



Middle School FOOTBALL

“A Tradition of Excellence”

2017



Suffolk County Football

Tim Horan, CAA

Section XI Football Chair

West Islip Public Schools

The Michael and Christine Freyer Administration Building

100 Sherman Avenue, West Islip, New York 11795

TEL: (631) 930-1540 FAX: (631) 893-3245

August 2017

Dear Suffolk County Football Coaches,

Welcome to the 2017 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 t.horan@wi.k12.ny.us should you have any questions or concerns.

Sincerely,

A handwritten signature in blue ink that reads "Tim Horan". The signature is fluid and cursive, with a long horizontal stroke at the end.

Tim Horan
Section XI Football Chairperson



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Agenda- August 2017 MS Football Coaches Meeting

1. WELCOME/ Sign In Sheet
2. DAN COLLETTI- 2017 RULE CHANGES/ Points of Emphasis
3. IMPORTANT DATES
START DATE- TUESDAY, SEPTEMBER 5
SCRIMMAGE- 13 TEAM AND 12 INDIVIDUAL PRACTICES
CONTESTS- 17 TEAM AND 16 INDIVIDUAL PRACTICES
LAST DATE- NOVEMBER 4
4. Modified Football Rules- Sectionxi.org. GO TO SPORT; FOOTBALL; SPORTS HANDBOOK; THEN MODIFIED FOOTBALL
5. MODIFIED LEVEL PROGRAM POLICIES
6. 5 PERIOD FORMAT
7. 5 Quarter Roster Templates- Handout
8. RISK MINIMIZATION/TOMMY TOUGH STANDARDS/ MS DEVICES
9. PRACTICE
 - a) 3 DAYS- 5 DAYS- 5 DAYS – PRESEASON PRACTICE FORMAT
3 PRACTICES- NO PADS/ NO CONTACT; HELMETS OK
5 PRACTICES- HELMET/FULL PADS, ALONG WITH DUMMIES AND SLEDS. NO LIVE CONTACT
5 PRACTICES- CONTACT WITH PADS
 - b) FOOTBALL CONTACT LIMITATIONS – Handout- MAXIMUM OF TWO ‘FULL CONTACT PRACTICES’ PER WEEK DURING SEASON; NO ‘FULL CONTACT’ SESSION TO EXCEED 90 MINUTES.
9. WEATHER - HEAT ALERTS, THUNDER/ LIGHTENING- BE AWARE OF POLICIES
10. RATINGS/ SPORTSMANSHIP
11. AED Memo
12. CHAINS- TRY TO HAVE ADULTS ON CHAINS WHO CAN KEEP THE GAME IN PERSPECTIVE...and/or put chains on home sideline.



SECTION XI

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}} Executive Director
}} PETER BLIEBERG
}} Assistant Director
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}} MAILING ADDRESS
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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: Ken Knapp



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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.



## SECTION XI

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DATE: August 2017  
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 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</u> performance, <u>not outstanding</u> , but <u>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

## **“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.**



## **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

**NATIONAL FEDERATION OF STATE  
HIGH SCHOOL ASSOCIATIONS**



**NEWS RELEASE**

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

**FOR IMMEDIATE RELEASE**

**Contact: Bob Colgate**

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 onside 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-scrimmage kick fouls (2-16-2h), penalty time clock management (3-4-7), prosthetic limbs (4-2-2l) 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](http://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.*

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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 7.8 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](http://www.nfhs.org).

#### **MEDIA CONTACTS:**

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# New York State Public High School Athletic Association, Inc.

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## 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.

## SCFOA Agenda 2016 Football Coaches Meeting - *Reminder*

### **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**



**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 unaffiliated 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.

**MODIFIED FOOTBALL**

National Federation rules

**Game Conditions**

1. A minimum of four nights rest between contests.
2. The maximum number of contests shall be 6.
3. The number of practices required before the first scrimmage is 13.
4. The number of practices required before the first interschool contest is 17.

