

NYSAIS Athletic Association
Upper School
Handbook 2016-2017

Version May 16, 2016

Start of Academic Year Checklist for Athletic Directors

□ **Federation List**

- Schools wishing to compete against CHSAA, NYSPHSAA, or PSAL schools must follow the Regulations of the Commissioner of Education. Applications for the Federation List need to be submitted to the Executive Secretary, prior to July 1.
- A school with even one senior student-athlete who has repeated a year of high school cannot be on the Federation List.

□ **NYSAISAA Sport Season starting dates** defines the start of season.

- Fall – Football (August 15 or 18), all other sports (August 18)
- Winter – October 31
- Spring – February 16

□ **Maximum Number of Contests**

- An individual may not participate in more than the number of contests established for a sport (see Sports Standards for Boys and Girls 2016-2017).
- Check your **competition schedules** to be sure that you do not schedule more than the maximum number of contests.
- **Club teams** are intra-scholastic and for in-house competition only.
- Each sport is designated with an appropriate time between contests, including scrimmages (see Sports Standards for Boys and Girls 2016-2017).

□ **Transfers**

- A student in grades 9-12 or a 7th or 8th grade student that wishes to play at the High School Level and who transfers to another school before the start of the fall season (Football – August 15 or 18, 2016; All other sports - August 18, 2016) and meets all of the school's admission standards is immediately eligible to play interscholastic athletics.
- A student in grades 9-12 or a 7th or 8th grade student that wishes play at the High School Level and who transfers to another school after the start of the school year may only participate in a sport if he/she has a signed enrollment contract before the start of the season (see Sports Standards for Boys and Girls 2016-2017) and meets the minimum number of required practices.

□ **Age and Grade**

- A student shall be eligible for interschool competition in grades 9-12 until his/her nineteenth birthday. If the age of nineteen years is reached on or after July 1, the student may continue to participate during that school year in all sports.
- A school with a 5th year player is only eligible for NYSAISAA tournaments in sports other than the one with the fifth year player. Because of potential liability, Heads of School must approve competitions. Any Head of School with a fifth

year senior is required to seek approval from other NYSAIS Heads prior to competition involving a fifth year player.

□ **Duration of Competition**

- A student shall be eligible for high school competition during each of the four consecutive years commencing with the student's entry into the ninth grade and prior to graduation.
- Pupils in 7th and 8th grades can compete in high school athletic competition. Five consecutive seasons commencing with the pupil's entry into 8th grade or six consecutive seasons commencing with the pupil's entry into 7th grade.
- A pupil enters competition in a given year when the pupil is a member of the team in the sport involved, and that team has completed at least one contest.

□ **Health Examination**

- A student who may engage in inter school competition shall receive an adequate health examination and health history update when required, and may not practice or participate without the approval of the school medical officer.
- Unless the medical examination is conducted within 30 days of the start of a season, a health history update is required.

□ **Practice Session/Required Practice Days**

- A minimum number of practice days shall be established as team practices and a minimum number of practice days shall be required of each participant prior to the first scrimmage and/or contest.
- No student or team may be permitted to participate in school-organized practice or play on seven consecutive days during the regular season.
- A practice session conducted on the same day as a game cannot be counted to meet the minimum practice requirement to be eligible for that day's contest.
- Only one practice session a day and only six days of a calendar week may be counted toward the total practice sessions required.

□ **Sanctioning**

- Competitions that take place with teams from out-of-state, involving several teams from different associations must receive sanctioning from the Federation office.

□ **Coaching Requirements**

- All coaches must hold valid certification in first aid knowledge and skills, including instruction in the administration of adult cardiopulmonary resuscitation, as issued by the American National Red Cross, or meet equivalent requirements as set forth in this section.
- Legislation requires physical education teachers and coaches to complete the NFHS/CDC Concussion Course every 2 years.

□ **Athletic Placement Policy**

- Send completed paperwork to each school that you compete against, for each sport where you have a student-athlete who passed the APP.

□ **5th and 6th Grade Competition**

- If you are on the Federation List, competition is limited to no more than 4 contests per sport/individual, against other schools. Schools cannot mix 5th and 6th grade competition with grade 7 or above.

**NYSAIS Athletic Association
Upper School
Handbook 2016-2017**

For questions, interpretations or clarifications, please contact: John Pizzi, Jr., Athletic
Executive Secretary: athletics@nysais.org.

It is assumed and required that all member schools of NYSAIS will follow and abide by the rules and regulations expressed in this document. All questions of eligibility and all questions regarding the implementation of the rules and regulations of the NYSAIS Athletic Association shall be referred to the Executive Secretary/Athletic Executive Committee for a decision. The NYSAIS Athletic Executive Committee shall be guided by the constitution, bylaws, rules, regulations, and sports standards of the NYSAIS Athletic Association.

Athletic Executive Committee

Bob Annunziata	Horace Mann School, Director of Athletics - Post Season Coord.
Bodie Brizendine	Spence School, Head of School
Michelle Caywood	Chapin School, Director of Athletics
Pamela Clarke	Doane Stuart School, Head of School
Pat Krieger	Trinity School, Director of Athletics - ADC Chair
Dr. Mark Lauria	NYSAIS, Executive Director
Lee Levinson	Collegiate, Head of School
John Pizzi, Jr.	Riverdale Country School, Director of Athletics - Executive Sec.

Athletic Directors Committee (2015-2016)

Jason Edwards	Hackley School
Teddy Frischling	Dalton School, Co-Conference Coordinator
Pat Krieger	Trinity School, Chair
Deb Malmgren	Nightingale-Bamford School
Amy Pare	School of the Holy Child, Secretary
Craig Stolzberg	Trevor Day School, Co-Conference Coordinator
Kevin Versen	Masters School
Steve Rybicki	Columbia Grammar & Preparatory School

Post Season Committee

Bob Annunziata	Horace Mann School, Postseason Coordinator & Treasurer
Amber Atlas	Convent of the Sacred Heart, Co-Champ Event Coordinator
Ray Barile	Horace Mann School, Officials
Darrin Fallick	Packer Collegiate School, Co-Champ Event Coordinator
Christine Levy	Horace Mann, Administrative Support

Amy Pare School of the Holy Child, Programs
Sam Schalman-Bergen Horace Mann School, Data
Jenny Smith Rye Country Day, Federation Basketball Representative

League Presidents

AAIS Coni Fichera, Spence School
ACIS David Gardella, Brooklyn Friends School
ISAL Flance Dervishi, The Garden School
Ivy Ray Voelkel, Collegiate School
NYCAL Andrew West, Browning School
PSAA Jim Regan, Martin Luther Middle and Upper School

Dr. Mark Lauria
NYSAIS, Executive Director
17 Elk Street (First Floor)
Albany, NY 12207
Tel: 518-694-5500
Fax: 518-694-5501

Definitions

- **Academic Eligibility** – all students must meet their school’s academic requirements for participation on interscholastic athletic teams.
- **Athletic Association** means the New York State Association of Independent Schools joined together on a statewide basis for the purpose of governing athletic programs for all its member schools.
- **Athletic Directors Committee**: The administrative body for the Association consisting of Athletic Directors elected from leagues and member schools, reporting to the Athletic Executive Committee. All athletic directors within NYSAIS have the opportunity to serve on the ADC, by election. The term of each member of the ADC is 3-years.
 - When there is a mid-year vacancy on the ADC, a nomination and election process will take place.
- **Athletic Executive Committee**: The Athletic Executive Committee is the legislative body of the NYSAIS Athletic Association consisting of three Heads of School, the Executive Secretary, the Executive Director of the Association, two Athletic Directors (one at large and the Postseason Coordinator), and the Chair of the Athletic Directors Committee. The Executive Director of the Association appoints all members of this committee. The term of service on the AEC is at will.

- **Athletic Placement Policy (previously called Selection Classification)** means a stage of maturation in determining an appropriate level of interschool athletic competition in accordance with standards established by the commissioner.
 - [Athletic Placement Process Document](#)

- **Bona Fide Student:** A student-athlete is eligible for interscholastic athletics if:
 - He/she meets all of the school's admission standards.
 - Is a registered student (signed enrollment contract by the start of the season as defined by the Sports Standards)
 - Meets the minimum number of required practices.

- **Club Team:** Neither the regulations of the Commissioner of Education nor NYSAIS recognize extra class activities called "club teams." Interscholastic teams may not practice/scrimmage with or compete against "club teams." Club teams are intra-scholastic and can compete either in-house or against other club teams only.

- **Commissioner** means the Commissioner of Education.

- **Commissioner's Regulations:**
 - [Commissioner's Regulations Document](#)

- **Competitor:** Any competitor must be a bona fide student at a NYSAIS member school and is considered to be on the school team or part of such team. Compliance with all NYSAIS bylaws and standards and conformance is required. Participation as an individual competitor counts toward the maximum number of contests permitted and meets the requirements of the Association.

- **Complaint Procedures:** If any person believes that a NYSAIS Member School or any part of the school organization has failed to follow the NYSAIS AA Rules and Regulations, he/she may send a complaint to: athletics@nysias.org. The name of the person/school filing the complaint will be kept confidential and will only be shared with the NYSAIS Executive Director, Mark Lauria.

- **Contest:** An interschool competition arranged by school personnel in accordance with the Regulations, Eligibility and Sports Standards. The decisions of game officials shall be final.

- **Department** means the Education Department of the State of New York.

- An **Exhibition Competitor** is a bona fide student at a member school represented and is a non-scoring participant in an interschool contest or tournament. Exhibition competitors may fill open lanes in the sports of

swimming and track and field. Participation as an exhibition competitor counts towards the maximum number of contests permitted.

- **5th & 6th Grade Competition:** This rule applies to only those schools on the Federation List (previously called the Commissioner's Regulations). If you are not on the Federation List, NYSAISAA does not specify or oversee 5th and 6th grade competition. If you are on the Federation List, please note that competition for pupils in grades 5-6 is meant to include intramural activities with limited scrimmage contests against other schools. Opportunities may be provided for instruction, practice and scrimmage competition. Interscholar experiences should grow out of your intramural program and offer a modified introduction to competition. NYSAIS defines "limited" contests to mean no more than 4 contests per sport/individual. No NYSAIS School can mix 5th and 6th grade students/competition with grade 7 or above.
- **Fifth Year Senior:** Schools that have a fifth year player not cleared by the Executive Secretary cannot be on the Federation list (previously the Commissioner's Regulations List). The school is not eligible for any Federation regular season or tournament play. The school is only eligible for NYSAISAA tournaments in sports other than the one with the fifth year player. Because of potential liability, Heads of School must approve competitions. Any Head of School with a fifth year senior is required to seek approval from other NYSAIS Heads prior to competition involving a fifth year player.
 - Fifth year players must meet the NYSAISAA 19-year-old requirement. Students who turn 19 before July 1 are ineligible for interscholastic athletics.
- **Federation List – Those schools following the NYSAIS Rules as they pertain to the Commissioner of Education (previously called Commissioner's Regulations List):** The Regulations of the Commissioner of Education are policies and controls enacted by the Board of Regents and administered by the State Education Department. NYSAIS has additional regulations and standards for Federation List schools.
- **Freshman Team:** A team comprised of ninth grade students must follow all high school eligibility rules and standards, and compete only against high school teams. NOTE: A freshman team cannot compete against a modified team.
- **Heat Index Procedures:** See Appendix A
- **International Contests:** NYSAIS schools may sponsor contests for their athletic teams with secondary school teams from other countries for the purpose of cultural exchange and competition under the following conditions:

- Members must not cancel a game/scrimmage to accommodate the International contest.
 - Teams with whom contests are scheduled must be comprised of players comparable in ages to our high school level.
 - All competitors on the NYSAISAA team must be eligible according to NYSAISAA regulations.
 - All contests must be scheduled according to appropriate sport standard's (contest must be conducted within the school's sport season, appropriate number of practices must be met, the game must be counted as one of the maximum number of contests).
 - When a Federation List school hosts an international contest, sanctioning request forms must be initiated by the host member school through NFHS (www.NFHS.org). One application per state will be filed when an International team tours and plays more than one school.
 - The hosting of a scrimmage with an International team does not require sanctioning.
- **Interschool Activities** mean those which provide competition between representatives of two or more schools and which offer enriched opportunities for the selected and more highly skilled individuals.
 - **Interschool Scrimmage:** A scrimmage is a practice that is a simulated contest. In scrimmages:
 - Both squads use the same field simultaneously with both coaches making corrections and giving instructions.
 - Game rules must be altered
 - No official score is kept
 - Time periods are altered.
 - The use of officials would be permitted and encouraged whenever possible for the purpose of instruction regarding the rules and proper application of rules.
 - **Intramural Activities** mean those activities conducted within one school involving only those enrolled pupils and which are organized to serve the entire enrollment.
 - **Invitation Activities** mean those games or other events dealing with one sport, arranged by invitation of one school to one or more other schools without leading to any formal schedule and championship.
 - **League** means an organization of schools joined for the purpose of providing athletic competition among schools of comparable size, interests, and within reasonable distance of each other who join together for the purpose of administering athletic competition and other educational activities.

