

Modified Committee Newsletter

Spring 2017

Section 1 Modified Committee: Marty Nemecek, Chair, Beth Staropoli, Co-chair, Dean Berardo, Rob Castagna, Jim Rose, Adam Lodewick, Scott D'Ottavio, Kevin Roemer, Jaime Block, Kurt Jesman, Joe Luzzi



NOTE TO COACHES & ATHLETIC DIRECTORS

This Newsletter will be produced prior to each sport season. Please place this into your score books and on your scorer's table prior to each contest. – Thank you, The Modified Committee

MODIFIED ATHLETIC COUNCIL STANDARDS OF COMPETITION

I. MODIFIED BASEBALL CONDITIONS & RULES

A. Game Conditions: See attached chart.

1. **Pitchers** must participate in at least 12 practices before an interschool game. For other requirements, see chart.
2. **Doubleheaders:** A team may play 2 games in one day twice during a season, either a double header against a single opponent, or 2 successive games against two different opponents. The following double header restrictions must be followed:
 - a) The maximum number of doubleheaders allowed is two.
 - b) A team may not play 3 games in two consecutive days. No more than 3 games a week may be played.
 - c) Pitching limitations remain the same.
 - d) Each game of the doubleheader is to be 6 innings. No team may play more than 14 innings in one day. This allows a total maximum of 2 extra innings in the event of tie game(s).
3. **Equipment**
 - a) Catchers shall wear the full protective equipment of helmet, mask with throat protector, chest protector, shin guards and cup.
 - b) Batters and base runners shall wear protective headgear.
 - c) Any player warming up a pitcher, on or off the diamond, shall wear a mask.
 - d) Only sneakers or shoes with molded soles and molded cleats are permitted; shoes with metal posts or spikes are NOT permitted in any modified sport.

B. Game Rules

1. The home team shall supply **top grade** balls.
2. It is recommended that the home team complete warm-ups prior to the arrival of the visiting team.
3. **Mercy rules:** 10 runs – 4 ½ innings (unless agreed upon by both coaches).
4. **No inning shall start after two hours.**
5. Regulation game shall be 7 innings.
6. **Refer to NYS Pitch Count**
7. Designated hitter will not be allowed.

8. Extra player, referred to as EP

- a) An EP is optional (on a game-by-game basis) but, if one is used, it must be known prior to the start of the game (official lineup card) and be listed on the scoring sheet in the regular batting order.
- b) If the EP is used, he must be used for the entire game. Failure to complete the game with the EP results in forfeiture of the game (except in case of injury or ejection from game with no eligible players left to enter, the rules permit play with eight men).
- c) The person designated as the EP (not a defensive player at the start of the game) may at a later time play a defensive position; the defensive player now is only a batter for that inning and not a fielder. There will always be one player in the lineup not on the field defensively.
- d) The EP may be substituted for at any time, either by a pinch-runner or pinch-hitter who then becomes the EP. The substitute must be a player who has not yet been in the game. Subs and reentry will be treated as in the past. A starter may re-enter the game into his same batting order position.

9. Helmets MUST be worn by adult base coaches. (Hard Shell Caps for adults)

II. MODIFIED SOFTBALL CONDITIONS & RULES

A. Game Conditions: See attached chart.

1. Any pitcher pitching more than 4 innings in one game must have at least two nights of rest before pitching again. When removed from pitching, the contestant may play any other position.
2. **Doubleheaders:** A team may play 2 games in one day twice during a season, either a double header against a single opponent, or 2 successive games against two different opponents. The following double header restrictions must be followed:
 - a) The maximum number of doubleheaders allowed is two.
 - b) A team may not play 3 games in two consecutive days. No more than 3 games a week may be played.
 - c) Pitching limitations remain the same.
 - d) Each game of the doubleheader is to be 6 innings. No team may play more than 14 innings in one day. This allows a total maximum of 2 extra innings in the event of tie game(s).

