

NYSAIS Athletic Association Middle School Handbook 2019-2020

Updated July, 2019

NYSAIS strives to equalize, in so far as possible, the powers of opponents in individual and group athletic contests. This means that like groups should play like groups. K-9 schools that classify their 7-9 athletic programs as a “modified” or “middle school” program may schedule contests with other 7 - 9th grade “modified” or “middle school” programs. **9th grade students from a “modified” program may compete against 7th and 8th grade teams with Athletic Director and Head of School approval.**

Objectives

1. To provide as broad and varied an athletic program as is possible with an opportunity for competition on an equal basis for all students. A desirable modified/middle school interscholastic program will encourage participation at several achievement levels. Interscholastic competition in a modified/middle school sports program should encourage participation for as many children as possible.
2. To realize that the individual schools have the final responsibility to equalize competition and must administer the program so that no overmatching of teams or individuals shall be permitted.
3. To conduct the athletic program so that educational objectives shall be achieved; so that the highest ideals of sportsmanship are upheld; so that no single phase of the educational program is promoted at the expense of other equally important programs.
4. To realize that the athletic program should be balanced with all other activities essential to youth, including those, which may be conducted by out-of-school groups, to avoid an excessive load for any student.
5. To administer the program in such a manner that participants are properly examined, approved, equipped, insured, selected, classified, instructed, and supervised so that as safe a program as is possible is conducted.
6. To administer the educationally based athletic program in its proper perspective, with minimal loss of school time, limited publicity, competent officiating, and limited awards focused on participation.
7. To provide qualified leadership that understands the teaching of sports to the age group, the objectives of this modified sports program, and the emphasis on safety procedures.
8. To cooperate with schools in the area in providing an interscholastic athletics administrative organization that will achieve the objectives and will aid in the development of the highest type of cordial interschool relationships.
9. To conduct the program so that proper respect for authority is achieved. All participants, coaches, parents, spectators and interested individuals will demonstrate appropriate conduct at all times.

10. To promote sportsmanship by competing within the spirit of the rules, to give every opponent due credit and respect, and to win honorably and to lose graciously.

Age: Upon entry into the 7th grade, a student is eligible for modified program competition. One is ineligible when the sixteenth birthday is attained; however, if a student attains the sixteenth birthday during a sport season he/she may complete that sport season.

Bona Fide Student: A contestant must be a bona fide student of grades 7, 8, 9 of the school represented. NOTE: If it becomes necessary to combine member schools to maintain a team or sport, a written request must be submitted and approval obtained from the league and schools involved. Schools, which have combined teams, must submit a request to the Executive Secretary.

Interschool Practice Sessions/Scrimmages: A school is limited to three (3) interschool practice sessions/scrimmages which, if conducted, may be held at any time after minimum practice requirements and previous to the last scheduled contest. Interschool practice sessions/scrimmages are governed by the same hours to elapse between such sessions/scrimmages as for regularly scheduled contests with the exception of football.

1. Both squads use the same field simultaneously with both coaches making corrections and giving instruction to players, as they would do during their own practice.
2. No official score is kept.

Multi-School Contests/Tournament Competition/Championships/Finals and Awards

1. Before reading this section, please refer to the Middle School Sports Standard Grid for team and individual limitations/maximum number of contests.
2. No Team/Individual Championships, Tournaments or Playoffs shall be conducted in the Middle School (Modified Program).
3. Multiple school contests can be conducted at the end of the regular season only if it is in a sport in which multiple team contests are regularly scheduled throughout the season and the final contest mirrors that of the rest of the schedule (thus the contest is not larger than all the others).
 - a. Sports where this is allowed: wrestling, cross-country, swimming, and track.
4. Multi-school contests and invitational that are not team/Individual championships, tournaments, or playoffs may award place ribbons to the top competitors.

Practice Sessions: Each student may participate in only one practice session a day on only six days of a calendar week. Practice sessions should include vigorous activity

related to the specific sport and shall be limited to two hours and be at least 45 minutes in length. No student may be permitted to participate in school-organized practice or play on seven consecutive days. A tryout session may be used toward the required number of practices needed prior to the first scrimmage or contest when the high school and modified seasons start simultaneously or when the high school tryout periods are contiguous to the beginning of the modified sports season.

Promotion: A contestant in grades 7, 8, and 9 who practices or competes with or against a freshman, junior varsity or varsity performer shall not return to the modified athletic program in that same season in that same sport. Contestants shall not be promoted to a higher classification within the modified program or to a junior varsity or varsity team after completion of fifty percent of their modified schedule.

1. "Tryout" Exception - In school where no junior varsity program is provided in a specific sport, a ninth grade modified contestant may be promoted to the varsity team at any point in the season if he/ she displays the skills and maturity to compete at the varsity level. A promoted 9th grade contestant is eligible to participate immediately upon promotion providing that he/she has completed the necessary number of required practices for that specific sport. The contestant may not exceed the total number of contests as outlined in the HS Sport Standards Chart.

