

MODIFIED SPORTS HANDBOOK Spring 2025

Program Goals
Protocol for Contests
Sport Liaisons

Baseball
Field Hockey
Flag Football
Boys Lacrosse
Girls Lacrosse
Softball
Tennis
Track & Field

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.

SPRING - MODIFIED SPORTS LIAISONS

Modified Sports Chair - Michael Murray - mmurray@cccsd.org

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Track & Field - Duane Weimer - weimerd@victorschools.org

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

Baseball

Number of practices prior to first scrimmage	10
Number of practices prior to the first contest	10
Team and Individual maximum number of contests	14
Minimum time between contest	1 night
Individual limitations per day	2 games

NYSPHSAA Inc. Modified Game Rules and Game Conditions Game Conditions:

- 1. All players must participate in at least 10 practices before an interschool game.
- 2. Doubleheaders: A team may play (2) games in one day, twice during a season, either a double header against a single opponent, or two successive games against two different opponents. The following restrictions apply to the use of doubleheaders:
 - a) The maximum number of doubleheaders allowed is two (2).
 - b) No more than four (4) games in a week may be played.
 - c) Pitching limitations remain the same.
 - d) Each game of the doubleheader is to be (6) innings. No team may play more than 14 innings in one day. This allows a total maximum of two (2) extra innings in the event of tie game(s).
- 3. Equipment:
 - e) Catchers shall wear the full protective equipment of helmet, mask with throat protector, chest protector, shin guards and cup.
 - f) Batters and base runners shall wear protective headgear.
 - g) Any player warming up a pitcher, on or off the diamond, shall wear a mask.
 - h) The safety committee approved the use of any type of cleat/spike in the sport of baseball.

Game Rules:

- 1. Regulation game shall be 7 innings. If both coaches agree, up to an additional 2 extra innings at maximum will be played.
- 2. Designated hitter will not be allowed.
- 3. An extra player, referred to as EP is optional (on a game-by-game basis), but if one is used, it must be known prior to the start of the game (official lineup card) and be listed on the scoring sheet in the regular batting order. If the EP is used, he must be used for the entire game. Failure to complete the game with the EP results in the forfeiture of the game (except in case of injury or ejection from game with no eligible players left to enter, the rules permit play with eight men). If an EP is used, all 10 players bat, but only 9 can play defense each inning. The person designated as the EP (not a defensive player at the start of the game) may at a later time play a defensive position; the defensive player now is only a batter for that inning and not a fielder. There will always be one player in the lineup not on the field defensively. The EP may be substituted for at any time, either by a pinch-runner or pinch-hitter who then becomes the EP. The substitute must be a player who has not yet been in the game. Substitutes and reentry will be treated as in the past. A starter may re-enter the game into his same batting order position.
- 4. The re-entry rule may be waived only if an injured player must be replaced and all eligible substitutions were used during the game.
- 5. With Section/league approval, when the team at bat has two outs with the catcher on base, a pinch runner may be used to allow the catcher to get his/her 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. This rule does not change the normal substitution rules and does not overshadow the need to get all players in the lineup; it allows for cutting time off the transition between innings.)

MCPSAC Game Rules:

- 1. All players must make an appearance. The appearance must be either a minimum one at bat or one inning in the field.
- 2. Players acting as base coaches must wear a helmet.
- 3. All bats must conform to -3.
- 4. Players must slide when there is a play at the plate.

BBCOR Bat Information

Beginning January 1, 2012, all bats not made of a single piece of wood shall meet the Batted Ball Coefficient of Restitution (BBCOR) performance standard, and such bats shall be labeled with a silkscreen or other permanent certification mark. The certification mark shall be rectangular, a minimum of a half-inch on each side and located on the barrel of the bat in any contrasting color. Aluminum and composite bats shall be labeled as approved tamper evident, and be marked as to being aluminum or composite. This marking shall be silkscreen or other permanent certification mark, a minimum of one-half-inch on each side and located on the barrel of the bat in any contrasting color.

Illegal Bat Penalties:

Before the batter steps into the box: Under all codes, if detected, the umpire can direct the player to switch to a legal bat. There is no penalty.

The batter is in the box but has not seen a pitch: Under NFHS and pro rules, the batter is considered to have used the illegal bat as soon as he steps into the box.

The batter is in the box and a pitch has been thrown: Under NCAA rules, a pitch has to be thrown for the illegal bat to be considered as used. It is irrelevant if the batter has swung at the pitch or not.