Requirements

- Constitution, bylaws and/or other organizational documents approved by Heads of School within the proposed league
- Schools within league have policies and procedures that align with NYSAIS Best Practices for Athletics
- League must consist of a minimum of 4 schools
- League play must include a minimum of 6 league contests
- League must compete in at least one NYSAIS Championship sport per season
- League must outline defined format for choosing league champions
- League may declare only one champion, even if league is divided into two separate divisions for game play

Process

- President of proposed league submits information outlined above to ADC Chair by the annual Athletic Directors Conference.
 - ADC examines the information and meets with the League President
 - ADC conducts vote on League adoption during November meeting
 - ADC vote is passed to the AEC for consideration
 - AEC conducts vote on League adoption during January meeting for NYSAIS recognition the following school year
- **League Champion – Postseason Opportunity:** Each league will have the opportunity to be represented in all NYSAIS Post Season Team Championship Events.
 - The selection process for each team tournament (8 or 12 teams), any league that is not represented, will be granted an opening round game for that league's school with the next highest rating.
 - Leagues that have a champion that does not apply for a NYSAIS Post Season Team Championship Event will forfeit their right for an opening round game.
 - Opening round games will begin with a 9th or 13th seed, depending on the team tournament.
 - **Male and female pupils on interschool athletic teams.**
 - Equal opportunity to participate in interschool competition, either on separate teams or in mixed competition on the same team, shall be provided to male and female students, except as hereinafter provided. In schools that do not provide separate competition for male and female students in a specific sport, no student shall be excluded from such competition solely by reason of sex, except in accordance with the provisions below. For the purposes of this clause, baseball and softball shall be considered to constitute a single sport.
 - In the sports of baseball, basketball, boxing, field hockey, football, ice hockey, lacrosse, rugby, soccer, softball, speedball, team handball, power

volleyball where the height of the net is set at less than eight feet, and wrestling, the fitness of a given student to participate in mixed competition shall be determined by a review panel consisting of a physician selected by the parents, a physical education teacher designated by the school. Such panel shall make its determination by majority vote of the members, and in accordance with standards and criteria issued by the department.

- Where a school provides separate competition for male and female pupils in interschool athletic competition in a specific sport, the Head of School, may permit a female or females to participate on a team organized for males. However, where separate competition is provided, males may not participate on teams organized for females. NOTE: This clause is to meet the needs of the exceptionally talented girl.
- Where a school does not provide separate competition for male and female pupils in interschool athletic competition in a specific sport, the Head of School, may decline to permit a male or males to participate on a team organized for females upon finding that such participation would have a significant adverse effect upon the opportunity of females to participate successfully in interschool competition in that sport.
- **Maximum Number of Contests:** An individual may not participate in more than the number of contests established for a sport (Sports Standards Charts). A participant is any student that “dresses” for a contest, regardless of whether the student engages in that contest. Furthermore, a team may not schedule more than the maximum number of contests stipulated in the Sports Standards Chart (even though some members of the team have not participated in the maximum number of contests).
- **Membership:** All athletic directors of member schools are considered advisory members. They may make recommendations to the Athletic Directors Committee and may be asked to serve on athletic committees within the Association. Associate Members and Provisional Members are eligible for all NYSAIS Athletic Participation.
- **Mixed competition** means the combination of male and female pupils participating on the same interschool athletic teams. An exceptional girl, under this regulation, is a girl who is so far superior to other girls in her school or league, that she can only be challenged through participation on a boys’ team. See guidelines below.
- **National Team Member:** One who is selected by the national governing body of a sport on a national qualification basis either through a defined selective process or actual tryouts for the purpose of international competition, which requires the entries to officially represent their respective nation.

- **Next Scheduled Contest:** This is the next contest, which originally was in the schedule. No attempt should be made to insert a contest into a sports schedule after a key player has been disqualified in order that the player would not participate in a meaningless game. This violates the intent of this rule and is not permitted.
 - Any student-athlete disqualified/ejected by a sport official from an interscholastic competition is ineligible to participate in the next scheduled contest, unless the rules of that sport dictate differently. Disqualification from one season carries over to the next season of play and from regular season to NYSAIS tournaments.
- **Organized practice** means a session of an athletic squad or group organized for interschool athletics for the purpose of providing instruction and practice in physical conditioning activities, skills, team play and game strategy, under the supervision of a qualified school official.
- **Olympic Development Program:** A training program for competition: (a) conducted or sponsored by the United States Olympic Committee or (b) directly funded and conducted by a national governing body on a national level or (c) authorized by a national governing body for athletes having potential for future national team participation.
- **Outside Teams:** An outside team is a group of contestants organized and/or sponsored by other than Association member school authorities for competition in a specific sport.
- **Overtime:** Leagues will have the authority to decide if overtime sessions will be played in a particular sport.
- **Participation:** Participation is defined if an athlete has competed in a contest. Students are charged with a contest once they enter the contest. In team sports once they enter the game they are charged with a contest. In individual sports, once they enter the contest (or event) they are charged with a contest. It matters not if the athlete competes for one seconds or the entire competition; they have participated in a contest. Eligibility is defined as a participant that is eligible to compete in a contest and does not compete for any reason other than an injury.
 - It is important for athletics directors and coaches to understand the difference between eligibility – which is defined as an athlete being able to participate. Versus participation – which is defined by a student entering a contest.
- **Physical Fitness Activities** mean those physical activities, which are designed to develop endurance, strength and agility and to fit the individual so that he or she can perform the task repeatedly without undue fatigue and with a reserve capacity to meet unexpected stresses and hazards.

- **Postgraduate Players:** A member school that wishes to be on the Federation List cannot have Post Graduate (PG) players on its teams. A Post Graduate is a student who has already graduated from a high school. A member of the Federation List cannot compete against other New York State teams with PG's. There is no sanction for schools on the Federation List who play against PGs in out-of- state competitions, if the out-of-state team is a member in good standing of its own association, and the Head of School has approved of the competition. Athletic Directors' should contact opponents from out-of-state in advance of the contest to check on PG players and the age requirement.
 - PG player must meet 19-year-old requirement. Students who turn 19 before July 1 are ineligible for interscholastic athletics.

- **Post Schedule:** A post schedule contest is a game, meet or tournament that is held following the completion of the league but prior to the end of the season established by NYSAIS.

- **Post Season:** A post-season contest is a game, meet or tournament played after the close of the last day of the season for that sport. The close of the season is defined as the day before the NYSAIS Postseason seed meeting.

- **Practice Session:** See below.

- **Professional:** A professional is (1) a contestant (or other person acting in his/her behalf) who accepts money or merchandise) other than medals, ribbons, or appropriate trophies) for participation in an athletic event, or (2) a contestant who signs a contract with a professional team.

- **Recruitment:** An act, on behalf of or for the benefit of a school, which attempts to influence a student to transfer to a member school for the purpose of participating in athletics. See section below.

- **Scheduled Game or Tournament:** A contest arranged by school personnel in accordance with the Regulations, Eligibility and Sports Standards is a scheduled game or tournament.

- **School personnel** means person employed (on payroll) by school authorities in conducting the schools. It is recommended that each member school employ all coaches.

- **Sports Season:** A sports season is a period of participation in a specific sport with limitations indicated in the Sports Standards. NOTE: It is recommended that an athlete finishing a strenuous or contact sport season and starting another be

given a week layoff between seasons and adjustments be made in required practices for such cases.

- **Summer**: The last day of the school year until the official Fall Sports start date.
- **Suspended Games/"Protest" Games**: For suspended games, the game rules for that sport must be followed or in the absence of such rules the game will continue from the point of interruption and may be scheduled on the next consecutive day. This applies to all sports. If a contest is suspended, all violations of the Sports Rules and/or any yellow/red cards received during that contest will be enforced regardless if the contest is replayed in its entirety or resumed from the point of interruption. The only allowable protests are games played with ineligible players in a contest that violates the sports standards.
- **Taunting**: Taunting includes, but is not limited to, any actions or comments by coaches or players which are intended to bait, anger, embarrass, ridicule or demean other players, coaches or game officials. Included in this is conduct that berates, needles, intimidates or threatens based on gender, ethnic origin or background and conduct that attacks religious beliefs, size, economic status, speech, family, special needs or personal matters. Examples of taunting that would lead to ejection include, but are not limited to, physical and verbal intimidation outside the spirit of the game ("trash talk,") reference to sexual orientation, "in-the-face confrontation" by one player to another, standing over, straddling a tackled or fallen player, etc.
- **Transfer Rule**
 - A student in grades 9-12 or any 7th or 8th grade student that wishes to play at the High School Level and who transfers to another school before the start of the fall season (Football – August 15 or August 18, 2016; All other sports - August 18, 2016) and meets all of the school's admission standards is immediately eligible to play interscholastic athletics.
 - Transfer within the school year: A student in grades 9-12 or any 7th or 8th grade student that wishes to play at the High School level and who transfers to another school after the start of the school year may only participate in a sport if he/she is registered (signed enrollment contract) in school before the start of the season (as defined on the NYSAIS Sports Standards) and meets the minimum number of required practices.
 - The NYSAISAA Sport Season starting dates defines the start of season.
 - Note: The petition by a school to approve a transfer without penalty based on the undue hardship for the student must be made to the Executive Secretary for deliberation by the Athletic Executive Committee (AEC).

- **Two Sports in the Same Season:** NYSAISAA does not prohibit such participation. Should a student choose to participate in two sports at the same time, he/she must complete the required number of practice sessions for each sport.

 - **Varsity B Teams**
 - Any school within NYSAIS is permitted to have a Varsity A and a Varsity B team in a given sport.
 - Each Team (Varsity A and Varsity B) will be treated as separate Varsity teams at the school.
 - At the start of the season, player rosters for each team will be established. Once established, the rosters must be kept separate and students cannot move from one team to the other during the season. If either team (Varsity A or Varsity B) is in need of players, those players must come from a sub-varsity team.
 - Only one varsity team from each school is permitted to take part in the postseason. Each school with more than one varsity team will designate the eligible varsity team on the post-season declaration form.
 - Varsity B teams cannot be a league champion.
 - Varsity B team games are regular games and should be reported on each league's post-season score reporting form.

 - **Wind Chill Procedures:** See Appendix A
-

Age and Grade

A student shall be eligible for interschool competition in grades 9, 10, 11 and 12 until his/her nineteenth birthday. If the age of nineteen years is reached on or after July 1, the student may continue to participate during that school year in all sports.

- If a student in grade 7 or 8 has reached the chronological age of 15 years old prior to July 1, he or she is eligible to participate on high school athletics without undergoing the APP (previously called Selection Classification); only medical approval by a medical doctor is required, as these students are already at an advanced age and would otherwise lose eligibility due to aging out.

Amateur

A student who represents a school in an interscholastic sport shall be an amateur in that sport. An amateur is one who engages in athletic competition solely for the pleasure of the activity and for the physical, mental, and social benefits derived from participation. When competing in non-NYSAIS sponsored events, an athlete forfeits amateur status in a sport by:

1. Competing for money or other compensation (allowable entry fees, travel, meals, and lodging expenses may be accepted.)

2. Receiving an award or prize of monetary value, which has not been approved by this Executive Secretary. Note: Only awards or prizes having a monetary value of two hundred fifty dollars (\$250) or less per competition will be approved by the Association.
3. Capitalizing on athletic fame by receiving money or gifts of monetary value (scholarships to institutes of higher learning are specifically exempted).
4. Signing a professional playing contract in that sport.
5. Instructing, supervising, or officiating in any organized youth sports program, recreation, playground, or camp activities will not jeopardize amateur standing. Receiving compensation for officiating shall not affect amateur standing.
6. A student who violates the above rule may apply to the AEC for reinstatement one year from the date of the latest violation.

