

Modified Committee Newsletter

Winter Season (2023/24) – 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

Kyle Calabro – Yonkers Public

Dean Berardo – Brewster

Austin Goldberg – Peekskill

Conference III Reps:

Scott D'Ottavio – The Leffell School

Andrew Wendol – Hastings

Michael McCoy – Woodlands



Education Through Athletics

Cheerleading

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

Game Rules: NFHS

Section One Rules & Standards

1. Policies controlling cheerleading have been developed at the Sectional level.
2. Basketball cheerleaders can only cheer at home games.
3. Must follow high school rules

Swimming & Diving

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

Game Rules: NFHS & NYSPHSAA

Track & Field

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

Game Rules: NFHS & NYSPHSAA

Section One Rules & Standards

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.

Basketball

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

Game Rules: NFHS (boys) & NCAA (girls)

Section One Rules & Standards

1. “Pressing” by definition is an extension of one’s defense. It is usually interpreted by the defense extending their formation to $\frac{1}{2}$, $\frac{3}{4}$, or full court. In boys’ basketball the half court line can become an extra defensive player because of the 10-second time restriction.
2. A team is considered NOT to be “pressing” if, after a change of possession, the team on defense retreats back to the top of the key extended. The team will remain behind the restraining line until the ball passes the mid-court line. At this time the defense can extend beyond the restraining line.
3. From the start of the season to Martin Luther King Day (3rd Monday in January), No press of any form can be used until the last 2 minutes of the contest and the overtime period, if needed. After MLK Day, pressing is allowed at any time.
4. From the start of the season (1st Monday after Thanksgiving) to Martin Luther King Day (3rd Monday in January) only “man to man” defense is to be used in the games. On the Tuesday after Martin Luther King Day until the end of the season, any and all defenses can be used.
5. 7/8 Basketball Program - It is important that the highest standards of sportsmanship and fair play be maintained among both coaches and participants.
6. Program Implementation
 - a. Tryouts/Player Selection - All coaches must maintain at least 12 players on the roster in order to play a five-period game. If a team does not have 12 players available at game time, the game will be played under the regular four period format.
7. Game Format
 - a. The 3-Point shot is allowed. If a court does not have a 3-point line it will not be used.
 - b. Bonus Situation (free throws) – There will be two (2) shots awarded on the 5th team foul in each period; **at the end of each period all team fouls will be reset to zero.** Team fouls are not to be continuous from period to period.
 - c. Halftime – Is after the 2nd period regardless of a 4 or 5 quarter game.
 - d. Overtime – There shall be two time-outs for that period. All players are eligible for the overtime period. Time-outs do not carry over into overtime periods.
8. Ball Size – Boys (29.5 basketball) Girls (28.5 basketball)

Ice Hockey

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

Game Rules: NFHS (plus NYSPHSAA Ice Hockey Rules Addendum)

Section One Rules & Standards

Modified Ice Hockey follows the NYSPHSAA High School Sportsmanship Standard (#28) regarding disqualification.

Wrestling

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

Game Rules: NFHS & NYSPHSAA

Section One Rules & Standards

1. All scales will be checked and certified annually.
2. Weigh-ins are on the honor system. Follow Game Rules.
3. Each bout will be scored individually. Team score will not be kept.
4. Five 10 second time-outs will be allowed during the match to assist new wrestlers.
5. All teams must follow same weight classes as the Varsity and Junior Varsity, if used.
6. There is no limit to the total team bouts in a contest.
7. Coaches must send signed roster form with Athletic Director signature to opposing coaches via email or fax prior to the day of the meet.
8. Sudden Victory Period - Wrestlers start in a standing position, and the period shall not exceed 30 seconds.
9. A copy of the roster should be sent to Kevin Roemer: Kroemer@scarsdaleschools.org
10. Wrestlers shall have the option of wearing an alternative to the traditional singlet. Uniform must include a form-fitting compression shirt and compression shorts, or a form-fitting compression shirt under the school uniform singlet. **Adopted 9/2021**
11. Overtime will consist of one 30 second sudden victory period in which the wrestlers will start in the neutral position, if the score is still tied after this sudden victory the match is concluded. **Adopted 11/2023**

Section One Game Rules (Program 2) adopted

1. Weights: Wrestlers may wrestle each other within a 10-lb. weight variance.
2. Matching wrestlers: both coaches will get together and match their wrestlers. All safety measures on the squad roster form are to be used to equalize competition, namely, experience, physical strength and maturity.
3. There is no limit to the total team bouts in a contest.
4. Scoring: Use regular scoring system with teams receiving zero points for tied bouts or count number of bouts won or a combination of both. All bouts to count in team scoring.
5. The time periods for bouts shall be as follows:
 - a. If a contestant competes in only one (1) bout per contest, the time periods are:
 - i. Program 2: 1st Period – 1 minute, 2nd & 3rd periods – 1 and ½ minutes
 - b. If contestant competes in two, three or four bouts per contest, the time periods will be either: (1) Three one (1) minute periods, or (2) 1st period: One (1) Minute, 2nd & 3rd periods: 1 ½ minutes.

Section One Procedures: Weigh-In & Matching Wrestlers

1. Coaches must contact the host coach to discuss match procedures.
2. Coaches are to weigh in athletes the evening prior to competition to check weights. Scales are to be ready to spot check wrestlers on match day.
3. It is recommended to check weights throughout the season and update rosters accordingly and resend out.
4. Matching wrestlers: Both coaches will get together and match their wrestlers. All safety measures on the squad roster form are to be used to equalize competition, namely, experience, physical strength and maturity.

MODIFIED SPORTS STANDARDS CHART FOR INTERSCHOOL COMPETITION

Sport	# of Practices for student to represent <u>their</u> 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 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 Athletic Council
Five Period Basketball Program

All coaches must maintain at least 12 players on the roster in order to play a five-period game (7 minutes per period). If a team does not have 12 players available at game time, the game will be played under the regular four period format with 7-minute quarters.

Game Roster Form

Date: _____ Match Up: _____ vs. _____

School: _____

TEAM #1		TEAM #2	
Name	No.	Name	No.

Coaches Signature: _____