

MCPSAC

SCOTT BARKER - EXECUTIVE DIRECTOR
PATRICK IRVING - ASSOC. EXEC. DIRECTOR
MICHAEL GIRUZZI - EXECUTIVE SECRETARY
DUANE WEIMER - EXECUTIVE SCHEDULER
MICHAEL MURRAY - MODIFIED CHAIRPERSON



WWW.MCPSACNY.ORG



CONNECT@MCPSACNY.ORG



@MCPSAC

MODIFIED SPORTS HANDBOOK

Fall 2025

[Program Goals](#)

[Protocol for Contests](#)

[Sport Liaisons](#)

[Cheerleading - Gameday](#)

[Cross Country](#)

[Football](#)

[Soccer](#)

[Swimming & Diving](#)

[Tennis](#)

[Volleyball - Boys](#)

[Volleyball - Girls](#)

Program Goals

It is expected that all modified athletics will be conducted in a positive environment. Characteristics of such an environment are:

1. All athletes will be treated, and treat each other, in a respectful manner.
2. Basic skills, fundamentals and good athletic attitudes are to be stressed above all else.
3. Adult participation and supervision must be positive and supportive at all times.
4. Self-discipline and teamwork must be stressed.
5. Abide by all rules and procedures set forth in this handbook.
6. Winning is kept in perspective and not over-emphasized.
7. Officials and opponents must always be treated with respect.
8. Parents should be oriented as to their proper role.
9. Safety is a major point of emphasis.
10. If you have had fun, you have won!!!

Protocol for Contests

1. Each team will receive ample time to warm-up upon arrival.
2. Coaches will meet prior to the game to review contest protocols and procedures.
3. Coaches will confirm contest protocols and procedures with all officials and anyone working to score the event.
4. Coaches and players will model good sportsmanship at all times with officials, opponents, parents, and teammates/players.
5. Coaches must adhere to agreed upon protocols and procedures during the contests. If a problem arises, stop the contest and straighten it out. All contests will be completed in full unless weather or other unforeseen issues arise.
6. Players and coaches will line up and shake hands with opposing team members and coaches after every contest.
7. Coaches are expected to silence unsportsmanlike conduct or rude parents (from their home school). Stop it right away!
8. All concerns must be reported to your athletic administrator as soon as possible after the concern arises in order to help investigate the concern.
9. All schools are expected to complete their full contest schedule provided by the league. That may include rescheduling contests to later dates as needed to help ensure everyone in the league is able to complete their full schedule. All scheduled contests should be played, and no attempts to shorten a season should be performed.

Sport Liaisons

Modified Sports Chair – Michael Murray (Churchville-Chili) - mmurray@cccsd.org

Cheerleading - Gameday - Jeff Wheaton (Hilton) - jwheaton@hilton.k12.ny.us

Cross Country - Brendan O'Toole (Irondequoit) - brendan_otoole@westiron.monroe.edu

Football – Joel Reed (Batavia) - jreed@bataviacsdsd.org

Soccer – Boys - Michael Murray (Churchville-Chili) – mmurray@cccsd.org

Soccer – Girls - Ray Istas (Greece Olympia/Odyssey) – raymond.istas@greececcsd.org

Swimming - Girls – Tony Lipani (Greece Athena) – Anthony.lipani@greececcsd.org

Tennis - Girls – Mike Bromley and Mike Giruzzi (Brockport) - michael.bromley@bcs1.org and michael.giruzzi@bcs1.org

Volleyball – Boys & Girls - Shawn Strege (Webster Schroeder) – shawn_strege@websterccsd.org

**If you need additional information regarding our modified rules,
please contact the sport liaison and/or chairperson that is listed above.**

Cheerleading - Gameday

(There is nothing in the NYSPHSAA handbook for modified cheerleading. Below are the High School rules)

| | |
|------------------------------------------------|---------------|
| Number of practices prior to first scrimmage | 6 |
| Number of practices prior to the first contest | 6 |
| Team and Individual maximum number of contests | 12 |
| Minimum time between contests | 1 night |
| Individual limitations per day | 1 competition |