Athletic Trainers

To permit individuals to serve as athletic trainers for interschool athletic teams, intramural teams or physical education classes only in accordance with the following:

- Qualifications. Persons serving as an athletic trainer shall possess a valid certificate from the National Athletic Trainers Association or have completed a course of study comparable to that required for certification by the Board of Certification (BOC). Athletic Trainers in NY must also hold a valid NY License.
- Scope of duties and responsibilities. The services provided by an athletic trainer shall include, but not limited to, the following:
 - Provide first aid and sport injury emergency services for students.
 - Provide school personnel and students with advice and services on physical conditioning programs, training methods, screening procedures, injury prevention and use of safety equipment for sports participation.
 - Supervise the training room, maintain and order first aid supplies, and maintain records on student injuries and illnesses relative to sports participation in cooperation with the school health service office.
 - To provide adequate health examination before participation in strenuous activity and periodically throughout the season as necessary and to permit no pupil to participate in such activity without the approval of the school medical officer.

Bona Fide Students

A contestant must be a bona fide student of the high school represented. A foreign exchange student may be considered a bona fide student if all of these eligibility rules are satisfied. A student who satisfies all eligibility standards, enrolled in the equivalent of three requirements for graduation, may be enrolled in one or more college courses for advance placement.

These standards are the rules of the New York State Association of Independent School Athletic Association, Inc. and apply to grades 9-12. Athletes must meet all standards of

eligibility for practice and competition. All schools agree to abide by the minimum eligibility rules.

Classification Appeals for Boys and Girls Federation Basketball

The process used by members to seek re-classification:

1. Prior to March 1, the Head of School must send a written request to the Executive Secretary. Supporting materials might be: strength of schedule against opponents rated at a higher level, record of wins/losses, success of program, willingness to commit to this level.
2. The NYSAIS Classification Committee will review the request and present to the AEC. At this point in time, additional information/data may be gathered. Should the AEC not grant the school's request, an appeal may be made in writing to the NYSAIS Executive Director.
3. If viable, from a NYSAIS Athletic Association point of view, a request to the Federation Executive Committee would be made in September of that calendar year.
4. The NYSAIS Executive Secretary will inform the Head of School, in writing, of the outcome.

Coaching Requirements

First aid knowledge and skills requirements for coaches:

1. Coaches of extra class periods in physical education shall meet the requirements of this section.
2. All coaches must hold valid certification in first aid knowledge and skills, including instruction in the administration of adult cardiopulmonary resuscitation, as issued by the American National Red Cross, or meet equivalent requirements as set forth in this section.
3. For the purpose of this section, the following shall be deemed as equivalent to certification in first aid knowledge and skills, including instruction in administration of adult cardiopulmonary resuscitation as issued by the American National Red Cross:
 - a. Completion of an approved course for coaches in first aid knowledge and skills, including instruction in administration of adult cardiopulmonary resuscitation.
 - b. Completion of an approved college or university first aid knowledge and skills course, including instruction in administration of adult cardiopulmonary resuscitation.
 - c. Completion of approved college or university courses in athletic training and sports medicine, which include first aid knowledge and skills, including instruction in administration of adult cardiopulmonary resuscitation.
4. Prior to the start of each sports season, coaches must provide valid evidence to their school that their first aid and adult cardiopulmonary resuscitation

knowledge and skills are current pursuant to the requirements established by the American National Red Cross or that they meet equivalent requirements as set forth in this section.

Concussion Courses

Legislation requires physical education teachers and coaches to complete the NFHS/CDC Concussion Course every 2 years:

http://www.cdc.gov/concussion/HeadsUp/online_training.html

All NFHS course are accessed at www.nfhslearn.com. The direct link to the Concussion Course is <http://www.nfhslearn.com/electiveDetail.aspx?courseID=38000>.

College

A student is no longer eligible to represent the school in that sport in that season if the student participates in practice or competition with or against any individual or team(s) representing a college that season. Prior to completion, the Executive Secretary may grant an exemption of the College Rule for an individual sport athlete when vying for a standard that would qualify them for the Olympic trials and/or Olympic Games when this opportunity is not offered through NYSAIS and/or the National Federation of State High School Associations. The exemption would permit a student to participate as an "unattached" individual with no affiliation to their school team in a competition against open and college competitors in an approved competition set forth by the Olympic Committee without violating the College Rule.

Combining of Teams

The joining together of students from two or more member schools to form a single team shall be permitted subject to the following conditions:

- o Permission must be obtained from the Executive Secretary on an annual basis.

Federation List

- Only those schools on the Federation List can compete against PSAL, NYSPHSAA, and CHSAA schools.
- Unless a school is on the Federation List: No scrimmage or game shall be played with a public or parochial school that belong to the New York State Federation of Secondary School Athletic Associations.
- Full NYSAIS member schools choosing to be on the Federation List will be assessed a fee each year. This fee will help to defray the cost incurred in administering post-season tournaments.

Duration of Competition

1. A student shall be eligible for high school (grades 9-12) athletic competition during each of the four consecutive years commencing with the student's entry into the ninth grade and prior to graduation. A school with even one senior

student-athlete who has repeated a year of high school cannot be on the Federation List.

2. Seventh and Eighth Grade Students: A student in seventh or eighth grade may be eligible for high school competition if the student is able to pass the required Athletic Placement Policy. The Athletic Placement Policy is designed for mature and exceptionally skilled students. Participation of qualified seventh or eighth graders does not count toward the four consecutive years of high school eligibility that begin in ninth grade. Pupils in seventh and eighth grades can compete in senior high school athletic competition. Such pupils shall be eligible for competition during five consecutive seasons of a sport commencing with the pupil's entry into the eighth grade, or six consecutive seasons of a sport commencing with the pupil's entry into the seventh grade. A pupil enters competition in a given year when the pupil is a member of the team in the sport involved, and that team has completed at least one contest.
3. If a fifth year senior, who has not attained the age of 19 years prior to July 1, was not able to participate in one or more sports seasons during the first four years of high school due to an accident or illness, the Head of School and AD can submit evidence requesting a medical exemption for this fifth year senior. The evidence must show that a student's failure to enter competition was caused by an accident or illness and that the pupil will be required to attend school for one or more additional semesters in order to graduate. This evidence must be submitted in writing to the NYSAISAA Executive Secretary (see below for guidelines on submitting and extension of eligibility). The evidence must include documentation showing that as a direct result of the accident or illness, the student will be required to attend school for one or more additional semesters in order to graduate. If granted, this exemption would allow a fifth season of high school competition and would allow a school to be on the Federation List.

Foreign Exchange Student

All foreign students who have graduated from a secondary school system in their country are ineligible for the interschool athletic program at a NYSAISAA school. A foreign exchange student is an international student who attends high school in the United States, and is placed under the auspices of an international student exchange program that has been accepted for listing by The Council on Standards for International Educational Travel (CSIET). An exchange student is eligible for one year of competition. The foreign exchange student must comply with all eligibility requirements of NYSAISAA. Students who have graduated from the secondary school system in their country are ineligible for the interschool athletic program.

An international student who is not under the auspices of and placed by a CSIET listed program (<http://www.csiet.org/publications-resources/publications/listed-programs.html>) must meet the following requirements in order to be considered for interscholastic eligibility:

1. The student must possess a current F-1 visa, issued by the US Immigration and Naturalization Service.
2. The student must provide the Head of School an official un-translated transcript and a transcript translated into English, by an acceptable agent, which indicates work taken in all grades in which the student was enrolled.
3. The student must pay tuition to the NYSAISAA School he/she attends.
4. No member of the school's coaching staff or athletic director shall serve as the host family for the student.
5. There shall be no evidence that a student, school or other interested party has influenced the assignment of the foreign exchange or international student to a school for athletic purposes.
6. The foreign exchange program must assign students to host families by a method that ensures that no student, or his/her parents, school or other interested party may influence the assignment for athletic or other purposes.
7. The Foreign Exchange student may not be selected or placed on any basis related to his/her athletic interests or abilities.

The international student must comply with all eligibility requirements set forth by NYSAISAA.

Health Examination

A student who may engage in inter school competition shall receive an adequate health examination and health history update when required, and may not practice or participate without the approval of the school medical officer.

- Physicals for participation in school sports may be scheduled at any time during the calendar year. The results of the physical shall be valid for a period of 12 months during the last day of the month in which the physical was conducted.
- Unless the medical examination is conducted within 30 days of the start of a season, a health history update is required.
- A physician prior to participation must prequalify any pupil, whose safe participation is in question as a result of the health history interview, or injury, or prolonged absence.
- If the 12-month period for the physical expires during a sports season, participants may complete the season as long as a health history was conducted prior to the season. For example, a physical conducted on August 1 would be valid through August 31. If a student plays beyond August (ex. football), the student may complete that sports season as long as an interval health history was conducted before the start of the season. Immediately following the last sanctioned tournament competition for that season, a new physical is required if the student is going to play another sport.
- Sport season includes tryouts.
- It is recommended that each incidence of prolonged absence should be reviewed individually by the coach and the athletic director, consulting with the school

physician when necessary, and a reasonable amount of practice time and playing time be established based on the athlete's readiness for safe return to competition.

Mixed Competition: (see Appendix B for Regulations of the Commissioner of Education on Mixed Competition)

Mixed competition is defined as the equal opportunity for a combination of male and female students participating on the same interscholastic athletic team. Teams may be organized for males or females, when a female plays on a male team or a male plays on a female team it falls under the “mixed competition” rule.

The purpose of the regulation is to preserve the health and safety of students while ensuring that students of both sexes have opportunity to participate successfully in interschool competition. The regulation provides for students involved in mixed competition to be placed on teams at appropriate levels of competition based upon the individual's medical history, maturity, physical date, fitness scores and skills. The guidelines are to be used for both junior and senior high school programs.

If a team is organized primarily of one sex and members of the opposite sex are also members, the team should still be classified as either males' or females' team and continue playing in the same type of league. If a team was formed originally for one sex but is composed of a significant number of pupils of the opposite sex, it is recommended that separate teams be formed for that sport. This would allow for the greatest number of students to participate and not limit opportunities or have a disproportionate effect on anyone sex. The coach must decide if the pupil is to remain on the team or be dropped from the team in the same manner as all other pupils trying out for the team. If a coach has a "no cut" policy, the student of the opposite sex must be allowed to remain on the team the same as other students.

Panel Approved Sports: Baseball/Softball, Basketball, Field Hockey, Football, Ice Hockey, Lacrosse, Soccer, Power Volleyball (net height less than 8 feet), and Wrestling.

Upon a request to the school for a student to participate in mixed competition, a review panel will be formed and coordinated by the Athletic Director. The panel may be comprised of a PE teacher, Division Head, and Medical personnel. Please review *The New York State Public High School Handbook* for clarification on each part of the process. The panel will determine if a student is eligible to tryout for the team.

Note: Boys participating in a sport organized for girls must be equal in skill level, or no better than above average, in comparison to the girls on the team.

Note: Where separate competition is not provided, girls may try out for a boys team using the Elements of Mixed Competition: Parental Permission, Student Information, Physical/Medical History, and Athletic Performance testing. This clause is to meet the needs of the exceptionally talented girl.

Note: Where a school provides separate competition for male and females, the Head of School may permit a female to participate on a team organized for males, with approval from the panel. This is meant to meet the needs of the exceptionally talented girl.

(An exceptional girl is defined as a girl who is so far superior to other girls in her school or league that she can only be challenged through participation on a boy's team.)

Note: Where separate competition is provided, males may not participate on teams organized for females.

All Other Sports: Badminton, Cross Country, Fencing, Golf, Indoor & Outdoor Track, Skiing, Squash, Swimming and Tennis. Panel process is not used.

Note: Where a school does not provide separate competition for male and female students, the Head of School may decline to permit a male or males to participate on a team organized for females upon a finding that such participation would have a significant adverse effect upon the opportunity of females to participate successfully in that sport.

Note (for All Other Sports): Where there is only a team organized for males. No approval is required for a female to try out.

No student shall be excluded from such competition solely by reason of sex except in accordance with the provision of sub clauses (b) and (d) of this clause.

For the purpose of this clause, baseball and softball shall be considered to constitute a single sport.

Teams organized for one sex may only practice and compete against teams of that same sex. Furthermore, once an individual competes on a team for one sex during a season, he/she may not compete for or against a team organized for the other sex during that season.

NYSAIS Athletic Association Mission Statement

The mission of New York State interscholastic athletic programs is to foster the quest for excellence by creating an educational and competitive experience within an atmosphere of sportsmanship. Successful programs develop individual and team potential by promoting high standards of competence, character, civility, and citizenship.

