

NYSAISAA MODIFIED (Grades 7 & 8) SPORTS STANDARDS BOYS & GIRLS 2016-2017

BOLD: 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 16	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 31	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 18	10	10	8	10	10	1 run	3 nights	NFHS	Max distance is 1.5 miles*	
LACROSSE - Boys	February 16	12	8	6	10	8	No more than 2 contests in three days	1 night	NFHS	Boys- 8 minute quarters	
LACROSSE - Girls	February 16	12	8	6	10	8	No more than 2 contests in three days	1 night	USL	Girls-25 minute halves	
INDOOR TRACK	February 16	10	10	8	10	10	not to exceed 2500 meters in one meet	2 nights	NFHS	See contest Rules*	
OUTDOOR TRACK	October 31	10	10	8	10	10	not to exceed 2500 meters in one meet	2 nights	NFHS	See contest Rules*	
SOCCER	August 18	12	8	6	10	8	no more than 2 contests in three days	1 night	NFHS	1 contest per day	
SOFTBALL	February 16	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 31	14	10	8	10	10	Maximum of 4 events w/ special conditions *	2 nights	NFHS	See contest Rules*	
TENNIS	Fall-August 18 Spring-February 16	14	6	4	8	6	One match per day*	1 night	USTA	See contest Rules*	
VOLLEYBALL	August 18	14	6	4	8	6	No more than 2 matches in three days	1 night	NCAA	12 games per day in one tourney	

Please Note: * See details in contest rules section of the NYSAIS Handbook

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