“FREQUENTLY ASKED QUESTIONS”

General ................................................................................................................................................1
Amateur Regulations ..........................................................................................................................3
Bona Fide Student ...............................................................................................................................4
Club Teams .........................................................................................................................................4
College Attendance & Participation ....................................................................................................5
Combining of Teams - Small Teams ...................................................................................................5
Competition .........................................................................................................................................6
Dual Sport Participation ......................................................................................................................7
Senior All-Star Contests ....................................................................................................................7
Exhibition Swimmers ..........................................................................................................................7
Extended Eligibility ............................................................................................................................8
Foreign Exchange & International Students .......................................................................................9
GED Programs ..................................................................................................................................10
Health Examinations ........................................................................................................................10
Home School .....................................................................................................................................10
Ineligible Competitors ......................................................................................................................11
Jewelry ..............................................................................................................................................11
Mixed Competition ...........................................................................................................................11
Modified Sports ...............................................................................................................................12
Officials ............................................................................................................................................12
Out of State Competition ..................................................................................................................13
Outside Team Participation ............................................................................................................13
Permission for Special Accommodations .........................................................................................13
Practice Requirements .....................................................................................................................14
Sanctioning .......................................................................................................................................15
Scrimmages ......................................................................................................................................15
Sectional Representation ....................................................................................................................16
Selection Classification ......................................................................................................................16
Special Requests ...............................................................................................................................17
Sportsmanship ....................................................................................................................................17
Student Faculty Contests ....................................................................................................................18
Transfer Rule .....................................................................................................................................18
Tryouts ...............................................................................................................................................19
Two Varsity Sports ............................................................................................................................19
Volunteer Coaches ............................................................................................................................19

STEPS TO ELIGIBILITY ..................................................................................................................20
GENERAL QUESTIONS

Q. I am looking for the coaching requirements for a modified swim coach. Is it enough to be a life guard or is the certification the same as a varsity coach?

Coaching requirements are the same for all levels and are regulated by the State Education Department, not the NYSPHSAA. Please check their website at www.nysed.gov.

Q. Where do I seek advice when I have a sport specific question such as a clarification of a sport rule, not an eligibility standard?

We suggest that you contact the sport coordinator from your local section. We consider all sport coordinators to be the recognized expert in their particular sport. If they are unable to assist you, please contact our state sport coordinator for clarification.

Q. I have two students who would like to participate in practices with the team. One student has been deemed ineligible due to the transfer rule and the other student is a special needs student who turned 19 prior to July 1st. May I allow them to participate?

No. All “athletes must meet all standards of eligibility for practice or competition.” (NYSPHSAA Handbook p. 90, 100)

Q. I have a male student who wants to swim as an independent, is this possible.

The NYSPHSAA does not recognize independent competitors; the student must represent the school in which they are a bona fide student. A student can be an individual competitor, representing their school with a certified coach who has been appointed by the Board of Education. The athlete must meet all the standards of eligibility and meet the criteria under the Representation regulation.

Q. May I split my tennis team on a particular day into two squads and have them compete in matches at two different locations and/or may I split my tennis team on a particular day into two squads and have one group play a match while the other goes to another school for a scrimmage?

Yes you may split your squad BUT the team will be charged with two matches on that day toward the maximum number of matches (18 for tennis) for the season. The scrimmage would not count toward the maximum as long as it truly is conducted as a scrimmage (interschool practice session). If you go over the maximum number of matches for the season the team and all the members of the team are ineligible for the remainder of the entire sport season. (Note: Only 18 tennis matches are permitted for 2009-2011.)

Q. How do I keep up with the NYSPHSAA initiatives and changes such as new regulations and the progress of sport committees?

The Association has a monthly NYSPHSAA Office Report highlighting the most updated information to improve communication. The Office Report will be emailed to all Section Executive Directors for distribution and be available on our web site www.nysphsaa.org.

Q. Is it possible to email the NYSPHSAA to ensure that a student athlete is eligible for high school competition?

The NYSPHSAA encourages communication via email under most circumstances but not to assist you in determining the eligibility status of a student. Too often there are extenuating circumstances that are not easily conveyed in an email. Therefore we request you contact the office by phone to discuss the matter.

Q. How are the All-State Teams selected?

The NYSPHSAA does not sponsor or endorse any All-State Team. All-State teams are usually selected by outside organizations such as a coaches association or the sports writers association.

Q. Where can I find the most recent changes to NFHS playing rules?

The recently adopted sport rule changes can be found on the NFHS web site. The internet site address is www.nfhs.org or click on the link located on the www.nysphsaa.org web site.
Q. My varsity and junior varsity bowling teams are scheduled at home on side-by-side lanes. If a junior varsity athlete plays only the first game, may I move him up to the varsity squad during a later game?

No. Once an athlete enters competition, regardless if it is a minute or half a contest, he/she is charged with their one competition of the day. They are not eligible to enter another competition that day.

Q. After competing in one contest we discovered a student/athlete did not have a physical examination and approval by the school physician. Is there a penalty?

Yes. To be eligible to practice or compete, an athlete must have a physical exam and approval of the school medical officer. The penalty is forfeiture of the contest. Furthermore, none of the practices participated in by the student prior to the date of the school physician’s approval count toward the required number of practices.

Q. Recently we received an invitation to a track meet which included a coed relay event. Is this permissible?

While boys ‘and girls’ track meets may be combined and held at the same site, no coed events may be held. Boys may only compete against boys, and likewise girls against girls. Relays are considered one event despite the fact there are multiple participants in that event. All participants must be of the same gender. *2004 NFHS

Q. We have scheduled 24 games for our ice hockey team. It appears that we will receive a forfeit next week due to team illness. May we schedule another contest so we can play the maximum number of contests allowed?

A forfeit is considered a contest. Therefore you should not schedule another game or you would be in violation of the maximum number of contests allowed. (Note: Only 20 Ice Hockey games are permitted for 2009-2011.)

Q. My volleyball team has been invited to participate in a three day tournament. Is this considered to be one contest or three contests?

In volleyball, each day of a tournament shall be counted as one contest. The team will use three of the 24 maximum number of contests. NYSPHSAA Handbook p. 115 - Volleyball. (Note: Only 20 Volleyball games are permitted for 2009-2011.)

Q. We are considering conducting a “double dual” in track and field. Is this permissible?

Our Sports Standards of one night rest between contests, as well as the individual limitation of one contest per day, preclude holding “double duals” in track and field. There is a distinction between a “double dual” meet and a multiple school meet. As approved by our governing board in 1984, if the competitors from all schools compete at the same time in events (a multiple school meet) and adhere to the daily individual limitation, then these meets would count as one contest towards the maximum number allowed. For example, when four cross country teams all run the course at the same time, this would be one contest in terms of NYSPHSAA’s maximum number of contests regardless if some additional superficial scoring is used-such as Team A beats Team B, C and D and Team B beats Teams C and D. On the other hand, a “double dual” wrestling meet would count as two contests as all contestants do not compete in an event at the same time, even though the individuals do not exceed the four-bouts-a-day limitation.

Q. My soccer coach wants to move a Junior Varsity player up to the Varsity squad. Is this permissible?

In terms of high school programs the NYSPHSAA has no restrictions on movement from one level of play to another for Freshman, Junior Varsity and Varsity level teams. An athlete could compete on the Varsity level on day and then compete on the Junior Varsity level on the following day. Note: Some leagues have more restrictive standards.

Q. How are people chosen as members of the National Federation’s game rules committees?

Representatives to the National Federation’s rules committees come from eight geographical sections of the country. New York belongs to Section 1 of the National Federation which is comprised of eight states (including the New England states and New Jersey). When openings occur on the various rules committees for Section 1, only those states which use the National Federation rules in a specific sport without modification are eligible to submit candidates for consideration. The NYSPHSAA generally submits the names of our state sports coordinators. In addition to sectional representation on the rules committees, the NFICA and the NFIOA also select members to serve on these committees.
Q. Why does the start of the fall season begin so early in August? The dates often cut into family vacations and summer employment.

The NYSPHSAA has not established sport seasons since 1980. At that time authority to establish sport seasons was given to each of the eleven sections. The NYSPHSAA governing board only approves of deviations to the section’s seasons.

Q. May a student-athlete compete in an athletic contest without their coach present?

No. All student-athletes representing their high school must be under the direct supervision of a qualified coach appointed by the Board of Education of the school district.

Q. Can a baseball player participate in a JV game then participate in a Varsity game that follows?

NYSPHSAA does not differentiate between JV and Varsity programs. A baseball player may participate in both games as long as he does not compete in more than 2 games in a day and exceed the maximum number of 24 contests permitted in the season. However, there may be local Section or League rules that may restrict the player from participating in both.

Q. Do all athletic directors have to attend a NYSPHSAA workshop next year?

Beginning in the 2007 – 2008 school year each school district will be required to have their athletic director attend an annual mandatory NYSPHSAA Eligibility Workshop. In 2008 the mandate was amended to include a Sportsmanship Workshop. Failure to comply with the mandate will result in the school being ineligible for post season competition.

Q. Now that wrestling, winter track, cross country and spring track are able to count the number of competitions for the individual competitor what is the penalty if a member of the team exceeds the maximum number of contests.

The penalty remains the same as it has always has been. “If a team or individual exceeds the maximum number of contests permitted, the penalty is team ineligibility from the date of violation for the rest of the season.” To assist coaches and athletic administrators to keep track of the contests entered the NYSPHSAA will have a “Competition Form” available on our website for use in the coming school year.

AMATEUR REGULATIONS

Q. Several student athletes are hoping to be hired by the Parks Department to supervise and instruct our town’s summer playground program. Will such employment hurt their amateur status?

No. Our Amateur Standard specifically exempts instructing, supervising or officiating in any organized youth sports program which includes recreation and playground programs. A good rule of thumb is to remember a scholastic athlete may be employed working with individuals whose level of play does not exceed his/her level of participation.

Q. Our local Rotary Club wants to give a scholarship award of $500 to an outstanding athlete. Is this permissible?

Scholarship awards are exempt from our Amateur Rule if they are held by the awarding organization and paid directly to the institute of high learning chosen by the student.

Q. One of our scholastic bowlers filled in as a substitute on an adult league where money was awarded as prizes. Now we are told the student is ineligible. Why?

While all other sports follow our Standard #2 Amateur, bowling also follows USBC Rule 400, which puts limits on prizes for bowlers.
Q. We have a young man who is an outstanding bowler. His father told me that the child plans to participate in the US Open Qualifier, as well as the World Championships. The father informs me that all prize money will go to a scholarship fund, under guidelines established by the United States Bowling Congress (Rule 400.) Can this young man participate if he declines any prizes that are worth more than $250.00?  

Please refer to page 90 of the NYSPHSAA Handbook, specifically Section A #3 which speaks directly to scholarships. The USBC requires scholarship monies to be placed in their SMART fund. These funds must ONLY be used for a scholarship to an institution of higher learning.

BONA FIDE STUDENT

Q. A district resident has inquired about the athletic eligibility of their child. The student attends a small non public school in our community which does not offer any athletic opportunities for their student body. May they participate in our modified athletic program at the public school?  

No, they are ineligible to compete because they are not a Bona Fide Student in your district which requires the child to attend your school and enroll in three classes plus Physical Education (NYSPHSAA Handbook, Pages 46, 86 and 93).

Q. Our neighboring school district does not sponsor an ice hockey program. Several students are interested in participating on our teams. Can they tryout for our team?  

No, they are not eligible to do so. A common misconception held by coaches and parents is that if a sport is not offered in one school a student can go to another school which sponsors a program. This is not true. A student must be registered in a school (Bona Fide Student) to be eligible for its athletic programs.

Q. A student registered in a private school located within our school district’s boundaries desires to participate on our high school soccer team. Is he eligible to do so?  

No. The student must be registered in the high school he represents and taking at least four subjects including Physical Education (Bona Fide Student Rule). While public school districts must provide certain services to non-public school students, extracurricular activities such as athletics are not included.

CLUB TEAMS

Q. One of the schools in our league is forming a club team to foster the development of a girl’s gymnastics team. They had asked to schedule a scrimmage and a contest with our junior varsity gymnastics team. Is this permissible?  

Interscholastic athletic teams can only scrimmage and/or compete against other school board approved interscholastic teams. These teams must follow all Commissioners’ Regulations and NYSPHSAA Standards. The State Education Department or NYSPHSAA does not recognize club teams. They do not need to follow any regulations governing scholastic sports.

Q. We are thinking of starting a girls’ club lacrosse team to get the sport started in our school. We hope to participate in a limited number of contests this year. Is this acceptable?  

You certainly could start a club team for girls’ lacrosse instead of an interscholastic team; however, you should first explore if other club teams exist. If so you would have opportunities for competition. If not, keep in mind that interscholastic teams may not practice/scrimmage with or compete against club teams.

Q. This year our school has initiated a varsity level crew program. In the past, when crew was organized as a club team, we competed against other school club teams as well as rowing organizations’ teams. My athletic director tells me I can not compete against these teams anymore. Is this true?  

Yes. The Commissioner’s Regulations as well as NYSPHSAA standards restrict board of education approved scholastic athletic teams to competition only with other similarly approved athletic teams. Scholastic athletic teams
are mandated to follow the Commissioner’s Regulations as well as all eligibility standards of the Association. School club/activities programs as well as outside groups are not required to follow any of these regulations. Your varsity crew team may only compete against other scholastic crew teams. Further more this same restriction applies when participating in multi-team invitational.

COLLEGE ATTENDANCE & PARTICIPATION

Q. One of our soccer players is attending a community college part-time and wonders if he can practice with that college’s soccer team?
   Your soccer player may not practice with the college squad during the scholastic soccer season or he will become ineligible from the date of participation.