Penalty: The batter is out and all runners return to the base occupied at the start of the at-bat. Any runner advance that did not come as a result of the plate appearance (balk, stolen base, etc.) is permitted. The illegal bat must be discovered before the first pitch to the next batter.

Pitch Count:

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

- Please read the information on pitch count very carefully and follow it in full.
- You should keep all completed sheets in a binder.
- The night immediately following the day a player pitches counts as night's rest #1. Example is if a pitcher pitched 20 or less they would be eligible the next day.

Additional Pitch Count Information:

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.

Scrimmage Conditions

A baseball scrimmage must include free substitution and lineup cards will not be exchanged. Scrimmages must also include *on or more* of the following:

- 1. Play six (6) outs per half inning (example 3 outs clear the field/3 more outs).
- 2. Batting order must be altered or modified to include more batters that rules permit.
- 3. Start with a runner(s) on base with a predetermined situation for at least two (2) full innings.

Field Hockey

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	1 game
Time and distance limits	Two 25-minute halves, unless extended play is done. See chart below.

NYSPHSAA Inc. Modified Game Rules and Game Conditions

Game Conditions:

- 1. NFHS Rules
- 2. Halves shall consist of 25 minutes, maximum.
- 3. Substitution: Utilize the NFHS Rolling substitution rule.
- 4. Time outs: A time out may be called by a team when the ball is dead. Play is restarted as though time out had not been called. Duration of the time out is two minutes. Three-time outs may be called by each coach: two in one half and one in the other.
- 5. Equipment: The safety committee approved the use of any type of cleat/spike in the sport of field hockey.
- 6. With Section/league approval one (1) four-minute overtime period will be allowed if the score is tied at the end of regulation. The overtime period will be played with teams at full strength and full field (July 2021).

Scrimmage Conditions:

A Field Hockey scrimmage must start with a sideline or 16 yard hit and includes one or more of the following:

- 1. A running clock and/or modified periods.
- 2. Each team will take 5 offensive corners, playing until either a goal is scored: ball goes out of bounds or crosses the 25 yard line.

MCPSAC Inc. Game Formats and Game Rules

- 1. Playing Philosophy
 - a. Quarter 1 Strongest Players
 - b. Quarter 2 Developmental Players (Strongest players, regardless of position, should not play during this quarter)
 - Example- if there are 12 players on a basketball team, each player should be numbered from #1- #12, (#1 being the strongest and #12 being the weakest), # 1-5 should not play in Quarter 2.
 - c. Quarters 3 & 4 Coaches decision based on competitiveness of the contest.
- 2. If the minimum number of players needed for a 4 Quarter Extended Play period is met, the number of minutes for each quarter will be increased (see above chart).
- 3. No player may play more than 3 quarters. Entry into each quarter rather than actual playing time shall constitute "participation" in the quarter.
- 4. If a player is injured during a contest, and the minimum number of participants is no longer met, the game must go back to the regulation 4 quarter time limits.

Sport	Regulation Game 4 Quarters		4 Quarto Extended	_
	Time	#	Time	#
	Limits	of Players	Limits	of Players
Field Hockey	25 min. halves	11-14	15 min. quarters	15+

Flag Football

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 is what we are using)
Minimum time between contest	2 nights
Individual limitations per day	1 game

Modified Flag Football will follow the NYSPHSAA flag football rules with the additional modifications below:

NYSPHSAA Flag Football Rules

Additional Modifications:

- On any and all punts, it is an immediate dead ball situation regardless of fair catch.
- All players shall play in the game. No athlete is allowed to play more than 75% of the game. All athletes must play at least 25%.

Boys Lacrosse

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	1 game
Time and distance limits	Four 9 minute quarters, unless extended play is done. See chart below.

NYSPHSAA Inc. Modified Game Rules and Game Conditions

Equipment

- a. The essential protective equipment must include a lacrosse helmet with a face mask, lacrosse arm guards, lacrosse shoulder pads, lacrosse gloves, and a mouthpiece. Goalkeepers must wear a chest protector and throat protection.
- b. The safety committee approved the use of any type of cleat/spike in the sport of lacrosse.
- c. Face masks for lacrosse competition must have a center bar.
- d. With the exception of the goalie's stick, there shall be no rule restriction on the length of the stick in modified lacrosse if the stick falls between 40-72 inches.
- e. Modified lacrosse players are exempt from the uniform outer clothing and helmet color regulations.

Game Rules.

