

Modified Committee Newsletter

Fall Season (2023) – Standards of Competition

Section 1 Modified Committee Membership:

Jesse Merchant – SWBOCES
Tara Lahm – Valhalla
Dean Berardo – Brewster

Conference I Reps:

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

Conference II Reps:

Rob Castagna – Byram Hills
Kyle Calabro – Yonkers
Austin Goldberg – Peekskill

Conference III Reps:

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



*Education
through
Athletics*

Football

Please see the [NYSPHSAA Handbook](#) for Game Conditions

Game Rules: NFHS

Section One Rules & Standards

1. A doctor, trainer or EMT shall be present at all football games as per Section One rule.
2. Fencing around the field is recommended. Spectators must remain in the designated spectator area.
3. It is recommended that mature adults, preferably faculty members, are assigned to the chains and down markers for modified games.
4. No scouting of modified games shall be permitted.
5. Schools may use a youth sized ball.
6. The Section has approved the use of two (2) wide receivers on opposite sides of the formation. **(adopted 08/2022)**
7. The 5th Quarter or X Quarter shall be utilized. Coaches and AD's should converse with opponents and officials to coordinate prior to day of game.

X Quarter: Is defined as a time for our younger or inexperienced players to get game experience. Coaches can be on the field, and they can decide whether to run a set number of plays or use chains etc. Scoring during X quarter should not be counted as it is viewed as a learning experience and there may be a mismatch of players on the field. Officials will be paid an additional fee for this quarter. Time should be 10 minutes, same as other quarters or duration be decided by coaches based on their teams' numbers.

1st quarter -10 minutes

2nd quarter - 10 minutes

X quarter - 10 minutes

Half Time - 5 minutes

3rd quarter – 10 minutes

4th quarter – 10 minutes

Cross Country

Please see the [NYSPHSAA Handbook](#) for Game Conditions

Game Rules: NFHS

Section One Rules & Standards

1. The order of events are determined by the meet director.
2. Team Scoring will be allowed in small meets only for the first 4 places of each team.
3. EQUIPMENT – 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.

Volleyball

Please see the [NYSPHSAA Handbook](#) for Game Conditions

Boys' Game Rules: NCAA

Girls' Game Rules: NCAA

Section One Rules & Standards

1. Dutchess & Rockland Counties: Rally scoring in a five (5) game match shall be utilized.
2. Westchester & Putnam Counties: A minimum of 3 games should be played. If a Westchester school wishes to play 5 games. They should contact opponent to confer, they will need official's permission and will have to pay extra fee (double game).
3. Coaches could allow officials to depart and then play two additional competitions as a scrimmage.
4. The service line may be moved up into the court, at a distance not to exceed two meters from the regulation service line.
5. The Libero player may be used at the modified level. The uniform requirement for the Libero is waived.
6. The minimum net height shall be seven (7) feet for boys and girls.
7. The boys' and girls' modified volleyball rotation may be adjusted so that when a modified athlete successfully serves five (5) consecutive serves that are not returned, that team rotates to its next server.
8. Official warm up is 23 minutes on the clock - Officials meet with team representatives and will signal when to start the clock for warmups. Start clock after coin toss

23-19 mins	4 minutes shared time (whistles at 19:15 & 19:00)
19-15 mins	Visiting team has exclusive court use (whistles at 15:15 & 15:00)
15-11 mins	Home team has exclusive court use (whistles at 11:15 & 11:00)
11-6 mins	Visiting team has exclusive court use (whistles at 6:15 and 6:00)
6-1 mins	Home team has exclusive court use (whistles at 1:15 and 1:00)
1-0 mins	Pick-up volleyballs and during the final minute

Field Hockey

Please see the [NYSPHSAA Handbook](#) for Game Conditions

Game Rules: NCAA

Section One Rules & Standards

1. At this time overtime is not permitted in the sport of Field Hockey at the Modified level.

Soccer

Please see the [NYSPHSAA Handbook](#) for Game Conditions

Game Rules: NFHS

Section One Rules & Standards

1. If the soccer field is on a multi-purpose field, the markings shall be a different color.
2. A minimum of three quality game balls should be used at each game.

Swimming & Diving

Please see the [NYSPHSAA Handbook](#) for Game Conditions

Game Rules: NFHS

Tennis

Please see the [NYSPHSAA Handbook](#) for Game Conditions

Game Rules: USTA

MODIFIED SPORTS STANDARDS CHART FOR INTERSCHOOL COMPETITION

Sport	# of Practices for student to represent their school	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 Competiton	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.