Q. One of our students is attending an accelerated program full-time at a local community college. She has not graduated and is still under nineteen. Is she eligible?
   The student must still be meeting all Commissioner Regulations and NYSPHSAA Standards to have athletic eligibility. Of particular importance, the high school must be granting credit for 3 courses plus physical education for her college courses.

Q. While visiting a college campus may a high school athlete participate in a practice or competition with the college team? What are the limitations?
   The NYSPHSAA standard #7 states that a student athlete may not participate in practice or competition with any individual or team(s) representing a college in that sport in that season. However, for example, it would be permissible for a student to participate in a basketball practice at the college if it were held during our fall or spring sport season.

COMBINING OF TEAMS - SMALL TEAMS

Q. Our district has two high schools – East and West. East has a wrestling program. Since West does not sponsor a wrestling team may students from West participate on East’s team?
   To participate on a high school’s athletic team the student must be a bona fide student of that school. In other words, a student must be registered in that school and taking three courses plus physical education. This rule applies to all high schools regardless if they are located in the same district or not. However, a merger may be requested.

Q. Our school is conducting interscholastic swimming for one student. The Handbook states the number of required practices which must be completed prior to the first competition. If our one swimmer participates in the number of practices stipulated for an individual is he eligible to compete?
   No, he is not eligible. Since your one swimmer is the team, he must complete the number of practices specific for the team prior to any competition.

Q. May a parochial school located within our district combine with our high school’s swimming program?
   Only NYSPHSAA member schools may receive permission to combine sports programs. If the parochial school is a non-member, they must first join the section and the athletic association. When that is accomplished they may petition the section to combine swimming programs with another member school.

Q. We do not have a swimming program at our school. Parents have inquired if their son, an outstanding swimmer, may compete as an independent in scholastic swim meets?
   All competition conducted by our schools must only be between or among member schools. No student is eligible to enter such competition without representing a school. Only two avenues of action are open to schools wishing to provide opportunity for a single student; they are 1) establish their own program, or 2) seek to form a single team with another school district.
Q. Our son has been a competitive swimmer for 10 years. He has expressed a sincere interest in competing at the high school level with a desire to compete at states. His high school has a pool but no team. How would we go about having him compete either for his high school or “unattached” with eligibility to swim at states?

In order for your son to compete he would have to represent the school in which he attends. NYSPHSAA does not recognize “unattached” swimmers. He would have to represent his school when competing. The other option would be to have a combined or “merged” team with a neighboring district, if your school was willing.

Q. Our school district does not sponsor an ice hockey team. May my son play for the neighboring school district which does have a team?

No, your son must be a bona fide student, taking three courses and physical education in the high school represented to be eligible. However, your school district may wish to investigate the possibility of combining schools to form one program.

COMPETITION

Q. In April members of our indoor track team have been invited to an invitational championship. May we participate?

After the indoor track season ends schools may not participate in competition for that sport. No team or individual student may represent its school in any post-season game or tournament. Individuals may attend such competition unattached to the school. No school uniforms, equipment or financial support is permitted.

Q. Our cross country team has received an invitation to a cross country meet being hosted by a nonmember, private school. May our teams compete against schools that are not NYSPHSAA members?

Our schools are permitted to scrimmage or compete against nonmember public, private and parochial schools that belong to the New York State Federation of Secondary Schools Athletic Association. In addition, our member schools may also compete against NYSPHSAA approved Friend and Neighbors.

Q. Last spring we replayed part of a contest in baseball as the result of a protest on a day we had a double header scheduled. We were told we had to cancel one of the games. Was that right?

Yes, while the game or part of a game replayed as a result of a protest does not count as an extra game, the scheduling of contests still must adhere to the time between contests. Though baseball is permitted two (2) contests per day, the “protest” game counted as one of the games allowed.

Q. Our basketball team has been invited to a tournament. All the schools are from New York except one school belongs to the CHSAA (Catholic High School Athletic Association). Are we permitted to play them?

Our member schools are permitted to scrimmage and compete against any New York public, private and parochial school that belongs to the New York State Federation of Secondary School Athletic Associations. The CHSAA is one of the four athletic associations comprising that group.

Q. Due to injury we will only have 15 players eligible for a football game this weekend. Our opponent has agreed we will only scrimmage on the day of the game. Is there a problem with that?

Yes. All interschool contacts (both scrimmage and contests) in football are permitted only when each school has the required number of students who are physically fit and eligible. For eleven-man football this is 16 or more players. (revised 6/04)

Q. Our league is discussing using a 10 run rule in baseball this coming spring. May we adopt this rule?

In October 1998 the NYSPHSAA waived baseball’s 10 run rule. A league or section may not use the rule without the approval of the NYSPHSAA’s governing board. This does not prohibit an individual school or coach ending a contest prior to its full completion for whatever the reason.
Q. May a school practice/scrimmage against a club team?
   
   No, interscholastic teams may not practice/scrimmage with or compete against club teams. (Handbook page 86)

Q. Our local community college is planning a basketball tournament in December with area school teams invited. I told the college that scholastic teams could not participate without a secondary school co-sponsor. Am I right?
   
   Yes, scholastic teams can only compete in competition which have a school sponsor or co-sponsor (see Standard #18 - Outside Agencies). Furthermore, any competition co-sponsored with an outside agency must have your section athletic councils approval.

DUAL SPORT PARTICIPATION

Q. Can a student athlete play two sports in one season?
   
   That depends if the individual section permits dual participation. The NYSPHSAA permits the Section Athletic Councils to make that determination. (Handbook page 101-Representation)

Q. A student has asked if he can participate in two sports, baseball and track, this spring. Is this permitted?
   
   The NYSPHSAA does not prohibit such participation. A Section Athletic Council, however, may have adopted more stringent regulations. 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.

SENIOR ALL-STAR CONTESTS

Q. A senior basketball player has been invited to participate in an All-Star senior contest as well as an all-star contest being held out-of-state. May he participate in both of these contests?
   
   All-Star contests are approved by the section in which the contest is to be held and by the NYSPHSAA Executive Director. Specific guidelines must be adhered to when conducting these contests. A senior may only participate in one approved All-Star contest in a sport.

Q. Our league always hosts NYSPHSAA approved All Star basketball tournaments for boys and girls. This year we are going to schedule the games a week after our sectional tournament. Is this a problem?
   
   When scheduling All Star contests the organizers must keep in mind that only seniors who have completed their secondary school eligibility in that sport may compete in these contests. Therefore, scheduling your All Star contests prior to NYSPHSAA’s post schedule tournaments (regional through finals) eliminates all seniors who are members of teams still competing. Should a senior from such a team compete in your event he/she will become ineligible for the rest of the sport season.

EXHIBITION SWIMMERS

Q. Our school has a one girl swim team. Often she is an exhibition swimmer at dual school meets. Is she eligible for sectional and other post-schedule competition?
   
   In August 1991 the NYSPHSAA governing body approved that times established by exhibition swimmers could be used to qualify for post-schedule competition and that an exhibition performance may count as one of the six required meets. Swimmers must have a total of six school contests. (see page 87 of NYSPHSAA Handbook)
Q. An 18 year old senior at my school is inquiring about their eligibility status. The student is entering their 5th year of high school and has participated in four years of soccer and basketball. I’ve heard of a “5th year of eligibility.” Can I apply for a waiver of the Duration of Competition Regulation?

For many years, the term “5th year” has been inappropriately used to describe an “extension of eligibility.” According to the Regulation, a Chief School Officer may request an extension of eligibility beyond the four consecutive years if during that four year period a pupil’s failure to enter competition was caused by accident or illness. The Duration of Competition restricts opportunity/participation to four consecutive years, beginning with entry into the 9th grade. Therefore, a 5th year of “participation” may not be granted. (See pages 46 and 93 of NYSFHSAA Handbook)

Q. Parents have asked us to seek a fifth season of eligibility for their daughter in swimming as the school she attended her freshman year did not have a swim program. Is this possible?

The Commissioner’s Regulation on Duration of Competition is clear that a fifth season extension must only be based on the fact that a season of opportunity was lost due to illness, accident, or similar circumstances. Neither academic progression or sport program opportunity have been acceptable reasons to the Commissioner to grant extensions.

Q. Can a fifth year senior compete in our athletic program if they are under the age of 19?

According to the Commissioner’s Duration of Competition Regulation, a student athlete has 4 consecutive seasons of eligibility upon entry in to the 9th grade. Exceptions are approved if it is proven the student did not enter into competition for a season due to accident or illness or similar circumstances beyond the control of the student. (Handbook page 46) In addition, the accident or illness must have had caused the need to attend school for one or more additional semesters in order to graduate. (NYSED approved June 2009)

Q. We have a learning disabled youngster who has participated in wrestling. Next year he will be 19 years old. Can a special waiver be granted?

The 19 year old age rule is the Commissioner’s regulation. To date no waiver has been granted by the Department. The rule is administered equally to all students.

Q. In the Commissioner’s Duration of Competition Regulation, it states “that if sufficient evidence is presented...the pupils failure to enter competition...was caused by illness, accident, or similar circumstances beyond the control of the student...” What is meant as similar circumstances?

According to the State Education Department, similar circumstances has been defined as “similar circumstances related to an illness or an accident.”

Q. A student has turned 19 in June but is currently a sophomore due to the fact she has immigrated and has experienced difficulty with academics and social interaction due to language barriers. She has average athletic ability and will not experience much playing time. We believe she would benefit greatly from our athletic program. May a waiver of the Duration of Competition regulation be granted?

No. Under these circumstances, nor any other, would permission be granted to participate in the high school athletic program. The Commissioner of Education has been consistent in limiting athletic participation to four consecutive years after entering the 9th grade until the student reaches the age of 19. It is permitted for a student who attains the age of 19 on or after July 1 to continue to participate during that year.
FOREIGN EXCHANGE & INTERNATIONAL STUDENTS

Q. We have a foreign exchange student who graduated from high school in his country. I know he cannot compete, but is he allowed to practice with the team since he is enrolled in the high school?
   A student must meet ALL eligibility standards to practice or compete, therefore the foreign exchange student would not be permitted to practice.

Q. A student from Canada has enrolled in our school. While he has been graduated from a Quebec secondary school, he only attended high school for three years. Is he eligible to participate in ice hockey?
   No, he is not. Our Foreign Student Standard states “All foreign students who have graduated from the secondary school system in their country are ineligible for the interscholastic athletic program”. This standard is consistent with the Commissioner’s Duration of Competition Standard which limits eligibility to prior to graduation regardless of the number of years of high school attended.

Q. We will be receiving a foreign exchange program student this year. Is it true that for the student to have athletic eligibility the exchange program must be approved?
   One year of athletic eligibility is granted if the exchange programs has been approved by the Council of Standards for International Educational Travel (CSIET) and the student meets all State Education Department and NYSPHSAA standards. NOTE: Each high school principal has a listing of CSIET approved programs.

Q. We have a student from Denmark who attended our school last year as part of a CSIET foreign exchange. He continues to live with a family in the community. Is he eligible for athletics?
   Our Standard #9 Foreign Students grants bona fide foreign exchange students only one year of athletic eligibility. Essentially this is a waiver of the Transfer Rule. A foreign student who elects to stay a second year falls under the Transfer Rule. He would be ineligible for one year in all sports he participated in the previous year.

Q. We have had some inquiries from Canadian students about attending our school. They have been graduated from high school. What is their athletic eligibility status?
   Because the Canadian Provinces are members of the National Federation of High School Associations the NYSPHSAA treats Canada as if it were another state. This has assisted competition between the two countries. However, it also means that if a Canadian student has been graduated from high school he/she does not have any remaining athletic eligibility in our schools.

Q. How is eligibility determined for a foreign exchange student?
   If the student is affiliated with a foreign exchange program approved by CSIET, our transfer rule is waived for a maximum of one year to permit athletic eligibility. If the student is not in an approved CSIET program our transfer rule would be used to determine eligibility. Please refer to the NYSPHSAA Handbook for other restrictions.

Q. Is a foreign exchange student who is participating in a CSIET approved program still eligible for athletics if they have graduated from the secondary school system in their home country?
   No. All students who have graduated from secondary school education (including GED programs) are ineligible for high school athletic programs.

Q. One of our ice hockey players will be part of a student exchange program to Norway next year. He will need a fifth year upon return to complete his studies. Will he have athletic eligibility?
   This standard is a Commissioner of Education Regulation. You may apply to your section for the fifth year of athletic eligibility. However you must counsel your student that he may not participate in competition in any sport while he is abroad. Such participation would render him ineligible for an extension of eligibility.
Q. Last year our district had a foreign exchange student in an approved CSIET program. He has decided to stay an extra year. Is he eligible to continue to participate on our teams?

No, participation in a CSIET approved foreign exchange program grants the student a one-year waiver of the NYSPHSAA Transfer Rule but they are limited to one year of eligibility.

GED PROGRAMS

Q. We will be placing a student in an alternative school to enroll in a high school equivalency program (GED). Does the student have athletic eligibility?

Yes, the student would have athletic eligibility at the high school of last attendance if he/she meets Commissioner’s Regulations. That is, the student must be enrolled in the equivalent of 3 courses (at least 2.5 hours of class instruction) plus meeting the physical education requirement.

HEALTH EXAMINATIONS

Q. If a student’s physical examination expires 10 days after the start of the sport season is the athlete eligible for practices and competition until the end of the sport season?

YES! If the health history update was completed 30 days prior to the start of the sport season. Sections or school districts do have the option of adopting a more restrictive rule if they so desire.

Q. Our school physician will not approve a student for soccer due to blindness in one eye. I know the school physician has absolute authority in these decisions. Is there any avenue for appeal?

Yes; in 1978 an amendment was passed to Title 6, Article 89 of the Education Law. This amendment (commonly known as the Dunne Bill) provides for a special proceeding whereby the student may petition the local Supreme Court. Such a petition must be supported in affidavits from at least two physicians.

Q. Our school physician has disqualified a student from participating in lacrosse because he has one kidney. Can this decision be appealed?

