

Modified Committee Newsletter

Spring Season (2024) – Standards of Competition

Section 1 Modified Committee Membership:

Jesse Merchant – SWBOCES
Tara Lahm – Valhalla

Conference I Reps:

James Block – Horace Greeley
Kevin Roemer – Scarsdale
Kurt Jesman – Wappingers CSD

Conference II Reps:

Rob Castagna –Byram Hills
Dean Berardo – Brewster
Kyle Calabro – Roosevelt
Austin Goldberg – Peekskill

Conference III Reps:

Scott D'Ottavio – The Leffell School
Michael McCoy – Woodlands
Andrew Wendol – Hastings



Education Through Athletics

BASEBALL

Section One Rules & Game Conditions

1. The Home team shall supply NOCSAE balls.
2. It is recommended that the home team complete warm-ups prior to the arrival of the visiting team.
3. Mercy Rules: 10 runs – 4 ½ innings (unless agreed upon by both coaches)
4. No inning shall start after two hours
5. “Hurry Up Rule” – when a catcher is on base with two outs, a pinch runner may be used to allow the catcher to get their gear on prior to the third out. (The pinch runner is a player who is a substitute, or in the case that all substitutes have been used, a player offs the bench who is not currently in the lineup.)
6. The following substitution rule **may** be used to maximize modified players’ participation in their baseball games if agreed upon by coaches prior to the game. The official lineup card will list all players on the team in a designated batting order, allowing any of the players listed in a slot to bat when that slot occurs.
7. Refer to the NYS Pitch Count on NYS website
8. Helmets **MUST** be worn by adult base coaches. (Hard shell caps for adults)
9. Only sneakers or shoes with molded soles and molded cleats are permitted; shoes with metal posts or spikes are **NOT** permitted.
10. Bat list can be found on the NYSPHSAA website

For all NYSPHSAA governing rules please access the NYSPHSAA Handbook –

<https://nysphsaa.org/index.aspx>

Boys Lacrosse

Section One Rules & Game Conditions

1. Final two minutes of regulation play; stalling rules will be in effect. The team that is ahead will be warned to “keep it in” once the ball has been brought into the respective goal area.
2. Beginning in January 2021, US Lacrosse boys’ and girls’ youth field lacrosse rules will require that all goalie chest protectors must meet the NOCSAE performance standard ND200 in order to be deemed legal for play. In addition, beginning in 2022, all field players in boys’ lacrosse must wear protection for commotio cordis that also meets the same NOCSAE performance standard.
3. US Lacrosse – Goalie THROAT GUARD
 - a. Separate from helmet & required for goalies
 - b. Attach with snaps/screws/other fasteners
 - c. Proper fit for helmet & guard must be done relying on manufacturers’ guidelines & requirements on their website or included with helmet/guard

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Girls Lacrosse

Section One Rules & Game Conditions

1. US Lacrosse
2. Halves shall consist of 25 minutes; the clock will stop after goals have been scored.
3. Half time will be 5 minutes long.
4. An attempt is a throwing motion, whether successful or unsuccessful.
5. Equipment: Please see New York State Handbook (page 134)
6. There is no overtime period.
7. ATSM goggles must be worn during play.
8. Beginning in January 2021, US Lacrosse boys’ and girls’ youth field lacrosse rules will require that all goalie chest protectors must meet the NOCSAE performance standard ND200 in order to be deemed legal for play. In addition, beginning in 2022, all field players in boys’ lacrosse must wear protection for commotio cordis that also meets the same NOCSAE performance standard.
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SOFTBALL

Section One Rules & Game Conditions

1. The home team shall supply top grade balls.
2. It is recommended that the home team complete warm-ups prior to the arrival of the visiting team.
3. Mercy Rules: 10 runs – 4 ½ innings (unless agreed upon by both coaches)
4. No inning shall start after two hours
5. “Hurry Up Rule” – when a catcher is on base with two outs, a pinch runner may be used to allow the catcher to get their gear on prior to the third out. (The pinch runner is a player who is a substitute, or in the case that all substitutes have been used, a player off the bench who is not currently in the lineup.)
6. Coaching Modifications:
 - a. Nine defensive players to play.
 - b. The pitching distance is 43 feet.
 - c. Stealing is allowed (unless your team is up by 10 runs)
 - d. Bunting will be allowed
 - e. Runners can leave on the release of the pitch
 - f. The third dropped strike will be used.
 - g. Any legal pitching motion will be used EXCEPT ARC.
7. ASA rules, 7 innings
8. The following substitution rule **may** be used to maximize modified players’ participation in their softball games if agreed upon by coaches prior to the game. The official lineup card will list all players on the team in a designated batting order, allowing any of the players listed in a slot to bat when that slot occurs.
9. A player may re-enter the game once
10. Helmets MUST be worn by adult base coaches. (Hard shell caps for adults)
11. Only sneakers or shoes with molded soles and molded cleats are permitted; shoes with metal posts or spikes are NOT permitted.
12. Bat list can be found on the NYSPHSAA website.

