

SPRING SPORTS 2017

- **Modified “B” Field Hockey**
- **Modified “B” Boys and Girls Track & Field**
- **Modified “B” Boys Lacrosse**
- **Modified “B” Girls Lacrosse**
- **Modified “B” Softball**
- **Modified “A” Softball**
- **Modified “A & B” Baseball**
- **Modified “A” Boys Tennis**

MCPSAC, Inc.
MODIFIED ELIGIBILITY POLICY

PROGRAM "A" ELIGIBILITY

Grade: Students in 7th, 8th, or 9th grades
Age: 13, 14, or 15 years old (at the starting date)
Students can turn 16 during the season and continue to play
See #3 under Points of Clarification

PROGRAM "A" SPORTS OFFERINGS

FALL

Boys Soccer	Girls Soccer
	Girls Tennis

WINTER

Boys Basketball	Girls Basketball
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SPRING

Boys Baseball	Girls Softball
Boys Tennis	

PROGRAM "B" ELIGIBILITY

Grade: Students in 7th or 8th grades ONLY
Age: Up to 14 years old (at the starting date)
Students can turn 15 during the season and continue to play.
See #3 under Points of Clarification

PROGRAM "B" SPORTS OFFERINGS

FALL

Boys Football	Girls Soccer
Boys Soccer	Girls Gymnastics
Boys Cross Country	Girls Cross Country
Boys Volleyball	Girls Swimming
	Girls Volleyball

WINTER

Boys Basketball	Girls Basketball
Boys Wrestling	
Boys Swimming	

SPRING

Boys Baseball	Girls Softball
Boys Track and Field	Girls Track and Field
Boys Lacrosse	Girls Field Hockey
	Girls Lacrosse

POINTS OF CLARIFICATION:

1. Policy goes into effect September of the 1996-97 school year.
2. Any exceptions to stated level placement procedures must be determined using the Selection Classification Standards from the NYSPHSAA Handbook.
3. The Modified programs for Football (A&B) and Lacrosse (B) will follow NYSPHSAA handbook regarding age and physical maturity.

PROGRAM GOALS

It is expected that all modified athletics will be conducted in a positive environment.

Characteristics of such an environment are:

- 1. All athletes will be treated, and treat each other, in a respectful manner.*
- 2. Basic skills, fundamentals and good athletic attitudes are to be stressed above all else.*
- 3. Adult participation and supervision must be positive and supportive at all times.*
- 4. Self-discipline and teamwork must be stressed.*
- 5. Coaches must be caring and treat the athletes with equal fairness.*
- 6. Winning is kept in perspective and not over-emphasized.*
- 7. Officials and opponents must always be treated with respect.*
- 8. Parents should be oriented as to his/her proper role.*
- 9. Safety is a major concern.*
- 10. If you have had fun, you have won!!!*

Protocol at Games:

- Each team gets a minimum of 15 minutes to warm-up upon arrival on the field/court.*
- Coaches will meet prior to the game to exchange match up cards.*
- All players will review sportsmanship instructions prior to/and during every game.*
- Coaches and Players will model good sportsmanship at all times with officials, opponents, parents, and teammates/players.*
- All game officials and scores will meet with both coaches prior to starting the game to get acquainted and agree on all protocols and procedures.*
- Coaches must adhere to agree upon match-ups during the game. If a problem arises, stop the game and straighten it out. Any protest must be noted in the official scorebook at the time of the violation.*
- All games will be completed unless the time restrictions prevail.*
- The coaches will enforce good bench conduct at all times.*
- Players will line up and shake hands after every game (with coaches supervising)*
- Coaches are expected to silence unsportsmanlike conduct or rude parents (from their home school). Stop it right away!*
- All concerns must be reported to the league chairperson and your Athletic Administrator.*
- "Coaches are to use best judgment after 6:30 pm"*