The school physician is the final authority in determining the physical readiness for athletic eligibility. However, New York State law permits parents to commence a special proceeding in the Supreme Court if they do not accept this determination.

HOME SCHOOL

Q. Two students who are home schooled want to participate in our athletic program. May they?

No. Home-instructed students are not eligible to participate in interscholastic sports – Section 135.4 (2) (7) of the Commissioner’s Regulations directs that a participant in interscholastic sports must be enrolled in the public school.
INELIGIBLE COMPETITORS

Q. We have just found that one of our wrestlers was an ineligible competitor during our first two dual meets. Do we forfeit his wins in his weight class?

In 1988 the NYSPHSAA changed the penalty rule to make the consequence the same for team and individual sports. If a school uses an ineligible student in any part of a contest, such contest is forfeited to the opposing schools. In this instance the whole team forfeits the two contests the ineligible wrestler participated in. However, in individual sports the performances and outcomes of the other individuals would stand.

Q. After a wrestling competition we found that one athlete participated in a weight class below that which he was certified for. Do we forfeit that bout?

You are correct in that the wrestler is ineligible. However, the entire wrestling contest is forfeited to the opposing school as per Standard 19 - Penalties.

Q. We have recently discovered that our tennis team has used an ineligible competitor in 4 matches. Are these matches forfeited and how do we treat the eligible competitors in those matches?

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.

JEWELRY

Q. I am aware of the NYSPHSAA jewelry rule. One of my swimmers, who wears a medical alert medal, was told by an official it must be completely covered. Would you clarify the rule?

Yes, we have a regulation that all religious and medical medals must be taped to the body. Religious medals are taped and under the uniform, while medical alert medals must be taped to the body with the emblem visible. Obviously without the emblem visible there is little use to wear the medical alert.

Q. A player on our JV baseball team recently pierced his tongue. Is this considered to be visible body jewelry and should he remove it to participate?

Yes. He must remove the tongue stud to be an eligible competitor.

MIXED COMPETITION

Q. A freshman male student is interested in participating on a girls sports team. Must the school district re-evaluate him on a yearly basis?

Yes. According to the mixed competition guidelines, all students need to be re-evaluated yearly. Yearly evaluation assures the monitoring of the growth and development of the individual student.

Q. Last year a female student was approved to participate on a team designed for males under the guidelines of Mixed Competition. Does the student need to be evaluated each year?

In 1993 the guideline was altered to state, “the panel decision applies only to the sport and season for which the application was made. Subsequent seasons or sports will require another review.” The reason for change was predominately safety; a student’s athletic profile could change dramatically from one year to the next.
Q. Our school offers both softball and baseball, can a girl opt to play baseball? Are Baseball and Softball considered two different sports?

Please reference the NYSSAA Handbook. For the purpose of Mixed Competition baseball and softball are considered the same sport. By referencing the chart you will discover that baseball/softball is a panel approved sport. In addition it states when a school has a male (baseball) and female (softball) team females are permitted on the team designed for boys with approval of the Superintendent of Schools and approval of the Review Panel. This order of approval must be followed. Please be aware the decision to approve participation should be based upon the female’s ability to compete successfully on the baseball team. We also reference this in the NYSPHSAA Handbook (p 66) letter “c” regarding the Exceptional girl.

If you do not have the NYSSAA binder, I strongly suggest purchasing one for your high school. It can be ordered from our on-line store or the NYSSAA.

MODIFIED SPORTS

Q. Our basketball team is sure to make our sectional playoffs. Is it possible to move our talented ninth grade Modified Program basketball players up to our varsity level team?

Any students participating in the Modified Program may not be moved up to a junior varsity or varsity team after completion of fifty percent of their modified schedule. For example, if your modified basketball team has a schedule of 14 games and the team has competed in 7 contests, the team members could not be promoted to a high school team. Exception: If there is no JV team in a sport, 9th grade students may be promoted following the end of the modified season.

Q. The NYSPHSAA standard which permits a student to tryout at the high school level without jeopardizing participation at the modified level has recently been changed. What is meant by “may not return to the modified level until the tryout is over”?

The tryout is over when the level of appropriate participation has been decided. The student does not have to participate in a tryout for the entire length of time but may return to the modified level after their evaluation period is over. A student may not exceed the maximum number of try out days.

Q. We have nearly completed our junior varsity baseball season. For the last few games we would like to move two modified program baseball players up to the junior varsity level. May we do this?

Modified program competitors may not be moved up to a high school level of play after completion of fifty percent of their modified schedule. If the modified baseball program consists of 14 games, the two players would be ineligible to be moved to the junior varsity level if their team has competed in seven or more games.

Q. Where do I find the rules for Modified Sports?

There is a section of the NYSPHSAA Handbook (pages 121-150) dedicated to Modified sports. Any situation not covered in the Modified portion of the Handbook shall be governed by the Eligibility Standards of the NYSPHSAA.

OFFICIALS

Q. This year we are operating on a contingency budget. In order to save expenses may we have our physical education staff officiate our modified program competition?

Officials from the NYSPHSAA contracted officiating organizations must be used. The numbers to be employed are stipulated in your local section’s contract. The only time you may have a non-certified person officiate a contest is if on a given day there is no one available from your local officials’ chapter which services the sport in question.
OUT OF STATE COMPETITION

Q. Our baseball team is going to Florida during our spring break. We intent to scrimmage other schools during our stay. Is this permissible?

Scrimmages conducted out-of-state are permitted. Coaches should remember scrimmages are practice sessions and must follow the Standard 12 - INTERSCHOOL SCRIMMAGE/PRACTICE SESSIONS. Otherwise a game will be charged against the maximum number of contests allowed.

Q. I have an exceptional track athlete who would like to participate in an out-of-state track meet. I called the NYSPHSAA office and found out that the meet has been sanctioned by the host state and by New York. Can he go to the meet with his parents and represent our high school?

No. An athlete must be under the direction and supervision of a certified coach approved by your school’s Board of Education in order to compete in a sanctioned contest, game or meet. However, your athlete may compete on his own in open meets or events organized for athletes not representing their schools. He may compete “unattached” - he may not represent his school (no school uniform, no school coach, no school transportation or financial assistance).

Q. Our girl’s lacrosse team is traveling out of state to compete against a high school team that is a member in good standing in their state’s athletic association. Do we need to be concerned about any other rules?

Yes. According to the NYSPHSAA Interstate Contest regulation (page 97) when schools schedule interscholastic contests with schools in other states, each school will observe its own State regulations and standards of eligibility. In the case of girl’s lacrosse, your team will still be required to wear goggles even if the host school is not required to do so. In other sports, regulations such as nights rest, games in a day and other regulations like pitching limitations must be adhered to.

OUTSIDE TEAM PARTICIPATION

Q. Several of my varsity baseball players are joining a recreational baseball league which begins in May. Can they participate in this league while on my team? What about players participating with adults?

In 1988 the NYSPHSAA eliminated its rule which placed prohibitions on outside competition participation by scholastic athletes. Your baseball players may participate on outside teams in any sport at the same time they are on your school teams. Furthermore, none of our standards prevent competition with or against adults during competition sponsored by outside agencies. (also reference College Rule)

PERMISSION FOR SPECIAL ACCOMMODATION

Q. We have a basketball player that has a wrist injury and he was seen by a doctor, the doctor has cleared him to play this upcoming basketball season provided he wears a neoprene wrist guard on his wrist. We have the doctor’s note with the recommendation, what do we need to do to make sure he can wear this brace for games? Do I need to send your office any documentation?

Please check the sport rule book (NFHS Basketball Rule Book) to determine if he can wear the brace. If the rules “prohibit” the brace you will need to contact Assistant Director Todd Nelson and follow the Permission for Special Accommodations process.
Q. I have three student athletes who need one more practice to be eligible to compete in a contest. May I count the warm-up prior to a game as a practice?

   No. By definition a practice is a “session for the purpose of providing instruction and practice in physical conditioning activities, skills, team play, and game strategy designed expressly for that sport....” In addition, “all required practices shall be organized and planned for a reasonable length of time 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 the individual must include vigorous activity...”. A warm up does not meet this requirement.

Q. Due to weather conditions an invitational basketball tournament was rescheduled on a Sunday. Then it was canceled. The host school indicated some “six day” rule. Please explain.

   Under Eligibility Standard #22 Practice Sessions (b) no student or team may participate in practice or games on seven consecutive days during the regular season. The tournament was canceled because most of the invited schools would have already engaged in practices/games during six days prior to the contest.

Q. A family is moving into our district from Ohio in September. Their son has been participating in football. When may he be eligible to compete?

   Once the student-athlete meets the required number of practices he is eligible to compete. Practices at the previous school may be counted if the previous school submits in writing the number and dates of such practice.

Q. One of our soccer players will lack one required practice on the day our first competition is scheduled. May the coach hold a special practice for the athlete so he is eligible for the game?

   While a coach could hold the practice it will not count to meet the minimum practice requirement to be eligible for that day’s contest. The student still would be ineligible for that game.

Q. May a student athlete count their tennis practices toward the cross country practice requirement if they choose to switch sports?

   No. The practice session requirement states that practice sessions shall be organized and planned for a reasonable length of time and shall include vigorous activity specific to the sport. Only one practice session per day and only six days of a calendar week may be counted. NYSPHSAA Handbook page 100.

Q. How many days can a team or individual practice and compete in a week and how are the days counted?

   No student or team may participate in practice or play on seven consecutive days. To count, start with the first practice or game after a day of no activity and count the number of consecutive days regardless if they cross over into the next week. NYSPHSAA Handbook page 100.

Q. A football player will be attending boot camp training this summer and will not complete the training until August 28. May we count the days at Boot Camp as practice since the Marine training involves rigorous activity over an extended period of time?

   No. These practices may not count under any circumstance. According to the NYSPHSAA practice regulation (Standard #22), a practice session must provide instruction and practice in physical conditioning activities, skills, team play, and game strategy designed exclusively for that sport under the supervision of a qualified coach appointed by the Board of Education of the local school district.

Q. One of our soccer players will be attending a week long camp while participating in a tournament with their travel team. May we count those practices to fulfill the required number of practices required prior to competition?

   No, our regulation requires practice to provide instruction and physical conditioning activities, skills, team play and game strategy designed expressly for that sport under the supervision of a qualified coach appointed by the Board of Education of the local school district. NYSPHSAA Handbook page 100.
Q. A student-athlete was cut from the volleyball team and now is interested in joining the cross country team. May we count some of her volleyball practices for the cross country requirement?
   No. None of her volleyball practices can carry over. The practice regulation states that the practices must be designed expressly for that sport. NYSPHSAA Handbook page 100.

Q. May a student-athlete count the warm-up prior to a contest as a practice so they can meet the required number of practices to be eligible to compete in that contest?
   No. By definition a warm-up does not meet the requirements of a practice session.

SANCTIONING

Q. I have an exceptional track athlete who would like to participate in an out-of-state track meet. I called the NYSPHSAA office and found out that the meet has been sanctioned by the host state and by New York. Can he go to the meet with his parents and represent our high school?
   No. An athlete must be under the direction and supervision of a certified coach approved by your school’s Board of Education in order to compete in a sanctioned contest, game or meet. However, your athlete may compete on his own in open meets or events organized for athletes not representing their schools. He may compete “unattached” - he may not represent his school (no school uniform, no school coach, no school transportation or financial assistance).

Q. One of our talented student athletes has been invited to participate in a national championship event. Can the district sponsor their participation by paying the entry fee, providing transportation and lodging?
   No, the school district may not sponsor participation in a non-sanctioned athletic event. The NYSPHSAA has not approved national championship events in any sport. The child may attend this meet but they must be “unattached” from their high school. Please refer to the “Points of Emphasis” document for further details to avoid any school sanctions or participant ineligibility.

Q. A few of our student-athletes are interested in participating in a non-sanctioned track invitational involving athletes from a variety of states. May they attend?
   No, not as members of your school’s team. NYSPHSAA member schools may participate in an interstate contest involving four or more schools, or an interstate contest which is cosponsored by an organization other than a member school only if the event has been sanctioned by our Association. An athlete entering a non-sanctioned event must do so as an individual, totally independent from the school team.

Q. One of our teams wishes to participate in a tournament outside of New York State. How do I make sure if this event is legitimate and will not violate any rules of the NYSPHSAA.
   According to the INTERSTATE CONTEST regulation, school districts are required to give notice to the NYSPHSAA when they plan on participating in an out of state competition involving four or more schools. Contests must be sanctioned by the NFHS and NYSPHSAA. (NYSPHSAA Handbook, page 97) With the substantial increase in high school teams traveling out of state it is imperative to inquire about the event prior to arranging any travel plans. This will help ensure all regulations (such as Amateur, College, Outside Agencies, Non Federation Member Schools, Post Schedule, Post Season and Representation) are being followed appropriately.

SCRIMMAGES

Q. Our field hockey team has scheduled a scrimmage on Monday. That morning we will have completed our eighth team practice. Is this allowable?
   No, you cannot schedule a required practice prior to a scrimmage or a contest on the same day. The first day you can scrimmage would be on day nine.
Q. Our football team is scheduling a series of scrimmages with other schools. Is it permissible to scrimmage one school in the morning and then schedule another scrimmage in the evening if no individual exceeds the maximum 90 live contact plays during that day?

No. Only one scrimmage session may be scheduled in one day. Regardless if a boy participates in one live contact play or forty live contact plays he has participated in a scrimmage. Additionally there must be two nights of rest between scrimmages.

SECTIONAL REPRESENTATION

Q. Does the Association have guidelines which the Sections must follow when selecting their representatives for NYSPHSAA championships?

The NYSPHSAA’s governing board has established a maximum number of competitors to which each section must adhere. The method of selecting their representatives for each sport is left to each section to determine.