Educational Goals of a Quality Interscholastic Athletic Program:

1. Competence: A student athlete in a quality program is competent in terms of:
 - Skill Development
 - Knowledge of the game/Strategies
 - Fitness/Conditioning/Healthy behavior

2. Character: A student athlete in a quality program demonstrates:
 - Responsibility
 - Accountability
 - Dedication
 - Trustworthiness/Fair play
 - Self Control

3. Civility: A student athlete in a quality program demonstrates civility towards others showing:
 - Respect
 - Fairness
 - Caring

4. Citizenship: A student athlete in a quality program demonstrates citizenship through actions showing evidence of:
 - Loyalty/Commitment
 - Teamwork
 - Role Modeling

For more information regarding competence, character, civility, and citizenship in athletic programs, please contact: John Pizzi, Executive Secretary NYSAIS, Athletic Association, athletics@nysais.org.



Principles of Best Practice

Athletics

Approved by the NYS AIS Board: May 25, 2011

Athletics can play an important role in the lives of children. The school's athletic program should be an essential part of the education of students, fostering the development of character, life skills, sportsmanship, and teamwork.

The School's Athletic Program

- 1) The school's athletic program embodies the mission, philosophy, and objectives of the school.
- 2) The school ensures that coaches/athletic staff have appropriate training and knowledge of the school's mission, philosophy and objectives.
- 3) The school promotes equity in all aspects of its athletic program, including equal access (for males and females) to athletics, and fair and just treatment within the overall program.
- 4) The school's athletic program is an integral part of the school's curriculum.
- 5) The school is committed to the safety and physical and emotional health of the participants in the athletic program. The school demonstrates this commitment by ensuring that appropriate safety precautions are in place for all athletic activities. Further, the school has appropriate response safeguards in place in the event that a student is injured.
- 6) The school's athletic program values the dignity and worth of the individual in the context of common purpose and collective achievement.
- 7) The school educates parents about the philosophy, policies, risks, and appropriate expectations of the athletic program.
- 8) The school stands firmly in opposition to performance-enhancing drugs.
- 9) The school and its athletic program and teams do not tolerate any form of hazing.
- 10) The school ensures that students, parents, alumni, and others understand the expectations of sportsmanship, civility, and self-control at athletic practices and contests, much as those same characteristics are required within the more traditional academic environment.
- 11) The school works directly and candidly with other schools to prevent abuses in the following areas: recruitment, eligibility, transfer of student athletes, financial aid, and admission.
- 12) Schools must follow the NYS AIS Admissions Guidelines for recruitment of students.

The Coaches and Athletic Staff

- 1) Coaching is teaching: Coaches/athletic staff are, foremost, teachers. In this spirit, coaches/athletic staff have a strong collegial relationship with other educators and contribute to the school's understanding of the whole child.
- 2) Coaches/athletic staff have an understanding of the developmental needs of the children with whom they work.
- 3) Coaches/athletic staff design and implement activities that improve the knowledge and skills of all participants.
- 4) Coaches/athletic staff should establish clear lines of communication among school officials, coaches/athletic staff, student-athletes, and parents.
- 5) Coaches/athletic staff are aware of the physical abilities of their athletes and do their best to keep the athletes safe while encouraging students to reach new levels of achievement.
- 6) Coaches/athletic staff maintain the appropriate skills to teach their sport(s) and provide appropriate first aid to an injured athlete. Coaches/athletic staff should identify physical conditions that predispose student-athletes to injuries.
- 7) Coaches/athletic staff mentoring athletic teams and events are role models for the behavior expected of all spectators and participants at any athletic event.
- 8) A well-developed coaching philosophy provides expectations for behaviors that reflect priorities and values of the coach. An appropriate coaching perspective focuses on maximizing the positive benefits of sports participation from each student-athlete.

NYS AIS Recruitment Ethos

NYS AIS supports recruitment of talented students whose abilities in the classroom and in athletics enrich their schools. Conversely, NYS AIS opposes recruitment solely on the basis of athletic talent. While recruitment is usually conducted at the coach/teacher/parent/alum level, the importance of a stated philosophy, recognized, verbalized and supported by the Head of School, is necessary for ensuring athletics its rightful place in our member schools.

NYS AIS Recruitment Guidelines

NYS AIS recognizes that athletics play an important role in our schools and that recruitment of qualified students with athletic ability is part of our practice. We also acknowledge the potential for abuse. To encourage practices that sustain athletics as a complement to each school's academic program and to assure equity for all schools, we expect the following from our member schools:

- 1) The athletic program should be considered as part of the school's total program. Candidates with special interests or talents must always be informed of the academic nature of the school and of the school's expectations for involvement and participation in all areas of the school life.
- 2) Upper School Coaches/athletic staff may only attend a contest (not practice) at a school that ends at the Middle School level. They may only speak in general terms with students whose special talents or interests may bring him or her to public attention. All further communication should be handled under the direction of the admissions office.
- 3) If a candidate initiates an inquiry to a school by contacting directly an extracurricular leader or coach, the coach is free to answer whatever questions the candidate may have about the school generally or of their program in particular. Extracurricular leaders or coaches/athletic staff must tell the candidate to contact the admissions office independently to arrange for the mailing of admissions materials and to schedule a school visit as appropriate. The school application fee should only be waived on the basis of financial need.
- 4) Specific Questions about financial aid should be directed to an admissions officer or the director of financial aid, and nowhere else. All inquiries as to the outcome of a student's application must be referred to the admissions office. The financial aid package should be part of the normal financial aid program of the school.
- 5) Candidates may visit team practices, athletic contests, etc. but they may not participate in any formal or informal practice session during any school visit to the school.
- 6) No school through any of its officers or by any other means should directly or indirectly offer an inducement to a pupil of any school to sever connections with that school and transfer to another.

The NYS AIS Principles of Best Practice for member schools define high standards and ethical behavior in key areas of school operations to guide schools in becoming the best education communities they can be. Accordingly, membership in NYS AIS is contingent upon agreement to abide by "the spirit" of the PBPs. Principles are precepts grounded in an ethic and ethos of "doing the right thing." Practices are common activities.

NYSAISAA Postseason Philosophy

Participation in NYSAISAA or Federation Postseason Play is a privilege. Certain criteria must be met in advance of tournament play. All issues related to deadlines, declarations, and fees will affect admission and selection. Failure to meet any criteria may disqualify schools from inclusion in post-season participation. The AEC oversees all eligibility decisions and appeals. The ADC oversees all Championship play.

NYSAIS Regulations on PSAA Schools Athletic Participation

PSAA Schools currently make up one three categories:

1. NYSAIS “Federation List” School – a school that agree to the follow the NYS Regulations of the Commissioner of Education, as found in this document: ([http://www.nysphsaa.org/Portals/o/PDF/Handbook/2014-2015 Handbook/10-26-15/Commissioner's Regulations - 2014-2015 Handbook 10-26-15.pdf](http://www.nysphsaa.org/Portals/o/PDF/Handbook/2014-2015%20Handbook/10-26-15/Commissioner's%20Regulations%20-%202014-2015%20Handbook%2010-26-15.pdf))
 - a. A NYSAIS “Federation List” School can play any NYSAIS School, PSAL School, CHSAA School, NYSPHSAA School, or a Non-NYSAIS PSAA AMITY MEMBER (below).
2. NYSAIS School that does not follow the NYS Regulations of the Commissioner of Education.
 - a. These schools can only play NYSAIS Schools or Non-NYSAIS PSAA Schools under Option 1 or Option 2 below.
3. Non-NYSAIS PSAA Schools - Schools that do not belong to any branch of the New York State Federation of Secondary School Athletic Association: Public School Athletics League (PSAL), Catholic High School Athletic Association (CHSAA), New York State Public High School Athletic Association (NYSPHSAA) or New York State Association of Independent Schools (NYSAIS).

Non-NYSAIS PSAA Schools have two options for athletic competition during the academic year.

Option 1 – Non-NYSAIS PSAA Schools playing NYSAIS Schools that do not follow the NYS Regulations of the Commissioner of Education.

Under this option, the Non-NYSAIS PSAA School would only be able to play NYSAIS Schools that do not follow the Regulations of the Commissioner of Education (a full list of will be provided by the President of the PSAA). This applies to only those Non-NYSAIS PSAA Schools listed in the PSAA league directory as of the start of the 2015 academic year.

To be eligible to play the NYSAIS Schools that do not follow the Regulations of the Commissioner of Education, the Non-NYSAIS PSAA member schools, must accept, in writing (in the form of a letter from the Head of School/Principal) to the President of the PSAA, on an annual basis, the purposes of the NYSAIS Athletic Association and agree to abide by NYSAISAA Sports Standards, Regulations, and Principles of Best Practice (attached).

- Sports Standards refers to the grid that sets the requirement for number of practices prior to a scrimmage/game, maximum number of games, etc. (This will be provided by the President of the PSAA).
- Regulations refer to the Handbook, which will be adopted for the 2016-2017 year (This will be provided by the President of the PSAA).
- Principles of best practice refer to the attached document.

Option 2 – “NYSAIS AMITY MEMBER” - Non-NYSAIS PSAA School playing a NYSAIS “Federation List” School

A NYSAIS AMITY MEMBER is eligible to play any NYSAIS School as well as the NYSAIS Schools on the “Federation List.” For this option, the Non-NYSAIS PSAA member school, must abide by the entire NYS Regulations of the Commissioner of Education, as found in this document:

([http://www.nysphsaa.org/Portals/o/PDF/Handbook/2014-2015 Handbook/10-26-15/Commissioner's Regulations - 2014-2015 Handbook 10-26-15.pdf](http://www.nysphsaa.org/Portals/o/PDF/Handbook/2014-2015%20Handbook/10-26-15/Commissioner's%20Regulations%20-%202014-2015%20Handbook%2010-26-15.pdf))

This option applies to those Non-NYSAIS PSAA Schools listed in the PSAAA league directory as of the start of the 2015 academic year and expires at the end of the 2020-2021 academic year.

In addition, the Non-NYSAIS PSAA member schools, must accept, in writing (in the form of a letter from the Head of School/Principal) to the President of the PSAA, on an annual basis, the purposes of the NYSAIS Athletic Association and agree to abide by NYSAISAA Sports Standards, Regulations, and Principles of Best Practice.

- Sports Standards refers to the grid that sets the requirement for number of practices prior to a scrimmage/game, maximum number of games, etc. (This will be provided by the President of the PSAA).
- Regulations refer to the new Handbook, which will be adopted for the 2016-2017 year (This will be provided by the President of the PSAA).
- Principles of best practice refer to the attached document.

Non-NYSAIS schools which leave the PSAA, or those which join the PSAA after the 2015-2016 school year, are not eligible to play NYSAIS schools.

Members of the PSAA, which are not members of NYSAIS, are not eligible to participate in the NYSAISAA Post-Season competition.

Option 1 and Option 2 are only eligible to members of the PSAA as of the start of the 2015-2016 year.

Based on the information provided to the PSAA, the following non-NYSAIS schools have chosen to be Amity Members (option 2) of NYSAIS. This means that any NYSAIS school (Federation or non-Federation) can compete against the schools listed below.