Scouting: Scouting of opponents' games at this level of competition is not allowed.

Time Interval: Before reading this section, please refer to the Middle School Sports Standard Grid for team and individual limitations/maximum number of contests. Unless extenuating circumstances arise, it is recommended that no more than two contest should be scheduled per week. Except in football and cross-country, contests may be played with only one night of rest three times per season for rescheduling purposes only. A team may never play three days in a row. There shall not be more than three contests played per calendar week. Baseball and softball shall be permitted to play two games a day twice during the season.

Member schools with students in grades 7, 8, or 9 have agreed to abide by the rules of our Middle School Programs. Situations not covered in the Middle School Rules will follow the high school standards.

GIRLS may participate on boys' teams according to Eligibility Standards.

Middle School Sports Rules

BASEBALL

Game Conditions: *See Sports Standards Chart*

Game Rules: NFHS Rulebook

1. Pitchers must participate in at least ten (10) practices before an inter-school game.
2. Doubleheaders: A maximum of two (2) double headers may be played during a season. The following restrictions apply to the use of doubleheaders:
 - a. The maximum number of double headers allowed is two (2).
 - b. A team may not play three (3) games if two (2) consecutive days. No more than three (3) 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).
3. Equipment
 - a. Catchers shall wear the full protective equipment of helmet, mask with throat protector, chest protector, shin guards and cup.
 - b. Batters and base runners shall wear protective headgear.
 - c. Any player warming up a pitcher on or off the diamond shall wear a mask.
 - d. Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are prohibited.
4. Regulation game shall be seven (7) innings. A mercy rule is permitted allowing a game to end after the team by 15 or more runs behind finishes their 5th at bat.
5. A pitcher may pitch no more than 12 full innings in any one calendar week and no more than seven (7) innings in any one game. After pitching four (4) or more full innings in any one game, there must be at least two (2) nights of rest before pitching again. When removed, the contestant may play any other position.
6. Designated hitter will not be allowed.
7. 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 results in the forfeiture of the game (except in case of injury or ejection from the 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.
8. Due to field availability, field dimensions may be modified to 75 feet base path and 55 feet for pitching distance.

9. All bats must have a 2 5/8" bat barrel diameter and a -3 differential (between the length and weight of the bat).

[A NYC Local Law to amend the administrative code of the city of New York, in relation to prohibiting the use of non-wood bats.](#)

Be it enacted by the Council as follows:

- Declaration of legislative findings and intent. The Council hereby finds that the use of non-wood bats poses an unacceptable risk of injury to children, particularly those who play competitive high school baseball.
- Title 10 of the administrative code of the city of New York is amended by adding a new section 10-165 to read as follows:
 - 10-165 Prohibition of use of non-wood bats. a. Definitions. When used herein, the following terms shall have the following meanings:
 - "Competitive baseball game" shall mean any organized baseball game at which a certified umpire officiates and which takes place in the city of New York.
 - "High school age children" shall mean persons older than thirteen years of age, but younger than eighteen years of age.
 - "School" shall mean any public or private school which includes any grade nine through twelve and which is located in the city of New York.
 - "Wood bat" shall mean any baseball bat constructed exclusively of wood or any wood laminated or wood composite bat, which is approved by major league baseball, pursuant to such organization's official rules, for major league or minor league baseball play; provided that such term shall not include any bat made in whole or in part of metal, including, but not limited to, aluminum, magnesium, scandium, titanium or any other alloy compound.
 - Only wood bats shall be used in any competitive baseball game in which high school age children are participants and which involves the participation and/or sponsorship of a school.
 - This local law shall take effect on September 1, 2007.
 - ~~Bats approved by Major League Baseball for minor league use:~~
 - ~~Baum AAA Pro Composite bat~~
 - ~~DeMarini Composite bat~~
 - ~~Brett Bats – Maple Master 110 and ST – 271~~
 - ~~Mizuno – MZC 271~~

BOYS BASKETBALL

Game Conditions: *See Sports Standards Chart*

Game Rules: NFHS Rule book

1. The maximum length of the quarter shall be seven (7) minutes.

2. If a game is tied at the end of regulation play, there will be an overtime period of three (3) minutes duration.
3. Regulation High School ball will be used.
4. The three point shot is optional.

GIRLS BASKETBALL

Game Conditions: *See Sports Standards Chart*

Game Rules: NCAA Women's Rule book

1. The thirty-second clock rule shall be optional.
2. The maximum length of the quarter shall be seven (7) minutes.
3. If a game is tied at the end of regulation play, there will be an overtime period of three (3) minutes duration.
4. Regulation high school ball will be used.
5. The three point shot is optional.