Q. A student athlete will have only competed in five contests due to an injury sustained at the beginning of the season. May a waiver of Standard #25 Representation be granted to permit the competitor to participate in Sectionals? How do I go about obtaining the waiver?

Yes, a waiver can be granted by the Section Athletic Council to permit the student to participate in Sectionals. Please contact your Section Executive Director for the procedure you will need to follow.

Q. Due to an illness, one of our soccer athletes has not been an eligible competitor during the regular season in the required six contests. Can we request a waiver so he can compete in Sectional competition?

A regulation (NYSPHSAA Handbook, page 101) should be forwarded to your Section’s Executive Director for action by the Athletic Council.

SELECTION CLASSIFICATION

Q. Last week our varsity swim team competed in a dual meet against a team that had two eighth graders on their squad. Since then it has been determined the eighth graders had not been selectively classified to swim on the varsity team. What is the penalty?

The two eighth graders were ineligible competitors. Thus the entire meet is forfeited (not just the events they swam in) to your school. The eighth grade students could be selectively classified at this point, but prior to any competition they would need to complete the required number of practices again.

Q. Under the Selection Classification program must a student pass all the components of the physical fitness test prior to participating in a try out for a varsity or junior varsity team?

Yes, under the guidelines of the NYS Education Department regulation a student must meet all the required standards in the Selection Classification program before they can participate in a try out. This includes parental permission, developmental screening, and the athletic performance components.

Q. A seventh grade gymnast was selectively classified and placed on the high school gymnastic team. This is her third year on the team. She is still an eighth grader, as she had to repeat the year. Once she enters ninth grade doesn’t she have four years of eligibility?

Once a student has been placed on a high school team through the selection classification process, the “clock” starts counting consecutive years of eligibility. A seventh grade student receives six years of eligibility; an eighth grade student receives five years. In this situation, she has used three of her six consecutive years of eligibility. She would not be eligible for her senior year.
Q. One of our students was selectively classified as a seventh grader to participate on junior varsity baseball. Currently he is repeating 10th grade. Will this affect his eligibility?

When a student is selectively classified to a high school sport he/she is given six years of high school eligibility. The years of eligibility are counted consecutively from the year of the original approval. When a student repeats a grade the count of years continues. In this case the boys’ sixth year of eligibility would occur during his junior year, leaving no eligibility during his senior year.

SPECIAL REQUESTS

Q. One of our soccer players has to wear a knee brace when participating. We were told special permission was needed from the NYSPHSAA to allow the athlete to wear the brace in competition. Is that true?

No. A knee brace is NOT automatically prohibited by the National Federation Soccer Rules. Coaches should examine any knee brace worn by their players to make sure there is no dangerous metal exposed. If the metal or other hard substance on the brace is covered with soft padding, or a soft pliable sheath covers the entire brace, these knee braces shall not be judged illegal. The same procedure is permitted under the National Federation and NCAA basketball rules.

SPORTSMANSHIP

Q. One of the players on my boys’ soccer team was ejected from a game for verbally abusing an official. We were informed he must sit out the next scheduled contest. Doesn’t this penalty apply only to state tournament progression competition?

In April 1993 the NYSPHSAA governing board approved this penalty for all regular season games as well as state tournament games. This policy supersedes any league or sectional policy dealing with sportsmanship.

Q. A member of our varsity soccer team was ejected for unsportsmanlike conduct the last game of our season. I am aware of NYSPHSAA’s Sportsmanship Standard. When would this member sit out a contest?

Disqualification from one season carries over to the next season of participation. For example, if the athlete also participates in basketball he/she will sit out during the first basketball competition.

Q. Our varsity soccer coach was ejected from a game for unsportsmanlike conduct. We understand he must “sit out” the next varsity game. Can he act as coach at a modified soccer contest?

Your varsity soccer coach may not act as coach for any level of play for soccer until after he has sat out the next varsity soccer contest.

Q. A game official red carded a player in the parking lot of a school for directing abusive language to him as he passed by. Does an official have the right to do this?

The authority of a game official begins with the pregame activities as stipulated in the approved game rules and ends when the contest is declared over. Any difficulties with participants and/or other students after the game becomes the responsibility of school personnel.

Q. A student is disqualified for unsportsmanlike conduct in the last game of the season. He then transfers to a new school. Does the penalty follow him?

Yes, if he is enrolled in a NYSPHSAA member school. The former school has the responsibility to inform the admitting school of the disqualification.
Q. Prior to the December holiday recess, our junior varsity coach was disqualified for unsportsmanlike conduct. He also is an assistant coach for the varsity team. We have two tournaments for the varsity team during the break. May he coach at these competitions?

He may only coach at the varsity level if he has sat out the next regularly scheduled junior varsity competition. If that competition is not scheduled until after the holidays, he is not eligible to coach at the varsity level.

STUDENT FACULTY CONTESTS

Q. This semester we want to hold a student/faculty game that would have our staff competing against our varsity basketball team. Is there a problem?

During the basketball season athletes may not compete against adults (faculty or alumni) without losing eligibility. After the season NYSPHSAA has no standard to prohibit these contests. However, the Commissioner’s Regulations General Provisions (h) and (r) clearly indicate competition should be between secondary students which could be cited in litigation.

Q. This May we are planning to hold a game between our junior varsity and varsity basketball team members and our faculty. Is this a violation?

NYSPHSAA’s Representation Standard (d) prohibits games and practices between students and adults during the season. Should such a game occur during the basketball season the student-athletes may be ineligible for the rest of the season from the date of the game. Such games held out of the sport season are not covered by NYSPHSAA standards. However, schools are reminded that the Regulations of the Commissioner of Education do limit extra class athletic activities to competition and practice between pupils in grades 7 through 12. Should an injury occur in a student/faculty game there may be a basis for litigation.

TRANSFER RULE

Q. I’ve heard that there has been a change to the transfer rule. If so, how has it changed?

Yes. Students who return from any school to the public school district of their residence or the private school within that district’s boundaries shall be exempt from the transfer rule. Such a transfer, without penalty, will only be permitted once in a high school career. The motion is effective immediately, however, please check with your local section so you may report the transfer appropriately.

Q. A boy has transferred to our school from a neighboring district without a change of residency. Last year he participated in junior varsity soccer. Isn’t he eligible for varsity soccer this fall?

No, he is not eligible for any level of soccer participation. The Transfer Rule is sport specific. No consideration is given to level of participation.

Q. The Transfer Standard necessitates we keep track of all students enrolling in our school. I’ve asked my coaches to report to me all new students coming out for their teams. We are a large school, however, and I am afraid the coaches may not be aware if a student is newly registered or not. Any suggestions?

Some athletic directors have found it helpful to have their Guidance Department send them the name and date of registration of all entering students as they occur.

Q. A family from out-of-state has just moved into a neighboring public school district. Their son would like to enroll in our district so that he may participate in lacrosse. Is this possible?

When the parents make a residence change the children must enroll in the public school district or in a private school within that district’s boundaries of their parents’ residency to have athletic eligibility.
Q. Our district permits teachers who live outside of the district to enroll their children in our schools tuition free. Are these students eligible for athletics?

These students are treated the same as any other student who changes registration without a corresponding change of their parent’s residence Standard #30 - Transfer. Such students are ineligible to participate in any sport they have participated in one year prior to his/her transfer. In April 1999, the courts upheld the Transfer Standard in these situations (East Bloomfield vs. NYSPHSA).

Q. A student in a neighboring school district may move into our district this summer to live with his grandmother. We know he must receive a waiver from the section since his parents did not move with him. We want to apply for the waiver this spring to make sure he has athletic eligibility. Is this acceptable?

Our Transfer Standard is only activated by a charge in registration. Application for a waiver can only be made after a transfer has taken place.

**TRYOUTS**

Q. I’ve heard the tryout period regulation has changed. What are the new requirements?

At the October Executive Committee meeting the following change in General Eligibility Rule #17 Tryouts (page 103) was amended to read: a.) “A section may establish tryout periods to allow EXCEPTIONAL ATHLETES who have completed and passed the NYS Education Department Selection/Classification (S/C) Procedures and Standards the opportunity to be selected for a high school team. b.) Seventh and eighth grade students must pass the S/C qualifications prior to the tryout period. c.) Ninth grade students do not have to pass the S/C qualifications to participate in the tryout. d.) The tryout period for a modified athlete shall be defined as participation in three (3) of the first five (5) practice days of the high school season. During the tryout period, the modified athlete may not return to the modified program until the athlete’s tryout is complete. e.) Tryout periods for wrestling, boys lacrosse and ice hockey shall be a maximum of five (5) of the first seven (7) practice days of the high school season. f.) The tryout period for football shall be a maximum of eight (8) of the first ten (10) days of the high school season. g.) Student athletes participating in sectionally approved tryout sessions are not subject to the Promotion rule.” (as of January 2003)

**TWO VARSITY SPORTS**

Q. May a school field two varsity level teams in the same sport?

Yes. While not many schools are able to sponsor two teams in the same sport it is permissible. They should be conducted as two separate entities with two rosters of players, with no movement from one squad to the other at any time. Usually such teams are placed in different leagues for regular season play.

**VOLUNTEER COACHES**

Q. Two people in our community would like to volunteer their time as assistant coaches for our soccer teams. Is this permissible?

Anyone coaching interscholastic sports must meet all the standards of the Commissioner’s Regulation 135.4. This means that they meet all the coaching qualification requirements of the State Education Department. Not being paid for coaching does not set aside these requirements. Volunteer coaches, as a special class of coaches, are not recognized by SED.
The following information is provided to assist you in determining the eligibility status of your student-athletes and assist you in administering your athletic program. It is NOT to be used as a substitute for the NYSPHSAA Handbook.

DURATION OF COMPETITION - Standard #8

*Students are eligible for:*
1. Four consecutive seasons of a sport beginning with entry into 9th grade and prior to graduation, and
   NOTE: Five consecutive seasons of a sport in high school athletic competition beginning with entry into 8th grade, and six consecutive seasons of a sport in high school athletic competition commencing with entry into the 7th grade.
2. Until a student reaches their 19th birthday, and
3. If their birthday is on or after July 1, the student may continue to participate for the entire school year.

FOREIGN EXCHANGE STUDENT (Standard #9)

*Students are eligible for one year if:*
1. Is enrolled in an approved CSIET program, and
2. If the host family is not the Athletic Director or member of the School District’s coaching staff, and
3. Has not graduated from the school system in their home country, and
4. Has not reached the age of 19 prior to July 1, and
5. No evidence of placement for athletic purposes.
6. Host family is not the AD or a member of District coaching staff.

HEALTH EXAMINATION (Standard #10)

*Students are eligible if:*
1. An adequate health examination approved by school physician, and
2. The physical was given during the last 12 months, and
3. Completed a health history update (if physical was completed more than 30 days prior to the start of the sport season).
   *Please note, 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.*

HOME SCHOOL STUDENT (Commissioner Regulation - Bona Fide Student)

*Students are NOT eligible under any circumstance because:*
1. Not a Bona Fide Student in your district, and
2. Not on the official attendance roster of the secondary school they wish to represent.

INTERNATIONAL STUDENT (Standard #9)

*Students are eligible if:*
1. Has not graduated from the school system in their home country, and
2. If the host family is not the Athletic Director or member of the School District’s coaching staff, and
3. Has not reached the age of 19 prior to July 1, and
4. Has not participated in the sport at a level equal to or greater than our high school sports program, and
5. No evidence of enrollment for athletic purposes, and host family is not the AD or a member of District coaching staff.
6. See Transfer Rule
INTERNATIONAL COMPETITION (Standard #11)

Hosting an International Contest
1. An International Contest Sanction Application must be filed with the NYSPHSAA at least sixty (60) days prior to event.
2. Opponents must be members of a team representing a secondary school.
3. The contest must be held within the relative sport season and be counted as one of maximum number of contests.
4. A complete report, including a financial statement, must be filed with the NYSPHSAA and the NFHS within thirty (30) days of the contest.

Attending International Competition
1. An International Contest Sanction Application must be filed with the NYSPHSAA at least sixty (60) days prior to the contest.
2. League, conference and sectional schedules may not be altered.
3. Opponents must be members of a team representing a secondary school - our schools follow our eligibility rules and sport standards.
4. Such competitions may not take place within four weeks of the start of the school’s sport season.
5. Practice sessions restricted to maximum number required prior to the first contest.
6. The Section must approve of the trip and competitions.

INTERSTATE COMPETITION (Standard #13)
1. Hosting a contest involving four or more schools, one or more from another state; or, a contest involving three or more states; or, a contest co-sponsored by an outside organization involving a school(s) from other states: file the proper sanction form with the NYSPHSAA office ninety (90) calendar days or more prior to the event, including a list of all participating schools.
2. Participation in an interstate contest involving four or more schools, or any two-school contest involving an outside organization as a co-sponsor, contact the NYSPHSAA office to validate that the event has been sanctioned.
3. Dual Team interstate contests: It is the school’s responsibility to be certain the opposing school is a member in good standing of its State Association; or, a school approved by the State Association; or, a contest involving an outside sponsor is co-sponsored and co-administered by a member or approved school.
4. Fee Schedules: Go to www.nysphsaa.org

NATIONAL MEETS or TOURNAMENTS
Students are NOT eligible:
1. The NYSPHSAA does sanction National events, and
2. The National Federation does not sanction National events.
   NOTE: Athletes attending these meets/tour must do so unattached from and not represent their high school.

OUT OF SEASON ACTIVITIES (Practice Sessions - Standard #22)
School sponsored activities are permissible if:
1. Consist of general conditioning, weight training, weight lifting, intramurals, recreation, open gyms, club activities and camps, and
2. Are not mandated by coaches or school personnel, and
3. Are available to all students.