- Our Savior New American School - Amity Member
- Avenues: The World School - Amity Member
- Evangel Christian School - Amity Member
- Lexington School for the Deaf - Amity Member
- Upper Room Christian School - Amity Member
- New York Institute of Special Education - Amity Membership
- Saint Demetrios Astoria School - Amity Membership
- Saint George Academy - Amity Membership

The following schools have chosen to drop out of the PSAA

- Greater New York Academy
- MTA - Marsha Stern Talmudical Academy for Boys – Yeshiva University
- Martin De Porres High School
- New York School for the Deaf

NYSAIS Championship Calendar 2015-2022
Fall

School Year	15-16	16-17	17-18	18-19	19-20	20-21	21-22	
FALL								
NYSPHSAA start	17-Aug	15-Aug	14-Aug	13-Aug	19-Aug	17-Aug	16-Aug	
NYSAIS start	20-Aug	18-Aug	17-Aug	16-Aug	15-Aug	20-Aug	19-Aug	19 days from Labor Day
NYSAIS FB	17-Aug	15-Aug	14-Aug	13-Aug	12-Aug	17-Aug	16-Aug	games 9 consecutive weeks- 1st game 1st wkend sep
NYSAIS FB	20-Aug	18-Aug	17-Aug	16-Aug	15-Aug	20-Aug	19-Aug	games 9 consecutive weeks- 1st game 2nd wkend sep
Labor Day	7-Sep	5-Sep	4-Sep	3-Sep	2-Sep	7-Sep	6-Sep	
Week 1	23-Aug	21-Aug	20-Aug	19-Aug	25-Aug	23-Aug	22-Aug	
Week 2	30-Aug	28-Aug	27-Aug	26-Aug	1-Sep	30-Aug	29-Aug	
Week 3	6-Sep	4-Sep	3-Sep	2-Sep	8-Sep	6-Sep	5-Sep	
Week 4	13-Sep	11-Sep	10-Sep	9-Sep	15-Sep	13-Sep	12-Sep	
Week 5	20-Sep	18-Sep	17-Sep	16-Sep	22-Sep	20-Sep	19-Sep	
Week 6	27-Sep	25-Sep	24-Sep	23-Sep	29-Sep	27-Sep	26-Sep	
Week 7	4-Oct	2-Oct	1-Oct	30-Sep	6-Oct	4-Oct	3-Oct	
Week 8	11-Oct	9-Oct	8-Oct	7-Oct	13-Oct	11-Oct	10-Oct	
Week 9	18-Oct	16-Oct	15-Oct	14-Oct	20-Oct	18-Oct	17-Oct	
Week 10	25-Oct	23-Oct	2-Oct	21-Oct	27-Oct	25-Oct	24-Oct	
Week 11	1-Nov	30-Oct	29-Oct	28-Oct	3-Nov	1-Nov	31-Oct	
Daylight Savings		6-Nov	5-Nov	4-Nov	3-Nov	1-Nov		
NYSAIS Finals(CC)	8-Nov	6-Nov	5-Nov	4-Nov	nov 10 (9)	8-Nov	7-Nov	if CC in (), meet is on Sun due to SAT test
FEDERATION CC	21-Nov	19-Nov	18-Nov	17-Nov	23-Nov	21-Nov	20-Nov	

NYSAIS Championship Calendar 2015-2022
Winter

School Year	15-16	16-17	17-18	18-19	19-20	20-21	21-22	
WINTER								
NYSPHSAA start	9-Nov	7-Nov	6-Nov	5-Nov	11-Nov	9-Nov	8-Nov	
NYSAIS start	2-Nov	31-Oct	30-Oct	29-Oct	4-Nov	2-Nov	1-Nov	
Week 1	1-Nov	30-Oct	29-Oct	28-Oct	3-Nov	1-Nov	31-Oct	
Week 2	8-Nov	6-Nov	5-Nov	4-Nov	10-Nov	8-Nov	7-Nov	
Week 3	15-Nov	13-Nov	12-Nov	11-Nov	17-Nov	15-Nov	14-Nov	
Week 4	22-Nov	20-Nov	19-Nov	18-Nov	24-Nov	22-Nov	21-Nov	Thanksgiving week
Week 5	29-Nov	27-Nov	26-Nov	25-Nov	1-Dec	29-Nov	28-Nov	
Week 6	6-Dec	4-Dec	3-Dec	2-Dec	8-Dec	6-Dec	5-Dec	
Week 7	13-Dec	11-Dec	10-Dec	9-Dec	15-Dec	13-Dec	12-Dec	
Week 8	20-Dec	18-Dec	17-Dec	16-Dec	22-Dec	20-Dec	19-Dec	winter break
Week 9	27-Dec	25-Dec	24-Dec	23-Dec	29-Dec	27-Dec	26-Dec	winter break
Week 10	3-Jan	1-Jan	31-Dec	30-Dec	5-Jan	3-Jan	2-Jan	
Week 11	10-Jan	8-Jan	7-Jan	6-Jan	12-Jan	10-Jan	9-Jan	
Week 12	17-Jan	15-Jan	14-Jan	13-Jan	19-Jan	17-Jan	16-Jan	
Week 13	24-Jan	22-Jan	21-Jan	20-Jan	26-Jan	24-Jan	23-Jan	
Week 14	31-Jan	29-Jan	28-Jan	27-Jan	2-Feb	31-Jan	30-Jan	
Week 15	7-Feb	5-Feb	4-Feb	3-Feb	9-Feb	7-Feb	6-Feb	
Week 16	14-Feb	12-Feb	11-Feb	10-Feb	16-Feb	14-Feb	13-Feb	
Week 17	21-Feb	19-Feb	18-Feb	17-Feb	23-Feb	21-Feb	20-Feb	
NYSAIS	28-Feb	27-Feb	25-Feb	24-Feb	1-Mar	28-Feb	27-Feb	
FEDERATION ITF	5-6 Mar	4-5 Mar	3-4 Mar	2-3 Mar	7-8 Mar	6-7 Mar	5-6 Mar	
FEDERATION BKB	18-20 Mar	24-26 Mar	23-25 Mar	22-24 Mar	27-29 Mar	26-28 Mar	25-27 Mar	

NYSAIS Championship Calendar 2015-2022
Spring

School Year	15-16	16-17	17-18	18-19	19-20	20-21	21-22	
SPRING								
NYSPHSAA start	7-Mar	6-Mar	5-Mar	4-Mar	9-Mar	8-Mar	7-Mar	
NYSAIS start	18-Feb	16-Feb	15-Feb	14-Feb	13-Feb	11-Feb	17-Feb	
Week 1	21-Feb	19-Feb	18-Feb	17-Feb	16-Feb	14-Feb	20-Feb	
Week 2	28-Feb	26-Feb	25-Feb	24-Feb	23-Feb	21-Feb	27-Feb	
Week 3	6-Mar	5-Mar	4-Mar	3-Mar	1-Mar	28-Feb	6-Mar	
Week 4	13-Mar	12-Mar	11-Mar	10-Mar	8-Mar	7-Mar	13-Mar	
Week 5	20-Mar	19-Mar	18-Mar	17-Mar	15-Mar	21-Mar	20-Mar	guild spring break
Week 6	27-Mar	26-Mar	25-Mar	24-Mar	22-Mar	28-Mar	27-Mar	guild spring break
Week 7	3-Apr	2-Apr	1-Apr	31-Mar	29-Mar	4-Apr	3-Apr	
Week 8	10-Apr	9-Apr	8-Apr	7-Apr	5-Apr	11-Apr	10-Apr	
Week 9	17-Apr	16-Apr	15-Apr	14-Apr	12-Apr	18-Apr	17-Apr	
Week 10	24-Apr	23-Apr	22-Apr	21-Apr	19-Apr	25-Apr	24-Apr	
Week 11	1-May	30-Apr	29-Apr	28-Apr	26-Apr	2-May	1-May	
Week 12	8-May	7-May	6-May	5-May	3-May	9-May	8-May	
Week 13	15-May	14-May	13-May	12-May	10-May	16-May	15-May	
Week 14	22-May	21-May	20-May	19-May	17-May	23-May	22-May	
NYSAIS	25-May	24-May	23-May	22-May	20-May	26-May	25-May	
Memorial Day	30-May	29-May	28-May	27-May	25-May	31-May	30-May	
FEDERATION G	12-Jun	11-Jun	10-Jun	9-Jun	14-Jun	13-Jun	12-Jun	
FEDERATION OTF	1-11 Jun	9-10 Jun	8-9 Jun	7-8 Jun	12-13 Jun	11-12 Jun	10-11 Jun	

Practice Session

- Athletes must meet all Standards of Eligibility to participate in practice. An organized practice in grades 7-12 is a session for the purpose of providing instruction and practice in physical conditioning activities, skills, team play, and game strategy designed for that sport under the supervision of a qualified coach appointed by the school. Such instruction and practice shall be held only during the season designated for that sport.
- All required practice sessions shall be organized and planned for a reasonable length of time (45 minutes is recommended) and shall include vigorous activity specific to the sport for the purpose of improving the physical condition of the players. Each of the required number of practices for an individual must include vigorous activity; however, practice sessions required for the team beyond those needed by the individual may be used solely for meetings, film review and similar activities.
- Note: Practice is considered an integral part of the interschool program in that sport. An individual must be eligible according to age and all other Eligibility Standards to participate in practices or competitions with the high school squad in that sport.
- The warm-up period during a competition **cannot** be used to complete a practice.
- A student **can** complete a practice on the day of a contest, as long as the practice session is organized and planned for a reasonable length of time (45 minutes is recommended) and shall include vigorous activity specific to the sport for the purpose of improving the physical condition of the players.
- A student **can** complete a practice with a junior varsity team, on a day when the varsity team has a competition.
- Athletes who switch from a contact/collision or limited contact/impact sport to a strenuous/non contact or non-strenuous/non-contact sport are permitted to count conditioning practices toward their new sport as follows:
 - Sports with less than ten (10) practices for the individual before the first contest will be allowed to carryover three (3) days.
 - Sports with ten to fifteen (10-15) practices for the individual before the first contest will be allowed to carry over four (4) days.
 - Contact/collision or limited contact/impact sports include crew, cross country, field hockey, football, ice hockey, lacrosse, soccer, squash, wrestling, basketball, baseball, softball, diving, gymnastics, ultimate, swimming, tennis, track and field, and volleyball.
 - Strenuous/non-contact or non-strenuous/non-contact sports include golf.
 - Athletes whose seasons are lengthened due to participation in NYSAISAA or Federation Tournament are allowed to count conditioning practices towards their new sports as follows:
 - Sports with less than ten (10) practices for the individual before the first contest will be allowed to carry over three (3) days.

- Sports with ten to fifteen (10-15) practices for the individual before the first contest will be allowed to carry over four (4) days.
- No student or team may be permitted to participate in school-organized practice or play on seven consecutive days during the regular season. Specifically, during the regular season, physical and/or instructional activities related to the sport on seven consecutive days are prohibited.
- A practice session conducted on the same day as a game cannot be counted to meet the minimum practice requirement to be eligible for that day's contest.
- Note: Any contests leading up to NYSAIS Tournament play is considered regular season.
- Only one practice session a day and only six days of a calendar week may be counted toward the total practice sessions required.
- School sponsored activities conducted out of the sport season such as general conditioning, weight training, weight lifting, intramurals, recreation, open gyms, club activities and camps are permitted if:
 - Coaches or school personnel do not mandate such programs.
 - Such programs are available to all students.
 - Non-school sponsored activities are permitted if coaches or school personnel do not mandate such programs.
 - It is recommended that no school equipment be used for these programs.
- Schools that have made arrangements with another member school to share the use of a practice facility may do so without violating the Scrimmage Regulation as long as the athletes/teams do not scrimmage before the required number of practices has been completed.

Recruitment Statement, From NYSAIS Best Practices in Athletics

From NYSAIS Best Practices in Athletics: NYSAIS supports recruitment of talented students whose abilities in the classroom and in athletics enrich their schools. Conversely, NYSAIS opposes recruitment solely on the basis of athletic talent. While recruitment is usually conducted at the coach/teacher/parent/alum level, the importance of a stated philosophy, recognized, verbalized and supported by the Head of School, is necessary for ensuring athletics its rightful place in our member schools.

Recruitment Guidelines

NYSAIS recognizes that athletics play an important role in our schools and that recruitment of qualified students with athletic ability is part of our practice. We also acknowledge the potential for abuse. To encourage practices that sustain athletics as a complement to each school's academic program and to assure equity for all schools, we expect the following from our member schools:

1. The athletic program should be considered as part of the school's total program. Candidates with special interests or talents must always be informed of the academic nature of the school and of the school's expectations for involvement and participation in all areas of the school life.

2. Upper School Coaches/athletic staff may only attend a contest (nor practice) at a school that ends at the Middle School level. They may only speak in general terms with students whose special talents or interests may bring him or her to public attention. All further communication should be handled under the direction of the admissions office.
3. If a candidate initiates an inquiry to a school by contacting directly an extracurricular leader or coach, the coach is free to answer whatever questions the candidate may have about the school generally or of their program in particular. Extracurricular leaders or coaches/athletic staff must tell the candidate to contact the admissions office independently to arrange for the mailing of admissions materials and to schedule a school visit as appropriate. The school application fee should only be waived on the basis of financial need.
4. Specific Questions about financial aid should be directed to an admissions officer or the director of financial aid, and nowhere else. All inquiries as to the outcome of a student's application must be referred to the admissions office. The financial aid package should be part of the normal financial aid program of the school.
5. Candidates may visit team practices, athletic contests, etc. but they may not participate in any formal or informal practice session during any school visit to the school.
6. No school through any of its officers or by any other means should directly or indirectly offer an inducement to a pupil of any school to sever connections with that school and transfer to another.