Rules:

- NFHS Spirit Guide Cheerleading Rules

NYSPHSAA Rules:

- A routine will be 2 minutes and 30 seconds and must include a minimum of 30 seconds of cheer.
- A competition must request a minimum of 4 panel judges and 1 safety judge.
- All game day cheerleading coaches must have current USA Cheer safety & risk management certification and USA Cheer/NFHS rules training.
- The use of props as bases is prohibited.
- Competitive cheer choreography during the fall season is permitted in accordance with the NYSPHSAA Practice Rule.

Scrimmage Rules:

- None

Cross Country

| | |
|------------------------------------------------|----------|
| Number of practices prior to first scrimmage | 6 |
| Number of practices prior to the first contest | 6 |
| Team and Individual maximum number of contests | 10 |
| Minimum time between contests | 2 nights |
| Individual limitations per day | 1 meet |

Meet Conditions:

Equipment – There are no restrictions for shoes/metal spikes.

Meet Rules:

- NFHS Rules
- The maximum distance shall be 1.5 miles in the first half and should increase to 2 miles in the second half of the season, on the date designated by the Section Athletic Council.

Hosting Meets:

It is always the responsibility of the host school to organize and run their designated meets. It is suggested that coaches use assistants and/or managers in order to run the meets as efficiently as possible. PLANNING AHEAD will help tremendously. If problems do arise however, coaches should see the primary host coach immediately. If problems should continue (poor organization, starting, scoring, rule enforcement, etc.) or are not handled in accordance with this handbook, coaches should contact their league chairperson for further action. During the season, each school is responsible for hosting at least one league meet. Each season's schedule will denote the host school for each meet.

Primary and secondary host coaches are responsible for sufficiently marking the course and explaining the markings to all runners and coaches sometime prior to the start of each race. Proper markings are identified in Federation rules. All coaches should agree upon any course changes or alterations (due to weather, repairs, etc.) before the start of the race. Any alterations must be reported to the league recorder, "Good Scout."

Course Sites:

There are alternate course sites in case of poor conditions. The primary host coach is responsible for contacting the County Chairperson and the other schools in the meet concerning changes due to any site problems. All coaches involved must receive 24 hours notice of change. After that deadline, the meet is to be postponed.

Enforcement of Rules:

The host school's coach is responsible for enforcing all rules of Cross Country as identified in the State and Federation rulebooks. Some of the rules that cause the most frequent problems are listed below:

- Any uncalled-for roughness shall lead to disqualification of the runner(s) involved.
- Any language that is abusive or obscene shall lead to disqualification of the runner(s) involved.
- It is the COACH'S responsibility to inform their athletes of proper etiquette and sportsmanship.

NOTE: ALL INFRACTIONS OF RULES MUST BE OBSERVED BY A COACH OR ADMITTED TO BY THE ATHLETE(S) WHEN CONFRONTED WITH THE ISSUE.

Start Times and Order of Races:

In general, starting times for all meets shall be 5:00 pm. However, whenever possible, teams should be given approximately 20 minutes to warm up. If a team does not arrive by 5:00 pm, wait 15 minutes.

The order of races is as follows:

1. Varsity A and B Boys
 2. Modified Boys and Girls
 3. Freshman Boys and Girls of lesser ability (5 minutes after Modified race begins)
 4. Varsity A and B Girls
- At midseason, the boys and girls varsity will switch starting times.

Uniforms:

Each team member must wear a team uniform in competition, except when team uniforms are not provided by the school district. Waive rule for the need of identical equipment worn under uniform.

Starting Line Procedures:Order on the Line

- Runners will line up in teams, with the order determined by PICK OF THE DRAW (numbers, straws, etc.). Five girls and five boys from each team should take a place on the line if boys and girls are being scored separately. The remaining runners will take places directly behind the top five.