Non School sponsored activities are permissible if:
1. Not mandate by coaches or school personnel.
   Note: It is recommended that no school equipment be used for these programs as per State Comptroller Opinion 85-37.
SECTIONAL CONTESTS – FOOTBALL (Representation - Standard #25)
Students are eligible if:
1. Have been an eligible participant on a team in that sport in that school for a minimum of three (3) regularly scheduled contests, and
2. Those contests were on different days, and
3. Concluded before the end of the regular season.

SECTIONAL CONTESTS – INDIVIDUAL SPORTS (Representation - Standard #25)
Students are eligible if:
1. Have represented their school in the sport in 6 regularly scheduled contests, and
2. Those contests were on different days, and
3. Concluded before the end of the regular season.

SECTIONAL CONTESTS – TEAM SPORTS (Representation - Standard #25)
Students are eligible if:
1. Have been an eligible participant on a team in that sport in that school for a minimum of six (6) regularly scheduled contests, and
2. Those contests were on different days, and
3. Concluded before the end of the regular season.

SENIOR ALL-STAR CONTESTS (Standard #26)
Students are eligible if:
1. They are seniors and have exhausted their eligibility in that sport, and
2. Only participate in one approved all star contest in that sport, and
3. The contest is held within the designated sport season, and
4. Approved by the Section Athletic Council and NYSPHSAA Executive Director.

TRANSFER (Standard #30)
Students are eligible if:
1. Transferred with a corresponding change of residence of his/her parent (or whom they have resided with for at least six months), and
2. The residency change involved a move from one school district to another.
3. Student who returns from any school to the public school district of their residence or the private school within that district’s boundaries shall be exempt from the Transfer Rule. Such a transfer, without penalty, will only be permitted once in a high school career.

Students are ineligible if:
1. Transferred without a corresponding change in residency of his/her parent (or whom they have resided with for at least six moths), and
2. If participated in a sport during the one year period immediately preceding the transfer, they are ineligible to participate in that particular sport for a period of one year.
NYSPHSAA Transfer Rule
Updated - May 4, 2007

A. A student in grades 9-12 who transfers, with a corresponding change in residence of his/her parents (or other persons with whom the student has resided for at least six months) shall become eligible after starting regular attendance in the second school. A residence change must involve a move from one school district to another. Furthermore, when a student moves from one public school district to another public school district, for athletic eligibility the student must enroll in the public school district or in a private school within that district’s boundaries of his/her parents’ residency. The Superintendent, or designee, will determine if the student has met district residency requirements.

B. A student who transfers without a corresponding change in residence of his/her parents (or other persons with whom the student has resided for at least six months) is ineligible to participate in any interscholastic athletic contest in a particular sport for a period of one (1) year if as a 9-12 student participated in that sport during the one (1) year period immediately preceding his/her transfer. Students who transfer from any school to the public school district of the residence of his/her parents (or other persons with whom the student has resided for at least six months) or a private school within that district’s boundaries shall be exempt from the Transfer Rule. That such a transfer without penalty will only be permitted once in a high school career. NOTE: A student in a foreign exchange program listed by CSIET has a one year waiver of the Transfer Rule. If such a student elects to stay a second year he/she becomes a foreign student at the start of the school year with item (b) in effect.

Exemptions to (b): For athletic eligibility a student must enroll in the public school district or in a nonpublic school within that district’s boundaries of his/her parent’s residency.
1. The student reaches the age of majority and establishes residency in a district and can substantiate that they are independent and self supporting.
2. If a private or parochial school ceases to operate a student may transfer to another private or parochial school of his/her choice. Otherwise, a student must enroll in the public school district of his/her parents’ residency.
3. A student who is a ward of the court or state and is placed in a district by court order. **Guardianship does not fulfill this requirement.**
4. A student from divorced or separated parents who moves into a new school district with one of the aforementioned parents. Such a transfer is allowed once every six months.
5. A student who is declared homeless by the superintendent pursuant to Commissioner’s Regulation 100.2.
6. A student of a military employee who is transferred to an active military base may enroll in the non-public school closest to their residence and maintain eligibility if the student enrolls in a non-public school immediately following the change in residence.

**NOTE:** It is provided, however, that each school shall have the opportunity to petition the section involved to approve transfer without penalty based on an undue hardship for the student.

C. Transfer students trying out for sports before school opens in the fall shall register and be accepted by the principal of that school before the medical examination and the first practice. This shall constitute the start of the regular attendance for falls sports. **NOTE:** After approval by the school medical officer a student may practice immediately and must satisfy the specific Sports Standard according to the number of practice sessions required.

D. Practices at the previous school may be counted toward the minimum number of practices required provided the principal or athletic director of the previous school submits, in writing, the number and dates of such practices to the principal or athletic director of the new school.
TRANSFER APPEAL
GUIDELINES

NYSPHSAA TRANSFER RULE

For consideration when determining hardship waivers of the Transfer Rule

Financial - Appeals require documented proof of a significant loss of income or a significant increase in expenses.
   o Written description outlining the circumstances that lead to the financial hardship.
     Appropriate documentation may include:
     o Evidence of loss of income or change in financial obligations (not self imposed).
     o Family W2 forms – pay stubs.
     o Notarized statement from parent.
     o Statement from employer, attorney, accountant, social services or other professional with knowledge of the circumstances.
     o Most recent tax returns – past two years.

Health and Safety - Appeals are considered for safety, mental health, personal relationships and other like circumstances.
   o Written documentation from Superintendent of Schools or HS principal of the sending school indicating the specific circumstances which necessitated the transfer.
   o Supporting documentation from a third party may be submitted.

Educational -
   o Evidence of three units of credit in a particular subject area or three AP courses not offered in sending school which will qualify for graduation requirement. The Director of Guidance or Principal of sending school must submit a list of their school’s course offerings. The Director of Guidance or Principal of the receiving school must submit a copy of the child's schedule.
   o Written documentation from Superintendent of Schools or HS principal of the sending school indicating the specific academic circumstances requiring the transfer.

Foreign Exchange student -
   o Report all through the Section office by using a standardized form.

May 15, 2007
NYSPHSAA TRANSFER REGULATION
TRANSFER TO SCHOOL OF RESIDENCE FORM
(Incomplete or partial forms will not be accepted)

TO BE COMPLETED BY STUDENT’S SCHOOL OF RESIDENCE

School reporting transfer: ______________________________________________________

Student’s name ___________________________ Date of birth ________________
Date of transfer _______________ Grade level ______________ Age ______________
Current address ____________________________________________________________

Parents’ Names ____________________________________________________________
Current Address(es) __________________________________________________________

Telephone Number(s) _______________________________ _______________________

How long has student resided at the current address? _____________________________
With whom is student residing? ______________________________________________
Relationship of this (these) person(s)? __________________________________________

Reason for transfer (be specific) ______________________________________________

Signed by school administrators of the school of residency.

The undersigned hereby certify that the student named herein has transferred to his/her school of residency without inducement, recruitment or having sought an athletic advantage.

Superintendent’s signature ___________________________ Date ____________

Principal’s signature ___________________________ Date ____________

Athletic Director’s signature ___________________________ Date ____________

************************************************************************************

SECTION _____ USE ONLY

__ APPROVED Signature __________________________________ Date _________

Executive Director

__ DISAPPROVED

__ REFERRED TO ELIGIBILITY COMMITTEE

__ STUDENT RETURNED TO DISTRICT OF RESIDENCY

Return to: Section ____ Address – City – NY - Zip

PART TWO TO BE COMPLETED BY SCHOOL STUDENT PREVIOUSLY ATTENDED
AND RETURNED TO STUDENT'S PRESENT SCHOOL

Name of Student ____________________________________________________________
Date of entrance into the ninth grade ________________________________

Name of School Attended Prior to Transfer _________________________________________
Address of School ____________________________________________________________

Date of entrance to this school ________________________________
Date of withdrawal from this school ________________________________

Reason for withdrawal ________________________________________________________
_________________________________________________________________________

Student's address while attending the above school ________________________________
_________________________________________________________________________

With whom did student reside at this address? ________________________________
Relationship of this (these) person(s)? ________________________________

Did student participate in interscholastic athletics at previous school? YES ___ NO ___
If yes, please complete Sport History in section three.

The undersigned have no knowledge that the student named herein has transferred
to his/her present school with inducement, recruitment or having sought an
athletic advantage.

Superintendent's signature ________________________________ Date __________

Principal's signature ________________________________ Date __________

Athletic Director's signature ________________________________ Date __________

If unsigned, please state reason ____________________________________________
_________________________________________________________________________
### PART THREE - TRANSFER STUDENT SPORT HISTORY

<table>
<thead>
<tr>
<th>Year</th>
<th>Sport</th>
<th>Level</th>
<th>School</th>
</tr>
</thead>
<tbody>
<tr>
<td>7th Grade</td>
<td></td>
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<td>8th Grade</td>
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<tr>
<td>11th Grade</td>
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<td></td>
</tr>
<tr>
<td>12th Grade</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Student Name: __________________________________________

Date of entrance into the ninth grade: ______________________

Current School: __________________________________________
REQUEST FOR WAIVER
OF
NYSPHSAA OF TRANSFER REGULATION
(Incomplete or partial forms will not be accepted)

PART ONE - TO BE COMPLETED BY STUDENT’S PRESENT SCHOOL

School submitting request: _____________________________________________________

Student’s name __________________________ Date of birth ________________
Date of transfer ___________ Grade level ___________ Age ___________
Current address __________________________________________________________

Parents’ Names ____________________________________________________________________________
Current Address(es) _________________________________________________________________________
________________________________________________________________________________________

Telephone Number(s) (_____)________________________ (_____)________________________

How long has student resided at the current address? ______________________________
With whom is student residing? _________________________________________________
Relationship of this (these) person(s)? ____________________________________________

Reason for transfer (be specific) ______________________________________________________________________________________

Signed by school administrators of school where student is currently enrolled after receipt of sections two and three from the school student previously attended.

The undersigned hereby certify that the student named herein has transferred to his/her present school without inducement, recruitment or having sought an athletic advantage.
Superintendent’s signature ___________________________ Date __________
Principal’s signature ___________________________ Date __________
Athletic Director’s signature ___________________________ Date __________

***************************************************************************

SECTION _____ USE ONLY

Signature ___________________________ Date __________
Section Representative ________________
Title ___________________________

___ APPROVED
___ DISAPPROVED
___ REFERRED TO ELIGIBILITY COMMITTEE

Return to: Section _____ Address – City – NY - Zip
PART TWO TO BE COMPLETED BY SCHOOL STUDENT PREVIOUSLY ATTENDED
AND RETURNED TO STUDENT'S PRESENT SCHOOL

Name of Student ______________________________________________________________
Date of entrance into the ninth grade ______________________________

Name of School Attended Prior to Transfer __________________________________________
Address of School _____________________________________________________________

Date of entrance to this school ______________________________
Date of withdrawal from this school ______________________________

Reason for withdrawal _________________________________________________________
__________________________________________________________________________

Student's address while attending the above school ______________________________
__________________________________________________________________________

With whom did student reside at this address? ______________________________
Relationship of this (these) person(s)? ________________________________________

Did student participate in interscholastic athletics at previous school? YES __ NO __
If yes, please complete Sport History in section three.

The undersigned have no knowledge that the student named herein has transferred
to his/her present school without inducement, recruitment or having sought an
athletic advantage.

Superintendent's signature ___________________________ Date __________

Principal's signature ___________________________ Date __________

Athletic Director's signature ___________________________ Date __________

If unsigned, please state reason_______________________________________________
__________________________________________________________________________
### PART THREE - TRANSFER STUDENT SPORT HISTORY

Student Name

Date of entrance into the ninth grade

Current School

<table>
<thead>
<tr>
<th>Year</th>
<th>Sport</th>
<th>Level</th>
<th>School</th>
</tr>
</thead>
<tbody>
<tr>
<td>7th Grade</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>12th Grade</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
FOREIGN STUDENT REPORTING FORM

New York State Public High School Athletic Association

Foreign Student Name______________________________________________

Country of Origin__________________________________________________

Date of Birth______________________________________________________

Has the student graduated from the secondary school system in their country?  YES  NO  (circle one)

If YES, the student is not eligible for interscholastic athletic participation.

If NO, please complete the rest of the form.

This foreign student possesses a:  J1 visa  F1 visa  (circle one)

As stated in the NYSPHSAA, Inc. Handbook, this foreign student meets the standards and criteria of the following:  (Check one)

_____ Is a bona fide Foreign Exchange Student, who is a participant in the approved CSIEP program, __________________________;  
FULL NAME OF FOREIGN EXCHANGE PROGRAM

_____ Is an International Student under the requirements of Standard #9 Foreign Student and #30 Transfer;

and will participate in the following sports:

FALL

WINTER

SPRING

______________________________________________________________

______________________________________________________________

______________________________________________________________

Athletic Director - Name___________________________________________

School

Athletic Director - SIGNATURE_______________________________________

Date

CC:  Section Executive Director
SANCTIONING

Hosting an Event:

- NYSPHSAA Sanctioning Form (bordering states)
  - 4 or more schools (1 of them out of state) or 3 or more states.
  - Application must be submitted 30 days prior to the event – No Fee.
  - Canada is not considered foreign country, considered bordering state.

- NFHS Sanctioning Form (Interstate and International)
  - 2 or more schools co-sponsored by an outside agency.
  - Non-boarding event if 5 or more states involved.
  - Non-boarding event if 8 or more schools involved.
  - Any event that involves two or more schools and involves a foreign country.
    - Canada and Mexico considered bordering states.
  - Forms due to NYSPHSAA office 90 days prior to event – Fee required.

Attending an Event:

- Notice of entry required to NYSPHSAA office. Please notify office before making travel and hotel arrangements.
- Event includes 4 or more schools or any event co-sponsored by an outside agency.
- Contact Barb Hennessey or Todd Nelson at (518)690-0771 or email bsacci@nysphsaa.org.

