

NYSAISAA MODIFIED (Grades 7 & 8) SPORTS STANDARDS BOYS & GIRLS 2018-2019

Gray Shading = updated from last year

Sport	Season Starting Date	Maximum Number of Contests	Required Practices Before 1st Scrimmage - Team and Individual		Required Practices Before 1st Contest - Team and Individual		Proposing to Delete this Column	Contest and Scrimmage Limits	Time Between Contests*	Rules	Time & Distance Limits
			Team	Individual	Team	Individual					
BASEBALL	February 14	14	8	6 8 (Pitcher)	10	8 10 Pitcher	May not play 3 contests in two consecutive days/no more than 3 contests per week *	1 night *	NFHS	Pitcher-7 innings per day (2 night rest, after pitching 4 innings)*	
BASKETBALL	October 29	16	8	6	10	8	No more than 2 contests in three days	1 night	NFHS-Boys NCAA-Girls	7 minute quarters	
CROSS COUNTRY	August 16	10	10	8	10	10	1 run	3 nights	NFHS	Max distance is 1.5 miles*	
FIELD HOCKEY	August 16	12	8	6	10	8	no more than 2 contests in three days	1 night	NFHS	1 contest per day	
FOOTBALL	August 13 or August 16 #		13	12	17	16	1 contest per day	4 nights rest between games	NFHS	10 Minute Quarters	
LACROSSE - Boys	February 14	12	8	6	10	8	No more than 2 contests in three days	1 night	NFHS	Boys- 8 minute quarters	
LACROSSE - Girls	February 14	12	8	6	10	8	No more than 2 contests in three days	1 night	USL	Girls-25 minute halves	
INDOOR TRACK	February 14	10	10	8	10	10	not to exceed 2300 meters in one meet	2 nights	NFHS	See contest Rules*	
OUTDOOR TRACK	October 29	10	10	8	10	10	not to exceed 2300 meters in one meet	2 nights	NFHS	See contest Rules*	
SOCCER	August 16	12	8	6	10	8	no more than 2 contests in three days	1 night	NFHS	1 contest per day	
SOFTBALL	February 14	14	6	4 6 (Pitcher)	8	6 8 (Pitcher)	May not play 3 contests in two consecutive days/no more than 3 contests per week *	1 night *	ASA	Pitcher-7 innings per day (2 night rest, after pitching 4 innings)*	
SWIMMING	October 29	14	10	8	10	10	maximum of 4 events w/ special conditions *	2 nights	NFHS	See contest Rules*	
TENNIS	Fall-August 16 Spring-February 14	14	6	4	8	6	One match per day*	1 night	USTA	See contest Rules*	
VOLLEYBALL	August 16	14	6	4	8	6	No more than 2 matches in three days	1 night	NCAA	12 games per day in one tourney	
WRESTLING	October 29	15 Points	12	10	15	13	2 bouts per day	2 nights	NFHS	Max of 10 Pts. Thru 2 Pt. Contests	

Note:

* See details in contest rules section of the NYSAIS Handbook

See NYSAISAA 7-year calendar

Multi-School Invitational Tournaments may be conducted provided:

- No participant shall compete in more events, matches or contests than permitted under the NYSAIS sport standards in that sport, on that day.
- No contests should be conducted with place awards. Participatory souvenirs may be distributed.
- All contests must be counted within the maximum contest total.
- One per season/per sport.

Wrestling

Multiple Dual Meet Events: Each individual competing in these events is charged one (1) point for each dual meet.

Triangular Meet: Three (3) teams compete, with each team wrestling a dual meet against each of the other two teams at the same site.

Each individual is charged two (2) points toward their dual meet schedule.

Double-Dual Meet: Three (3) (or more) teams compete, with each team wrestling a dual meet against two (2) of the other teams at the same site.

Each individual is charged two (2) points toward their dual meet schedule.

Quadrangular Meet: Four (4) teams compete, with each team wrestling a dual meet against each of the other three (3) teams at the same site.

Each individual is charged one (1) point for each match wrestled counting toward their dual meet schedule

Multi school meet: Minimum of three (3) schools and twenty (20) wrestlers. If the wrestler wrestles only one (1) opponent they are charged one (1) point, if they wrestle more than one opponent they are charged two (2) points.

Each wrestler may only wrestle a maximum of three (3) matches. No team scoring is allowed and no individual prizes are awarded.

A maximum of four (4) multi school meets are allowed during the season.