



**SOFTBALL
COACHES HANDBOOK
2024-2025**

SECTION XI SOFTBALL HANDBOOK

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CENTRAL ISLIP UNION FREE SCHOOL DISTRICT

Trish Lectora

Director of Director of Athletics, Health & Physical Education

TO: Suffolk County HS Softball Coaches
SUBJECT: 2024 Section XI Softball Handbook
DATE: 2024-2025

Welcome to the 2025 softball season. It is my pleasure to serve you as the Section XI Softball Chairperson and I look forward to another exciting season for the girls and coaches.

It is my role to serve as your liaison to the New York State Public High School Athletic Association and Section XI. Please don't hesitate to call me or email me with any questions or concerns.

I wish you all a fun and successful season ahead!

Best Regards,

Trish Lectora

Trish Lectora
Section XI Softball Chairperson

Section XI Softball:

Section Chair for Softball

Trish Lectora

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Suffolk County Softball Coaches Association

Joseph Burger

President

Tiffany Rowan

Vice-President

Vanessa Juengerkes

Recording Secretary

Nicole Bullis

Corresponding Secretary

Mike Foreman

Treasurer

***** NYSPHSAA Practice RULE*** - 6 practices before 1st scrimmage or game *****

Important Dates:

- First possible scrimmage or game (if your team practiced 6 of the dates 3/24)
- Teams may not practice 7 consecutive days.

Section XI Playoffs:

- Martha Avenue Recreation Park, Bellport, NY
- Seeding meeting: 5/12
- Dates: 5/20 to 6/2

Regionals:

- **Regional semi-finals, Farmingdale State College – 6/4**
 - **Class B:** Sec XI at Sec VIII, 5 pm, Farmingdale State College (rain date 6/5, 7 pm)
- **Regional Finals, Farmingdale State College - 6/5**
 - **Class AA:** Sec XI at Sec VIII, 4 pm (rain date 6/6, 1:30 pm)
 - **Class AAA:** Sec XI at Sec VIII, 4:30 pm (rain date 6/7, 2 pm)
 - **Class A:** Sec XI at Sec VIII, 7:30 pm (rain date 6/7, 5 pm)
 - **Class B:** winner of Sec I/XI at winner of Sec XI/VIII, 11 am (rain date 6/9) tentative

State Championships:

- Greenlight Networks Grand Slam Park, Binghamton, NY
- Dates: 6/13 & 6/14

Softball Waivers of NFHS Rules – 2025

1) Adding Player/Sub to Line Up Card

- I. Drop NFHS (3-1-3): If a player/sub is added to the lineup card after being submitted, the umpire shall issue a team warning to the head coach. Any further changes made to a player/sub name or number result in the head coach being restricted to the dugout/bench area for the remainder of the game.
- II. Keep USA (1 4.1): No penalty or restriction

2) Extra Player

- I. NFHS: NO such rule
- II. USA (4.1C.1): Has the option of using an Extra Player -(EP)-

3) Shorthanded

- I. Drop NFHS (4-3-1f): Must have nine (9) players to start the game.
- II. USA (4.1D 1-2): Teams can play shorthanded to start or continue a game. The game can start or finish with one less player than required to start (8)

4) Fitness of the Grounds

- I. Drop NFHS (4-1-1): The home coach shall decide whether the grounds and other conditions are suitable for starting the game.
- II. USA (5.2): Fitness of the grounds for a game shall be decided solely by the plate umpire.

5) Tie Games

- I. Drop NFHS: If a regulation game has a tie score, as in 4-2-2, it is a tie game.
- II. USA (5.3F): Regulation tie games - games that are regulation tie games shall be resumed at the exact point where they were stopped.

6) Tie-Breaker Procedure

- I. Drop NFHS (4-2-5....4-2-6): A regulation-called game has a tie score when ended as in 4-2-2 it is tie game unless the State Association has a tie-breaker procedure.
- II. USA (5.11 A/B): Starts at the top of the 10th (state waiver from the 8th inning). Place the person who is scheduled to bat last in the inning on second base.

7) American Disability Act Rule

- I. NFHS: No Rule
- II. USA: ADA Rule 4-2

8) Double First Base

- I. NFHS: By state association adoption, a double first base is permitted.
- II. USA (2-3 H): The base is required to be 15 x 30.

9) Intentional Walk

- I. Drop NFHS (2-65-2 8-1-1C): If the pitcher, defensive coach or catcher desires to walk batter intentionally, he/she may do so by notifying the plate umpire who shall award the batter first base.
- II. Keep USA (6-4): If the pitcher desires to walk a batter intentionally, all pitches must be legally delivered.