Information:

- All forms are located on the NYSPHSAA.org website.
- All applications must include a complete list of invited schools.
- Final list due 20 days prior for Track, Cross Country, and Golf.
- Any questions contact Barb Hennessey or Todd Nelson at (518) 690-0771.
POINTS OF EMPHASIS

In order to encourage compliance within the spirit of NYSPHSAA and Commissioners Regulations this is to serve to guide school districts so that athletes can avoid being declared ineligible for high school competition.

High school aged athletes wishing to compete in unsanctioned events or so called “national” events may participate if they are not representing their high school and/or their high school is not sponsoring the event in any manner.

Clubs should have no affiliation with the school or school’s athletic program. Coaches should be volunteers or compensated by club funds. Clubs should be self insured and not under the insurance policy of the school district. Clubs should establish a name different from the high school team and purchase separate uniforms for competition.

School uniforms may not be worn. According to NFHS Track and Field rules “School issued uniforms must be worn in competition”. Therefore any uniform (regardless of purchaser) worn during high school competition must not be worn in unsanctioned events.

School district funds should not be used to fund entry fees, travel, meals, lodging, etc. School districts should not be linked with an athlete’s participation in any manner.

Athletes should be encouraged to obtain a USATF card. Membership also includes insurance for the individual.
27. **SPORTSMANSHIP:** The Association recognizes and appreciates that the influence and responsibility of the school administration with regard to good sportsmanship extends to all levels of competition. However, it must also be seen that the NYSPHSAA has been vested with the responsibility to ensure that all contests under its jurisdiction are conducted satisfactorily. This standard applies to all regular season and post schedule play.

a. **Coach:**

1. Any coach excluded by a certified official from an interschool competition for unsportsmanlike conduct, including taunting, is ineligible to coach any interschool competition in that sport until after the next previously scheduled contest at the same level (e.g. junior varsity, varsity, etc.) has been completed. In individual sports a multi-day contest is considered to be a contest. Disqualification from one season carries over to the next season of participation. The coach may not be present at the game site or communicate in any manner during the contest with any person present at the site. **NOTE:** "Not being physically present at the site" means the disqualified coach is not to be present in the locker room, on the sidelines, in the stands or site area before, during or after the game/meet. (see Taunting, p. 89, Next Previously Scheduled Contest, p. 87)

Any coach:

1. Who receives a disqualification penalty in a sport shall not participate in the next regularly scheduled contest;
2. Who receives a second disqualification penalty in the same sport in the same season shall not participate in the next two regularly scheduled contests; and
3. Who receives a third disqualification penalty in the same sport in the same season will not be allowed to participate for the rest of the season. If the third ejection takes place in the last contest of the season (regular season or post schedule play), the Section Athletic Council will assess the penalty carrying over into the next season of participation.

b. **Player:**

1. Any member of a squad ruled out of a contest for unsportsmanlike conduct, including taunting, or for a flagrant foul shall not participate in that sport in the next previously scheduled contest with a member school or in NYSPHSAA tournament play. In individual sports a multi-day contest is considered to be a contest. The contest in which the athlete was disqualified must count in the total maximum number of contests permitted. Disqualifications from one season carry over to the next season of participation. (see Taunting, p. 89, Next Previously Scheduled Contest, p. 87)

Any player:

1. Who receives a disqualification penalty in a sport shall not participate in the next regularly scheduled contest;
2. Who receives a second disqualification penalty in the same sport in the same season shall not participate in the next two regularly scheduled contests; and
3. Who receives a third disqualification penalty in the same sport in the same season will not be allowed to participate for the rest of the season. If the third ejection takes place in the last contest of the season (regular season or post schedule...
play), the Section Athletic Council will assess the penalty carrying over into the next season of participation.

2. Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intent to annoy, harass or intimidate an official shall be expelled from the game immediately and banned from further participation in all sports for a period of time to be determined by the section not to exceed one year from the date of the offense. **NOTE:** Member of the squad includes player, manager, score keepers, timers, and statisticians.

c. **Official:**

1. Unprofessional conduct on the part of the official such as, but not limited to, taunting, baiting, use of profanity, shall be reported by a school administrator from the aggrieved school to the section executive director. A request will be made to the appropriate sport officials chapter to investigate the incidence and to report their action to the section in a timely manner.
# 2009-2010 NYSPHSAA Championship Dates/Sites

## Fall 2009

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 7</td>
<td>Boys Gymnastics (Reg.)</td>
<td>SUNY Brockport (5)</td>
</tr>
<tr>
<td>Nov. 7, 8, 9</td>
<td>Girls Tennis</td>
<td>Eastside Racquet Club, Manlius (3)</td>
</tr>
<tr>
<td>Nov. 14</td>
<td>Boys/Girls X-Country</td>
<td>SUNY Plattsburgh (7)</td>
</tr>
<tr>
<td>Nov. 14</td>
<td>Boys Volleyball (Reg.)</td>
<td>Webster-Schroeder HS (5)</td>
</tr>
<tr>
<td>Nov. 20-21</td>
<td>Field Hockey</td>
<td>Vestal HS (4)</td>
</tr>
<tr>
<td>Nov. 20-21</td>
<td>Girls Soccer</td>
<td>SUNY Cortland/Homer /Tompkins CCC (3)</td>
</tr>
<tr>
<td>Nov. 20-21</td>
<td>Girls Swimming/Diving</td>
<td>Webster-Schroeder HS (5)</td>
</tr>
<tr>
<td>Nov. 20-21</td>
<td>Football East Semi</td>
<td>Dietz Stadium, Kingston (9)</td>
</tr>
<tr>
<td>Nov. 20-21</td>
<td>Football West Semi</td>
<td>Paetac Park, Rochester (5)</td>
</tr>
<tr>
<td>Nov. 21</td>
<td>Federation X-Country</td>
<td>Bowdoin Park, Wappingers Falls (1)</td>
</tr>
<tr>
<td>Nov. 21-22</td>
<td>Boys Soccer</td>
<td>Nat. Soccer Hall of Fame, Oneonta (4)</td>
</tr>
<tr>
<td>Nov. 21-22</td>
<td>Girls Volleyball</td>
<td>Civic Center, Glens Falls (2)</td>
</tr>
<tr>
<td>Nov. 27-29</td>
<td>Football Finals</td>
<td>Carrier Dome, Syracuse (3)</td>
</tr>
</tbody>
</table>

## Winter 2009-10

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb. 23-24</td>
<td>Boys/Girls Skiing</td>
<td>Bristol Mountain, Canandaigua (5)</td>
</tr>
<tr>
<td>Feb. 26-27</td>
<td>Wrestling</td>
<td>Times Union Center, Albany (2)</td>
</tr>
<tr>
<td>Feb. 26-27</td>
<td>Boys Swimming/Diving</td>
<td>Erie CC (6)</td>
</tr>
<tr>
<td>Feb. 27</td>
<td>Girls Gymnastics</td>
<td>Cold Spring Harbor HS (8)</td>
</tr>
<tr>
<td>Feb. 27</td>
<td>Girls Volleyball (Regional: 3/4/7)</td>
<td>TBA</td>
</tr>
<tr>
<td>March 6</td>
<td>Rifle (Regional)</td>
<td>West Point (9)</td>
</tr>
<tr>
<td>March 6</td>
<td>Boys/Girls Indoor Track/Field</td>
<td>Barton Hall, Cornell U., Ithaca (4)</td>
</tr>
<tr>
<td>March 6</td>
<td>Boys Volleyball (Regional: 2/3)</td>
<td>Whitesboro HS (3)</td>
</tr>
<tr>
<td>March 6-7</td>
<td>Boys/Girls Bowling</td>
<td>Mardi Bob Lanes, Poughkeepsie (9)</td>
</tr>
<tr>
<td>March 13-14</td>
<td>Ice Hockey</td>
<td>Memorial Auditorium, Utica (3)</td>
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<tr>
<td>March 19, 20, 21</td>
<td>Boys Basketball</td>
<td>Glens Falls Civic Center (2)</td>
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<tr>
<td>March 19, 20, 21</td>
<td>Girls Basketball</td>
<td>Hudson Valley C.C., Troy (2)</td>
</tr>
<tr>
<td>March 26-27-28</td>
<td>Boys/Girls Federation Basketball</td>
<td>Glens Falls Civic Center (2)</td>
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## Spring 2010

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Site</th>
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<tbody>
<tr>
<td>June 3, 4, 5</td>
<td>Boys Tennis</td>
<td>USTA Complex (NYC)</td>
</tr>
<tr>
<td>June 5, 6, 7</td>
<td>Boys Golf</td>
<td>Cornell Univ. (4)</td>
</tr>
<tr>
<td>June 10</td>
<td>Boys Lacrosse East Semi</td>
<td>Hofstra University (8)</td>
</tr>
<tr>
<td>June 10</td>
<td>Boys Lacrosse West Semi</td>
<td>Cicero-North Syracuse HS (3)</td>
</tr>
<tr>
<td>June 11-12</td>
<td>Boys/Girls Outdoor Track/Field</td>
<td>Vestal HS (4)</td>
</tr>
<tr>
<td>June 11-12</td>
<td>Girls Lacrosse</td>
<td>SUNY Cortland (3)</td>
</tr>
<tr>
<td>June 11, 12, 13</td>
<td>Girls Golf</td>
<td>SUNY Delhi (4)</td>
</tr>
<tr>
<td>June 12</td>
<td>Boys Lacrosse Finals</td>
<td>SUNY Stony Brook (11)</td>
</tr>
<tr>
<td>June 12</td>
<td>Baseball</td>
<td>Binghamton (4)</td>
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<tr>
<td>June 12</td>
<td>Softball</td>
<td>Waterloo HS (5)</td>
</tr>
<tr>
<td>June 13</td>
<td>Federation Golf</td>
<td>Mark Twain (4)</td>
</tr>
</tbody>
</table>

7/27/09
Introduction
Any New York State Championship must achieve a standard of Excellence which places it beyond criticism either from an organizational or educational point of view. In essence, each championship represents all of New York scholastic sports and if, for any reason, something disrupts a championship, then the impact of such disruption will be felt by the NYSPHSAA, Inc. and its member schools. What appears at present to pose the greatest threat is the misbehavior of athletes or the lack of supervision responsibilities by coaches while attending such championships.

Coaches/Supervisors Responsibilities
1. Enforce Code of Conduct for athletes. Discipline violators on the spot. Report problems to supervisors and send written reports to the Section and home school district.
2. Set curfews and bed checks and implement them.
3. Be responsible for athletes from departure point of trip until trip is completed and ensure that all athletes have transportation to their home.
4. Conduct room checks and inspection of hotel room with occupants of each room prior to the night’s stay, and check/inspect each hotel room after the night’s stay. Report any damage, which will be the responsibility of the occupants of the room.
5. Submit Hotel Report form to hotel.
6. Make sure all parent signature slips are in and emergency information is complete.
7. Notify proper authorities in cases of serious injury to athletes.
8. Know where athletes are at all times.
9. Abstain from the use of alcohol and controlled substances (unless prescribed by a physician).
10. Abstain from gambling of any kind.

I understand my responsibilities to my athlete(s) and expectations of my behavior.

Coach/Supervisor Signature __________________________ Date ____________

CONSENT FOR USE OF PHOTOGRAPHY FOR PUBLICITY OR ADVERTISING PURPOSES

I do hereby consent to the use of my photographs in association with any production, media, or news events for the New York State Public High School Athletic Association.

I understand that the New York State Public High School Athletic Association may use my photographs or stories in publications, press materials, web sites, and print and television advertisements promoting the New York State Public High School Athletic Association, its philosophies, and programs.

I hereby irrevocably consent to and authorize the use and reproduction by you, or anyone authorized by the New York State Public High School Athletic Association, of any and all photographs which you have taken during this sport season of me, negative or positive, for any purpose whatsoever, without compensation to me. All negatives and positives, together with prints shall constitute the property of the NYSPHSAA, solely and completely.

I hereby consent to the use of my photograph(s). (sign only if ‘yes’)  

Athlete Signature __________________________ Date ____________  
Parent/Guardian Signature __________________________ Date ____________  

Code of Conduct for Athletes
1. Use of alcoholic beverages, tobacco products and other drugs (unless prescribed by a physician) will not be tolerated.
2. All curfews and bed checks will be adhered to as set up by the supervisor or coach in charge.
3. Athletes are responsible for their conduct in regard to public property such as: hotel rooms, transporting vehicles, field and courts, locker rooms, etc. Athletes or the school that they represent will be held financially responsible for any damage that they incur.
4. Hotel rooms will be inspected by the supervisor and the occupants of each room prior to the occupying of each room and again before check-out.
5. Athletes must use transportation authorized by their section and school to and from the event.
6. There will be no gambling of any kind.

General Guidelines
1. Athletes should stay in groups when traveling or sightseeing. DO NOT TRAVEL ALONE or leave the group.
2. Athletes should make sure the supervisor/coach knows where they are, who is with them, and when they will return when leaving the general area of the contest.
3. Dress for all trips should be neat, clean and socially acceptable. Athletes are representing their Section as well as their own school district. All actions reflect on these institutions.

Violation - Penalties
If an athlete violates an established rule, the coach or supervisor in charge has the responsibility of disciplining the athlete using the following guidelines:

1. If the violation is prior to the contest or event, the athlete will not be allowed to compete in the contest or further contests. The Section and home school will be notified and a recommendation from the Section for disciplinary action will be given.
2. If the violation is after the contest or event, the home school will be notified and a recommendation from the Section for disciplinary action will be given.
3. If a situation becomes intolerable, the parents and school will be notified immediately and arrangements will be made to transport the athlete home, at Section/school expense, and in the custody of a Section/school representative. If proper action is not taken by the home school, sanctions may be imposed by the Section and/or State Association against the athlete or school district.

I have read and understand the Code of Conduct.

