

**MCPSAC**

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# MODIFIED SPORTS HANDBOOK

## Winter 2024-25

Program Goals

Protocol for Contests

Sport Liaisons

Basketball – Boys & Girls Division 1

Basketball – Boys & Girls Divisions 2 & 3

Competitive Cheerleading

Skiing - Alpine & Nordic

Swimming & Diving

Wrestling

## 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.

## WINTER - MODIFIED SPORTS LIAISONS

Modified Sports Chair - Michael Murray - [mmurray@cccsd.org](mailto:mmurray@cccsd.org)

Basketball - Boys – James Reaves - [james.reaves@greececsd.org](mailto:james.reaves@greececsd.org)

Basketball - Girls – Marybeth Walker - [MWalker@openfield.edu](mailto:MWalker@openfield.edu)

Competitive Cheer – Jeff Wheaton - [jwheaton@hilton.k12.ny.us](mailto:jwheaton@hilton.k12.ny.us)

Skiing:

Alpine - Brian Donohue [brian.donohue@hflcsd.org](mailto:brian.donohue@hflcsd.org)

Nordic - Patrick Irving - [Patrick\\_Irving@pittsford.monroe.edu](mailto:Patrick_Irving@pittsford.monroe.edu)

Swimming & Diving – Fritz Kilian - [Frederick.kilian@airport.org](mailto:Frederick.kilian@airport.org)

Wrestling – Todd Hagreen - [todd.hagreen@bcs1.org](mailto:todd.hagreen@bcs1.org)

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

## **Basketball – Boys & Girls Division 1**

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 contest	1 night
Individual limitations per day	1 game
Time and distance limits	Four quarters with extended time 1st quarter - 8 minutes 2nd, 3rd, 4th quarters - 9 minutes

### **MCPSAC Contest Rules**

NCAA Womens Basketball Rules

NFHS Mens Basketball Rules

### **Modified Playing Format**

Sport	Regulation Game - 4 Quarters		4 Quarter - Extended Play	
Basketball	Time Limits	# of Players	Time Limits	# of Players
	7 minute Quarters	5-6	9 min quarters 1st Quarter - 8 min	7+

### **Contest Format**

1. All players are eligible in every quarter
2. No player can play more than 27 minutes per game
3. All coaches will make every effort to ensure that all players play at least six minutes in each game

### **Miscellaneous**

1. Defense - Any defense (M/M, zone, etc.) may be used
2. Pressing - Teams may press at any time during the game
3. The 3-point shot is allowed and must be utilized.
4. If a game is tied at the end of regulation play, there will be an overtime period of 4 minutes in duration. If the game is still tied, the game will end in a tie.

### **Scrimmage Rules**

1. A basketball scrimmage must include ten (10) minute time periods with running time (except time-outs) and unlimited time outs.
2. The score will be cleared at the end of the time period and the time will be reset.

#### **Scrimmages must also include one or more of the following**

3. Shoot only fouls against the shooter with free throws awarded in a one plus one.
4. At the end of the first (1st) and third (3rd) quarters, each team will run five (5) special plays. Example: out-of-bounds play underneath the basket: sideline out-of-bounds.

## **Basketball – Boys & Girls Divisions 2 & 3**

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 contest	1 night
Individual limitations per day	1 game
Time and distance limits	Four quarters with extended time 1st quarter - 8 minutes 2nd, 3rd, 4th quarters - 9 minutes

### **MCPSAC Contest Rules**

NCAA Womens Basketball Rules

NFHS Mens Basketball Rules

### **Modified Playing Format**

Sport	Regulation Game - 4 Quarters		4 Quarter - Extended Play	
Basketball	Time Limits	# of Players	Time Limits	# of Players
	7 minute Quarters	5-6	9 min quarters 1st Quarter - 8 min	7+

### **Contest Format**

1. All players are eligible in every quarter
2. No player can play more than 27 minutes per game
3. All coaches will make every effort to ensure that all players play at least six minutes in each game

### **Miscellaneous**

1. Man to Man Defense
  - a. Regular m/m half court which includes help side defense and switching
  - b. No trapping is permitted
2. Pressing - Teams may press with 1 minute remaining in each quarter. The leading team cannot press when they are up more than 15 points. The press must be man to man.
3. The 3-point shot is allowed and must be utilized.
4. If a game is tied at the end of regulation play, there will be an overtime period of 4 minutes in duration. If the game is still tied, the game will end in a tie.

### **Scrimmage Rules**

1. A basketball scrimmage must include ten (10) minute time periods with running time (except time-outs) and unlimited time outs.
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### **Scrimmages must also include one or more of the following**

3. Shoot only fouls against the shooter with free throws awarded in a one plus one.
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## Competitive Cheerleading

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

Maximum Number of Contests	12
Number of Practices before First Event	6
Nights rest between Contests	1 night
Individual limitations per day	1 competition

### **Rules**

NFHS Spirit Rules

### **NYSPHSAA Cheerleading Rules**

1. A routine will be 2 minutes and 30 seconds and must include a minimum of 30 seconds of cheer.
2. A competition must request a minimum of 4 panel judges and 1 safety judge.
3. All competitive cheerleading coaches must have current USA Cheer safety & risk management certification and USA Cheer/NFHS rules training. (July 2024)
4. The use of props as bases is prohibited. (Oct. 2016)

### **Scrimmage Rules**

None

## **Skiing - Alpine & Nordic**

Maximum Number of Contests	12
Number of Practices before First Event	6
Nights rest between Contests	1 night
Individual limitations per day	2 contests
Scrimmage limitations per day	1 scrimmage

### **Rules**

FIS Federation International de ski (F.I.S.) & USSA.