Starting Command Procedure

- Use a one-command start (no “take your mark” or “set”). Call runners to the line and tell them that when everyone is ready, the start command will be given. Use a gun, whistle, or horn.

Other Start Responsibilities

- The primary host coach will give adequate warning of the start of each race (first call: ten minutes before the race; second call: five minutes before the race). The host coach will call runners to the line and answer any questions about the course. He/she will direct line-up order, explain finish procedures (cards, chutes) and check to see that the timers are ready prior to the start. There must be at least three timers.
- The host school may use certified officials in lieu of the host coaches running the meet.

Finish Line Procedures:

CHUTES - Provide for a sufficient finish area so the boys and girls can finish in separate, side by side chutes. Provide a sufficient area BEFORE the actual finish line. Continue the chute approximately 30 feet before distributing cards. Clearly label the two chutes A and B. Boys will finish in the A (right -hand) chute.

Football

| | |
|------------------------------------------------|----------|
| Number of practices prior to first scrimmage | 10 |
| Number of practices prior to the first contest | 10 |
| Team and Individual maximum number of contests | 7 |
| Minimum time between contests | 4 nights |
| Individual limitations per day | 1 game |

Game Conditions:

- The first two (2) days of practice sessions must be non-contact exercises and equipment shall be limited to just helmets.
- Next three (3) days allow for shoulder pads, blocking pads, sleds and other similar training devices. No scrimmages or live contact is allowed.
- The next five (5) days shall consist of contact with full protective equipment and the use of all training devices.

Length of Quarters:

- If one of the two teams has 23 players or fewer, the game will consist of (4) 10 minute quarters. If both teams have 24 or more players, the game will consist of (4) 12 minute quarters.

Playing Philosophy:

- Quarter 1 - Strongest Players
- Quarter 2 - Developmental Players (Strongest players, regardless of position, should not play during this quarter.)
- Quarters 3 & 4 – Coaches decision based on competitiveness of the contest.

Game Format:

- No player may play more than 3 quarters. Entry into each quarter rather than actual playing time shall constitute “participation” in the quarter.
- All players must play in one of the first 2 quarters. All teams should have multiple quarterbacks, running backs, special teams, etc. to avoid the “excuse” of not having any other options in the 2nd quarter at certain positions, especially quarterback running back, and special teams.

Game Play:

- No kick-offs. Start play from own 35 yard line
- Two (2) points shall be allowed for a kick extra point and one (1) point for a run or pass.
- Safety – scoring team puts the ball in play on the 50 yard line.
- All downfield blocking must be done above the waist. Downfield blocking is interpreted as any blocking of an opponent taking place downfield from the free blocking zone, which for this rule is two (2) yards either side of the L.O.S. and four (4) yards wide either side of the ball at the snap and extended from sideline to sideline. The downfield 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 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.

- Penalties (at modified level): improper formation– 5 yards; down field blocking – 15 yards.

Offensive Rules/Formations:

- Team offensive formations are limited to standard formations, no unbalanced lines allowed.
- Teams will be allowed to use two (2) wide receivers on opposite sides of the formation (Spread formation).
- There may be a maximum split of 1 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 (2) players outside of the normal tackle alignment on either or both sides of the field.
- Motion is allowed toward the two (2) receiver side of the formation provided the ball is snapped before the player crosses the middle of the formation. Teams can motion from one legal formation to another legal formation prior to the ball being snapped (Tight Twins to Pro).
- All downfield blocking must be done above the waist. Linebackers/Defensive backs cannot be cut by offensive lineman or backs.
- An off-set fullback, running back in the Gun, or split backs can only line up as wide as the inside leg of the Tackle

Defensive Rules/Formations:

- Until the snap the defense shall be allowed to use 4, 5 (with a walked out end), or 6 man fronts (4 and 6 man fronts must align head up, no gap alignments allowed and cannot cover the center).
- Defensive lineman are not permitted to move until the snap of the ball (players cannot intentionally shift alignment prior to the snap).
- Defensive lineman must be lined up within 2 yards depth of the ball. Linebackers must be stationary and at least 3 yards off the line of scrimmage (LB's can blitz at the start of the play from their 3 yard depth). Defensive backs must be 2 yards deeper than the linebacker (minimum–5 yards off the line of scrimmage)
- Defensive backs may play at 3 yards depth when the ball is inside the 10 yard line
- Press coverage is not allowed against the receiver except (by a walk-off defensive end – not a DB) when the receiver is within 5 yards of the offensive tackle.
- When an offensive team employs a wide receiver (split end or flanker), the defensive end to the side of the formation may assume a “walkaway” position. The end may align at a maximum depth (3 yards off the line of scrimmage) even with the two (2) inside linebackers and no wider than half the distance between the wide receiver and the next lineman.

Special Teams Rules/Formations:

- If a team lines up with receivers split on both sides of a formation and the quarterback (punter) receives the snap at more than 8 yards from the LOS, the team must punt. If the quarterback (punter) receives the ball at less than 5 or 6 yards they can choose to punt or run an offensive play.
- If a team lines up with no receivers (tight formation) they can choose to punt or run an offensive play regardless of the depth of the quarterback (punter).
- On extra points, only 6 defensive lineman can rush the kick from a standard front (no gap alignments) as stated in defensive formations above.

Scrimmage Rules:

- No definite time is set or kept.
- Coaches are permitted on the field to provide instruction and make corrections.
- Different configurations governing possession time and down and distance situations (than those normally used in a game) may be used to govern play.
- Unlimited time-outs and stoppages of play are permitted and encouraged for the purpose of both providing instruction and adequate rest periods.
- The use of officials would be permitted and encouraged whenever possible for the purpose of instruction regarding the rules and proper application of rules.
- Punts and extra point kick attempts may involve live play until the ball is kicked. Punts may not be advanced and all fumbled punts and muffs will be blown dead immediately.
- The total number of plays should be recorded to prevent an individual player from being involved in more than a maximum of 90 live contact plays during the entire scrimmage.
- No admission may be charged.
- The participation of student support groups such as cheerleaders, bands, kick lines, etc., are prohibited.

Soccer

| | |
|------------------------------------------------|---------|
| Number of practices prior to first scrimmage | 6 |
| Number of practices prior to the first contest | 6 |
| Team and Individual maximum number of contests | 12 |
| Minimum time between contests | 1 night |
| Individual limitations per day | 1 game |

Game Rules:

- NFHS Rules
- Two 40-minute halves will be played.
- Except for the goalie, who may play in the full game, no other player may play in more than 60 minutes of a game.
- All coaches should make every effort to help ensure that every player on the team plays at least 10 minutes in each game.
- Free substitution is permitted when the ball goes over the sideline or end line.
- An all-purpose type foam helmet may be worn and a mouthpiece may be worn by the soccer goalie for protective purposes.
- One time out period per half (including each overtime period) may be called whenever the ball is dead. The coach is permitted on the field during the timeout period to instruct the players.
- Corner flag posts must be flexible in nature (wood, plastic or plastic foam) and conform to the NFHS rule standard of not being less than 5 feet high. Plastic traffic cones may be substituted in place of corner flags.
- There shall be two overtime periods of four minutes when the regulation game ends in a tie. A coin shall be flipped prior to the first overtime period. If time still exists after the second overtime, no further play shall be conducted.
- In the event of a disqualification of a player, a substitution must be made for that disqualified player. If a team has no eligible substitute, the team may continue to play shorthanded.
- The NFHS regulation that the boys' and girls' soccer goalie uniform jersey be numbered and all white away uniforms shall be waived at the modified level.

Scrimmage Rules:

- A soccer scrimmage may not exceed a total of 100 minutes and unlimited substitutions are permitted.
- The length of time for the periods of play is to be determined by the coaches, not to exceed 40-minutes in any one period: halves, three-quarters or quarters.
- Scoreboards may be used for timekeeping only.
- The clock will begin with the goal keeper in possession of the ball. When a goal is scored, play will be restarted with goalie possession.
- The goalie can restart play with a goal kick, goalie throw or goalie punt.