BOYS AND GIRLS CROSS COUNTRY

Game Conditions: *See Sports Standards Chart*

Game Rules: NFHS Rulebook

1. The maximum distance shall be one and one-half (1 1/2) miles in the first half and may increase to two (2) miles in the second half of the season.
2. Equipment
 - a. Shoes with metal spikes (no greater than 1/8 inch) are permitted.

BOYS' LACROSSE

Game Conditions: *See Sports Standards Chart*

Administration:

Tests: Every contestant should be carefully checked to determine his readiness before being allowed to participate with exception of: Individual Skills - a thorough program of physical conditioning, running and lacrosse skills such as throwing, catching, scooping, faking and dodging should be conducted prior to permitting one to participate in live contact drills. No one should be permitted in live contact drills until ability has been proven in the individual skills. Contact drills should be conducted against equals only.

Game Rules: NFHS Rulebook

1. The length of quarters shall be eight (8) minutes.
2. Two overtime periods of two (2) minutes are to be played in the event the game is a tie; one sudden victory five (5) minute period is allowed with one time-out per team.
3. A team shall be permitted three (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 "Indian Check."
5. There is no such call as a "Brush" in the modified Program. Contact between crosse and helmet is a personal foul.
6. Offensive players are not permitted to contact the ball 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. There will be no timed counts for advancing the ball.
9. When a goalkeeper gets a penalty, the in home player will serve the penalty if a second goalkeeper is unavailable.
10. Equipment
 - a. All players, including the goalkeeper, shall wear protective equipment.
 - b. Properly fitted equipment of good quality is mandatory for safe participation in lacrosse.
 - c. The essential protective equipment must include a lacrosse helmet with a facemask, lacrosse arm guards, lacrosse shoulder pads, lacrosse gloves, and a mouthpiece. Goalkeepers must wear a chest protector and throat protection.
 - d. Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any modified sport.
 - e. Facemasks for lacrosse competition must have a center bar.
 - f. 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.

GIRLS LACROSSE

Game Conditions: *See Sports Standards Chart*

Game Rules: US Lacrosse Rulebook

1. Follow "A" Level Modifications
2. Halves shall consist of 25 minutes maximum
3. Equipment
 - a. Properly fitted equipment of good quality is mandatory for safe participation in lacrosse.

- b. All field players are required to wear lacrosse goggles, which meet ASTM standards.
 - c. Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts of spikes are not permitted.
 - d. All players must wear mouthpieces.
 - e. Goalkeepers must wear the following equipment: Helmet with facemask, mouthpiece and throat protector, padding on hands, arms, legs, shoulders and chest to conform to US Lacrosse rules (padding does not excessively increase the size of these body parts, with a maximum thickness of one inch).
4. A timeout may be called when the ball is not in play.
 5. Prior to each game being played, email correspondence must take place between athletic directors, where both athletic directors would agree to play the US Lax U15 rules.

BOYS AND GIRLS SOCCER

Game Conditions: *See Sports Standards Chart*

Game Rules: NFHS Rule book

1. The maximum length of a game including overtime shall not exceed 60 minutes.
2. Two overtime periods of 4 minutes each are permissible.
3. Free substitution is permitted when the ball goes over the sideline or end line.
4. Equipment
 - a. Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal spikes are not permitted.
 - b. Shin guards must be worn at all times by all players.
 - c. An all-purpose type foam helmet and a mouthpiece may be worn by the soccer goalie for protective purposes. The helmet must cover the head, cover and protect the ears, and have a chinstrap.
5. Corner flag posts must be flexible in nature (wood, plastic or plastic foam) and conform to the NF rule standard of not being less than 5 feet high. Plastic traffic cones may be substituted in place of corner flags.

SOFTBALL

Game Conditions: *See Sports Standards Chart*

Game Rules: NFHS Rule book

1. Game length is seven (7) innings.
2. There shall be a 36-foot minimum pitching distance.

3. A player may re-enter the game once. The re-entry rule may be waived only if an injured player must be replaced and all eligible substitutions were used during the game.
4. Windmill pitching is permitted
5. Any pitcher may not exceed seven (7) innings of pitching.
6. Ten player teams optional with league approval
7. Equipment
 - a. Catchers shall wear the full protective equipment: Helmet, mask, chest protector, shin guards, 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. Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any modified sport.
8. Doubleheaders: A maximum of two (2) double headers may be played during a season. The following restrictions apply to the use of doubleheaders:
 - a. The maximum number of double headers allowed is two.
 - b. A team may not play three (3) games in two (2) consecutive days. No more than three (3) 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 1 innings in one day. This allows a total maximum of two (2) extra innings in the event of tie game(s).
9. The use of a double base at first base is mandatory.
10. Each team will bat 10 batters per inning or three (3) outs whichever comes first. In every inning, the last batter must hit the ball "live ball." They may not walk.
11. Limited stealing. Three (3) attempted steals to any base per inning.
12. No dropped third strike.
13. A lead is permitted on the pitcher's release.

