



MODIFIED SPORTS HANDBOOK

Spring 2026

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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/Scrimmages

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

SPRING - MODIFIED SPORTS LIAISONS

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

Baseball

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

Scrimmage Conditions

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

1. Play 6 outs per half inning (example – 3 outs, clear the bases, then 3 more outs).
2. Batting order must be altered or modified to include more batters than rules permit.
3. Start with a runner(s) on base with a predetermined situation for at least 2 full innings.

Contest Rules and Conditions

1. A regulation game shall be 7 innings. If the score is tied after the regulation of 7 innings of play, the game will continue for up to an additional 2 extra innings if pitch count rules allow.
2. The game will end with a run differential of 15 runs after 5 innings (or 4 ½ if the home team is winning) and all appearance rules have been met for the game.
3. Designated hitter will not be allowed.
4. 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 (on the 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 re-entry will be treated as in the past. A starter may re-enter the game into his same batting order position.
5. The re-entry rule may be waived only if an injured player must be replaced and all eligible substitutions were used during the game.
6. When the team at bat has 2 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.
7. Players must slide when there is a play at the plate.
8. 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 2.
 - b. No more than 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 2 extra innings in the event of tie game(s).

Equipment

1. Catchers shall wear the full protective equipment of helmet, mask with throat protector, chest protector, shin guards and cup.
2. Batters and base runners shall wear protective headgear.
3. Players acting as base coaches must wear a helmet.
4. Any player warming up a pitcher, on or off the diamond, shall wear a mask.
5. The safety committee approved the use of any type of cleat/spike in the sport of baseball.
6. All bats not made of a single piece of wood shall meet the BBCOR performance standard, and must be -3.

Playing Time

1. All players must make an appearance in each contest. The appearance must be either a minimum one at bat or one inning in the field.

Additional Information

Pitch Count:

Number of Pitches	Required Number of Nights Rest
61-75	4
41-60	3
21-40	2
1-20	1

1. The night immediately following the day a player pitches counts as night's rest #1. Example: if a pitcher throws 20 or less pitches, they would be eligible to pitch again the very next day.
2. If a pitch is thrown on a balk call, the pitch will not count for the purposes of this rule.
3. A pitcher 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.
4. 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.
5. 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.
6. At game's conclusion, the NYSPHSAA pitch count form will be signed by both head coaches or designated representative.
7. Coaches should keep all completed pitch count sheets in a binder.
8. Any violation of this rule will be considered in the same light as a school using an ineligible player. The game will be forfeited.
9. As per the NYSPHSAA handbook any additional penalties may be imposed at the school or section level.

Field Hockey

Required number of practices prior to first scrimmage	6
Required 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

Scrimmage Conditions

A field hockey scrimmage must start with a sideline or 16 yard hit and include 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.

Contest Rules and Conditions

1. NFHS Rules
2. Substitutions will utilize the NFHS rolling substitution rule.
3. A time out may be called by a team when the ball is dead. Play is restarted as though a time out had not been called. The duration of the time out is two minutes. Three time outs may be called by each coach: 2 in one half and 1 in the other.
4. Teams may play with as little as 7 players on the field at one time. It is hoped that opponents will reciprocate with the same number of players as needed if a team has to play with under 11 players.

Equipment

1. The safety committee approved the use of any type of cleat/spike in the sport of field hockey.

Playing Time

Regulation Game		4 Quarter Extended Play	
Time Limits	# of Players	Time Limits	# of Players
25 min. halves	11-14	15 min. quarters	15+

1. If the minimum number of players needed for a 4 quarter extended play period is met by both teams, the time limit will be increased based on the above chart.
2. One 4-minute overtime period will be played if the score is tied at the end of regulation. The overtime period will be played with teams at full strength and full field.
3. Playing time will be broken up as follows:
 - 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.
4. In a regulation game, no player may play in more than 75% of the game.
5. In a 4 quarter extended play game, no player may play in more than 3 quarters. Entry into each quarter rather than actual playing time shall constitute "participation" in the quarter.
6. 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 game time limits.

Flag Football

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

Scrimmage Conditions

1. No official score is kept.
2. No definite time is set or kept.
3. Coaches are permitted on the field to provide instruction and make corrections.
4. Different configurations governing possession time and down and distance situations (than those normally used in a game) may be used to govern play.
5. Unlimited time-outs and stoppages of play are permitted and encouraged for the purpose of both providing instruction and adequate rest periods.
6. The use of officials would be permitted and encouraged whenever possible for the purpose of instruction regarding the rules and proper application of rules.
7. No admission may be charged.