Modified B2 Division: All of the above rules apply except for playing time. All coaches should make every effort to help ensure playing time is equal for all players. The only exception to this can be a goalie who may get more playing time than all other players.

Swimming & Diving

| | |
|------------------------------------------------|-----------------|
| Number of practices prior to first scrimmage | 6 |
| Number of practices prior to the first contest | 6 |
| Team and Individual maximum number of contests | 14 |
| Minimum time between contests | 1 night |
| Individual limitations per day | 3 events/1 meet |

Meet Rules:

- The National Federation Rules of Swimming and Diving shall be followed except as indicated below.
- A swimmer is permitted one false start before disqualification. The use of the no re-call false start rule shall not be utilized.
- Swimmers may compete in a maximum of three events. (1 relay and 2 individual, or 2 relay and 1 individual).
- With prior agreement of teams, races may be conducted by seeded heats with the winners established.
- Swim caps cannot have logos (ex: Speedo).
- 3 events per swimmer
- A roster sheet or event cards must be given to the officials.
- There is a maximum of 2 heats per event.
- The home team has even lanes, the away team has odd lanes. No final events may be conducted.

The events and their order shall be:

1. 200 yd. medley relay
2. 200 freestyle
3. 100 yd. individual medley
4. 50 yd. freestyle
5. Diving
6. 50 yd. butterfly (optional - 100 yd. butterfly)
7. 100 yd. freestyle
8. 50 yd. backstroke (optional - 100 yd. backstroke)
9. 50 yd. breaststroke (optional - 100 yd. breaststroke)
10. 200 yd. freestyle Relay

Diving Rules:

- There will be a maximum of 4 divers per team.
- Each diver is allowed 4 dives. Coaches must be aware of the required dive for the week.
- Diving will be scored. Coaches choose how to use scoring.
- Shall consist of (1) voluntary dive (DD not to exceed 1.8) which shall be done first: week 1-forward group; week 2-back group; week 3-inward group (begin rotation over), and three (3) optional dives: two (2) of the three (3) must be from different groups.

Scrimmage Rules:

- No official times or scores may be kept.
- More than 1 heat per event is permitted.

Tennis

| | |
|------------------------------------------------|-----------|
| Number of practices prior to first scrimmage | 6 |
| Number of practices prior to the first contest | 6 |
| Team and Individual maximum number of contests | 14 |
| Minimum time between contests | 1 night |
| Individual limitations per day | 2 matches |

Match Conditions:

- USTA rules
- Contests should consist of 4 singles and 4 doubles matches, unless agreed upon prior to the contest.
- One 8 game set shall be played. A 4 point scoring system shall be used with no deuce point.
- For the purpose of ensuring that every eligible tennis player has the opportunity to play in a match, each may play one additional singles or doubles match per day. Thus, an individual may play in two matches, provided that every individual eligible player plays once before any player plays twice.

Match Rules:

- No player shall participate in both singles and doubles in the same inter-school match.
- Before the match begins, each coach will hand the other coach a list of his/her players and how they are playing. This must adhere to the policy of playing singles players in the order of their ability. It is legal to switch athletes from singles to doubles, but it must be done without waiting to see how the other team will line up. The first doubles team must be that school's better team playing that day. The second doubles team must be better than the school's third doubles team. To move a player from a higher to a lower position during the season, a coach must present documentation of a play off (minimum of one set) that has taken place within the two weeks prior to that match. If a coach believes that an illegal line up was used by an opponent, it should be brought to the chairman's attention. If a match does not have a complete line up, the coach must forfeit from the bottom of the singles or doubles line up. This means that a coach cannot forfeit first singles, but must forfeit fourth singles and move everyone else up accordingly.
- Each home team shall furnish a minimum of one unopened can (three regulation balls) of tennis balls for each of the eight matches comprising an interschool match. A new can of tennis balls shall be supplied by the home school for the third set should either player request it. Green Dot balls are used for the first part of the modified season.
- Any match, once started, that is postponed for longer than ten minutes due to an equipment failure or physical unfitness of a player must be defaulted to the opponent.
- Each individual match shall consist of one eight game pro-set, using No Ad scoring. The points used in any game shall be 15-30-40-game. At 40-40, the opponent will have a choice of side on which to receive. In doubles, one opponent may choose to receive. A player may either play singles or doubles, but may not play both in any one interschool contest. For the purpose of ensuring that every eligible tennis player has the opportunity to play in a match, each may play one additional singles or doubles match per day, provided that every individual eligible player plays once before a player may play twice.
- A player who wins eight or ten games wins the set, provided that she wins by a margin of at least 2 games. If the score in any set should reach 7-7 or 9-9, a tiebreak system will be used.