Request for of Athletic Eligibility

1. Any reason for extension of athletic eligibility must be submitted by the Athletic Director and approved by the parents/guardians, and the Head of School. The only request allowed is due to an accident or illness/medical problems and documentation must accompany the application, showing a need for additional class time to meet graduation requirements. School attendance record, medical records, and high school transcripts must be included as part of the documentation for consideration.
2. In cases where an accident, injury, or psychological impairment prevents a student from participating in an athletic season due to loss of school time, the NYS AIS Application for Extension of Athletic Participation (see below) should be filed with the Athletic Executive Committee's Executive Secretary.
3. The evidence must include documentation showing that as a direct result of the accident or illness, the student was/will be required to attend school for one or more additional semesters in order to graduate.
4. A student will not be considered for extension of athletic eligibility if the student has received a high school diploma (postgraduate); or if the student is not taking a minimum of three courses and physical education; or if the student has participated in four seasons in a sport while in grades nine through twelve, or if the student is 19 years old prior to July 1.

5. A pupil enters competition in a given year when the pupil is a member of the team in the sport involved, and that team has completed at least one contest.
6. If it can be demonstrated that the pupil's failure to enter competition during one or more seasons of a sport is caused by such pupil's enrollment in a national or international student exchange program or foreign study program, that as a result of such enrollment the pupil will be required to attend school for one or more semesters in order to graduate, and that the pupil did not enter competition in any sport while enrolled in such program, such pupil's eligibility shall be extended accordingly in such sport.

Guidelines for NYSAIS Appeals (Extension of Eligibility or Post Season)

OR

Self Report of Violations of Rules & Regulations

Please refer to the NYSAIS Principles of Best Practices for Athletics (adopted May 25, 2011).

This information is intended to assist NYSAIS member schools when submitting an appeal to the NYSAIS Athletic Executive Committee, Post Season Coordinator, or when self-reporting potential violations of NYSAIS Rules and Regulations.

Appeal for Extension of Eligibility

The member school should pay particular attention to developing a strategy and timeline for communicating with individuals who may be involved (administrators, coaching staff, students, parents, etc.), in all cases of student eligibility.

- For all appeals for extension of eligibility:
 - The appeal must be submitted to the AEC within the first year of residence at a “new school.”
 - OR within one year of the accident, injury, etc.

Identifying and gathering relevant documents is an important part of this process. After a school concludes an internal review; it should present its findings and supporting documentation to the AEC in a written report using the following outline:

- A cover sheet, signed by the Head of School, confirming that the report is accurate and complete.
- Introduction
 - Provide an overview of the means by which the initial information became available to the school and how the school determined that an appeal was needed.
- When dealing with student eligibility, please be as specific as possible.

- Include complete copies of transcripts for each grade and each school, starting with 7th grade.
- School attendance records.
- Date of birth.
- School and date of entry into 9th grade.
- A detailed listing of sports participation, including:
 - The number of games that the team played during the each season of participation.
 - And the number of games that the student-athlete requesting the appeal was eligible to participate in during each season of participation.
 - A signature from each school (head of school and athletic director) is required from each school where an athlete participated in athletics, confirming participation.
- A student will not be considered for extension of athletic eligibility if the student has received a high school diploma (postgraduate); or if the student is not taking a minimum of three courses and physical education; or if the student has participated in four seasons in a sport while in grades nine through twelve, or if the student is 19 years old prior to July 1.
- Detailed information for cases where an accident, injury or psychological impairment prevents a student from participating in an athletic season due to loss of school time.
 - When pertinent, the evidence should include documentation showing that as a direct result of the accident or illness, the students will be/is required to attend school for one or more additional semesters in order to graduate.
- For appeals dealing with “medical conditions,” please submit appropriate and permissible medical documentation.
 - Inclusive of a letter from the doctor(s) who treated the student.
- A letter from the parents/guardians explaining the need for an appeal.

SUBMIT TO:
 John Pizzi, Jr.
 NYSIASAA Executive Secretary
 athletics@nysais.org

Post Season Appeal

- In cases dealing with a Postseason Appeal, the first step should be for the Director of Athletics to contact the Postseason Coordinator – pscoord@nysais.org.

- Include a detailed explanation for the events leading to the need for a postseason appeal.
- The Director of Athletics cell phone number should be included.
- Post Season Appeals are usually time sensitive and will require the Director of Athletics from the appealing school to be immediately available by cell phone and email.
- Follow the steps listed in the document below (Appeal Process).
 - For all Postseason appeals, steps 1 and 2, will be followed. Meaning that the Postseason Coordinator does not have the ability to grant a Post Season Appeal.
 - The Postseason Coordinator will work with the Director of Athletics to gather all pertinent information.
- If the school decides to continue with the appeal, after consultation with the Postseason Coordinator, follow step 3.
- No matter whether an appeal is granted or not, a detailed summary explaining the corrective actions that the school will take to ensure that such violations will not occur in the future.

Self Report of Rules Violation

If a NYSAIS Rule and/or Regulation was potentially violated:

- Identifying and gathering relevant documents is an important part of this process. After a school concludes an internal review; it should present its findings and supporting documentation to the AEC in a written report using the following outline:
 - A cover sheet, signed by the Head of School, confirming that a potential rules violation has taken place.
 - Provide an overview of the means by which the initial information became available to the school and how the school determined that a self report was necessary.
- A list of the parties involved, including their titles at the school.
- Provide a summary of the information that led to a conclusion that a potential violation occurred.
- For rules/regulations violations, a detailed summary explaining the corrective actions that the school will take to ensure that such violations will not occur in the future.
 - In all cases of Rules and Regulations violations, the school's league may impose stricter censures than the AEC. If the school's league has already imposed a censure(s), please include the details in your report.

NYSAISAA Position Statement (spring 2014)

1. Declarations: After the declaration deadline has closed, all declarations are binding
 - a. The ADC is responsible for decisions affecting the integrity of all NYSAIS and Federation Tournaments.

- b. In the event of unforeseen circumstances, the ADC maintains the right to review and make recommendations to the Athletic Executive Committee to reject declared teams.
- 2. Procedures for Appeal and Questions
 - a. All correspondence about Rules and Regulations should be directed to the Executive Secretary, via email: athletics@nysais.org.
 - b. All questions to the athletic directors committee should be sent to the Chair of the Athletic Directors Committee, adcchair@nysais.org.
 - c. All correspondence about Post Season Play should be directed Postseason Coordinator, via email: pscoord@nysais.org.
 - d. In all cases, only correspondence from the Head of School and/or Director of Athletics at the NYSAIS School will be accepted.
 - e. See attached appeals process, adopted 2009.
- 3. Censure and Penalties
 - a. ADC will review in an ongoing basis, potential for censure and/or penalties. When appropriate, letters will be sent by the Executive Secretary to the Athletic Director and Head of School; copied to the Postseason Coordinator.
- 4. Censure Process: Warnings, Probation, and Penalties
 - a. Each offense may include, but not limited to:
 - i. School-wide and/or League letter of warning (missed deadlines, payment delay, data issues with league, data issues with school, any appeal).
 - ii. School wide and/or League probation for a period of up to three years (second letter of warning, not fulfilling binding commitment).
 - iii. School and/or League sport specific post-season ineligibility for a period up to three years.
 - iv. School wide and/or League post-season ineligibility for a period up to three years)
 - b. After a 5-year period (from the start of the last censure), a school who has had a previous warning, probation and/or penalty will be granted a clean slate, provided that there have been no warnings, probations and/or penalties during the 5-year period.
 - c. After each letter of censure, the Head of School and Athletic Director must submit a follow up action plan (within 30 days) with a corrective process.



NEW YORK STATE ASSOCIATION OF INDEPENDENT SCHOOLS ATHLETIC ASSOCIATION

Appeal Process

September 28, 2009, Approved by NYSAISAA Athletic Executive
Committee

November 4, 2009, Presented to NYSAIS Board of Trustees

In general, the decision of the Post Season Coordinator is final and appeals will be considered only under extraordinary circumstances.

STEP	PROCESS
1.0	The Post Season Coordinator (PSC) informs the school's Athletic Director (AD) that the school has missed a participation deadline making the school ineligible for participation in a post-season game or tournament.
2.0	The PSC sends an e-mail to the AD and the Head of School explaining that the school has missed the participation deadline making the school ineligible for participation in a post-season game or tournament. The e-mail will include an explanation that the Head of School can appeal the decision in writing to the NYSAISAA Executive Secretary.
3.0	Where appropriate, the NYSAISAA Executive Secretary will gather additional information before advancing the school's appeal to the NYSAISAA Athletic Executive Committee (AEC). At this stage of the appeal the PSC and the NYSAIS Executive Director are not involved in the appeal.
4.0	The AEC will review the appeal from the school and will determine whether a school is eligible or ineligible to participate in the post-season game or tournament. At the discretion of the Executive Secretary, this determination will be conducted by either e-mail or a conference call.
5.0	The ranking Head of School from the AEC will communicate to the appealing Head of School the decision of the AEC's review.
6.0	Should the school wish to appeal the AEC's decision, it may be appealed to the NYSAIS Executive Director whose decision will be final and binding without the right of further appeal.

Required Practice Days

Each sport shall be assigned a suitable number of practice days prior to the first scrimmage and contest. A minimum number of practice days shall be established as team practices and a minimum number of practice days shall be required of each participant. Team sports of a strenuous nature shall also have an appropriate number of practice days devoted entirely to physical conditioning before commencing with team skill development activities.

Sanctioning/Interstate Competition

Sanctioning is a means of encouraging well-managed competition. The sanctioning program has the primary purpose of protecting the welfare of high school students. A secondary purpose of the sanctioning program is to protect the existing programs sponsored by member schools.

Competitions that take place with teams from out-of-state, involving several teams from different associations (independent, public and catholic schools) must receive sanctioning from the Federation office. This rule applies to all NYSAISAA schools. Competitions may include, but are not limited to, invitational tournaments and contests held during spring training trips.

When schools schedule interscholastic contests with schools in other states, each school will observe its own state regulations and standards of eligibility. No member school will engage in athletic competition, scrimmage and/or practice with an out-of-state school which is not a member in good standing of its respective state high school athletic association or has not been approved by the respective state association if the school is ineligible to join. Furthermore, member schools will not compete in any interstate contest, which is sponsored solely by an outside agency. For dual contests it is the school's responsibility to determine that these criteria are satisfied. A member school wishing to host a contest involving an out-of-state school must file an application for Sanction for any contest involving four or more schools, or any contest involving three or more states.

Schools may obtain information regarding the sanctioning process and print Application for Sanction forms (NYSPHSAA or NFHS applications) from the NYSPHSAA web site (www.nysphsaa.org). For information on sanctioning and to get forms, please visit: www.nfhs.org. A search for "sanctioning" or "sanctioned schools" leads to forms and lists. The direct link for forms is: <http://www.nfhs.org/sanctioning/>

You can look up events or register as a sanctioned event directly online through online forms. Or call NYSPHSAA, 518.690.0771 or 518.690.0775

Season

Each sport shall be assigned a specific starting and finishing date for all member schools. The length of a season, including all skill testing, conditioning, practice and contests, shall not exceed:

- 15 consecutive weeks for crew, cross-country, field hockey, football, lacrosse, outdoor track and field, soccer and team handball.
- 22 consecutive weeks for basketball, gymnastics, ice hockey, indoor track and field, skiing, swimming, volleyball and wrestling.
- 2 separate 15-week periods (fall and spring) for baseball, fencing, golf, softball and tennis.
- Note: It is recommended that an athlete finishing a strenuous or contact sport season and starting another be given a week layoff between seasons and adjustments be made in required practices for such cases.

Senior All-Star Contests

These contests must be approved by the Executive Secretary, prior to participation. Any contest that involves seniors, whether it be a Senior All-Star game(s) or a Senior Game(s), must note these two important clarifications:

1. Only seniors who have completed their secondary school eligibility in that sport may compete in these contests. For example, seniors participating in NYSAISAA or Federation competition may not participate in senior contests prior to NYSAISAA or Federation play.
2. The contest must occur within the approved sport season. (See NYSAISAA Sport Standards)
3. Participation in the senior all-star contest is based on outstanding performance as a member of the high school team.

These contests (2 games) must include only students who competed on their high school team and must be approved by the league in which the contest is to be held.

A student who participates in any unapproved contest may be ineligible to compete in interscholastic athletics in that sport.