Contest Rules and Conditions

1. Modified Flag Football will follow the NFHS flag football rules.
2. On punts, it is an immediate dead ball if the ball hits the ground first. If the ball is caught in the air, it is a live play. Fair catch is allowed.

Equipment

1. The Jr. size football is recommended
2. Flags cannot be tampered with or altered in any way. Must meet the specifications of the NFHS rules.
3. A random player from each team will receive a flag check by an official in the 1st and 3rd quarter of every game.
4. Mouthguard is required at all times on the field

Playing Time

1. Four 12-minute quarters. No overtime
2. Running clock except for change of possession.
3. Refer to NFHS rules for 2-minute warning in 2nd and 4th quarters.
4. All players shall play in the game
5. Playing time will be broken up as follows:
 - 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.

Boys Lacrosse

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

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 a face-off or coaches discretion
3. Include the following game situations.
 - a. Face-Off
 - b. Clears and Rides
 - c. Extra Man and Man-Down
 - d. Fast Breaks

Contest Rules and Conditions

1. A team shall be permitted 3 time-out periods per half. The time outs cannot be accrued in the course of the game.
2. 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".
3. There is no such call as a "Brush" in the Modified Program. Contact between crosse and helmet is a personal foul.
4. Contact with the ball is disallowed by any offensive players when the ball is loose in the crease.
5. Body checking is allowed ONLY against a player who is in possession of the ball.
6. No 20 count, slow 4 count for goalie.
7. The mercy rule shall be in effect at the end of the third period of play.
8. Substitutes are permitted whenever the ball goes out of bounds.
9. When a goalkeeper gets a penalty, the in home player will serve the penalty if a second goalkeeper is unavailable.
10. A goal will be disallowed after the horn sounds to indicate the end of the period.
11. Goalie (in the crease) may clamp a ball outside the crease for possession. Offense cannot go in the crease for a loose ball.
12. Slow whistle technique will be implemented 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.' 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.

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.

Equipment

1. 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.
2. The safety committee approved the use of any type of cleat/spike in the sport of lacrosse.
3. Face masks for lacrosse competition must have a center bar.
4. 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.
5. Modified lacrosse players are exempt from the uniform outer clothing and helmet color regulations.

Playing Time

Regulation Game 4 Quarters		4 Quarter Extended Play	
Time Limits	# of Players	Time Limits	# of Players
9 min. quarters	10-13	11 min. quarters	14+

1. The length of quarters shall be 9 or 11 minutes. If the minimum number of players needed for a 4 quarter extended play period is met by both teams, the number of minutes for each quarter will be increased (see above chart).
2. One sudden-victory overtime period of 4 minutes will be played in the event the game is a tie.
3. Playing time will be broken up as follows:
 - 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.
4. No player may play in more than 3 quarters. Entry into each quarter rather than actual playing time shall constitute “participation” in the quarter. This rule does not apply to the goalie if a team only has 1 goalie. That goalie may play the entire game.
5. 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.

Girls Lacrosse

Required number of practices prior to first scrimmage	6
Required 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

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 a Draw
3. Include the following game situations
 - a. Face-Off/Draws
 - b. Clears and Rides
 - c. Extra Man and Man-Down
 - d. Fast Breaks

Contest Rules and Conditions

1. NFHS/US Lacrosse Rules
2. 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.
3. A time out may be called when the ball is not in play. One time out per team, per half will be allowed. The duration of the time out will be 2 minutes.
4. 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.

Equipment

1. 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.
2. The safety committee approved the use of any type of cleat/spike in the sport of lacrosse.
3. All players must wear mouthguards.
4. Goalkeepers must wear the following equipment:
 - a. Helmet with face mask
 - b. Mouthguard
 - c. Throat protector
 - d. 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).

Playing Time

Regulation Game 4 Quarters		4 Quarter Extended Play	
Time Limits	# of Players	Time Limits	# of Players
12.5 min. quarters	10-15	15 min. quarters	16+

1. If the minimum number of players needed for a 4 quarter extended play period is met by both teams, the number of minutes will be increased (see above chart).
2. 2 overtime periods of 2 minutes each will be played in the event of a tie. Both overtime periods will be played in full. No sudden death period is allowed.
3. Playing time will be broken up as follows:
 - 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.
4. No player may play in more than 3 quarters. Entry into each quarter rather than actual playing time shall constitute “participation” in the quarter. This rule does not apply to the goalie if a team only has 1 goalie. That goalie may play the entire game.
5. 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 game time limits.