****Coaching during every change of sides (court ends) will be allowed, but not to exceed 90 seconds. Change over of court ends takes place after the odd numbered games.**

- Players will score their own matches, with the server announcing the score prior to each service. Conflicts must be resolved by mutual agreement between the players involved. Players are responsible to call the ball in or out on her court. Indecision should be called “in.” Disputes on interpretation of rules will be resolved between coaches.
- Correct foot faults during practice. Blatant foot faults during matches should be reported to the coaches. A coach may correct her player at a match. No points should be awarded.
- All practice serves are to be taken during the warm-up period prior to the match.

USTA On-Court Rules:

- If you have any doubt as to whether a ball is out or good, you must give your opponent the benefit of the doubt and play the ball as good. You should not play a let.
- It is your obligation to call all balls on your side, to help your opponent make calls when the opponent requests it, and to call against yourself (with the exception of a first service) any ball that you clearly see out on your opponent’s side of the net.
- Any “out” or “let” call must be made instantaneously (i.e., made before either an opponent has hit the return or the return has gone out of play) otherwise, the ball continues in play.
- Do not enlist the aid of spectators in making line calls.
- If you call a ball out and then realize it was good, you should correct your call.
- To avoid controversy over the score, the server should announce the set score (ex: 5-4) before starting a game and the game score (ex: thirty-forty) prior to serving each point.
- If players cannot agree on a score, players should first count all points agreed upon by the players and replay only the disputed points; second, play from a score mutually agreeable to all players; third, spin a racquet.
- Foot faults are not allowed. If an opponent persists in foot faulting after being warned not to do so, the Referee should be informed.
- Do not stall, sulk, complain, or practice gamesmanship.
- Source: “The Code” official USTA publications, whose principles and guidelines shall apply in any match conducted without officials.

Scrimmage Rules - A tennis scrimmage must alter format, so it does not follow the regular competition format for league/sectional play. Suggested formats include, but are not limited to:

- Teams use tie breaks only
- Five (5) game pro-set– first (1st) one to three (3) points
- Modified eight (8) game pro-set - first players to three (3) points completes the scrimmage

Volleyball - Boys

| | |
|------------------------------------------------|-----------|
| Number of practices prior to first scrimmage | 6 |
| Number of practices prior to the first contest | 6 |
| Team and Individual maximum number of contests | 14 |
| Minimum time between contests | 1 night |
| Individual limitations per day | 2 matches |

Match Conditions:

- Rally scoring in a 6 game match shall be utilized.
- The number of points in each game of the match shall be consistent at 20 points.
- 2 tosses will be permitted per turn of service.
- The service line may be moved up into the court, at a distance not to exceed one meter from the regulation service line.
- The libero player may be used. The uniform requirement for the libero is waived.