10) Defensive Changes

- I. Drop NFHS: Defensive changes of pitcher and catcher do not have to be reported
- II. Keep USA (8.10 A-G): Defensive changes involving the pitcher and catcher must be reported to the plate umpire.

Section XI – Score Reporting:

- **The winning team's coach must report the scores to NEWSDAY**
- Download the Varsity Scoring App (use QR Code below)
- At the conclusion of each contest the WINNING coach must:
 - o Input their email address
 - Input the Home schools NAME and Score
 - Input the Visiting schools NAME and Score
 - Hit SUBMIT



Newsday Score Reporting:

Many of you may already have an account for it (they're free, and independent of a subscription to Newsday.com) and have used it in the past. If not, here are the steps to register. It only takes a couple minutes to do it all. It is optimized for mobile use, so you can register and/or report your scores via a smartphone or tablet without issue. We recommend creating an account and entering your roster before a game to make it easier for you when it comes time to report the game scores and stats.

- **How to create an account:**
 - Go to <https://newsday.com/coach>
 - Click CREATE ACCOUNT and fill out the required information fields. If possible, avoid using an aol.com address
 - You'll receive a verification email where you will need to click the link and follow the steps to assign your team to your account.
 - If you report scores for multiple teams, you can register them all at once.
 - Once you complete that step, an email automatically is generated and sent to us for final approval.
 - Once approval is saved, you will be able to **report game scores and stats, edit rosters and add/edit games on your schedule.** (In most instances, Newsday will import schedules at the beginning of each season, but we realize there always will be changes)
- **If you already have an account:**
 - Go to <https://newsday.com/coach> and sign in to make sure everything is correct in terms of teams, schools and contact information
 - If you don't remember your password, there's a "FORGOT PASSWORD?" link available you can click to reset it.

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 wellbeing 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.

Softball			
League I (AAA)		League II (AA)	
Brentwood	4577	Walt Whitman	1523
William Floyd	2285	Sachem East	1506
Longwood	2202	Ward Melville	1445
HH Hills	1851	Sachem North	1421
Central Islip	1842	Bayshore	1415
Pat-Med	1770	Lindenhurst	1380
Riverhead	1691	Connetquot	1314
League III (AAA)		League IV (AA)	
Commack	1271	Comsewogue/PJ	1081
Coplague	1194	Bellport	1037
Newfled	1191	Centereach	1032
North Babylon	1178	Deer Park	980
Northport	1140	West Islip	908
Smithtown East	1103	West Babylon	891
Huntington	1098	Smithtown West	885
		East Islip	863
League V (AA)		League VI (A)	
ESM	786	Islip	654
Hauppague	761	Kings Park	632
Harborfields	756	Sayville	615
Amityville	746	Miller Place	659
East Hampton	744	Hampton Bays	552
Westhampton	725	Mt Sinai	543
Rocky Point	704	SWR	491
League VII (A,B)			
Mattituck/Gpt/Shld (A)	487		
Elwood (A)	486		
Bayport-BP (A)	482		
Southampton (A)	438		
Center Moriches (A)	402		
Babylon (B)	332		
Pierson/BH (B)	240		

Leagues 1 ,2, 3, 5, 6 and 7 will play each team 3X for 18 games and 2 NL

League 4 will play each team 2x for 14 league games and 6 NL

Post Season: 1 game above .500 make playoffs

Double Elimination

Will see bracket by classification

SECTION XI
NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION
1 INDEPENDENCE HILL SUITE 201 FARMINGVILLE, NY 11738
631-366-0700

THOMAS COMBS
EXECUTIVE DIRECTOR

PETE BLIEBERG
ASSISTANT DIRECTOR

DATE: August 2024
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. At the conclusion of each contest, coaches are obligated to rate officials and opponents.
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. The Presidents of the officials' groups 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 a 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.

Updated 2/2023

SECTION XI
NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION
1 INDEPENDENCE HILL SUITE 201 FARMINGVILLE, NY 11738
631-366-0700

THOMAS COMBS
EXECUTIVE DIRECTOR

PETE BLIEBERG
ASSISTANT DIRECTOR

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.

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1 INDEPENDENCE HILL SUITE 201 FARMINGVILLE, NY 11738
631-366-0700

THOMAS COMBS
EXECUTIVE DIRECTOR

PETE BLIEBERG
ASSISTANT DIRECTOR

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: Rita Redko



Concussions: The Invisible Injury

Student and Parent Information Sheet

CONCUSSION DEFINITION

A concussion is a reaction by the brain to a jolt or force that can be transmitted to the head by an impact or blow occurring anywhere on the body. Essentially a concussion results from the brain moving back and forth or twisting rapidly inside the skull.