- 1. The length of quarters shall be 9/11 minutes.
- 2. One sudden victory overtime period of 4 minutes is to be played in the event the game is a tie (Feb 2020).
- 3. A team shall be permitted 3 time-out periods per half. The time outs cannot be accrued in the course of the game.
- 4. A one-arm swing with a crosse, whether contact is made or not, shall be considered a personal foul slashing. This includes the over-the-head "Check".
- 5. There is no such call as a "Brush" in the Modified Program. Contact between crosse and helmet is a personal foul.
- 6. Contact with the ball is disallowed by any offensive players when the ball is loose in the crease.
- 7. Body checking is allowed ONLY against a player who is in possession of the ball.
- 8. The ten second rule is eliminated. With the 10 second rule being eliminated the 20 second clearing rule, over and back rule should also be eliminated as this lack of verbiage has created confusion.
- 9. In a 5 period lacrosse game the mercy rule shall be in effect at the end of the third period of play.
- 10. Substitutes are permitted whenever the ball goes out of bounds.
- 11. When a goalkeeper gets a penalty, the in home player will serve the penalty if a second goalkeeper is unavailable.
- 12. A goal will be disallowed after the horn sounds to indicate the end of the period.
- 13. Goalie (in the crease) may clamp a ball outside the crease for possession. Offense cannot go in the crease for a loose ball.

Slow Whistle Technique will be implemented

Art 1....If a defending player commits a foul against an attacking player and an attacking player has possession of the ball, the official shall drop a signal flag, make the verbal signal 'flag down.'

Art 2...The official shall withhold the whistle until:

- a. A goal is scored by the attacking team.
- b. The ball goes out of bounds.
- c. A player on the defending team gains possession of the ball.
- d. The attacking team commits a foul or violation.
- e. An injury occurs to a player on either team and is deemed by the official to be serious enough for an immediate whistle.
- f. A player loses any of the required equipment in a scrimmage area, or a player is injured in a scrimmage area, and the official is required under the rules to blow the whistle.
- g. The attacking team requests a team time-out.
- h. The period ends.
- i. A second defensive foul is committed, unless scoring play is in progress.

Art 3...The slow whistle shall be used whether the foul is committed against the player in possession of the ball or some other member of the attacking team.

MCPSAC Inc. Game Formats and Game Rules

- 1. Playing Philosophy
 - a. Quarter 1 Strongest Players
 - b. Quarter 2 Developmental Players (Strongest players, regardless of position, should not play during this quarter)
 - Example- if there are 12 players on a basketball team, each player should be numbered from #1- #12, (#1 being the strongest and #12 being the weakest), #1-5 should not play in Quarter 2.
 - c. Quarters 3 & 4 Coaches decision based on competitiveness of the contest.
- 2. If the minimum number of players needed for a 4 Quarter Extended Play period is met, the number of minutes for each quarter will be increased (see above chart).
- 3. No player may play more than 3 quarters. Entry into each quarter rather than actual playing time shall constitute "participation" in the quarter.
- 4. If a player is injured during a contest, and the minimum number of participants is no longer met, the game must go back to the regulation 4 quarter time limits.

Sport	Regulation Game 4 Quarters		4 Quart Extended	
	Time	#	Time	#
	Limits	of Players	Limits	of Players
Boys	9 min.	10-13	11 min. quarters	14+
Lacrosse	quarters			

Scrimmage Conditions.

A Lacrosse scrimmage must have modified time periods and include one or more of the following:

- 1. Alternate possessions.
- 2. Start the scrimmage with either a Draw (girls) or a Face-Off (boys).
- 3. Include the following game situations.
 - a. Face-Off/Draws Boys/Girls

- b. Clears and Rides –Boys/Girls
- c. Extra Man and Man-Down Boys/Girls
- d. Fast Breaks Boys/Girls

Girls Lacrosse

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	1 game
Time and distance limits	25 min. halves or 12.5 minute quarters (Running Time) 10-15 players Four 15 minute quarters (Running Time) 16+ players
Maximum number of games per week	3
Timeouts	One per half
Overtime	Only 2 overtime periods of 2 minutes are allowed to be played (both overtime periods will be played). No sudden death period is allowed

Game Rules

- 1. NFHS/US Lacrosse Rules
- 2. Halves shall consist of 25 minutes, maximum.
- 3. Equipment
 - a. Properly fitted equipment of good quality is mandatory for safe participation in lacrosse. All field players are required to wear lacrosse goggles which meet ASTM standards.
 - b. The safety committee approved the use of any type of cleat/spike in the sport of lacrosse.
 - c. All players must wear mouthpieces.
 - d.Goalkeepers must wear the following equipment: 1. Helmet with face mask, 2. Mouthpiece, 3. Throat protector, 4. Padding on hands, arms, legs, shoulders and chest to conform with USWLA rules (padding does not excessively increase the size of these body parts maximum thickness one inch).
- 4. Modified stick checking in modified lacrosse.
 - a. Checking below the shoulders is permitted.
 - b. Any check above the shoulders or into the sphere or forcing the opponents stick into the sphere constitutes an illegal check.
 - c. Check to the head and a slash are mandatory cards.
- 5. A time out may be called when the ball is not in play. One time out per team, per half will be allowed. Duration of the time out will be two minutes