Match Format: (Note we have sectional approval for the 6 game format)

- Large team format (teams with 12 or more players):
 - Play 6 games. Stronger squad "A" will play games 1, 3, and 5. Lesser skilled squad "B" will play games 2, 4, and 6.
- Small team format (teams with 11 or less players):
 - Play 5 games. Stronger squad "A" will play games 1 and 3. Lesser skilled squad "B" will play games 2 and 4. All players are eligible to play in game 5.
- We play the whole season as a strong/lesser skilled squads and do not change at mid season.
- During the entire season, team members may switch between "A" and "B" squads from match to match, but not during the same match unless their team has fewer than 12 eligible players.
- The same team will serve games 1 & 2. The other team will serve games 3 & 4. Games 5 & 6 should be alternated.
- Rally scoring to 20 points. Must win by two.
- Net ball is a playable ball.
- No scoresheets or libero tracking is necessary.
- The home team chooses a bench and each team stays on the same bench the entire match.

Match rules:

- NCAA rules
- Net height: 7' 4 1/8" when possible.
- Normal rotation and substitution.
- Serve may be attempted from anywhere behind the end line (Server may move up one meter).
- When an athlete successfully serves five (5) serves that are not returned, that team rotates to its next server.
- A qualified official is recommended and should be available 15 minutes prior to the match.
- The home team will provide practice balls.
- Two (2) 60 second timeouts per game.

Sportsmanship:

- Have home captains greet the opposing team as they enter where possible.
- Have home captains give opposing captains the ground rules.
- Coaches role model good sportsmanship before, during, and after the game.
- Instruct players, coaches, and fans to show appreciation for good plays on both sides of the net.
- When playing a small format against a large team, the small teams "B" squad should be made up of the remaining players not on "A" and the "lesser" of the "A" squad players.
- Coaches are not to cut below the large format.

Scrimmage Rules - One or more of the following must take place in a scrimmage:

- No official score should be kept.
- Players can rotate freely to any position on the court.
- Players should serve 3-5 times consecutively regardless of outcome and then rotate.

Volleyball - Girls

| | |
|------------------------------------------------|-----------|
| Number of practices prior to first scrimmage | 6 |
| Number of practices prior to the first contest | 6 |
| Team and Individual maximum number of contests | 14 |
| Minimum time between contests | 1 night |
| Individual limitations per day | 2 matches |

Match Conditions:

- NCAA rules
- Rally scoring in 5 game matches. Games 1-4 are to 25 points (win by 2); Game 5 is to 15 (win by 2).
- For Modified A - Any player may play in any game. All 5 games should be played. Coaches should make an effort to play every athlete each match.
- For Modified B - 5 games will be played regardless of outcome.
 - Games 1 & 3 are for stronger squad "A." Games 2 & 4 are for lesser skilled squad "B."
 - Any player can play in game 5.
- For Modified A - Standard service rules (Foot Faults, Line distance & single toss only)
- For Modified B – 2 tosses will be permitted per turn of service and the service line may be moved into the court up to 2 meters. Once a player has a successful serve attempt from the adjusted service line, they must move back at least a meter. If they are successful twice, they move to the standard service line. The goal is to have them serving from that line when possible.
- Net height should be 7.00'.
- The libero may be used. The libero uniform requirement is waived.
- For Modified B - when an athlete successfully serves five (5) serves that are not returned, that team rotates to its next server.
- For Modified B - The players selected for squad "A" or squad "B" shall remain on those teams for the whole match (Games 1 & 3 | Games 2 & 4) - there are no restrictions on game 5.
- Net ball is a playable ball.
- The home team will provide practice balls
- Two (2) 60 second timeouts per set.
- No Scoresheets or Libero tracking is necessary.
- Home team selects the bench and stays there for the duration of the match.
- For Modified B2 - In addition to the above rules, coaches should make every effort to allow for even playing time for all players.

Sportsmanship:

- Have home captains greet the opposing team as they enter where possible.
- Have home team members greet the opposing team when they enter when possible.
- Have home team members give opposing captains/coach the ground rules.
- Coaches model good sportsmanship before, during and after the match.

Scrimmage Rules - One or more of the following must take place in a scrimmage:

- No official score should be kept.
- Players can rotate freely to any position on the court.
- Players should serve 3-5 times consecutively regardless of outcome and then rotate.