FACTS ABOUT CONCUSSIONS ACCORDING TO THE CENTER FOR DISEASE CONTROL (CDC)

- An estimated 4 million people under age 19 sustain a head injury annually. Of these approximately 52,000 die and 275,000 are hospitalized.
- An estimated 300,000 sports and recreation related concussions occur each year.
- Students who have had at least one concussion are at increased risk for another concussion.

In New York State in 2009, approximately 50,500 children under the age of 19 visited the emergency room for a traumatic brain injury and of those approximately 3,000 were hospitalized.

REQUIREMENTS OF SCHOOL DISTRICTS

Education:

- Each school coach, physical education teacher, nurse, and athletic trainer will have to complete an approved course on concussion management on a biennial basis, starting with the 2012-2013 school year.
 - * School coaches and physical education teachers must complete the CDC course. (www.cdc.gov/concussion/HeadsUp/online_training.html)
 - * School nurses and certified athletic trainers must complete the concussion course. (<http://preventingconcussions.org>)

Information:

- Provide concussion management information and sign off with any parental permission form.
- The concussion management and awareness information on the State Education Department's web site must be made available on the school web site, if one exists.

Removal from athletics:

- Require the immediate removal from athletic activities of any pupil that has or is believed to have sustained a mild traumatic brain injury.
- No pupils will be allowed to resume athletic activity until they have been symptom free for 24 hours and have been evaluated by and received written and signed authorization from a licensed physician. For interscholastic athletics, clearance must come from the school medical director.
 - * Such authorization must be kept in the pupil's permanent health record.
 - * Schools shall follow directives issued by the pupil's treating physician.

SYMPTOMS

Symptoms of a concussion are the result of a temporary change in the brain's function. In most cases, the symptoms of a concussion generally resolve over a short period of time; however, in some cases, symptoms will last for weeks or longer. Children and adolescents are more susceptible to concussions and take longer than adults to recover.

It is imperative that any student who is suspected of having a concussion is removed from athletic activity (e.g. recess, PE class, sports) and remains out of such activities until evaluated and cleared to return to activity by a physician.

Symptoms include, but are not limited to:

- Decreased or absent memory of events prior to or immediately after the injury, or difficulty retaining new information
- Confusion or appears dazed
- Headache or head pressure
- Loss of consciousness
- Balance difficulties, dizziness, or clumsy movements
- Double or blurry vision
- Sensitivity to light and/or sound
- Nausea, vomiting and/or loss of appetite
- Irritability, sadness or other changes in personality
- Feeling sluggish, foggy or light-headed
- Concentration or focusing problems
- Drowsiness
- Fatigue and/or sleep issues – sleeping more or less than usual

Students who develop any of the following signs, or if signs and symptoms worsen, should be seen and evaluated immediately at the nearest hospital emergency room.

- Headaches that worsen
- Seizures
- Looks drowsy and/or cannot be awakened
- Repeated vomiting
- Slurred speech
- Unable to recognize people or places
- Weakness or numbing in arms or legs, facial drooping
- Unsteady gait
- Change in pupil size in one eye
- Significant irritability
- Any loss of consciousness
- Suspicion for skull fracture: blood draining from ear or clear fluid from the nose

STATE EDUCATION DEPARTMENT'S GUIDANCE FOR CONCUSSION MANAGEMENT

Schools are advised to develop a written concussion management policy. A sample policy is available on the NYSPHSAA web site at www.nysphsaa.org. The policy should include:

- A commitment to reduce the risk of head injuries.
- A procedure and treatment plan developed by the district medical director.
- A procedure to ensure proper education for school nurses, certified athletic trainers, physical education teachers, and coaches.
- A procedure for a coordinated communication plan among appropriate staff.
- A procedure for periodic review of the concussion management program.

RETURN TO LEARN and RETURN TO PLAY PROTOCOLS

Cognitive Rest: Activities students should avoid include, but are not limited to, the following:

- Computers and video games
- Television viewing
- Texting
- Reading or writing
- Studying or homework
- Taking a test or completing significant projects
- Loud music
- Bright lights

Students may only be able to attend school for short periods of time. Accommodations may have to be made for missed tests and assignments.

Physical Rest: Activities students should avoid include, but are not limited to, the following:

- Contact and collision
- High speed, intense exercise and/or sports
- High risk for re-injury or impacts
- Any activity that results in an increased heart rate or increased head pressure

Return to Play Protocol once symptom free for 24 hours and cleared by School Medical Director:

Day 1: Low impact, non strenuous, light aerobic activity.