Sportsmanship

NYSAIS Athletic Association programs foster excellence by creating an educational and competitive experience within an atmosphere of sportsmanship. Successful programs develop individual and team responsibility by promoting high standards of competence, character, civility, and citizenship.

1. Coach: Any coach disqualified by a sport official from an interscholastic competition for unsportsmanlike conduct is ineligible to coach in the next scheduled contest. Disqualification from one season carries over to the next season and from regular season to NYSAIS tournaments. The coach may not be present at the game site nor communicate in any manner during the contest with any person present at the site.

Any coach that does not serve the penalty will be ineligible to participate in the next two-scheduled contests. If the coach continues to not serve the penalty, the matter will be referred to the AEC for further action.

Any coach disqualified by a sport official for making physical contact with the intent to harass, annoy or harm another person shall be expelled immediately. The matter will be referred to the AEC for further action.

2. Athlete/Player: Any student-athlete disqualified/ejected by a sport official from an interscholastic competition is ineligible to participate in the next scheduled contest, unless the rules of that sport dictate differently. Disqualification from one season carries over to the next season of play and from regular season to NYSAIS tournaments.
3. A student-athlete who receives a second disqualification in the same sport in the same season will not be allowed to participate in the next two contests.
4. Any student-athlete disqualified by a sport official from an interscholastic competition for making physical contact with the intent to harass, annoy or harm another person shall be expelled immediately. The matter will be referred to the AEC for further action.

Time Between Contests

Each sport shall be designated with an appropriate time between contests, including interschool scrimmages. The time between contests shall be consistent with the nature of the sport in terms of: pupil physical recovery time, injury exposure, specialized practice preparation, as well as the administrative, financial and climatic factors.

Penalties

If a school uses an ineligible student in any interscholastic contest, such contest shall be forfeited to the opposing schools. In individual sports, the use of an ineligible player would result in the contest being forfeited, however, the performances and outcomes of the other individuals would stand.

- Procedures to address forfeitures during post schedule tournaments shall be as follows:
 - Team Sports: Participation by an ineligible player or team in any post schedule tournament game shall result in forfeiture of that game. At the time of discovery the school declared ineligible will be disqualified from the tournament immediately and their last opponent will advance in their place. Schools eliminated prior to the last opponent will not reenter tournament competition.
 - Individual Sports: Participation by an ineligible contestant in any post schedule tournament competition shall result in the forfeiture of that

competition. The contestant will be disqualified from the tournament immediately and his/her last opponent will advance in their place. Individuals eliminated prior to the last opponent will not reenter the tournament competition.

- If an individual or team exceeds the maximum number of contests permitted, the penalty is team ineligibility from the date of violation for the rest of the season. In the sports of wrestling, cross country, indoor track and outdoor track, swimming and diving when an individual exceeds the maximum number of contests, only the individual would no longer be eligible for that season. When an athlete exceeds the maximum number of contests the level in which the student-athlete participated as an ineligible competitor will be affected.
- For any violation of eligibility or sports standards a school may be censured, placed on probation, or suspended by the Athletic Executive Committee.

Championship Playing Rules

Except where noted in Blue

Baseball

- NFHS rules
- NYSAIS specific rules – NFHS modifications
 - The tournament will be played with wood bats, ash and maple, only.
 - 10 run mercy rule after five innings will be in place during the opening round, quarterfinals, and semi-finals
- Extra innings procedure
 - After 7 innings, the game will proceed into extra innings
 - Game will end when the team behind in score has completed its turn at bat in the extra inning
- All adult base coaches are required to wear a hard shell protective helmet while on the first and third baselines during the game.

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

Basketball (Boys')

- NFHS rules

Basketball (Girls')

- NCAA rules
 - Length of game modification, 32 minutes with four 8 minutes quarters

Cross Country (Boys' and Girls')

- NFHS Rules
- Enter 7 athletes, score 5 athletes
- Athletes must have competed in 4 scheduled meets during the season.

Field Hockey

- NFHS rules
- Overtime Procedure
 - 10 minute period, 7 v 7, non-sudden victory
 - Repeat step 1, non-sudden victory
 - Series of 5 one vs. one, non-sudden victory. Any player on roster who has not been disqualified may participate.
 - Repeat step 3 until a winner is declared, non-sudden victory. Any player on roster who has not been disqualified may participate.

Football

Scrimmages: Football scrimmages shall be governed by the following: (a) no official score is kept, (b) no definite time is set or kept, (c) coaches are permitted on the field to provide instruction and make corrections, (d) different configurations governing possession time and down and distance situations (than those normally used in a game) may be used to govern play, (e) unlimited timeouts and stoppages of play are permitted and encouraged for the purpose of both providing instruction and adequate rest periods, (f) the use of officials would be permitted and encouraged whenever possible for the purpose of instruction regarding the rules and proper application of rules, (g) no

kickoffs are permitted, (h) punts and extra point kick attempts may involve live play until the ball is kicked. Punts may not be advanced and all fumbled punts and muffs will be blown dead immediately, (i) the total number of plays should be recorded to prevent an individual player from being involved in more than a maximum of 90 live contact plays during the entire scrimmage, (j) no admission may be charged, (k) the participation of student support groups such as cheerleaders, bands, kick lines, etc., are prohibited.

Golf

- USGA stroke play
- NYSAIS specific rules
 - Team consists of 6 players, 5 players score
 - Low score determines individual champion

Lacrosse (Boys')

- NFHS rules

Lacrosse (Girls')

- US Lacrosse rules

Soccer (Boys' and Girls')

- NFHS rules
- Overtime Procedure
 - Two 10 minute periods, non-sudden victory
 - Two 5-minute periods, sudden victory.
 - Series of 5 penalty kicks, non-sudden victory. Any roster player who has not been disqualified is eligible.
 - Series of 5 penalty kicks, sudden victory. A new set of players who have not been disqualified and have not participated in first shootout are eligible.
 - Series of 5 penalty kicks, sudden victory. Like #3, any eligible roster player may take kicks.
 - Repeat #4 with players who did not kick in step #5.

Soccer Uniforms: Beginning with the 2016 season, teams will be required to abide by NFHS Soccer Rule 4 - Article I - Section 1.a, which states: "a. The home team shall wear solid white jerseys and solid white socks, and the visiting team shall wear dark jerseys and socks (dark is defined as any color which contrasts with white)."

Softball

- NFHS rules (approved by membership in May, 2015)
- NYSAIS specific rules
 - 10 run mercy rule-after five innings will be in place during the opening round and quarterfinals. (Membership voted to remove the semifinals in May, 2015)
- Extra innings procedure

- After 7 innings, the game will proceed into extra innings.
- At the top of the 10th inning, the International Tie Breaker Rule will be in effect. Each team will start with a runner at second base and play a normal three out inning. The runner, who starts at second base, is the last batter of the previous inning. Continue playing complete innings until a winner is declared.
- All adult base coaches are required to wear a hard shell protective helmet while on the first and third baselines during the game.

Volleyball

- NCAA Rules
- Scoring rules
 - All rounds will be played as a best 3 out of 5
 - 25 point no-cap scoring system for games 1-4
 - 5th and deciding game will be played to 15 points, must win by 2

APPENDIX A

HEAT INDEX PROCEDURES

Administration of Heat Index Procedures:

- Heat index will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 80 degrees (Fahrenheit) or higher.
- The athletic trainer, athletic director, or school designee will use the accuweather.com website to determine the heat index for the area of the contest/practice. The accuweather.com website can be reached through the [NYSPHSAA](http://NYSPHSAA.com) website. Once a person is on the accuweather.com website, they will put in the zip code for the location of the contest/practice and the website will give them the air temperature as well as the RealFeel temperature (heat index).
- If the RealFeel temperature (heat index) is 90 degrees or above, the athletic trainer, athletic director, or school designee must re-check the RealFeel (heat index) at halftime or midway point of the contest. If the RealFeel (heat index) temperature is 96 degrees (Fahrenheit) or more, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	RealFeel (Heat Index) under 79 degrees	Full activity. No restrictions
R E C O M M E N D E D	Heat Index Caution: RealFeel (Heat Index) 80 degrees to 85 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch: RealFeel (Heat Index) 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider postponing practice to a time when RealFeel temp is lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).
	Heat Index Warning: RealFeel (Heat Index) 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness. Consider postponing practice to a time when RealFeel temp is much lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time). Lightweight and loose fitting clothes should be worn. For Practices only Football Helmets should be worn. No other protective equipment should be worn.
REQUIRE	Heat Index Alert: RealFeel (Heat Index) 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should Only be held if air-conditioned.

WIND CHILL PROCEDURES

Administration of Windchill Procedures:

- Wind Chill will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 39 degrees (Fahrenheit) or lower.
- The athletic trainer, athletic director, or school designee will use the accuweather.com website to determine the heat index for the area of the contest/practice. The accuweather.com website can be reached through the NYSPHSAA website. Once a person is on the accuweather.com website, they will

- put in the zip code for the location of the contest/practice and the website will give them the air temperature as well as the RealFeel temperature (wind chill).
- If the RealFeel temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or school designee must re-check the RealFeel (wind chill) at halftime or midway point of the contest. If the RealFeel (wind chill) temperature is -11 degrees (Fahrenheit) or lower, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	RealFeel (wind chill) Above 40 degrees	Full activity. No restrictions
R E C O M M E N D E D	Wind Chill Caution: RealFeel (wind chill) 36 degrees to 20 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing.
	Wind Chill Watch: RealFeel (wind chill) 19 degrees to 10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss.
	Wind Chill Warning: RealFeel (wind chill) 9 degrees to -10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss. Consider postponing practice to a time when RealFeel temp is much higher. Consider reducing the amount of time for an outdoor practice session.
REQUIRED	Wind Chill Alert: RealFeel (wind chill) -11 degrees or lower	No outside activity, practice or contest, should be held.

Special Note: Alpine Skiing will be exempt from this policy and will follow the regulations of the host ski center where the practice or event is being held.

NYSPHSAA
THUNDER & LIGHTNING POLICY

(Effective 10/25/04)
(Revised October 20, 2008)

Applies to regular season through NYSPHSAA Finals:

1) Thunder and lightning necessitates that contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion - thunder is thunder, lightning is lightning.

a) With your site administrator, set up a plan for shelter prior to the start of any contest.

2) When thunder is heard and/or when lightning is seen, the following procedures should be adhered to:

a) Suspend play and direct participants to go to shelter, a building normally occupied by the public or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, car).

b) Do not permit people to stand under or near a tree; and have all stay away from poles, antennas, towers and underground watering systems.

c) After thunder and/or lightning have left the area, wait 30 minutes after the last boom is heard or strike is seen before resuming play or competition.

**REGULATIONS OF THE COMMISSIONER OF EDUCATION
ON
MIXED COMPETITION**

Section 135.4 (c) (7) (ii) (c)

- (c) Male and female pupils on interschool athletic teams.
- (1) Equal opportunity to participate in interschool competition, either on separate teams or in mixed competition on the same team, shall be provided to male and female students, except as hereinafter provided. In schools that do not provide separate competition for male and female students in a specific sport, no student shall be excluded from such competition solely by reason of sex except in accordance with the provisions of subclauses (2) and (4) of this clause. For the purpose of this clause, baseball and softball shall be considered to constitute a single sport.
 - (2) In the sports of baseball, basketball, boxing, field hockey, football, ice hockey, lacrosse, rugby, soccer, softball, speedball, team handball, power volleyball where the height of the net is set at less than eight feet, and wrestling, the fitness of given student to participate in mixed competition shall be determined by a review panel consisting of the school physician, a physical education teacher designated by the principal of the school, and if requested by the parents of the pupil, a physician selected by such parents. Such panel shall make its determination by majority vote of the members, and in accordance with standards and criteria issued by the department.
 - (3) Where a school provides separate competition for male and female pupils in interschool athletic competition in a specific sport, the superintendent of schools, or in the case of a nonpublic school or school system which elects to be governed by this clause, the chief executive officer of the school or school system, may permit a female or females to participate on a team organized for males. However, where separate competition is provided, males may not participate on teams organized for females.
 - (4) Where a school does not provide separate competition for male and female pupils in interschool athletic competition in a specific sport, the superintendent of schools, or in the case of a nonpublic school or school system which elects to be governed by this clause, the chief executive officer of the school or school system, or the section may decline to permit a male or males to participate on a team organized for females upon a finding that such participation would have a significant adverse effect upon the opportunity of females to participate successfully in interschool competition in that sport.