B. Game Rules

1. The home team shall supply **top grade** balls.
2. It is recommended that the home team complete warm-ups prior to the arrival of the visiting team.
3. **Mercy rules:** 15 runs – 4 ½ innings (unless agreed upon by both coaches).
4. No inning shall start after two hours.
5. **Coaching Modifications**
 - a) Nine defensive players will play.
 - b) The pitching distance is at 43 feet.
 - c) ***NEW* - Stealing is allowed (unless your team is up by 10 runs).**
 - d) Bunting will be allowed
 - e) Runners can leave on the release of a pitch.
 - f) ***NEW* - The dropped third strike will be used.**
 - g) Any legal pitching motion will be used EXCEPT ARC.
6. ASA rules, 7 innings.
7. A player may re-enter the game once.

8. **Equipment**

- a) Catchers shall wear the full protective equipment of helmet, mask, chest protector, shin guards, throat protector.
- b) Batters and base runners shall wear protective headgear.
- c) Any player warming up a pitcher, on or off the field, shall wear protective equipment.
- d) Only sneakers or shoes with molded soles and molded cleats are permitted; shoes with metal posts or spikes are NOT permitted in any modified sport.

III. MODIFIED TENNIS CONDITIONS & RULES

A. **Game Conditions:** See attached chart.

B. Game Rules

1. USTA
2. Contests should consist of 4 singles and 4 doubles matches, unless agreed upon prior to the contest.
3. One 8 game set shall be played. A 4 point scoring system shall be used with no deuce point. Sections may modify the scoring system.
4. A player may play either singles or doubles, but cannot play both in any one interschool contest.

IV. MODIFIED TRACK & FIELD CONDITIONS & RULES

A. **Game Conditions:** See attached chart.

B. Game Rules

1. Teams may have unlimited entries in all events.
2. The order of events is set forth in the state handbook.
3. Athletes may have 4 attempts in shot-put, discus long jump and triple jump.
4. Opening heights are:

Pole vault	6'
Boys High Jump	3'6" (up by 2")
Girls High Jump	3' (up by 2")
5. **Equipment**
 - a) Only sneakers or shoes with molded soles and molded cleats are permitted; shoes with metal posts or spikes are NOT permitted in any modified sport.
6. A runner is permitted one false start before disqualification.
7. A student may enter a maximum of 3 events per day; no more than two track events or two field events may be entered each day. If a student is participating in two running events, the total distance may not exceed 1200 meters for indoor track and 2300 meters for outdoor track
(total distance refers to specific events, not total distance of heats).
6. The 55 meter 30" hurdle race (33" for boys) with five hurdles shall have the following spacings:
 - a) Start to first hurdle – 12 meters.
 - b) Distance between hurdles – 8 meters.
 - c) Fifth hurdle to finish – 11 meters.
10. The 200 meter 30" hurdle race (33" for boys) with five hurdles shall have the following spacings:
 - a) Start to first hurdle – 20 meters.
 - b) Distance between hurdles – 35 meters.
 - c) Fifth hurdle to finish – 40 meters.
11. The 4K metal shot may be used for outdoor track.

12. **The suggested running events and their recommended order** for spring track & field meets should be:

- a) 55m 30" hurdles (33" for boys)
- b) 200m dash
- c) 1500m run
- d) 100m dash
- e) 400m dash
- f) 200m 30" hurdles (33" for boys)
- g) 800m run
- h) 3,000m run (optional)
- i) 4 x 200m relay
- j) 4 x 100m relay
- k) 4 x 400m (optional)*

*The maximum distance limitation for each athlete must be upheld if this event is included.

13. **The suggested field events** for spring track & field meets shall be:

- a) 4K shot put
- b) 1K discus
- c) high jump
- d) long jump
- e) pole vault
- f) triple jump

14. In facilities with tracks other than 200m in length appropriate modifications in distances are acceptable.

V. MODIFIED BOYS LACROSSE CONDITIONS & RULES

A. Game Conditions: See attached chart.

- 1. No one should be permitted in live contact drills until ability has been proven in individual skills such as throwing, catching, scooping, faking and dodging.
- 2. Contact drills should be conducted against equals only.
- 3. **Equipment**
 - a) All players, including the goalkeeper, shall wear all protective equipment.
 - b) Properly fitted equipment of good quality is mandatory for safe participation.
 - c) The essential protective equipment must include a lacrosse helmet with face mask, lacrosse arm guards, lacrosse shoulder pads, lacrosse gloves, and a mouthpiece. Goalkeepers must wear a chest protector and throat protection.
 - d) Only sneakers or shoes with molded soles and molded cleats are permitted; shoes with metal posts or spikes are NOT permitted in any modified sport.
 - e) Face masks for lacrosse competition must have a center bar.
 - f) With the exception of the goalie's stick, there shall be no rule restriction on the length of the stick in modified lacrosse if the stick falls between 40-72 inches.
 - g) Modified lacrosse players are exempt from the uniform outer clothing and helmet color regulations.

