

PRACTICE SESSIONS:

Athletes must meet all Standards of Eligibility to participate in practice.

a. An organized practice in grades 7-12 is a session for the purpose of providing instruction and practice in physical conditioning activities, skills, team play, and game strategy designed expressly for that sport under the supervision of a qualified coach appointed by the Board of Education of the local school district. Such instruction and practice shall be held only during the season designated for that sport. Athletes who switch from one sport to another sport are permitted to count conditioning practices toward their new sport as follows (excluding bowling, golf, and rifle):

1. Sports with six (6) practices for the individual before the first contest/ scrimmage will be allowed to carryover three (3) days.
2. Sports with ten (10) practices for the individual before the first contest/ scrimmage will be allowed to carryover three (4) days.

NOTE: Athletes whose seasons are lengthened due to participation in NYSPHSAA Regional and Championship contests are allowed to count conditioning practices towards their new sports as follows: 1) Sports with six (6) practices for the individual before the first contest/ scrimmage will be allowed to carryover three (3) days; 2) Sports with ten (10) practices for the individual before the first contest/ scrimmage will be allowed to carryover three (4) days.

b. No student or team may be permitted to participate in school organized practice or play on seven consecutive days during the regular season. Specifically, during the regular season, physical and/or instructional activities related to the sport on seven consecutive days are prohibited.

NOTE: Any contests leading up to Sectional play is considered "regular season."

Only one practice session a day and only six days of a calendar week may be counted toward the total practice sessions required. A practice session conducted on the same day as a game cannot be counted to meet the minimum practice requirement to be eligible for that day's contest. All required practice sessions 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. Warm-ups prior to a game/ contest are not considered "practice." Each of the required number of practices for an individual must include vigorous activity; however, practice sessions required for the team beyond those needed by the individual may be used solely for meetings, film review and similar activities.

NOTE: Practice is considered an integral part of the interschool program in that sport. An individual must be eligible according to age and all other Eligibility Standards to participate in practices or competitions with the high school squad in that sport.

c. School sponsored activities conducted out of the sport season such as general conditioning, weight training, weight lifting, intramurals, recreation, open gyms, club activities and camps are permitted:

1. if such programs are not mandated by coaches or school personnel;
2. if such programs are available to all students.

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d. Non-school sponsored activities are permitted if such programs are not mandated by coaches or school personnel. It is recommended that no school equipment be used for these programs as per State Comptroller Opinion 85-37.

e. Upon returning from military training, student-athletes shall be eligible for participation in interscholastic athletics once they have completed the required number of practices. Eligibility for participation will also include meeting all eligibility requirements imposed by the Commissioner of Education and NYSPHSAA such as, but not limited to, health examination, age, grade, etc.

f. Schools that have made arrangements with another member school to share the use of a practice facility may do so without violating the Scrimmage Regulation if the athletes/teams do not scrimmage before the required number of practices has been completed.

g. Games and practice between students and adults (alumni or faculty) are not approved.

MODIFIED SPORTS STANDARDS CHART FOR INTERSCHOOL COMPETITION

Sport	# of Practices for student to represent their school	Team and Individual Maximum No. Contests	Minimum Time Between Contests*	Individual Limitations per Day	Rules	Time and Distance Limits
Badminton	6	14	1 Night	2 Matches/ 1 Contest	USBA	
Baseball	10	14	1 Night	2 Games *	NFHS	
Baseball Pitcher	10	14	2 Nights *	1 Game	NFHS	Pitch Count Restrictions
Basketball	6	14	2 Nights	1 Game	NFHS- Boys NCAA- Girls	7 Minute Quarters
Bowling	6	14	1 Night	3 Games	USBC	
Cross Country	6	10	2 Nights	1 Meet	NFHS	
Field Hockey	6	12	2 Nights	1 Game	NFHS	25 Minute Halves
Football	10	7	4 Nights **	1 Game	NFHS	10 Minute Quarters
Golf	6	14	1 Night	1 Match	USGA & Local Course Rules	
Gymnastics	10	10	2 Nights	3 Events * / 1 Contest	NFHS- Boys USAJO- Girls	
Ice Hockey	6	14	2 Nights ***	1 Game	NFHS	13 Minute Periods
Lacrosse- Boys	6	12	2 Nights	1 Game	NFHS	9 Minute Quarters
Lacrosse- Girls	6	12	2 Nights	1 Game	NFHS/ US Lacrosse	25 Minute Halves
Skiing	6	12	2 Nights	2 Events	FIS & ESA	
Soccer	6	12	2 Nights	1 Game	NFHS	
Softball	6	14	1 Night	2 Games *	ASA	
Swimming & Diving	6	14	2 Nights	3 Events/ 1 Contest	NFHS	
Tennis	6	14	1 Night	2 Matches *	USTA	
Track & Field (Outdoor)	6	10	2 Nights	3 Events/ 1 Contest	NFHS	
Track & Field (Indoor)	6	10	2 Nights	3 Events/ 1 Contest	NFHS	
Volleyball	6	14	1 Nights	2	NCAA	
Wrestling	10	14 Pts.	2 Nights	2 Bouts *	NFHS	Max of 10 Pts. Thru 2 Pts. (Contests)



