**APPROVED BY NYSPHSAA EXECUTIVE COMMITTEE (April 30 - May 1)**

**INTERSCHOOL SCRIMMAGES:** A scrimmage is a practice that is a **SIMULATED CONTEST**. In scrimmages: (a) both squads use the same field simultaneously with both coaches making corrections and giving instructions, (b) **GAME RULES MUST BE ALTERED** – **SEE SPORT SPECIFIC REQUIREMENTS**, (c) no official score is kept, (d) time period(s) are defined in the Sport Standards section of the NYSPHSAA Handbook, (e) no admission is charged. The use of officials would be permitted and encouraged whenever possible for the purpose of instruction regarding the rules and proper application of rules.

**NIGHTS REST**– All scrimmages will require one night rest, except football which will require two nights rest between scrimmages. **LIMITATIONS PER DAY** – Change the headings on the Sports Standards Chart to indicate scrimmage or game.

**SPORTSMANSHIP** - 1. Approved a language change to the Sportsmanship Rule to state, “...disqualified by a sport official.....” This change would clarify that the rule would be in effect during a scrimmage or a contest with the consequence being a suspension from a contest. 2. Any coach that does not serve the penalty for violating the Sportsmanship Standard #27, is ineligible to coach until the next two (2) regularly scheduled contests have been completed. If the coach continues to not serve the penalty, the matter will be referred to the Section Executive Director for further action.

**GIRLS LACROSSE** - In games when 100% playing time is required (all Sectional, Regional and State Semi-Finals and Finals), the game will be resumed from the point of interruption on the next available date.

**TENNIS**—For League and Sectional Tournament competition, Sections would have the option to increase the number of matches to four in one day using modified scoring. The rest periods would be 30 minutes for the quarter final and below, 45 minutes for the semi-finals and 60 minutes for the finals.

**FOOTBALL - HIGH SCHOOL ONLY** The first two (2) days of practice must be non-contact, without the use of protective equipment and mechanical blocking devices. The use of cones, ropes, ladders, step-over dummies, soft hand shields and similar devices as teaching aids is permissible. Helmets may be worn. The next three (3) days provide a transition from the conditioning phase to full contact. During this phase, players are permitted to wear a helmet and shoulder pads. Blocking dummies, sleds and similar devices are permitted. During this phase, player-to-player tackling drills, team scrimmaging, running full contact plays, etc. are not permitted. The following six (6) days consist of contact practice with full protective equipment and the use of all training devices. Full player-to-player contact and team scrimmaging is permitted. Four (4) additional practices must be completed by the individual and team prior to the first contest. Interscholastic scrimmages may commence after 11 practices have been completed by the individual player and team. Interscholastic contests may commence after 15 practices have been completed by the individual player and team.

**ADDITIONAL APPROVED ITEMS of IMPORTANCE**


Please use this link for the following information: [http://www.nysphsaa.org/minutes/aor.asp](http://www.nysphsaa.org/minutes/aor.asp)

- Definition of Foreign Exchange and International Student
- Boys and Girls Volleyball - Jewelry Rule
- Wrestling - Certification to a Weigh Class and 96 & 285 lb. weight classes
- Practices - Carrying over practices from one sport to another
- Modified—Scrimmages, Football, Wrestling and Baseball & Softball rules

**CHAMPIONSHIP SITES and DATES CHANGES**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Location</th>
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<tr>
<td>Girls Gymnastics - March 5th at Shaker High School (2)</td>
<td>Rifle - March 5th at West Point (9)</td>
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<tr>
<td>Bowling - March 5-6 at Strike and Spare Syracuse (3)</td>
<td>Boys Volleyball—Winter Regional Section 2</td>
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**DISCUSSION ITEMS for FUTURE CONSIDERATION**

- Cheerleading - Coaching Certification and Sport Status