(Approved by Athletic Council 1/11/11)

**Administration**

Modified football should be administered so that all safety precautions are in effect. Every effort should be made during practice and game situations to pair contestants of as nearly equal ability as is possible. Factors to be considered in the selection of squad members are age, weight, physiological maturity, skills, coordination, and desire.

**Tests**

Each individual should be carefully checked to determine readiness before being allowed to participate in interschool contests as follows:

1. Physical - Medical examination which shall include a thorough review of history before, and as needed, during the season. Tetanus shots as recommended.
2. Maturity - Careful evaluation of the individual's age, weight, height, physiological maturity and degree of coordination with relation to all of the others, especially one above or below average of others in height, weight, physiological maturity as related to age, should be made.
3. Individual Skills - A thorough program of screening for a period of two weeks shall be conducted. Basic conditioning, running, cutting, falling, rolling, catching, line and backfield fundamentals, blocking and tackling techniques, ball handling drills should be participated in. Dummies and sleds should be used and no one should be permitted in live contact drills until ability has been proven to partake in them. Contact drills should be conducted against equals only.
4. Team Skills - Team play leading to game situations should be taught through controlled scrimmages with individuals placed in groups of similar maturity and skills.
5. Desire - Observation of the individual's alertness and general desire to participate must be noted. (The above mentioned types of testing and teaching, with complete cataloging of the individual's ability, should enable the coach to screen all candidates and determine their readiness for competition.) Please refer to the special NYSPHSAA, Inc. booklet, The Modified Program of Football for Boys in Grades 7-8-9.
6. Equipment - Properly fitted equipment of good quality is mandatory for safe participation in football. All essential protective devices are to be used. In addition to the normal pads and helmets, dental and face protection guards should be provided. 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. All protective pads should be covered by the uniform. If protective pads are exposed, the uniform part should be replaced or repaired.

**Game Rules for 11-Man Football**

1. Time periods shall be 10-minute quarters.
2. Team offensive formations are limited to standard formations including the use of two wide receivers. There may be a maximum split of one yard between linemen. If a wide receiver is employed, the maximum split from the tackle cannot be more than 10 yards. On the snap of the ball, there may be only **two players** outside of the normal tackle alignment on **either or both sides** of the field (**example of legal formations- TE/Flanker; Twins; SE etc.**). Motion shall be prohibited to the **side of a formation** that has two players outside of the tackle. **Definition of 'side of formation' is - the half of the formation from midline of the center that has a set back to that side and two (2) players outside the tackle.** If the ends split on punt formation, the team must punt. All down-field blocking must be done above the waist. Until the snap the defense shall be 6-2-2-1 or 6-2-3 with six players in an imaginary straight line within two yards of the ball; two linebackers must be at least one yard behind the deepest lineman; three defensive backs must be at least three yards behind the deepest linebacker, inside the 10 yard line defensive backs may be two yards behind the deepest linebacker. The defense does not have to balance the offense. Penalties: improper formation - five yards; down-field blocking - 15 yards.
3. No kick-off - start play from own 35 yard line.
4. Two points shall be allowed for a kicked extra point and one point for a run or pass.
5. Safety - scoring team put ball in play on 50 yard line.
6. All down-field blocking must be done above the waist. Down-field blocking is interpreted as any blocking of an opponent taking place down-field from the free blocking zone, which for this rule is extended from sideline to sideline. The down-field blocking rule is also in effect whenever a defensive team becomes an offensive team as the result of receiving a punt, pass interception, or the recovery of certain types of receiving a punt, pass interception, or the recovery of certain types of fumbles. The point that offensive play begins extending from sideline to sideline, would be interpreted as the inception of that play and thus, for rule clarification purposes, would be the scrimmage line for that play (i.e. the point the punt or interception was received). The penalty for a violation of this rule will be 15 yards as spelled out in Rule 9, Section 1 of National Federation Football Rules.
7. Coaches shall be permitted on the field in a five period football game ("B" Team only).
8. When an offensive team employs a wide receiver (split end, **twins**, or flanker), the defensive end to that side of the formation may assume a "walkaway" position. **If a team employs twins, wide receiver, etc. on both sides of the ball, both defensive ends can walk away.** The end may align at a maximum depth even with the two inside linebackers and no wider than half the distance between the wide receiver and the next lineman.