MCPSAC Inc. Game Formats and Game Rules

- 1. Playing Philosophy
 - d. Quarter 1 Strongest Players

- e. Quarter 2 Developmental Players (Strongest players, regardless of position, should not play during this quarter)
 - -Example- if there are 12 players on a basketball team, each player should be numbered from #1-#12, (#1 being the strongest and #12 being the weakest), # 1-5 should not play in Quarter 2.
- f. Quarters 3 & 4 Coaches decision based on competitiveness of the contest.
- 2. If the minimum number of players needed for a 4 Quarter Extended Play period is met, the number of minutes for each quarter will be increased (see above chart).
- 3. No player may play more than 3 quarters. Entry into each quarter rather than actual playing time shall constitute "participation" in the quarter.
- 4. If a player is injured during a contest, and the minimum number of participants is no longer met, the game must go back to the regulation 4 quarter time limits.

Sport	Regulation Game		4 Quart	er
	4 Quarters		Extended	Play
	Time	#	Time	#
	Limits	of Players	Limits	of Players
Girls Lacrosse	25 min. halves	10-15	15 min. quarters	16+

Miscellaneous Rules

- In the transition from defense to offense (regardless if there has been a shot on goal) in your defensive end, there must be at least one pass attempted (before half field), excluding an outlet pass from the goalie, before a shot on goal.
- The same is true after a draw. There must be at least one pass attempted before a shot on goal.
- Understand Shooting Space and the 3-second rule pertaining to playing good defense.
- Only one practice per day. At least 45 minutes, no more than 2 hours.
- Practice must be connected to the sport (skill and exercise). Chalk talks **do not** count for qualifying practices.
- Can only practice six (6) days in a row.

Officials

- 1. Until county officials are available, the home team is responsible for the official.
- 2. Make sure the official knows the rules. The official's obligation is to keep the game safe. Both coaches should meet together with the official previous to the start of the contest.

Equipment

- 1. Mouthpiece
- 2. Goggles
- 3. Goalie Equipment: helmet w/face mask, mouthpiece, Throat Protector, padding on hands, arms, legs, shoulders, and chest protector (conform w/ USWLA)

Communication

- 1. Home team provides pennies if both teams have the same color
- 2. Host team responsible for rescheduling a cancelled game.
- 3. Call or email if you have any questions or concerns.

Scrimmage Conditions.

A Lacrosse scrimmage must have modified time periods and include one or more of the following:

- 1. Alternate possessions.
- 2. Start the scrimmage with either a Draw (girls) or a Face-Off (boys).
- 3. Include the following game situations.
 - a. Face-Off/Draws Boys/Girls
 - b. Clears and Rides -Boys/Girls
 - c. Extra Man and Man-Down Boys/Girls
 - d. Fast Breaks Boys/Girls

Softball

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	2 games

NYSPHSAA Inc. Modified Game Rules and Game Conditions

- 1. Any pitcher pitching more than 4 innings in one game must have at least one (1) night of rest before pitching again. When removed from pitching, the contestant may play any other position.
- 2. Ten player teams optional with section approval.
- 3. Doubleheaders: A team may play two (2) games in one day three times during a season (July 2019) either a double header against a single opponent, or two successive games against two different opponents. The following restrictions apply to the use of doubleheaders:
 - a. The maximum number of doubleheaders allowed is two (2).
 - b. A team may not play three (3) games in two (2) consecutive days. No more than Four (4) games a week may be played.
 - c. Pitching limitations remain the same.
 - d. Each game of the doubleheader is to be six (6) innings. No team may play more than 14 innings in one day. This allows a total maximum of two (2) extra innings in the event of tie game(s).

Game Rules

- 1. USA Rules, 7 innings.
- 2. There shall be a 40 foot maximum pitching distance.
- 3. A player may re-enter the game once.
- 4. Equipment
 - a. Catchers shall wear the full protective equipment: 1. Helmet, 2. Mask, 3. Chest Protector, 4. Shin Guards, 5. Throat Protector.
 - b. Batters and base runners shall wear protective headgear.
 - c. Any player warming up a pitcher, on or off the field, shall wear protective equipment.
 - d. Metal cleats are allowed.