Athlete Signature __________________________ Date ____________  
Parent/Guardian Signature __________________________ Date ____________

I hereby consent to the use of my photograph(s). (sign only if ‘yes’)

Athlete Signature __________________________ Date ____________  
Parent/Guardian Signature __________________________ Date ____________
PARENT RELEASE FORM
EMERGENCY MEDICAL CARE

Your son/daughter has qualified to participate in a NYSPHSAA Championship. In order to ensure he/she receives the proper medical care as needed you must provide the health information below. By signing this form you are authorizing the school’s coach or administrator, or tournament official to act on your behalf in authorizing emergency medical, dental, surgical care and hospitalization for your son/daughter in your absence.

Thank you for your cooperation.

(Athlete Name)          (Birthdate)
(Address)              (Phone)
(Parent/Guardian Name) (Address)          (Home&Business phone)
(Athlete’s School)    (Principal)         (School phone)
(Who to contact in case of emergency, other than parent/guardian)         (Phone)
(Family Physician )              (Phone number)

Allergies or special conditions

I have read and understand the above parent release form. I do hereby authorize the care referenced above for my child; and I do further release the NYSPHSAA and its agents from any claim whatsoever on account of care authorized pursuant to this emergency medical care release form.

(Parent/Guardian Signature)               (Date)

Code of Conduct

For Regional & Championship Competitions

Responsibilities and Guidelines for Athletes and Coaches Participating in Regional and Championship Contests

An athlete will not be allowed to participate without this form completed!

July 2006
PROPOSED AMENDMENT TO THE REGULATIONS OF THE COMMISSIONER OF EDUCATION

Pursuant to sections 101, 207, 305 (1) and (2), 803 (5), and 3204 (2) of the Education Law

1. Subparagraph (i) of paragraph (2) of subdivision (c) of section 135.4 of the Regulations of the Commissioner of Education is amended, effective July 16, 2009, as follows:

   (i) Elementary instructional program-grades K through 6. Pupils in grades K - 6 shall participate in the physical education program as follows:

      (a) all pupils in grades K-3 shall participate in the physical education program on a daily basis. All pupils in grades 4-6 shall participate in the physical education program not less than three times each week. The minimum time devoted to such programs (K-6) shall be at least 120 minutes in each calendar week, exclusive of any time that may be required for dressing and showering; [or]

      (b) notwithstanding the provisions of clause (a) of this subparagraph, pupils in grades 5-6 who are in a middle school shall participate in the physical education program a minimum of three periods per calendar week during one semester of each school year and two periods during the other semester, or a comparable time each semester if the school is organized in other patterns; or

      (c) as provided in an equivalent program approved by the Commissioner of Education;

2. Paragraph (7) of subdivision (c) of section 135.4 of the Regulations of the Commissioner of Education is amended, effective July 16, 2009, as follows:
(7) Basic code for extraclass athletic activities. Athletic participation in all schools shall be planned so as to conform to the following:

(i) General provisions. It shall be the duty of trustees and boards of education:

(a) to conduct school extra class athletic activities in accordance with this Part and such additional rules consistent with this basic code as may be adopted by such boards relating to items not covered specifically in this code. A board may authorize appropriate staff members to consult with representatives of other school systems and make recommendations to the board for the enactment of such rules;

(b) to make the extra class athletic activities an integral part of the physical education program;

(c) to [permit] appoint individuals, whether in a paid or non-paid (volunteer) status, to serve as coaches of interschool athletic teams, other than intramural teams or extramural teams, in accordance with the following:

(1) [certified] Certified physical education teachers may coach any sport in any school[;]

(2) [teachers] Teachers with coaching qualifications and experience certified only in areas other than physical education may coach any sport in any school, provided they have completed:

(i) the first aid requirement set forth in section 135.5 of this Part; and

(ii) an approved pre-service or in-service education program for coaches or will complete such a program within [three] five years of appointment. Such program shall include an approved course in [philosophy, principles and organization of athletics] Philosophy, Principles and Organization of Athletics, which shall be completed within
two years after initial appointment as a coach, and approved courses in Health Sciences Applied to Coaching, and Theory and Techniques of Coaching that is sport specific, which shall be completed within five years after initial appointment as a coach. Such approved programs for coaches will consist of one of the following (credits and hours vary depending upon the contact and endurance involved in the sport): a department-approved college program of from two to eight credits; or a department approved in-service education program, conducted by schools, colleges, professional organizations or other recognized groups or agencies, from 30 to 120 clock hours; or an equivalent experience which is approved by the Commissioner of Education. Upon application to the Commissioner of Education in a format prescribed by the Commissioner and setting forth the reasons for which an extension is necessary, the period in which to complete such training may be extended to no more than seven years after such appointment; provided that coaches who have a lapse in service due to maternity leave, military leave, or other extenuating circumstances may apply to the Commissioner for an additional extension of no more than two years to complete course work.

(3) [temporary] Temporary coaching license. Except as provided in subclause (4) of this clause and notwithstanding the provisions of section 80-5.10 of this Title, other persons with coaching qualifications and experience satisfactory to the board of education may be [employed] appointed as temporary coaches of interschool sport teams whether in a paid or non-paid (volunteer) status, when certified teachers with coaching qualifications and experience are not available, upon the issuance by the
A temporary coaching license, valid for one year, will be issued under the following conditions:

(i) the superintendent of schools shall submit a statement to the Department that the district is unable to obtain the services of a certified teacher with coaching qualifications and experience; 

(ii) candidates for initial temporary licensure shall have completed the first aid requirement set forth in section 135.5 of this Part prior to the first day of coaching; 

(iii) candidates for the first renewal of a temporary license shall have completed or be enrolled in an approved course in philosophy, principles and organization of athletics; 

(iv) candidates for any subsequent renewal of a temporary license shall have completed an approved pre-service or in-service education program for coaches which shall include an approved course in Philosophy, Principles and Organization of Athletics, which shall be completed within two years after initial appointment as a coach, and approved courses in Health Sciences Applied to Coaching, and Theory and Techniques of Coaching that is sport specific, which shall be completed within five years after initial appointment as a coach. 

Such approved programs for coaches shall consist of one of the following (credits and hours vary depending upon the contact and endurance involved in the sport): a department-approved college program of from two to eight credits; or a department approved in-service education program, conducted by schools, colleges, professional
organizations or other recognized groups or agencies, from 30 to 120 clock hours; or an
equivalent experience which is approved by the Commissioner of Education. Upon
application in a format prescribed by the Commissioner of Education and setting forth
the reasons for which an extension is necessary, the period in which to complete such
training may be extended to no more than seven years after such appointment;
provided that coaches who have a lapse in service due to maternity leave, military
leave, or other extenuating circumstances may apply to the Commissioner for an
additional extension of no more than two years to complete course work.

(4) . . .

(5) . . .

(d) . . .

(e) . . .

(f) . . .

(g) . . .

(h) . . .

(i) . . .

(j) . . .

(k) . . .

(l) . . .

(m) . . .

(n) . . .

(o) . . .

(p) . . .
(ii) Provisions for interschool athletic activities for pupils in grades 7 through 12. It shall be the duty of the trustees and boards of education to conduct interschool athletic competition for grades 7 through 12 in accordance with the following:

(a) . . .

(b) Interschool athletic competition for pupils in senior high school grades 9, 10, 11 and 12. Inter-high school athletic competition shall be limited to competition between high school teams, composed of pupils in grades 9 to 12 inclusive, except as otherwise provided in subclause (a)(4) of this subparagraph. Such activities shall be conducted in accordance with the following:

(1) Duration of competition. A pupil shall be eligible for senior high school athletic competition in a sport during each of four consecutive seasons of such sport commencing with the pupil's entry into the ninth grade and prior to graduation, except as otherwise provided in this subclause. If a board of education has adopted a policy, pursuant to subclause (a)(4) of this subparagraph, to permit pupils in the seventh and eighth grades to 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. A pupil shall be eligible for interschool competition in
grades 9, 10, 11 and 12 until the last day of the school year in which he or she attains the age of 19, except as otherwise provided in subclause (a)(4) of this subparagraph or in this subclause. The eligibility for competition of a pupil who has not attained the age of 19 years prior to July 1st may be extended under the following circumstances.

(i) If sufficient evidence is presented by the chief school officer to the section to show that the pupil's failure to enter competition during one or more seasons of a sport was caused by illness, accident, or similar circumstances beyond the control of the student, such pupil's eligibility shall be extended accordingly in that sport. In order to be deemed sufficient, the evidence must include documentation showing that as a direct result of the illness, accident or other circumstance beyond the control of the student, the pupil will be required to attend school for one or more additional semesters in order to graduate.

(ii) ... 

(2) ... 

(3) ... 

(c) ...
Permission for Special Accommodations

Every situation requesting permission for special accommodations (including religious apparel) is evaluated on an individual basis.

The procedure is as follows:

**SPECIAL DEVICES AND PROSTHESIS**
1. Written approval by the school physician to participate in a specific sport while wearing the device.
2. Review of the NYSPHSAA approved sport specific rules to determine if there is a prohibition.
3. The member school requests, in writing from the Athletic Director on school stationery, a review and evaluation by the Assistant Director responsible for safety. All requests are to be accompanied by photos of the device being worn by the student taken from several different angles. Additionally, documentation of school physician approval is to be sent.
4. NYSPHSAA review consists of reviewing the game rules, evaluating if the student would be safe participating while wearing the device, evaluating if teammates and opponents are placed at risk, and possible consultation with our medical advisors.

**RELIGIOUS ACCOMMODATIONS**
1. Review of the NYSPHSAA approved sport specific rules to determine if there is a prohibition.
2. For a special accommodation the member school requests, in writing, a review and evaluation by the Assistant Director responsible for safety.
3. Written explanation of the special accommodation needed from the student’s religious leader.
4. NYSPHSAA review consists of reviewing the game rules, evaluating if the student would be safe participating while wearing the device, evaluating if teammates and opponents are placed at risk, and possible consultation with our medical advisors.

**SPECIAL ACCOMMODATION**
1. Review of the NYSPHSAA approved sport specific rules to determine if there is a prohibition.
2. The member school requests, in writing, a review and evaluation by Assistant Director responsible for safety.
3. Written documentation from school physician outlining the student’s physical limitations and need for a special accommodation.
4. NYSPHSAA review consists of reviewing the game rules, evaluating if the student would be safe participating while wearing the device, evaluating if teammates and opponents are placed at risk, and possible consultation with our medical advisors.

The NYSPHSAA will provide written notice of approval or denial to the school district in a timely manner.
CONCUSSION CHECKLIST
(Revision #3)

Name: ___________________________ Age: _____ Grade: _____ Sport: ________________

Date of Injury: __________________ Time of Injury: ____________________________

On Site Evaluation
Description of Injury: __________________________________________________________

Has the athlete ever had a concussion? Yes No
Was there a loss of consciousness? Yes No Unclear
Does he/she remember the injury? Yes No Unclear
Does he/she have confusion after the injury? Yes No Unclear

Symptoms observed at time of injury:
Dizziness Yes No Headache Yes No
Ringing in Ears Yes No Nausea/Vomiting Yes No
Drowsy/Sleepy Yes No Fatigue/Low Energy Yes No
“Don’t Feel Right” Yes No Feeling “Dazed” Yes No
Seizure Yes No Poor Balance/Coord. Yes No
Memory Problems Yes No Loss of Orientation Yes No
Blurred Vision Yes No Sensitivity to Light Yes No
Vacant Stare/ Glassy Eyed Yes No Sensitivity to Noise Yes No

* Please circle yes or no for each symptom listed above.

Other Findings/Comments: ____________________________________________________

Final Action Taken: Parents Notified Sent to Hospital
Evaluator’s Signature: ___________________________ Title: _________________________
Address: ___________________________ Date: _______ Phone No.: ___________________
**Physician Evaluation**  
(Revision #3)

**Date of First Evaluation:** ________________  
**Time of Evaluation:** ________________

**Date of Second Evaluation:** ________________  
**Time of Evaluation:** ________________

<table>
<thead>
<tr>
<th>Symptoms Observed:</th>
<th>First Doctor Visit</th>
<th>Second Doctor Visit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dizziness</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td></td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Headache</td>
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<td>No</td>
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<tr>
<td></td>
<td>Yes</td>
<td>No</td>
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<tr>
<td>Tinnitus</td>
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<td>No</td>
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<tr>
<td></td>
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<td>No</td>
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<tr>
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<tr>
<td>Fatigue</td>
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<td>No</td>
</tr>
<tr>
<td></td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Drowsy/Sleepy</td>
<td>Yes</td>
<td>No</td>
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<td></td>
<td>Yes</td>
<td>No</td>
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<tr>
<td>Sensitivity to Light</td>
<td>Yes</td>
<td>No</td>
</tr>
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<td></td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Sensitivity to Noise</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td></td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Anterograde Amnesia (after impact)</td>
<td>Yes</td>
<td>N/A</td>
</tr>
<tr>
<td></td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Retrograde Amnesia (backwards in time from impact)</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td></td>
<td>N/A</td>
<td>N/A</td>
</tr>
</tbody>
</table>

* Please indicate yes or no in your respective columns. First Doctor use column 1 and second Doctor use column 2.

**First Doctor Visit:**

**Did the athlete sustain a concussion?** *(Yes or No)* (one or the other must be circled)

**Post-dated releases will not be accepted. The athlete must be seen and released on the same day.**

**Please note that if there is a history of previous concussion, then referral for professional management by a specialist or concussion clinic should be strongly considered.**

**Additional Findings/Comments:**

**Recommendations/Limitations:**

**Signature:** ___________________________  
**Date:** ___________________________

**Print or stamp name:** ___________________  
**Phone number:** ______________________

---

**Second Doctor Visit:**

***** Athlete must be completely symptom free in order to begin the return to play progression. If athlete still has symptoms more than seven days after injury, referral to a concussion specialist/clinic should be strongly considered.**

**Please check one of the following:**

- [ ] Athlete is asymptomatic and is ready to begin the return to play progression.
- [ ] Athlete is still symptomatic more than seven days after injury.