**Pre-Season Practice Format - NYSPHSAA** (Approved by the Athletic Council 1/11/11)

1. The first three days of practice sessions must be non-contact exercise, and equipment shall be limited to the helmet, face mask, dental protection device, T-shirt, supporter, shorts, ankle supports, socks, shoes, protective pads for elbow and/or knee areas.
2. During the next five days the addition of shoulder pads, along with the use of blocking dummies, sleds, and other similar teaching and training devices is permissible. No scrimmages or live contact drills are allowed.
3. The next five days shall consist of contact with full protective equipment and the use of training devices.

4. Scrimmages are permitted on the 14th day. Four additional practice days must be held prior to the first contest.

### **NYSPHSAA Rules**

1. Games shall be scheduled with no more than one game per week. A minimum of four nights of rest must elapse between any games. The time between football scrimmages and the time between football games and scrimmages must be three nights.
2. At least 16 players must be dressed and available to play in 11-man football for contests and scrimmages. (Approved by the Athletic Council 1/13/09)

### **Section XI Rules**

1. The maximum allowable games per team shall be six.
2. B level teams will use the youth size football.
3. On Oct 1st, each coach must submit to his athletic director a list of players on the team. Grade level and birth dates must be included.
4. Two coaches are permitted on the field during time-out periods.

### **B Level Program - Five Period Format**

The five period format is mandated for all B level teams in football which have not opted to be scheduled in a regular contest device. The extra quarter format for extra participation is not an option for any B level teams.

Following are the conditions of this program:

1. Only B level teams may participate.
2. Teams shall be divided into two squads of approximately equal numbers and unequal ability.
3. Coaches must exchange rosters prior to every contest.
4. The stronger squad (A) will play the first and third periods and the weaker squad (B) 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 numbers of 26 players are obligated to play five periods provided their opponents also meet the minimum number of 26.
7. If one team has fewer than 26, both teams will play the five period format, with the A squad playing the first and third periods and the B squad playing the second and fourth periods. When this happens, the fifth period will only be played if both teams agree upon it.
8. No player 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.

11. Each coach is requested to make a notation on the rating card verifying the extra compensation for the officials.
12. If there is a differential of 25 points or more between "A" squads in periods one and three, both "B" squads must play the fifth period. Additionally, in the fifth period, if the "A" squad differential becomes 25 points or more, both "B" squads must play. (Approved 3-15-05)

Rev 9/16

**MODIFIED LEVEL PROGRAM POLICIES****I. Program Classifications**

A. Except for football and lacrosse, Section XI program classifications are by grade level:

- A = highest grade level - nine
- B = highest grade level - eight
- C = highest grade level - seven

Note: C level teams are designated by a 7 following the team name (example: Gelinas 7).

B. In all sports, ninth graders (regardless of age) may not participate on B level teams.

C. Seventh grade teams - in all sports, seventh grade teams will be scheduled against other seventh grade teams. In the event there are not enough seventh grade teams to accommodate a separate scheduling device, schools will be required to mix and balance seventh and eighth graders on B level teams.

D. Interschool scrimmages and competitions between A and B levels are prohibited.

**II. Try-outs** REVISED 9/15

A trial period shall be allowed which permits exceptional athletes at the modified level to try-out with a varsity and/or a junior varsity team for a period not to exceed the number of days listed below. A participant whose try-out period exceeds the limit will be disqualified from further participation in that modified sport during that school year. Late winter 7th or 8th grade student-athletes shall be permitted to try out for a high school spring sport under Selection Classification according to the NYSPHSAA/Section XI try-out period listed below and be permitted to return to the Modified Late Winter sport.

