A **ONE**-ARM SWING WITH A CROSSE, WHETHER CONTACT IS MADE OR NOT, SHALL BE CONSIDERED A PERSONAL FOUL-SLASHING. THIS INCLUDES THE OVER-THE-HEAD CHECK.
6. THERE IS **NO** SUCH THING AS A "BRUSH" IN THE MODIFIED PROGRAM. CONTACT BETWEEN THE CROSSE AND HELMET IS A PERSONAL FOUL.
7. IN A FIVE (5) PERIOD LACROSSE GAME **THE MERCY RULE** SHALL BE IN EFFECT AT THE END OF THE THIRD PERIOD OF PLAY.
8. SUBSTITUTES **ARE PERMITTED** WHENEVER THE BALL GOES OUT OF BOUNDS. SUBSTITUTION DURING LIVE PLAY SHALL BE ON THE FLY.
9. WHEN A GOALTENDER GETS A PENALTY, THE IN HOME PLAYER **MAY** SERVE THE PENALTY.
10. A GOAL WILL BE DISALLOWED AFTER THE HORN SOUNDS TO INDICATE THE END OF THE PERIOD.

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.

SECTION XI
NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION
180 EAST MAIN STREET, SUITE 302, SMITHTOWN, NY 11787
631-366-4900

DONALD F. WEBSTER
EXECUTIVE DIRECTOR

KEVIN M. McCARTHY
ASSISTANT DIRECTOR

To: All Sports Chairpersons
From: Don Webster
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: Ken Knapp

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.

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)

SECTION XI
NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION
180 EAST MAIN STREET, SUITE 302, SMITHTOWN, NY 11787
631-366-4900

DONALD F. WEBSTER
EXECUTIVE DIRECTOR

KEVIN M. McCARTHY
ASSISTANT DIRECTOR

DATE: August 2015
TO: Section XI Coaches of Officiated Sports
FROM: Donald F. Webster
RE: **Rating Officials**

Section XI provides a vehicle for coaches to evaluate the performance of game officials. It is 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 <u>outstanding performance</u> , 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 <u>good performance, not outstanding, but better than acceptable</u> - 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 <u>seriously</u> 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

FIVE PERIOD FORMAT TEAM ROSTERS

SCHOOL _____ DATE OF CONTEST _____

SPORT _____ BOYS OR GIRLS _____

COACH _____ OPPONENT _____

| A Squad Roster | | | B Squad Roster | | |
|-----------------------|------|-----------|-----------------------|------|-----------|
| | Name | uniform # | | Name | uniform # |
| 1 | | | 1 | | |
| 2 | | | 2 | | |
| 3 | | | 3 | | |
| 4 | | | 4 | | |
| 5 | | | 5 | | |
| 6 | | | 6 | | |
| 7 | | | 7 | | |
| 8 | | | 8 | | |
| 9 | | | 9 | | |
| 10 | | | 10 | | |
| 11 | | | 11 | | |
| 12 | | | 12 | | |
| 13 | | | 13 | | |
| 14 | | | 14 | | |
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| 20 | | | 20 | | |

SECTION XI

NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION

180 EAST MAIN STREET, SUITE 302, SMITHTOWN, NY 11787
631-366-4900

DONALD F. WEBSTER
EXECUTIVE DIRECTOR

KEVIN M. MCCARTHY
ASSISTANT DIRECTOR

To: All Coaches
From: Don Webster
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.

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.