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Tennis

For all NYSPHSAA governing rules please access the NYSPHSAA Handbook – <https://nysphsaa.org/index.aspx>

Track & Field

Section One Rules & Game Conditions

1. Only sneakers or shoes with molded soles and molded cleats are permitted; shoes with metal posts or spikes are NOT permitted.
2. A six (6) pound shot put may be used for modified girls’ track and field, rather than a 4K shot put.
3. The maximum number of events for Modified Track & Field to 4, providing one of the 4 is a relay and eliminate the distance restrictions in the Modified Track and Field regulation. (updated 2/1/2023)

For all NYSPHSAA governing rules please access the NYSPHSAA Handbook –

MODIFIED SPORTS STANDARDS CHART FOR INTERSCHOOL COMPETITION

Sport	# of Practices for student to represent <u>their school</u>	Team and Individual Maximum No. Contests	Minimum Time Between Contests*	Individual Limitations per Day	Rules	Time and Distance Limits
Badminton	6	14	1 Night	2 Matches/ 1 Contest	USBA	
Baseball	10	14	1 Night	2 Games *	NFHS	
Baseball Pitcher	10	14	2 Nights *	1 Game	NFHS	Pitch Count Restrictions
Basketball	6	14	2 Nights	1 Game	NFHS- Boys NCAA- Girls	7 Minute Quarters
Bowling	6	14	1 Night	3 Games	USBC	
Cross Country	6	10	2 Nights	1 Meet	NFHS	
Cheerleading	6	12	1 Night	1 Competition	NFHS	
Field Hockey	6	12	2 Nights	1 Game	NFHS	25 Minute Halves
Football	10	7	4 Nights **	1 Game	NFHS	10 Minute Quarters
Golf	6	14	1 Night	1 Match	USGA & Local Course Rules	
Gymnastics	10	10	2 Nights	3 Events */ 1 Contest	NFHS- Boys USAJO- Girls	
Ice Hockey	6	14	2 Nights ***	1 Game	NFHS	13 Minute Periods
Lacrosse- Boys	6	12	2 Nights	1 Game	NFHS	9 Minute Quarters
Lacrosse- Girls	6	12	2 Nights	1 Game	NFHS/ US Lacrosse	25 Minute Halves
Skiing	6	12	2 Nights	2 Events	FIS & ESA	
Soccer	6	12	2 Nights	1 Game	NFHS	
Softball	6	14	1 Night	2 Games *	ASA	
Swimming & Diving	6	14	2 Nights	3 Events/ 1 Contest	NFHS	
Tennis	6	14	1 Night	2 Matches *	USTA	
Track & Field (Outdoor)	6	10	2 Nights	3 Events/ 1 Contest	NFHS	
Track & Field (Indoor)	6	10	2 Nights	3 Events/ 1 Contest	NFHS	
Volleyball	6	14	1 Nights	2	NCAA	
Wrestling	10	14 Pts.	2 Nights	2 Bouts *	NFHS	Max of 10 Pts. Thru 2 Pt. Contests

(*) See details in Game Rules Section

*Except in football and cross country, contests may be played with only one night's rest.

(**) Three nights/scrimmage

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

Modified & Freshman Pitch Count Info

NYSPHSAA

Pitch count for	Number of Pitches	Number of Nights Rest
JV/FR Baseball		
	76-85	4
	46-75	3
	31-45	2
	1-30	1

Pitch count for	Number of Pitches	Number of Nights Rest
Modified Baseball		
	61-75	4
	41-60	3
	21-40	2
	1-20	1



- 1 If a pitch is thrown on a balk call, the pitch will NOT count for the purposes of this rule
- 2 A pitcher at any level who reaches the pitch count limit in the middle of an at-bat will be allowed to finish that hitter. The number of nights rest is determined by the actual number of pitches thrown.
- 3 Schools will have the responsibility to maintain all pitching charts. They will also be required to make any game chart available to any school prior to any game to show availability of pitchers for that given day.
- 4 During games each team will record pitch counts on the official NYSPHSAA pitch count form, this should not include warm-ups or pick off attempts. After each half inning the pitch counts will be confirmed by both teams. Any discrepancy will be resolved based on the records of the home team pitch count chart.
- 5 At game's conclusion, the NYSPHSAA pitch count form will be signed by both head coaches or designated representative.
- 6 Any violation of this rule will be considered in the same light as a school using an ineligible player. The game will be forfeited.
- 7 As per the NYSPHSAA handbook any additional penalties may be imposed at the school or section level.

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