| <b>SPORT</b>                                                                                                                                                                        | <b>TRY-OUT PERIOD</b>                               |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------|
| Football                                                                                                                                                                            | Eight of the first ten days of Varsity/JV practice  |
| Lacrosse - Boys<br>Wrestling                                                                                                                                                        | Five of the first seven days of Varsity/JV practice |
| Baseball<br>Basketball-Girls<br>Cross Country<br>Field Hockey<br>Gymnastics<br>Lacrosse - Girls<br>Soccer<br>Softball<br>Spring Track<br>Tennis<br>Swimming-Boys<br>Volleyball-Boys | Three of the first five days of Varsity/JV practice |
| Basketball-Boys<br>Volleyball-Girls<br>Cheerleading                                                                                                                                 | Three days of the first week of modified practice   |

**III. Extra Participation**

**A. 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.
  12. FOOTBALL ONLY
    - a. Teams will play every game as follows:
 

Periods one and three will be played by the A squad.  
Periods two and four will be played by the B squad.  
Anyone can play in the fifth period.
    - b. If one team has fewer than 26, both teams will play the five period format with the A squad playing periods one and three and the B squad playing periods two and four. When this happens the fifth period will only be played if both teams agree upon it.
    - c. The five period format will be played by all teams regardless of the number of players



a team may have.

d. There will no longer be an 18-point rule in effect for the first four periods of the five period football format. During the fifth period, the 18-point rule will be in effect.

### 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             |      |           |
| 15             |      |           | 15             |      |           |
| 16             |      |           | 16             |      |           |
| 17             |      |           | 17             |      |           |
| 18             |      |           | 18             |      |           |
| 19             |      |           | 19             |      |           |
| 20             |      |           | 20             |      |           |

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# SECTION XI

## 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             |      |           |
| 15             |      |           | 15             |      |           |

### INSTRUCTIONS:

1. The team shall be divided into two squads (A & B) of equal numbers and equal ability. In football, boys' lacrosse and girls' lacrosse, the two squads shall be of unequal ability. The A squad will play the first and third periods, the B squad the second and fourth. Anyone may play in the fifth period and in overtimes. All points scored count.
2. Fill out the above form by listing the athletes' complete names and numbers (PLEASE TYPE OR PRINT NAMES).
3. Any problems must be resolved prior to the contest.

\_\_\_\_\_  
Coach's Signature

**SECTION XI ATHLETICS**  
**NEW YORK STATE**  
**PUBLIC HIGH SCHOOL**  
**ATHLETICS ASSOCIATION**



private access only

**MODIFIED SCHEDULING INFORMATION 2017-18**

| Sport            | Max #<br>Contests<br>Allowed | # Practices<br>Prior to<br>1 <sup>st</sup> Scrim |      | # Practices<br>Prior to<br>1 <sup>st</sup> Contest |      | 1 <sup>st</sup><br>Practice<br>Date | 1 <sup>st</sup><br>Scrim<br>Date | 1 <sup>st</sup><br>Possible<br>Date<br>Contests<br>Allowed | Earliest<br>Date<br>Contests<br>Will Be<br>Scheduled | Last<br>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<br>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<br>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.

| HOLY DAY OBSERVANCE                      | SIGNIFICANT DATES TO CONSIDER                       |
|------------------------------------------|-----------------------------------------------------|
| Sept 21-22 – Rosh Hashanah               | Sept 4 – Labor Day                                  |
| Sept 30 – Yom Kippur (Saturday)          | Oct 9 – Columbus Day                                |
| Dec 24 – Christmas Eve                   | Oct 31 – Halloween                                  |
| Dec 25 – Christmas Day                   | Nov 7 – Election Day                                |
| Mar 31 – 1 <sup>st</sup> Day of Passover | Nov 11 – Veterans' Day (observed)                   |
| Mar 29 – Holy Thursday                   | Nov 23 – Thanksgiving Day                           |
| Mar 30 – Good Friday                     | Jan 15 – Martin Luther King Jr. B-day<br>(observed) |
| Apr 1 – Easter Sunday                    | Feb 19 – Presidents' Day                            |
|                                          | May 28 – Memorial Day (observed)                    |

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 Section XI Athletics

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## **COMPETITION**

### **Section Sponsored Competition**

At least six teams must participate in a sport in order for Section XI to sanction the sport, form a league, and provide schedules.