HIGH SCHOOL SPORT STANDARDS

	# of practices for Student- Athletes to Represent their school (Feb. 2019)	Team and Individual Maximum Number of Contests *	Min. Time Between Contests or Scrimmages	Individual Contest Limitations Per Day	RULES	Scrimmage Limitations Per Day
Sport						
Badminton	6		1 night	3 matches 1 contest	USBA	1
Baseball Battery	10 10	20	1 night	2 contests	NFHS	2
Basketball GIRLS/ BOYS	6	20	1 night	1 contest	NF-Boys NCAA-Girls	1
Bowling	Training	20+	1 night	6 games	USBC	1
Competitive Cheerleadin	6	12	1 night	1 competition	NFHS	1
Cross-country	6	16	2 nights	5000meters or 3.1miles	NFHS	1
Fencing	6	20	1 night	3 contests	USFA	1
Field Hockey	6	16	1 night	1 contest	NFHS	1
Football	10	10	4 nights(1)	1 contest	NFHS	1
Golf	Training	16	1 night	1 match 2 - 9-holeM non-school days.	USGA& Local course rules	1
Gymnastics	10	16	1 night	6 events (boys) 4 events (girls) 1 contest	Boys- NFHS Girls- USAGJO/ Tech HB	1
Ice hockey	6	20	1 night	1 contest	NFHS	1
Lacrosse	6	16	1 night	1 contest	NFHS-Boys US Lacrosse -Girls	1
Rifle	6	16	1 night	1 contest	NRA	1
Skiing	6	16	1 night	2 events	FIS & USSA	1
Soccer	6	16	1 night	1 contest	NFHS	1
Softball	6	20	1 night	2 contests	ASA	2
Swimming/ Diving	6	16+	1 night	4 events 1 contest	NFHS	1
Tennis	6	16	1 night	2 matches ++	USTA	1
Outdoor Track	6	16+	1 night	4 events 1 contest	NFHS	1
Winter Track	6	16+	1 night	3 events 1 contest	NFHS	1
Volleyball	6	20	1 night	2 matches/day	NCAA	1
Wrestling	10	20 points+	1 night	4 bouts 5 bouts tournament only	NFHS	1

(1) 2 nights for scrimmage

* indicates maximum plus section, state championships and games necessary to break divisional or league ties

+ indicates maximum number of contests in which an individual competitor may participate

++ Modified scoring system must be used (see Tennis Standard)

6. COMPETITIVE CHEERLEADING

6.01 Rules: NFHS Spirit Rules

6.02 Maximum Number of games: 12

6.03 Practice Requirements:

Number of practices to represent school: 6 (individual)

6.04 Nights rest between contests: 1 night

6.05 Individual contests limitation per day: 1 competition

6.06 Scrimmage limitations per day: 1 scrimmage

6.07 Waivers of NFHS Spirit Rules:

None.

6.08 NYSPHSAA Cheerleading Rules:

1. A routine will be 2 minutes and 30 seconds and must include a minimum of 30 seconds of cheer.
2. A competition must request a minimum of 4 panel judges and 1 safety judge.
3. All competitive cheerleading coaches must have a current AACCA Safety course completed. (Oct. 2014)
4. Students and teams may be able to compete in both the Fall and Winter Competitive Cheerleading season.
5. Championship format will be a preliminary round for all divisions/classes in the morning and then a final round for the top 5 teams.
6. The use of props as bases is prohibited. (Oct. 2016)
7. The use of video replay may be used in the NYSPHSAA Cheerleading Championship for point and safety deductions only. (Jan. 2017)
8. Schools are required to provide proof at the NYSPHSAA Cheerleading Championship that the music they will use during their routine, has been legally purchased. (Oct. 2017)
9. NYSPHSAA recognizes Game Day Cheer. (July 2018)

6.09 Competitive Cheerleading Scrimmage Rules:

None.

6.10 Competitive Cheerleading Championship Week #:

Week #35