B. Game Rules

- 1. The length of quarters shall be 9 minutes.
- 2. Two overtime periods of 2 minutes are to be played in the event the game is a tie; no sudden death period is to be allowed.
- 3. A team shall be permitted 3 time out periods per half. The time-outs cannot be accrued in the course of the game.
- 4. Half time will be five minutes long.

5. A one-arm swing with a cross, whether contact is made or not, shall be considered a personal foul – slashing. This includes the over-the-head check.
6. There is no such call as a “Brush” in the Modified program. Contact between lacrosse stick and helmet is a personal foul.
7. Contact with the ball is disallowed by any offensive players when the ball is loose in the increase.
8. Body checking is allowed ONLY against a player who is in possession of the ball.
9. The ten second rule is eliminated.
10. In a 5 period game the mercy rule shall be in effect at the end of the third period of play.
11. Substitutes are permitted whenever the ball goes out of bounds.
12. When a goalkeeper gets a penalty, the in home player will serve the penalty if a second goalkeeper is unavailable.
13. Final Two Minutes of Regulation Play; stalling rules will be in effect. The team that is ahead will be warned to “keep it in” once the ball has been brought into its respective goal area.

VI. MODIFIED GIRLS LACROSSE CONDITIONS & RULES

A. **Game Conditions:** See attached chart.

B. Game Rules

1. US Lacrosse.
2. Halves shall consist of 25 minutes; the clock will stop after goals have been scored.
3. Half time will be five minutes long
4. **An attempt is a throwing motion, whether successful or unsuccessful.**
5. **Equipment**
 - a) Properly fitted equipment of good quality is mandatory for safe participation. All field players are required to wear lacrosse goggles which meet ASTM standards.
 - b) Only sneakers or shoes with molded soles and molded cleats are permitted; shoes with metal posts or spikes are NOT permitted in any modified sport.
 - c) All players must wear mouthpieces.
 - d) Goalkeepers must wear a helmet with face mask, mouthpiece, throat protector, and padding on hands, arms, legs, shoulders and chest, to conform with US Lacrosse rules (with max thickness 1”, padding does not excessively increase the size of these body parts).
6. Modified stick-checking in modified girls lacrosse, as outlined in the US Lacrosse rulebook under the Girls’ Youth Rules – Level A, may be used.
7. A time-out may be called when the ball is not in play. One time-out per team, per half will be allowed. Duration of the time-out will be 2 minutes.
8. There is **NO** overtime Period

As of now we still follow the Old Section I Column with regard to maximum contests on next page

