FOREIGN EXCHANGE STUDENT – A foreign exchange student is a student that is enrolled in a NYSPHSAA member school that is a participant in a foreign exchange program. The foreign exchange program may or may not be accepted for listing by the CSIET.

INTERNATIONAL STUDENT – An international student is a student that is enrolled in a NYSPHSAA member school, who is not enrolled in a foreign exchange program nor living with his/her parents (or other persons with whom the student has resided for at least six months).

BOYS and GIRLS VOLLEYBALL - JEWELRY RULE - Requesting to continue the use of 2009-10 NCAA Jewelry Rule to be compliant with the NYSPHSAA jewelry rule.

WRESTLING - Wrestlers to be certified at a minimum weight rather than a minimum weight class. Beginning with the 2010-2011 season, the 96 lb. and 285 lb. weight classes will be mandatory for all high school competitions - Duals and Tournaments.

CONDUCTING A CONTEST – When a contest or game is held in conjunction with a fund raising effort the following criteria is required to be met: 1. The host school is required to have the charity event approved by a school administrator and/or Board of Education. 2. The sport specific game rules (NFHS, NCAA, etc) may not be altered. 3. All NYSPHSAA and NYSED eligibility standards must be followed. 4. Donations may not be made based on the outcome of student performance. 5. If an outside agency or charity is directly involved in the administration, coordination, or organization of the contest, the event must be approved under the Outside Agency rule. 6. League or conference schedules may not be altered unless mutually agreed upon.

PRACTICE - Athletes who switch from a contact/collision or limited contact/impact sport to a strenuous/non contact or non-strenuous/non-contact sport are permitted to count conditioning practices toward their new sport as follows: 1. Sports with less than ten (10) practices for the individual before the first contest will be allowed to carry over three (3) days; 2. Sports with less than ten to fifteen (10-15) practices for the individual before the first contest will be allowed to carry over four (4) days. (Contact/collision or limited contact/impact sports include field hockey, football, ice hockey, lacrosse, soccer, wrestling, baseball, softball, diving, gymnastics, skiing, softball and volleyball. Strenuous/non-contact or non-strenuous/non-contact sports include cross country, track and field, swimming, tennis, bowling, golf and rifle).

MODIFIED

SCRIMMAGES – Due to current fiscal concerns in New York State, with sectional/league approval, up to 50% of the maximum number of games permitted for each modified level sport may be contested as scrimmages during the 2010-2011 and 2011-2012 school years. (Example: Basketball – 14 games permitted, 50% (7) could be scrimmages plus 7 games for a total of 14). NOTE: Under this option, if a contest is converted to a scrimmage, the scrimmage would count toward the 50% as outlined in the Promotion Rule.

FOOTBALL – With section approval, schools will be allowed to use two wide receivers on opposite sides of the formation.

WRESTLING – 1. With section/league approval an additional, sudden victory, overtime period shall be permitted in modified wrestling. Wrestlers must start in the standing position, and the period shall not exceed 30 seconds. 2. Modified wrestlers who compete in two or three bouts in a contest, the time periods are Three 1 minute periods or 1st Period – 1 minute, 2nd and 3rd Periods – 1½ minutes.
BASEBALL/SOFTBALL - With sectional/league approval, when the team at bat has two outs with the catcher on base, a pinch runner may be used to allow the catcher to get his/her gear on prior to the third out. The pinch runner is a player who is a substitute, or in the case that all substitutes have been used, a player off the bench who is not currently in the lineup. This rule does not change the normal substitution rules and does not overshadow the need to get all players in the lineup; it allows for cutting time off the transition between innings.