Softball

Required number of practices prior to first scrimmage	6
Required 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

Scrimmage Conditions

1. A softball scrimmage must include free substitution and lineup cards will not be exchanged.
2. Scrimmages must also include one or more of the following:
 - a. Play 6 outs per half inning (example – 3 outs, clear the bases, then 3 more outs).
 - b. Batting order must be altered or modified to include more batters that rules permit.
 - c. Start with a runner(s) on base with a predetermined situation for at least 2 full innings.

Contest Rules and Conditions

1. USA Rules. Each game will be 7 innings.
2. If the score is tied after the regulation of 7 innings of play, the game will continue for up to an additional 2 extra innings.
3. There is a 5 run limit for each inning. Exception: last inning is unlimited
4. Stealing is permitted. May leave the base on the release of the pitch.
5. Any pitcher pitching more than 4 innings in one game must have at least one night of rest before pitching again. When removed from pitching, the contestant may play any other position.
6. There shall be a 40 foot maximum pitching distance.
7. A player may re-enter the game once.
8. When the team at bat has two (2) outs with the catcher on base, a pinch runner may be 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 in between innings.
9. Dropped third strike rule is in effect
10. Passed ball is in effect. Only one base advancement.
11. Players must slide at home if there is a play at home. A player will be called out if she does not slide.
12. Double base at first base will be used.
13. If a batter is hit by a pitch, even if the ball bounces, she is awarded first base.
14. 10 players are allowed on the field (4 outfielders).
15. Bunting is allowed
16. Designated batters may NOT play another position,
17. When removed from pitching, the player may play any other position.
18. No jewelry or casts of any type are allowed.
19. Doubleheaders: A team may play two games in one day three times 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 three.
 - b. A team may not play three games in two consecutive days. No more than 4 games a week may be played.
 - c. Pitching limitations remain the same.

- d. Each game of the doubleheader is to be six innings. No team may play more than 14 innings in one day. This allows a total maximum of two extra innings in the event of tie game(s).

Equipment

1. Catchers shall wear the full protective equipment: helmet, mask, chest protector, shin guards, and throat protector.
2. Batters and base runners shall wear protective headgear.
3. Any player warming up a pitcher, on or off the field, shall wear protective equipment.
4. Metal cleats are allowed.

Playing Time

1. All players must make an appearance. The appearance must be either a minimum one at bat or one inning in the field.

Additional Information

The home team should do their infield/outfield warm-up prior to the away team's arrival. Be mindful of transportation delays.

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.

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.

Tennis

Required number of practices prior to first scrimmage	6
Required 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

Scrimmage Conditions

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:

1. Teams use tie breaks only
2. 5 game pro-set – 1st one to 3 points
3. Modified 8 game pro-set - first players to 3 points completes the scrimmage

Contest Rules and Conditions:

1. USTA rules
2. Contests should consist of 4 singles and 4 doubles matches, unless agreed upon prior to the contest.
3. One 8 game set shall be played. A 4 point scoring system shall be used with no deuce point.
4. No player shall participate in both singles and doubles in the same inter-school match.
5. 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.
6. 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.
7. 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.
8. 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.
9. A player who wins eight or ten games wins the set, provided that he 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.
10. 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.

11. 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.
12. 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.
13. All practice serves are to be taken during the warm-up period prior to the match.

Additional Information

1. 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.
2. 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.
3. 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.
4. Do not enlist the aid of spectators in making line calls.
5. If you call a ball out and then realize it was good, you should correct your call.
6. 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.
7. 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.
8. Foot faults are not allowed. If an opponent persists in foot faulting after being warned not to do so, the Referee should be informed.
9. Do not stall, sulk, complain, or practice gamesmanship.
10. Source: “The Code” official USTA publications, whose principles and guidelines shall apply in any match conducted without officials.

Track & Field

Required number of practices prior to first scrimmage	6
Required number of practices prior to the first contest	6
Team and Individual maximum number of contests	10
Minimum time between contest	1 night
Individual limitations per day	3

Scrimmage Conditions

A track and field scrimmage must conform to the following:

1. No Scoring – no official results or place finishers recorded.
2. Competitors and events must adhere to the limitations of the NFHS

Contest Rules and Conditions

1. Runners permitted one false start before disqualification.
2. A student may enter a maximum of 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

Equipment

1. The 4k metal shot put may be used

Additional Information

Order of Events:

1. B 55m Hurdles 33"
2. G 55m Hurdles 30"
3. B/G 200m
4. B/G 1500m
5. B/G 100m
6. B/G 400m
7. B/G 200m Hurdles
8. B/G 800m
9. B/G 4x200m Relay
10. B/G 4x100m Relay
11. 4k Shot Put
12. 1k Discus
13. High Jump
14. Long Jump
15. Triple Jump