BOYS AND GIRLS SWIMMING

Game Conditions: *See Sports Standards Chart*

Game Rules: NFHS Rulebook

1. A swimmer is permitted one false start before disqualification.
2. Swimmers may compete in a maximum of four events, no more than three individual events. The events and their order shall be:
 - a. 200 yd. medley relay
 - b. 200 yd. freestyle
 - c. 100 yd. individual medley
 - d. 50 yd. freestyle
 - e. 50 yd. butterfly (optional - 100 yd. butterfly)

- f. 100 yd. freestyle
 - g. 50 yd. backstroke (optional - 100 backstroke)
 - h. 50 yd. breaststroke (optional - 100 breaststroke)
 - i. 200 yd. freestyle relay
3. Pools with five or less lanes - two entries per team.
 4. Pools with six or more lanes - three entries per team.
 5. Each team shall be permitted the same number of entries in relays as individual events.
 6. With prior mutual agreement of teams, league races may be conducted by seeded heats with the winners established on time alone. No final events may be conducted.

BOYS AND GIRLS TENNIS

Game Conditions: *See Sports Standards Chart*

Game Rules: USTA Rule book

1. Contests should consist of three singles and two doubles matches, unless agreed upon prior to the contest.
2. One eight game pro-set shall be played. A four-point scoring system shall be used with no-ad point.
3. Coaches may modify the scoring system and agree to play two out of three sets, if time and facility availability allows.
4. A player may either play singles or doubles, but cannot play both in any one inter-school contest.

BOYS and GIRLS TRACK and FIELD

Game Conditions: *See Sport Standards Chart*

Game Rules: NFHS Rule book

1. Equipment
 - a. Sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal spikes (no greater than 1/8") are permitted.
2. A runner is permitted one false start before disqualification.
3. A student may participate in a maximum of four events, with a maximum of three running events; the total distance may not exceed 2500 meters per meet (total distance refers to specific events, not total distance of heats).
4. The 80 meter 30" hurdle race with eight hurdles shall have the following spacing:
 - a. Distance from start to first hurdle - 12 meters
 - b. Distance between hurdles - 8 meters

- c. Distance from eighth hurdle to finish - 12 meters
5. The 200 meter 30" hurdle race with five hurdles shall have the following spacing:
 - a. Distance from start to first hurdle - 20 meters
 - b. Distance between hurdles - 35 meters
 - c. Distance from fifth hurdle to finish - 40 meters
6. Shot Put: The 4 kg (or 8 lbs. 13 oz. - boys) 3 kgs. (Or 6lbs 2.744 oz. - girls) metal shot may be used for outdoor track.
7. Spring Track and Field Events:
 - a. Running events:
 - i. 80m 30" hurdles
 - ii. 200m dash
 - iii. 1500m run
 - iv. 100m dash
 - v. 400m dash
 - vi. 200m 30" hurdles
 - vii. 800m run
 - viii. 4x200m relay
 - ix. 4x100m relay
 - x. 4x400m relay
 - b. Field events:
 - i. Shot put: boys = 4kgs (or 8lbs 13oz) girls = 3kgs (or 6 lbs 2.744oz)
 - ii. Discus = 1kgs (or 2 lbs., 3.27oz)
 - iii. High Jump
 - iv. Long Jump
 - v. Triple Jump
8. Running events for combined boy-girl outdoor track meets shall be:
 - a. 80m 30" hurdles boys
 - b. 80m 30" hurdles girls
 - c. 200m dash boys
 - d. 200m dash girls
 - e. 1600m run boys
 - f. 1500m run girls
 - g. 100m dash boys
 - h. 100m dash girls
 - i. 400m dash boys
 - j. 400m dash girls
 - k. 200m hurdles boys
 - l. 200m hurdles girls
 - m. 800m run boys
 - n. 800m run girls
 - o. 4x200m relay boys
 - p. 4x200m relay girls
 - q. 4x100m relay boys
 - r. 4x100m relay girls
 - s. 4x400m relay boys
 - t. 4x400m relay boys

BOYS AND GIRLS VOLLEYBALL

Game Conditions: *See Sport Standards Chart*

Game Rules: NCAA Rule book

1. With coach's approval, the minimum net height shall be 7'0" feet for girls and 7'6" for boys.
2. Rally scoring rules shall be in effect.
3. The match will be the best two (2) out of three (3) games with the first two games being 25 points and the final and deciding game, 15 points if needed. No cap scoring is in effect for all games of the match.
4. The libero player may be used.
5. Coaches may agree to remove foot fault violations at any modified level.
6. A modified volleyball serving rotation may be used with school approval. When an athlete successfully serves five consecutive serves that are not returned, that team rotates to its next server.