All league contests will take precedence over non-league commitments.

When scheduling non-league contests, schools owe first allegiance to other member schools in all sports.

### **Levels of Competition**

Varsity level contests take precedence over junior varsity contests. Junior varsity contests take precedence over junior high school level contests. An athlete may not compete in any combination of varsity, junior varsity or junior high school levels in one day.

### **Limitation of Competition**

All athletes will be limited in competition to one sport per season. After 50% of the season is completed, the athlete may not switch to a different sport.

### **Qualifying for Competition Beyond the Section Level**

To qualify for NYSPHSAA Championship Competition, an athlete must participate and qualify at the qualifying competition designated by Section XI.

## **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.

## **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)

***The pre-season 10-5 practice regulation will be waived as of August 31, 2017, for the fall 2017 season. All other safety-related policies and regulations shall remain intact and under the jurisdiction of the Section XI Safety Committee.***

### **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 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 80-90 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.

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

School \_\_\_\_\_ Site \_\_\_\_\_

Year \_\_\_\_\_ Coach \_\_\_\_\_

| DAY/DATE | TIME | HEAT INDEX AT<br>START OF PRACTICE | LENGTH OF<br>PRACTICE | DETERMINATION |
|----------|------|------------------------------------|-----------------------|---------------|
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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 NYSPHSAA Wind Chill Procedures.
2. Regular Season Contests or Practices: Member school districts **must** use the NYSPHSAA Wind Chill Procedures to determine if an alert or cancellation of events at their school is warranted.

### **NYSPHSAA 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](http://www.accuweather.com) website to determine the wind chill index for the area of the contest/practice. The [accuweather.com](http://www.accuweather.com) website can be reached through the NYSPHSAA website. Once a person is on the [accuweather.com](http://www.accuweather.com) website, they will put in the zip code for the location of the contest/practice and the website will give them 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:

|  |                                                  |                                   |
|--|--------------------------------------------------|-----------------------------------|
|  | <i>RealFeel</i> (wind chill)<br>above 40 degrees | Full activity.<br>No restrictions |
|  |                                                  |                                   |

|                                                                      |                                                                                        |                                                                                                                                                                                                                                                                                                                                                          |
|----------------------------------------------------------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>R<br/>E<br/>C<br/>O<br/>M<br/>M<br/>E<br/>N<br/>D<br/>E<br/>D</b> | <b>Wind Chill Caution:</b><br><i>RealFeel</i> (wind chill)<br>36 degrees to 20 degrees | Stay adequately hydrated.<br>Notify coaches of the threat of cold-related illnesses.<br>Have students and coaches dress in layers of clothing.                                                                                                                                                                                                           |
|                                                                      | <b>Wind Chill Watch:</b><br><i>RealFeel</i> (wind chill)<br>19 degrees to 10 degrees   | Stay adequately hydrated.<br>Notify coaches of the threat of cold-related illnesses.<br>Have students and coaches dress in layers of clothing.<br>Cover the head and neck to prevent heat loss.                                                                                                                                                          |
|                                                                      | <b>Wind Chill Warning:</b><br><i>RealFeel</i> (wind chill)<br>9 degrees to -10 degrees | Stay adequately hydrated.<br>Notify coaches of the threat of cold-related illnesses.<br>Have students and coaches dress in layers of clothing.<br>Cover the head and neck to prevent heat loss.<br>Consider postponing practice to a time when <i>RealFeel</i> temperature is much higher.<br>Reduce the amount of time for an outdoor practice session. |
| <b>REQUIRED</b>                                                      | <b>Wind Chill Alert:</b><br><i>RealFeel</i> (wind chill)<br>-11 degrees or lower       | No outside activity, practice or contest, should be held.                                                                                                                                                                                                                                                                                                |

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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.