MCPSAC Inc.
MODIFIED "B" BOYS LACROSSE

NYSPHSAA Inc. Modified Sports Standards

	Team and Individual
• Number of practices prior to first scrimmage	10
• Number of practices prior to first game	15
• Minimum time between contests	2 nights
• Individual limitations per day	1 game
• Team and individual maximum number of contests	12
• Time and distance limits	9/11 minute quarters

NYSPHSAA Inc. Modified Game Rules and Game Conditions

Administration:

1. Tests: Every contestant should be carefully checked to determine his readiness before being allowed to participate as for football (see above) with exception of:

Individual Skills - A thorough program of physical conditioning, running and lacrosse skills such as throwing, catching, scooping, faking and dodging should be conducted prior to permitting one to participate in live contact drills. No one should be permitted in live contact drills until ability has been proven in the individual skills. Contact drills should be conducted against equals only.

2. Equipment-

- a. All players, including the goalkeeper, shall wear all protective equipment.
- b. Properly fitted equipment of good quality is mandatory for safe participation in lacrosse.
- c. The essential protective equipment must include a lacrosse helmet with a 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 in the modified program. 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.

Game Conditions.

See Modified Sports Standards Chart for Interschool Competition.

Scrimmage Conditions.

A Lacrosse scrimmage must have modified time periods and include *one or more* of the following:

1. Alternate possessions.
2. Start the scrimmage with either a Draw (girls) or a Face-Off (boys).
3. Include the following game situations.
 - a. Face-Off/Draws – Boys/Girls
 - b. Clears and Rides –Boys/Girls
 - c. Extra Man and Man-Down – Boys/Girls
 - d. Fast Breaks – Boys/Girls

Game Rules.

1. The length of quarters shall be 9/11 minutes.
2. Two overtime periods of 2 minutes are to be played in the event the game is a tie; and 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. A one-arm swing with a crosse, whether contact is made or not, shall be considered a personal foul – slashing. This includes the over-the-head "Indian Check".
5. There is no such call as a "Brush" in the Modified Program. Contact between crosse and helmet is a personal foul.
6. Contact with the ball is disallowed by any offensive players when the ball is loose in the crease.
7. Body checking is allowed ONLY against a player who is in possession of the ball.
8. The ten second rule is eliminated.
9. In a 5 period lacrosse game the mercy rule shall be in effect at the end of the third period of play.

10. Substitutes are permitted whenever the ball goes out of bounds.
11. When a goalkeeper gets a penalty, the in home player will serve the penalty if a second goalkeeper is unavailable.

MCPSAA Inc. Game Formats and Game Rules

1. Playing Philosophy
 - a. Quarter 1 - Strongest Players
 - b. Quarter 2 - Developmental Players (Strongest players, regardless of position, should not play during this quarter)
 - Example- if there are 12 players on a basketball team, each player should be numbered from #1- #12, (#1 being the strongest and #12 being the weakest), # 1-5 should not play in Quarter 2.
 - c. Quarters 3 & 4 – Coaches decision based on competitiveness of the contest.
2. If the minimum number of players needed for a 4 Quarter Extended Play period is met, the number of minutes for each quarter will be increased (see above chart).
3. No player may play more than 3 quarters. Entry into each quarter rather than actual playing time shall constitute “participation” in the quarter.
4. If a player is injured during a contest, and the minimum number of participants is no longer met, the game must go back to the regulation 4 quarter time limits.
5. “Coaches are to use best judgment after 6:30 pm”

Sport	Regulation Game 4 Quarters		4 Quarter Extended Play	
	Time Limits	# of Players	Time Limits	# of Players
Basketball	7 min. quarters	5-6	9 min. quarters (quarter 1= 8 min.)	7+
Field Hockey	25 min. halves	11-14	15 min. quarters	15+
Football	10 min. quarters	16-18	12 min. quarters	19+
Boys Lacrosse	9 min. quarters	10-13	11 min. quarters	14+
Girls Lacrosse	25 min. halves	10-15	15 min. quarters	16+
Soccer	15 min. quarters	11-14	18 min. quarters	15+