GUIDELINES FOR MIXED COMPETITION ON INTERSCHOLASTIC ATHLETIC TEAMS

These guidelines are issued to assist schools in the implementation of Section 135.4(c)(7)(ii)(c) of the Regulations of the Commissioner of Education which govern interscholastic competition involving members of both sexes on a single school team. The following general information should be noted by the school personnel who are responsible for the implementation of the Regulations:

- The **purpose of the regulation** is to preserve the health and safety of students while assuring that students of both sexes have opportunity to participate successfully in interschool competition. Athletic opportunity in mixed competition is allowed under the conditions set forth in the regulations for specific sports identified in subclause (2) of section 135.4(c)(7)(ii)(c), as well as all other sports not so identified.
- The regulation provides for students involved in mixed competition to be placed on teams at appropriate levels of competition based upon the individual's medical history, maturity, physical data, fitness scores and skills. The guidelines are to be used for both junior high school and senior high school programs.
- If a **team is organized primarily for one sex** and members of the opposite sex are also members, the team should still be classified as either a males' or females' team and continue playing in the same type league.
- If a team was formed **originally for one sex** but is composed of a significant number of pupils of the opposite sex, it is recommended that separate teams be formed for that sport. This would allow for the greatest number of students to participate and not limit opportunities or have a disproportionate effect on any one sex.
- When there are **separate teams for each sex** in a specific sport, a male may not try out for a females' team. However, the superintendent of schools may permit a female to try out for a male team, except that competition in the sports identified in subclause (2) of the regulation is subject to the review and approval of a panel. Where separate teams are provided, a female who wishes to try out for a male team in these sports must have the approval of the superintendent and the review panel. This type of crossover should be based upon that female's athletic ability to compete successfully.
- The sport of boxing is identified in the regulation because it appears in the Title IX Federal Regulations. It is not an indication that the State Education Department considers boxing a desirable sport for secondary students.
- Mixed competition in a sport identified in subclause (2) is subject to **review and approval by a panel**. This panel must include the school physician and a physical education teacher appointed by the principal and may include a

physician chosen by the student's parent(s). This panel is responsible for determining the readiness of the student in terms of medical health, maturity, fitness and skill of the individual in relationship to other members of the team. The intent of the regulation is to match the student's readiness with an appropriate placement, as well as to provide the pupil with a successful competitive opportunity. When the physical abilities of the individual are deemed by the panel to be short of or exceed the physical abilities of other team members, thereby creating a hazardous condition or unfair advantage for that student or other members of the team, denial of participation would be appropriate.

- These procedures apply only to a student's eligibility to try out for a team of the opposite sex. The coach must decide if the pupil is to remain on the team or be dropped from the team in the same manner as all other pupils trying out for the team. If a coach has a "no cut" policy, the student of the opposite sex must be allowed to remain on the team the same as other students.

The following chart indicates which regulation provision applies to specific sports and program offerings.

**GUIDE TO MIXED COMPETITION
APPROVAL FOR INTERSCHOLASTIC ATHLETICS**

REGULATIONS OF THE COMMISSIONER OF EDUCATION
SECTION 135.4(c)(7)(ii)(c)

	TEAMS PROVIDED IN A SPORT		
1. PANEL APPROVED SPORTS *	ONE TEAM FOR MALES	ONE TEAM FOR FEMALES	MALE & FEMALE TEAMS
a) Males on a female team	(Not applicable)	With approval of Supt. or Chief School Officer, Review Panel and Section. ** Subclause (2) & (4)	Not Permitted Subclause (3)
b) Females on a male team	With approval of the Review Panel Subclause (2)	(Not applicable)	With approval of Superintendent or Chief School Officer and Review Panel.** Subclause (2) and (3)
2. ALL OTHER SPORTS	ONE TEAM FOR MALES	ONE TEAM FOR FEMALES	MALE & FEMALE TEAMS
a) Male on a female team	(Not applicable)	With approval of Supt. or Chief School Officer and Section. Subclause (4)	Not Permitted Subclause (3)
b) Female on a male team	No approval required Permitted under Subclauses (1), (3) and (4)	(Not applicable)	With approval of Superintendent or Chief School Officer Subclause (3)

* *Baseball/Softball, Basketball, Boxing, Field Hockey, Football, Ice Hockey, Lacrosse, Rugby, Soccer, Speedball, Team Handball, Power Volleyball (net height less than 8 feet) and Wrestling.*

***This order of approvals is recommended so as to avoid the unnecessary formation of a review panel in cases where the superintendent or chief school officer does not wish to approve the student for mixed competition.*

REVIEW PANEL PROCEDURES

Upon a request to the school authorities for a pupil to participate in mixed competition, as provided in the Regulations of the Commissioner of Education, a review panel shall be formed. The Director of Physical Education should coordinate the activities of the review panel. The information reported on the form, **ATHLETIC PROFILE FOR MIXED COMPETITION**, shall be used by the review panel in making a determination.

COMPLETING THE ATHLETIC PROFILE

Part I: School Information

- Fill in the information as indicated.

Review Panel

- A **school physician** and a **physical education teacher** (designated by the principal) shall serve on the review panel as school representatives. The parent(s) of the pupil shall also be given the option of having a **physician of choice** serve on the panel. If parent(s) elect not to have a physician on the panel and a disagreement on the determination of participation by the pupil develops, the parents should be so advised. If the parents still opt not to select a physician for the panel, it is recommended that the school principal appoint another physician so there are two physicians and a physical education teacher on the panel as intended by the regulation.
- The review panel should convene as soon as feasible in order to give the pupil a reasonable opportunity for an early try out for the team, if approved to do so.

Part II: Pupil Information

- The Director of Physical Education should be responsible for providing the panel with all available information.

Part III : Physical Education and Medical History

- The information on the physical education history of the pupil should be obtained from the physical education teachers who have had the pupil in classes.
- The school nurse should provide the information on the medical history of the pupil by reference to the available health records.

Part IV: Physical Data

- The school physician shall provide the information obtained as part of the normal health examination for participation in athletics.
- The developmental age or maturity level of the pupil can be established by using the Developmental Screening Procedures used in the Selection/Classification Program (see the August 1992 Selection/Classification Procedures and Standards).
- A determination of general body type should be made by the physician during the health examination. Comments on joint structure would also be helpful.
- If the school physician determines during the health examination the pupil has a physical impairment which would make it unsafe for the pupil to participate in the sport, the review panel need not convene.

Part V: Athletic Performance Testing (Fitness)

- The Athletic Performance Test used in the Selection/Classification Program should be used as a means of assessing the student's fitness level.
- Scores achieved on this test shall be recorded on the profile form where indicated. The test should be administered by a physical education teacher.
- When reviewing the test scores, the panel needs to be made aware that the relative importance of the test item to the demands of the sport in question is reflected in the Selection/Classification Standards.
- When reviewing the test scores, the panel should refer to the standards related to the sex of the team and the level of play at which the pupil wishes to play.
- The Athletic Performance Standards of the Selection/Classification Program are not intended as qualifying or disqualifying scores for mixed competition. The scores that appear in the chart are not absolute requirements for the panel to consider. The scores only provide a reference as to what could normally be found among the members of the team for that sex at that level of play. If the scores of the pupil differ from the standards, the panel should assess the significance of that difference

for the pupil being considered. Known strengths and abilities of the team in question should also be considered.

Part VI: Panel Decision

- Once the decision of the panel has been made, the pupil and parents shall be so advised.
- A “YES” decision means the pupil may try out for the team. The coach will then either allow the pupil to remain on the team or be dropped by using the normal try out criteria used for all other pupils trying out for the team.
- The panel decision applies only to the sport and season for which the application was made. Subsequent seasons or sports will require another review. Therefore, all students that have been previously approved to participate in a mixed competition situation must be re-approved each season for each sport in which he/she wishes to participate.

INDIVIDUAL ATHLETIC PROFILE FOR MIXED COMPETITION

PLEASE TYPE OR PRINT

PART I: School Information

Date: _____

District _____ Superintendent _____

City _____ Director of P.E. _____

School Physician _____

Family Physician _____

Physical Education Teacher _____

PART II: Pupil Information

Previous mixed competition ___YES ___NO

What sport and level? _____

Name _____

Sport and level being requested?

Age _____ Grade _____

PART III: Physical Education and Medical History

Is the pupil enrolled in regular physical education without restrictions?

___YES ___NO If NO, Explain _____

History of conditions, injuries or illness that would be restricting?

___YES ___NO If YES, Explain _____

PART IV: Physical Data

Weight _____ lbs Height _____ Feet _____ Inches Maturity Level _____

Body Type (check) Mesomorph: _____ Endomorph: _____ Ectomorph: _____

Comments:

PART V: Athletic Performance Test Scores

Shuttle Run _____ Stomach Curls _____

Long Jump _____ 50 yard dash _____

Flexed Arm Hang _____ 1.5 mile run _____

PART VI: Panel Decision

Approved for try out: _____ YES _____ NO

Reason(s) _____

Panel Members:

School Physician (print or type name) _____

Signature _____

Physical Education Teacher (print or type name) _____

Signature _____

Family Physician (print or type name) _____
(or other appointee)

Signature _____

**FITNESS TEST FOR MIXED
COMPETITION**

Benchmarks as provided by the
Presidents Council Fitness Test at
the 50th percentile: See:
[https://www.presidentschallenge.org/
challenge/physical/benchmarks.shtml](https://www.presidentschallenge.org/challenge/physical/benchmarks.shtml)

The standards are based on the 50th percentile for a 13 year old (modified), 15 year old (freshman/JV), and a 16 year old (Varsity).

Gender	Level	Curl-Ups	Shuttle Run	Choose one ¹		1 mile walk/run	Choose one ²	
				V-sit or	Sit and Reach		Pull-Ups or	Right Angle Push-Ups
Male	Modified	42	10.2	+0.5	26	8:06	3	24
	Fresh/JV	45	9.7	+2.0	30	7:30	6	30
	Varsity	45	9.4	+3.0	30	7:10	7	30
Female	Modified	37	11.1	+3.5	31	10:23	1	11
	Fresh/JV	36	11.0	+5.0	36	9:58	1	15
	Varsity	35	10.9	+5.5	34	10:31	1	12

SWIMMING

The swimming endurance component of the physical fitness test allows the athlete to choose which endurance test he/she prefers. It will be necessary to choose one: either the one mile run or the 500 yard swim.

SWIMMING TIMES REQUIRED FOR 500 YARD SWIM

BOYS

LEVEL	500 Yard Swim Time (min:sec)
Modified	9:15
Freshman	9:00
Junior Varsity	8:45
Varsity	8:30

GIRLS

LEVEL	500 Yard Swim Time (min:sec)
Modified	10:00
Freshman	9:45
Junior Varsity	9:30
Varsity	9:00

¹ Flexibility can be measured by performing the V-sit Reach or the Sit and Reach
² Upper body strength can be measured by performing pull-ups, or right angle push-ups.

PHYSICAL MATURITY CHART
Recommended Tanner Scores for the Athletic Placement Process
** Modified levels are used for mixed gender competition only*

Approved Sports	MALES				FEMALES			
	Modified*	Freshman	JV	Varsity	Modified*	Freshman	JV	Varsity
Archery	1	2	2	2	1	2	2	2
Badminton	1	2	3	4	1	2	3	4
Baseball	2	3	4	5	2	4	5	5
Basketball	2	3	4	5	2	4	5	5
Bowling	1	2	2	2	1	2	2	2
Competitive Cheerleading	2	3	4	5	2	4	5	5
Cross-Country	2	3	4	5	2	4	5	5
Fencing	1	2	3	4	1	2	3	4
Field Hockey	2	3	4	5	2	4	5	5
Football	2	3	4	5	2	4	5	5
Golf	1	2	2	2	1	2	2	2
Gymnastics	2	3	4	5	2	4	5	5
Ice Hockey	2	3	4	5	2	4	5	5
Lacrosse	2	3	4	5	2	4	5	5
Rifle	1	2	2	2	1	2	2	2
Skiing	2	3	4	5	2	4	5	5
Soccer	2	3	4	5	2	4	5	5
Softball	2	3	4	5	2	4	5	5
Swim/Diving	2	3	4	5	2	4	5	5
Tennis	2	3	4	5	2	4	5	5
Track & Field	2	3	4	5	2	4	5	5
Volleyball	2	3	4	5	2	4	5	5
Wrestling	2	3	4	5	2	4	5	5