Day 2: Higher impact, higher exertion, moderate aerobic activity. No resistance training.

Day 3: Sport specific non-contact activity. Low resistance weight training with a spotter.

Day 4: Sport specific activity, non-contact drills. Higher resistance weight training with a spotter.

Day 5: Full contact training drills and intense aerobic activity.

Day 6: Return to full activities with clearance from School Medical Director.

Any return of symptoms during the return to play protocol, the student will return to previous day's activities until symptom free.

CONCUSSION MANAGEMENT TEAM

Schools may, at their discretion, form a concussion management team to implement and monitor the concussion management policy and program. The team could include, but is not limited to, the following:

- Students
- Parents/Guardians
- School Administrators
- Medical Director
- Private Medical Provider
- School Nurse
- Director of Physical Education and/or Athletic Director
- Certified Athletic Trainer
- Physical Education Teacher and/or Coaches
- Classroom Teachers

OTHER RESOURCES

- New York State Education Department
<http://www.p12.nysed.gov/sss/schoolhealth/schoolhealthservices>
- New York State Department of Health
http://www.health.ny.gov/prevention/injury_prevention/concussion/htm
- New York State Public High School Athletic Association
www.nysphsaa.org/safety/
- Center for Disease Control and Prevention
<http://cdc.gov/TraumaticBrainInjury>
- National Federation of High Schools
www.nfhslearn.com – The FREE Concussion Management course does not meet education requirement.
- Child Health Plus
http://www.health.ny.gov/health_care/managed_care/consumer_guide/about_child_health_plus.htm
- Local Department of Social Services – New York State Department of Health
http://www.health.ny.gov/health_care/medicaid/ldss/htm
- Brain Injury Association of New York State
<http://www.bianys.org>
- Nationwide Children's Hospital – Concussions in the Classroom
<http://www.nationwidechildrens.org/concussions-in-the-classroom>
- Upstate University Hospital – Concussions in the Classroom
<http://www.upstate.edu/pmr/healthcare/programs/concussion/classroom.php>
- ESPN Video – Life Changed by Concussion
<http://espn.go.com/video/clip?id=7525526&categoryid=5595394>
- SportsConcussions.org
<http://www.sportsconcussions.org/ibaseline/>
- American Association of Neurological Surgeons
<http://www.aans.org/Patient%20Information/Conditions%20and%20Treatment/Concussion.aspx>
- Consensus Statement on Concussion in Sport – Zurich
<http://sportconcussions.com/html/Zurich%20Statement.pdf>

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 wellbeing 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 MISCONDUCT POLICY

Section XI's Misconduct Policy has been in effect since 1986. Successful implementation of this policy requires the cooperation of all athletic directors, coaches and officials. Listed below are the specifics of the policy and procedures:

1. When a player, coach or spectator displays action which is abusive, deliberate, or malicious **before, during, or after** a contest, this is considered misconduct and must be reported.
2. The official's decision regarding misconduct must be simultaneous with the decision to eject the athlete, coach or spectator from the contest. We emphasize that this is the judgment of the official whose decision cannot be reversed.
3. Foul or abusive language is not to be tolerated.
4. A player, coach or spectator ejected from a contest for misconduct may not participate in or attend his/her team's next regularly scheduled contest (including post season contests). In the event the next scheduled contest is a forfeit, the suspension will carry over to the next contest played. The suspended player, coach or spectator may not be at the site of the contest for which he/she has been suspended. If a suspended player or coach participates in a contest he/she is deemed ineligible and that contest is considered forfeited.
5. Any athlete that engages in a fight and/or leaves the bench area during an on-field altercation will be required to sit out of the next 2 scheduled contests. (As with our current policy, should this suspension overlap the end of the season, it will carry over to the postseason and/or the next season the athlete participates in). Should the situation repeat itself in the same season, the athlete will be ineligible for the remainder of that specific sport regular and postseason. Additionally, the player(s) or coaches who have been suspended from the next contest may not be present at the site of the contest (effective 5/2/22)
6. It is the responsibility of the coach to ascertain from the official that the incident or ejection is considered misconduct. It is the coach's responsibility to suspend the player from the team's next game.
7. Failure of the official to report to the Section office or failure of the Section office to forward the report to the athletic director or failure of the athletic director to notify

the coach does not relieve a coach of the responsibility to suspend the player.