MODIFIED SPORTS STANDARDS *Section I*

MODIFIED SPORTS STANDARDS CHART FOR INTERSCHOOL COMPETITION

Sport	Number of Practices Prior to First Scrimmage Team & Individual	Number of Practices Prior to First Contest Team & Individual	OLD Section I	NYS	Minimum Time Between Contests*	Individual Limitations Per Day	Rules	Time and Distance Limits
			Team and Individual Maximum No. Contests	Team and Individual Maximum No. Contests				
Badminton	6/4	6/4	12	14	1 night	2 matches* 1 contest	USBA	
Baseball	10/8	12/10			1 night	2 games*		7innings
Pitcher	10	12	12	14	2 nights*	1 game	NFHS	Pitchers*
Basketball	8/6	10/8	12	14	2 nights	1 game	NFHS-Boys NCAA-Girls	7 minute quarters
Bowling	3/3	3/3	12	14	1 night	3 games	USBC	
Cross Country	8/6	8/6	8	10	3 nights	1 run	NFHS	
Field Hockey	8/6	10/8	10	12	2 nights	1 game	NFHS	25 min. halves
Football	13/12	17/16	6	7	4 nights**	1 game	NFHS	10 min. quarters
Golf	3/3	3/3	12	14	1 night	1 match	USGA & Local Course Rules	
Gymnastics	10/10	15/15	8	10	2 nights	3 events* 1contest	NFHS-Boys USAJO-Girls	
Ice Hockey	10/10	15/15	12	14	2 nights***	1 game	NFHS	13 min. periods
Lacrosse - Boys	10/8	12/10	10	12	2 nights	1 game	NFHS	9 min. quarters
Lacrosse - Girls	10/8	10/8	10	12	2 nights	1 game	US Lacrosse	25 min. halves
Skiing	10/8	10/8	10	12	2 nights	2 events	FIS & ESA	
Soccer	8/6	10/8	10	12	2 nights	1 game	NFHS	15 min. quarters
Softball	8/6	10/8	12	12	1 night	2 games*	ASA	7 innings
Pitcher	See Section I Rules							
Swimming / Diving	10/8	12/10	12	14	2 nights	3 events* 1contest	NFHS	
Tennis	6/4	6/4	12	14	1 night	2 matches*	USTA	
Outdoor Track	10/8	10/8	8	10	2 nights	3 events* 1contest	NFHS	
Winter Track	10/8	10/8	8	10	2 nights	3 events* 1contest	NFHS	
Volleyball	8/6	10/8	12	14	2 nights	2 matches*	NCAA-Girls and Boys	
Wrestling	12/10	15/13	12	14	2 nights	2 bouts*	NFHS	Max of 8 pts. Thru 2 pt. contests

(*) See details in GameRules Section

*Except in football and cross country, contests may be played with only one night's rest three nights/scrimmage

(**)Three nights/scrimmage

(***) In Ice Hockey, contests may be played with only one nights rest three times per season scheduling or rescheduling.

See details in Game Rules section.

MAX # PITCHES			# NIGHTS REST		
Varsity	JV/FR	MOD	Varsity	JV/FR	MOD
105	85		4	4	
81-104	61-84	51-70	3	3	3
56-80	36-60	31-50	2	2	2
31-55	26-35	16-30	1	1	1
1-30	1-25	1-15	0	0	0

REVISED

MAX # PITCHES			# NIGHTS REST		
Varsity	JV/FR	MOD	Varsity	JV/FR	MOD
96-105	76-85	61-75	3	3	3
66-95	46-75	41-60	2	2	2
36-65	31-45	21-40	1	1	1
1-35	1-30	1-20	0	0	0

VARSITY POST SEASON					
MAX # PITCHES			# NIGHTS REST		

103-125
72-102
41-71
1-40

3
2
1
0

Draft 10/24

If a pitch is thrown and a balk is called the pitch will NOT count for the purposes of this rule. A pitcher at any level who reaches the pitch count limit in the middle of an at-bat will be allowed to finish that hitter.

Schools will have the responsibility to maintain every pitching chart and have available prior to each game to show that day's opponent each pitchers' availability.

During games each team will record pitch counts on the official NYSPHSAA pitch count form not including warm-ups or pick off attempts. After each half inning the pitch counts will be confirmed, any discrepancy will be resolved based on the records of the home team pitch count chart.

At games's conclusion, the NYSPHSAA pitch count form will be signed by both head coaches or designated representative.

- PENALTY:**
- a.) For the first offense the head coach will be suspended for one (1) game.
 - b.) For the second offense the head coach will be suspended for two (2) games and the game is declared a forfeit.
 - c.) For the third offense the head coach will be suspended for one (1) year and the game is declared a forfeit.



MAX # VARSITY	NIGHTS REST
96-105	4
66-95	3
31-65	2
1-30	1

MAX # JV & FR	NIGHTS REST
76-85	4
46-75	3
31-45	2
1-30	1

MAX # MOD	NIGHTS REST
61-75	4
41-60	3
21-40	2
1-20	1

SCHOOL _____ LEVEL _____ DATE _____

PITCHER NAME & # _____ Total pitches _____ Cross off a number for every pitch thrown excluding warm-ups & pick off attempts. Nights rest required

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75
76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75
76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75
76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75
76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75
76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75
76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125

Home Team Coach Signature _____ Visiting Team Coach Signature _____ Pitch Counter Signature _____ revised 12/9/16