### **Waivers of FIS & USSA Skiing Rules:**

1. The minimum ski lengths for slalom and giant slalom. (May 2005)
2. Waiver of FIS/ USSA (343.8.1) Ski pole requirements for Nordic ski events. (Oct. 2017)

### **NYSPHSAA Skiing Rules:**

1. Each contestant shall wear a protective hard-shell helmet during practice and competition for all alpine skiing practices and races, giant slalom and slalom.
2. A contestant may participate in no more than two (2) events in any one day of competition, provided that the last event of the day is cross country and that no more than one cross country event is raced per day.

### **Scrimmage Rules:**

1. A skiing scrimmage will consist of one (1) or more runs of slalom, giant slalom and/or Nordic.
2. Electronic timing and officials may be used for instructional purposes only

## 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	12
Minimum time between contest	2 nights
Individual Limitations per Day	3 events

### Contest Rules

1. The National Federation Rules of swimming and diving shall be followed except as indicated below.
2. A swimmer is permitted one false start before disqualification. The use of the no re-call false start rule shall not be utilized.
3. Swimmers may compete in a maximum of three events. (1 relay and 2 individual or 2 relays and 1 individual).
4. The events and the order shall be:
  - 200 medley relay
  - 200 freestyle
  - 100 individual medley
  - 50 freestyle
  - Diving competition shall consist of (1) voluntary dive (DD not to exceed 1.8) which shall be done first: week 1 – forward group; week 3 – inward group (begin rotation over; and three (3) optional dives; two (2) of the 3 (3) must be from different groups.
  - 50 butterfly (optional 100 butterfly)
  - 100 freestyle
  - 50 backstroke (optional – 100 backstroke)
  - 50 breaststroke (optional – 100 breaststroke)
  - 200 freestyle relay
5. With prior mutual agreement of teams, league or section races may be conducted with seeded heats with the winners established on time alone. No final events may be conducted.

### MCPSAC Contest Rules

1. NFHS rules prohibit advertising but allows a single manufacturer's logo (no larger than 2 ¼ " on the swim cap.
2. 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.
  - Home team has even lanes, Away team has odd lanes.
3. 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 choice of how to use scoring.

### Scrimmage Rules

1. No official times or scores will be kept.
2. More than one heat per event is permitted.

## Wrestling

Number of practices prior to first event	10
Team and individual maximum number of contests	12 points
Minimum time between contests	1 nights
Individual limitations per day	3 matches
Time and distance limits	Maximum of 10 points thru 2 points contest

### **Monroe County Modified Wrestling Program Rules**

1. A squad list sent at the start of the season indicating the weights for each team member as well as birth dates, rankings, and ages shall be shared with the modified league chairperson and all opposing schools.
2. Honor Weigh-In: Weigh-ins should take place weekly and should be available to the opposing coach the night prior to a contest.
3. All athletes should be ranked on a scale of 1-3

### **In Addition**

1. Match wrestlers up by weight and ability, not a weight class.
2. Weights should be within a reasonable range. I.E 3-5 lbs for light, 5-8 for middle, 8+ for heavy
3. Athlete Rankings (1-3) Clarification – Years of experience may be independent of rankings.
  - a. A 1 is a green wrestler. This wrestler may be timid, lack solid technique, or athletic ability.
  - b. A 2 is a wrestler with some “quality” experience. They may demonstrate some technical know-how or have some decent athletic ability.
  - c. A 3 is an athletic wrestler that knows what they are doing. They may be very athletic and/or technical. Kids with natural ability and are aggressive, may be a 3 despite their limited skill set.
  - d. 1 vs 1, 1 vs 2, 2 vs 2, 2 vs 3, 3 vs 3. Try to avoid 1 vs 3, although 10 second pins are unavoidable, it's not our goal. Rankings Change
4. Dual Meet Format
  - a. Communication amongst coaches is key
  - b. Home Coach is responsible for initiating contact and setting up matches
5. Multi-team Format (Must have 2 Mats)(CHECK NUMBERS!!)
  - a. Match ups MUST be coach directed (1-2+ rounds, depending on numbers)
  - b. Line up by weight, match by weight and rankings (NO 3's on hands for Saturdays)
  - c. Write Match # on hand
  - d. KEEP Saturday events a reasonable time

### **A sudden victory overtime period shall be**

1. Both wrestlers starting in the standing position, and the period shall not exceed 30 seconds. The first wrestler to complete a takedown wins.
2. If no winner is declared a 30 second sudden victory period will take place from referees position. The wrestler whom scored the first point gets choice of top or bottom. If bottom wrestler escapes, bottom wrestler wins. If bottom wrestler does not escape, top wrestler wins.
3. There must be a 30 minute rest period between bouts.

## **Additional NYSPHSAA Modified Wrestling Rules**

A contestant (or team) may participate in competitions not to exceed 14 points during their season. Points assessed to competitions are as follows:

1. 1 Point Meets are any competitions where a wrestler or wrestlers compete in one or two bouts.
2. 2 Point Meets are any competitions where a wrestler or wrestlers compete in 3 bouts
3. No contestant (or team) can accumulate more than 10 points out of the maximum 14 points allowed via 2 point competitions.
4. No contestant (or team) can accumulate more than 3 points per week. (1 Dual, 1 multi dual per week)
5. At least 1 night shall elapse between contests.
6. In addition no competition between wrestlers with an age difference of more than 24 months is allowed.

## **Scrimmage Rules**

A scrimmage must include one or more of the following:

1. Must wrestle in predefined situations such as pinning, takedowns, turns, etc.
2. Must wrestle in neutral position. If a takedown occurs would go back to the neutral position.
3. Must wrestle in the referee's position using both styles. If a pin occurs, restart in the referee's position.