MCPSAC Modifications

- 1. If both coaches agree, up to an additional 2 extra innings at maximum will be played.
- 2. 5 run limit for each inning. Exception: last inning is unlimited
- 3. Stealing is permitted. May leave the base on the release of the pitch.
- 4. Dropped third strike in effect
- 5. Passed ball in effect. Only one base advancement.
- 6. Players must slide at home if there is a play at home. A player will be called out if she does not slide.

- 7. Double Base at first base will be used.
- 8. All players must make an appearance. The appearance must be either a minimum one at bat or one inning in the field.
- 9. If a batter is hit by a pitch, even if the ball bounces, she is awarded first base.
- 10. 10 players are allowed on the field (4 outfielders).
- 11. Bunting is in effect.
- 12. There is a 40' pitching distance.
- 13. Designated batters may NOT play another position,
- 14. There are NO protests.
- 15. When removed from pitching, the player may play any other position.
- 16. No jewelry or casts of any type are allowed.

Appeal Play

- . When You Can Appeal
 - 1. Missing a base
 - 2. Leaving a base too soon on caught fly ball
 - 3. Batting out of order
 - 4. Attempting to advance to second base after making a turn at first base.
- II. How To Appeal
 - 1. Alive: In all games an appeal can be made during a live ball by:
 - a. Touching the base missed
 - b. Touching the base that was left too soon on a fly ball
 - c. Tagging the runner committing the violation, if she is still in the playing field.
 - 2. Dead: In all games the dead ball appeal can be made once a timeout has been granted:
 - a. Any infielder, with or without the ball, can make a verbal appeal on a runner missing a base or leaving a base too soon on a fly ball.
 - b. The umpire must make a decision on the play.

Reminders: Home Team should do their infield warm-up prior to the away team's arrival.

Scrimmage Conditions

A softball scrimmage must include free substitution and lineup cards will not be exchanged. Scrimmages must also include on or more of the following:

- 1. Play six (6) outs per half inning (example 3 outs clear the field/3 more outs).
- 2. Batting order must be altered or modified to include more batters that rules permit.
- 3. Start with a runner(s) on base with a predetermined situation for at least two (2) full innings.

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 contest	1 night
Individual limitations per day	2 matches

Game Conditions:

- 1. USTA
- 2. Contests should consist of 4 singles and 4 doubles matches, unless agreed upon prior to the contest.
- 3. One 8 game sets shall be played. A 4 point scoring system shall be used with no deuce point. Sections may modify the scoring system.
- 4. A player may either play singles or doubles, but cannot play both in any one interschool contest.
- 5. 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. The individual limitations/day for tennis shall be increased to two matches per day, provided that every individual eligible player plays once before any player plays twice.

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 girls 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 lineup 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, shall be increased to 2 matches 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 not to exceed 90 seconds. Change over of court ends takes place after the odd numbered games.

Players will score their own matches, 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 considered. 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.

Scrimmage Conditions:

A tennis scrimmage must alter format, so it does not follow the regular competition format for league 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 (1st) players to three (3) points completes the scrimmage.

Track & Field

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 contest	2 nights
Individual limitations per day	3 events

Meet Rules:

- 1. Runners permitted one false start before disqualification.
- 2. A student may enter a maximum of three (3) events per day.
- 3. The 55 meters 33"/30" hurdle race with five hurdles shall have the following spacing's:
 - a. Start to first hurdle 12 meters
 - b. Distance between hurdles 8 meters
 - c. Fifth hurdle to finish 11 meters
- 4. The 200 meter 30" hurdle race with 5 hurdles shall use the 400m Hurdle marks from the 200m start line to the finish. If you don't have an all-weather track the markings are as follows.
 - a. Start to first hurdle 20 meters
 - b. Distance between hurdles 35 meters
 - c. Fifth hurdle to finish 40 meters
- 5. The 4 K metal shot put may be used for outdoor track.
- 6. Order of Events:

B 55m Hurdles 33"	4k Shot Put
G 55m Hurdles 30"	1k Discus
B/G 200m	High Jump
B/G 1500m	Long Jump
B/G 100m	Triple Jump

B/G 400m

B/G 200m Hurdles

B/G 800m

B/G 4x200m Relay B/G 4x100m Relay

Scrimmage Conditions:

A Track and Field Scrimmage must conform to the following:

No Scoring – no official results or place finishers recorded.

Competitors and events must adhere to the limitations of the NFHS.