8. **Procedure for officials to report a player, coach or spectator for misconduct:**
 - a. Each time a player, coach or spectator is ejected from a contest and anytime a player, coach or spectator displays abusive conduct (verbal or physical), **before, during or after** a contest, the official will communicate with the Section office on the following weekday **VIA AN EMAILED REPORT**
 - b. The athletic director of the offending school is then notified by the Section office staff.
9. **Procedure for coaches to report a player, coach or spectator for misconduct:**
 - a. Contact your athletic director and report the incident.
 - b. Your athletic director will report the incident to the Section office.
 - c. Forward a concise written report (signed by your athletic director) to the Section office.
10. **Further Suspension**
 - a. Removal of a player, coach or spectator from a second contest in a season by officials for flagrant misconduct will result in suspension from two additional contests.
 - b. Any player, coach or spectator ejected from a third contest in the same sport in the same season **will not be allowed to participate for the rest of the season.** (Adopted by NYSPHSAA May 2007)
 - c. If the ejection takes place in the last contest of the season (regular or post schedule play), the Section will assess the penalty carrying over into the next season of participation. (Adopted by NYSPHSAA May 2007)
 - d. Continued infractions causing ejection of the same player, coach or spectator from additional contests shall prompt a communication by the Executive Director to the principal and athletic director of the involved school. It is the responsibility of the athletic director to respond to this communication and indicate the action taken by the school district.
 - e. If a satisfactory response is not received by the Executive Director, the matter will be referred to the Executive Board of the Section.

Section XI and NYSPHSAA Thunder and Lightning Policy

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:

- Forced, frequent water breaks (every 10-15 minutes).
- Loose clothing, light colored shorts and tee shirts (mesh recommended) for practice sessions.
- Frequent rest breaks in shaded areas.
- 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.

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.

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)

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

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

Alert Information - Section XI will not issue a "heat alert" after the last day of the spring sports season. However, the Section XI Safety Committee (at their September 24, 2004 meeting) reviewed the "heat index" and how it is used to monitor temperature and humidity concerns. Heat index information is provided on www.weather.gov by following these directions: 1. enter the zip code for your location; 2. Scroll down and click on "tabular forecast"; 3. Refer to the heat index for the time period of concern. Districts can use this information to determine heat alert situations outside of the Section XI interscholastic athletic sports season (e.g. summer camps, field days, physical education class activities, etc.) Please refer to page 16 of the Section XI Directory for specific information regarding heat alerts.

SECTION XI CONTEST INTERRUPTION - THUNDER/LIGHTNING POLICY **Applied to regular season through NYSPHSAA Finals:**

1. 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.
2. 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. Each official at the site shall be paid the full game fee.
3. During Section Championships and NYSPHSAA Qualifiers, the Section will follow the NYSPHSAA Thunder and Lightning Policy under the direction of the Executive Director, Sports Chair or designee.



HEAT INDEX PROCEDURES

Administration of Heat Index Procedures:

- Feels Like Temperature (Heat index) or THI using a Wet Bulb Globe Temperature Indicator (see chart below) on the field will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 80 degrees (Fahrenheit) or higher.
- Download WeatherBug app to your phone or log into www.weatherbug.com. Schools may also use a Wet Bulb Globe Temperature Indicator (see chart below) on the field that will be used.
- Enter zip code or city and state in the location section of the app or on-line or determine the THI by using a Wet Bulb Globe Temperature Indicator.
- If the Feels Like temperature (heat index) or the Wet Bulb Globe Temperature Indicator is in the recommended range (yellow – WeatherBug or green, yellow, orange, red – WBGT), the athletic trainer, athletic director, or school designee must re-check the Feels Like temperature (heat index) or Wet Bulb Temperature Indicator at halftime or midway point of the contest. If the Feels Like temperature (heat index) or Wet Bulb Temperature Indicator is in the required range (red – WeatherBug or black – WBGT), the contest will be suspended.

Please refer to the following chart when using **Weather Bug app**, to take the appropriate actions:

	Feels Like Temp (Heat Index) under 79 degrees	Full activity. No restrictions
R E C O M M E N D E D	Heat Index Caution: Feels Like Temp (Heat Index) 80 degrees to 85 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch: Feels Like Temp (Heat Index) 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider postponing practice to a time when Feels Like temp is lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).
	Heat Index Warning: Feels Like Temp (Heat Index) 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness. Consider postponing practice to a time when Feels Like temp is much lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time). Light weight and loose fitting clothes should be worn. For Practices only Football Helmets should be worn. No other protective equipment should be worn.
REQUIRED	Heat Index Alert: Feels Like Temp (Heat Index) 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.