**Signature:** ___________________________  
**Date:** ___________________________

**Print or stamp name:** ___________________  
**Phone number:** ______________________
Return to play Protocol following a concussion.

The following protocol has been established in accordance to the National Federation of State High School Associations and the International Conference on Concussion in Sport, Prague 2004.

When an athlete shows ANY signs or symptoms of a concussion:
1. The athlete will not be allowed to return to play in the current game or practice.
2. The athlete should not be left alone, and regular monitoring for deterioration is essential over the initial few hours following injury.
3. The athlete should be medically evaluated following the injury.
4. Return to play must follow a medically supervised stepwise process.

The cornerstone of proper concussion management is rest until all symptoms resolve and then a graded program of exertion before return to sport. The program is broken down into six steps in which only one step is covered a day. The six steps involve the following:

1. No exertional activity until asymptomatic for seven consecutive days.
2. Light aerobic exercise such as walking or stationary bike, etc. No resistance training.
3. Sport specific exercise such as skating, running, etc. Progressive addition of resistance training may begin.
4. Non-contact training/skill drills.
5. Full contact training in practice setting.
6. Return to competition

If any concussion symptoms recur, the athlete should drop back to the previous level and try to progress after 24 hours of rest.

The student-athlete should also be monitored for recurrence of symptoms due to mental exertion, such as reading, working on a computer, or taking a test.
WRESTLING MINIMUM WEIGHT
CERTIFICATION PROGRAM SUMMARY

Note: This document is only intended to be a summary of the Wrestling Minimum Weight Certification Program. We encourage all athletic administrators to read and share with their wrestling coach the complete manual that is sent to every member school. It is very important that each athletic administrator communicate the proper process and procedure with their coaches, athletes, and parents. This communication will help to ensure that everyone is properly informed as to our process for determining the minimum weight a wrestler may compete at during the current school year.

Key factors in the program:
- All wrestlers must be assessed within fourteen (14) days from the first day of the season. This timeframe is exclusive of Sundays and school holidays or emergency closings. If a student joins the program after the initial 14 days then a waiver must be given by the Section Coordinator for Wrestling.
- The Section will assign schools to a centralized site and an appeal site. These are the only sites a school may use.
- Very important that the wrestler is hydrated on the day of the assessment. Wrestlers should be educated on how to be properly hydrated for the test. A list of NYSPHSAA approved SCAN nutritionists (Sports, Cardiovascular, and Wellness Nutritionist) is available for schools to use as a resource to help educate the coaches, students, and parents. Schools and parents are also encouraged to go to the National Wrestling Coaches Association website to view their weight management program.
- Assessment Protocol:
  - **Step 1** – Wrestlers will provide a urine sample to test for hydration. If the wrestler is hydrated they will proceed to step 2. If not hydrated, testing will stop and the wrestler must wait at least 24 hours before being tested again.
  - **Step 2** – Body weight determined with certified scale.
  - **Step 3** – Fat analysis through use of skinfold measurements.
  - **NOTE**: An athlete found to have cheated in the hydration test process will be ineligible to compete in wrestling for the season.
- Appeal Procedure:
  - **Step 1** – Must be done within three (3) days of original assessment, including Sundays and school closing for holiday and emergencies. Will follow same protocol as above. Student may choose which measurement to use.
  - **Step 2** – Hydrostatic testing. Must be completed within five (5) days of the appeal. Only 4 sites available for entire state. Spaces and times are limited. **NYSPHSAA does not guarantee a time or location.** The result of Hydrostatic testing is final.
  - **Note**: Wrestlers have the option of bypassing step 1 and go to step 2. If this option is chosen, step 2 must be completed within 5 days of original assessment. The athletic director must sign the Contract for Determination of Body Composition By Hydrostatic Weighing.
The National Federation of State High School State Associations’ (NFHS) Sports Medicine Advisory Committee has developed a physician release form for wrestlers to participate with skin lesion(s) as a suggested model you may consider adopting for your state. The NFHS Sports Medicine Advisory Committee conducted a survey among specialty, academic, public health and primary care physicians and reviewed extensively the literature available on the communicability of various skin lesions at different stages of disease and treatment. No definitive data exists that allow us to absolutely predict when a lesion is no longer shedding organisms that could be transmitted to another. Another finding from the survey was the significant differences that exist among physicians relating to when they will permit a wrestler to return to participation after having a skin infection.

Neither the NFHS nor the NFHS Sports Medicine Advisory Committee presumes to dictate to professionals how to practice medicine. Neither is the information on this form meant to establish a standard of care. The NFHS Sports Medicine Advisory Committee does feel, however, that the guidelines included on the form represent a summary consensus of the various responses obtained from the survey, from conversations and from the literature. The committee also feels that the components of the form are very relevant to addressing the concerns of coaches, parents, wrestlers and physicians that lead to the research into this subject and to the development of this form.

GOALS FOR ESTABLISHING A WIDELY USED FORM:

1. Protect wrestlers from exposure to communicable skin disorders. Although most of the skin lesions being discussed generally have no major long term consequences and are not life threatening, some do have morbidity associated with them and student-athletes should be protected from contracting skin disorders from other wrestlers or contaminated equipment such as mats.

2. Allow wrestlers to participate as soon as it is reasonably safe for them and for their opponents and/or teammates using the same mat.

3. Establish guidelines to help minimize major differences in management among physicians who are signing “return to competition forms”. Consistent use of these guidelines should protect wrestlers from catching a skin disease from participation and should protect them from inequalities as to who can or cannot participate.

4. Provide a basis to support physician decisions on when a wrestler can or cannot participate. This should help the physician who may face incredible pressure from many fronts to return a youngster to competition ASAP. This can involve a student athlete who never wins a match or the next state champion with a scholarship pending.

IMPORTANT COMPONENTS FOR AN EFFECTIVE FORM:

1. Inclusion of the applicable NFHS wrestling rule so physicians will understand that covering a contagious lesion is not an option that is allowed by rule. Covering a non-contagious lesion after adequate therapy to prevent injury to lesion is acceptable.

2. Inclusion of the date and nature of treatment and the earliest date a wrestler can return to participation. This should minimize the need for a family to incur the expense of additional office visits as occurs when a form must be signed within three days of wrestling as some do.

3. Inclusion of a “bodygram” with front and back views should clearly identify the lesion in question. Using non-black ink to designate skin lesions should result in less confusion or conflict. Also including the number of lesions protects against spread after physician visit.

4. Inclusion of guidelines for minimum treatment before returning the wrestler to action as discussed above. This should enhance the likelihood that all wrestlers are managed safely and fairly.

5. Inclusion of all of the components discussed has the potential to remove the referee from making a medical decision. If a lesion is questioned, the referee’s role could appropriately be only to see if the coach can provide a fully completed medical release form allowing the wrestler to wrestle.

This form may be reproduced, if desired and can be edited in any way for use by various individuals or organizations. In addition, the NFHS Sports Medicine Advisory Committee would welcome comments for inclusion in future versions as this will continue to be a work in progress.
Name: _________________________________________________________         Date of Exam: ___ / ____ / ___
School: ________________________________________________________

Mark Location AND Number of Lesion(s)
Diagnosis _________________________________________
__________________________________________________

Location AND Number of Lesion(s) ______________________
____________________________________________________

Medication(s) used to treat lesion(s): _______________________
_____________________________________________________

Date Treatment Started: ___ / ____ / ____
Form Expiration Date: ___ / ____ / ____
Earliest Date may return to participation: ____ / ____ / ____

Physicians Signature ______________________________________  Office Phone #: ______________________
Physician Name (Printed or Typed) _______________________________________________________________
(M.D. or D.O.)
Office Address  _______________________________________________________________________________

Note to Physicians: Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Rules 4-2-3, 4-2-4 and 4-2-5 which states:

“ART. 3 . . . If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation as defined by the NFHS or the state associations, from a physician stating that the suspected disease or condition is not communicable and that the athlete’s participation would not be harmful to any opponent. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated on-site meet physician is present and is able to examine the wrestler either immediately prior to or immediately after the weigh-in. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate.”

“ART. 4 . . . If a designated on-site meet physician is present, he/she may override the diagnosis of the physician signing the physician’s release form for a wrestler to participate or not participate with a particular skin condition.”

“ART. 5 . . . A contestant may have documentation from a physician only indicating a specific condition such as a birthmark or other non-communicable skin conditions such as psoriasis and eczema, and that documentation is valid for the duration of the season. It is valid with the understanding that a chronic condition could become secondarily infected and may require re-evaluation.”

Once a lesion is not considered contagious, it may be covered to allow participation.

Below are some treatment guidelines that suggest MINIMUM TREATMENT before return to wrestling:

**Bacterial Diseases** (impetigo, boils): To be considered “non-contiguous,” all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. Oral antibiotic for three days is considered a minimum to achieve that status. If new lesions continue to develop or drain after 72 hours, CA-MRSA (Community Associated Methicillin Resistant Staphylococcus Aureus) should be considered and minimum oral antibiotics should be extended to 10 days before returning the athlete to competition or until all lesions are scabbed over, whichever occurs last.

**Herpetic Lesions** (Simplex, fever blisters/cold sores, Zoster, Gladiatorum): To be considered “non-contiguous,” all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. For primary (first episode of Herpes Gladiatorum), wrestlers should be treated and not allowed to compete for a minimum of 10 days. If general body signs and symptoms like fever and swollen lymph nodes are present, that minimum period of treatment should be extended to 14 days. Recurrent outbreaks require a minimum of 120 hours or full five days of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over.

**Tinea Lesions** (ringworm scalp, skin): Oral or topical treatment for 72 hours on skin and 14 days on scalp.

**Scabies, Head Lice**: 24 hours after appropriate topical management.

**Conjunctivitis** (Pink Eye): 24 hours of topical or oral medication and no discharge.

**Molluscum Contagiosum**: 24 hours after curettage.

NYSPHSAA Revised/Approved August 2009
NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION
WRESTLING MINIMUM WEIGHT ASSESSMENT
PARENTAL AWARENESS FORM

The appropriate and healthful control of body weight for wrestlers has been a concern of athletes, coaches, athletic trainers, school physicians, and parents for a number of years. Approximately one-third of wrestlers have used inappropriate weight loss procedures to obtain a lower body weight for wrestling. Regardless of the educational information from national, state and local athletic organizations, unhealthy weight loss procedures continued. Medical concerns for the wrestlers, and the success of other state associations’ programs to determine minimum wrestling weight, resulted in the NYSPHSAA governing board approving a Wrestling Weight Certification Program in April 1996. This action was taken after fifteen years of review and study by the Association, which involved the Safety and Research Committee and the NYSPHSAA Wrestling Committee.

The NYSPHSAA Wrestling Minimum Weight Certification Program became mandatory for all member high school wrestling programs, commencing with the 1997-98 wrestling season. The Program is based on two components, assessment of wrestlers to establish a minimum weight at which each athlete will be allowed to compete and nutrition education to promote healthy eating patterns and improved athletic performance.

Schools must follow the provisions of the Wrestling Minimum Weight Certification Program for all wrestlers in varsity and junior varsity programs. Minimum wrestling weight is based upon 7% body fat for males and 14% for females. The minimum wrestling weight is not established as the athlete’s best weight, but rather the minimum weight at which the athlete will be allowed to compete.

STEPS OF PROCESS: Urinalysis, Body Weight, Skinfolds
1. Wrestler will provide a sample of urine to test for hydration. If the specific gravity of urine is above 1.025, testing cannot continue and testing must be rescheduled after 24 hours has lapsed.
2. Wrestler will be weighed on a digital scale.
3. Wrestler will have sites marked on his body with a marker and have skinfolds raised to determine body fat percentage.

Minimum weight assessment, including urinalysis, may be completed only by health care professionals who have successfully completed the NYSPHSAA’s Wrestling Minimum Weight Assessor’s Workshop. An athlete found to have cheated in the hydration test process will be ineligible to compete in wrestling for the season.

APPEAL PROCEDURE:
A wrestler may appeal his/her skinfold measurements or calculations. Appeals may not be done on the same day as the original assessment. They are to be conducted on day one, two or three after the original assessment - three consecutive calendar days (count Sundays, holidays and days school is closed). Appeal procedures must be completed prior to any competition. ALL COSTS INCURRED ARE THE RESPONSIBILITY OF THE STUDENT/ATHLETE. Step 1 must be completed three days after the date of the original assessment. Step 2, hydrostatic testing, must be completed within five days of Step 1. If Step 1 is bypassed, Step 2 must be completed within five days from the original assessment.

I, the parent/guardian of _________________________________, have read the information above and I am aware of the minimum weight assessment process.

Parent/Guardian Signature ________________________________ Date ________________

Student-Athlete Signature ________________________________ Date ________________

Failure to have a signed copy on file does not excuse the student-athlete from the assessment process and/or related penalties.

The School’s Athletic Director is to keep a copy on file until the season is completed.
### CROSS COUNTRY COMPETITION FORM

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- **SCHOOL:** ________________________________
- **LEVEL:** ________________________________
- **COACH:** ________________________________
- **YEAR:** ________________________________

Participation as an exhibition competitor counts toward the maximum number of contests permitted and meets the requirements of the Representation Standard.

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.
## WRESTLING COMPETITION FORM

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**COACH:** ________________________________  **YEAR:** _____________________
## TRACK & FIELD COMPETITION FORM

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### Notes:
- Participation as an exhibition competitor counts toward the maximum number of contests permitted and meets the requirements of the Representation Standard.
- 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.

**SCHOOL:** ________________________________  **LEVEL:** ___________________

**COACH:** ________________________________  **YEAR:** ___________________
### FENCING COMPETITION FORM

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- **BOUT** - An individual competition between two fencers to 5 touches or 3 minutes
- **CONTEST** - Three (3) bouts in a round robin format against the same team/school
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