

Guidelines for Sports Standards

(As provided for in the Regulations of the Commissioner of Education- Section 135.4 (c) (7) (ii) (b) (3))

The New York State Education Department shall annually review the sports standards of athletic associations in order to insure that they conform to the intent of the Regulations and these Guidelines.

1. Sports standards adopted by an athletic association shall conform to the following:
 - a. **Seasons** Each sport shall be assigned a specific starting and finishing date for all member schools. Any necessary changes in such dates due to local school, league, or section problems must be approved by the executive officers of the associations. The length of a season, including all skill testing, conditioning, practice and contests, shall not exceed:
 - b. **15 consecutive weeks** for crew, cross-country, field hockey, football, lacrosse, outdoor track and field, soccer, and team handball;
 - c. **22 consecutive weeks** for basketball, gymnastics, ice hockey, indoor track and field, skiing, swimming, volleyball and wrestling;
 - d. **2 separate 15-week periods** (spring and fall) for badminton, baseball, fencing, golf, handball, softball and tennis;
 - e. **2 separate seasons** (fall and winter) for competitive cheerleading. 15 weeks for fall competitive cheerleading season. 22 weeks for winter competitive cheerleading season.
 - f. **Unlimited season length** for bowling, archery, riflery, and table tennis (these need not be scheduled in contiguous segments).
2. **Time Between Contests** Each sport shall be designated with an appropriate time between contests, including interschool scrimmages. The time between contests shall be consistent with the nature of the sport in terms of: pupil physical recovery time, injury exposure, specialized practice preparation, as well as the administrative, financial and climatic factors.
3. **Required Practice Days** Each sport shall be assigned a suitable number of practice days prior to the first scrimmage and contest. A minimum number of practice days shall be established as team practices and a minimum number of practice days shall be required of each participant. Team sports of a strenuous nature shall also have an appropriate number of practice days devoted to physical conditioning before commencing with team skill development activities.
4. **Maximum Number of Contests** The maximum number of contests which may be established for interscholastic sports during a regular schedule shall be determined in the sections established by the athletic associations of the State. The maximum number contests shall be limited in accordance with a majority vote of the chief school officers of the schools located within the section. The maximum number of contests established for each sport during the regular schedule

is subject to review by the State athletic associations and may be altered where it is found that disparities in the number of games contribute to unequal competition between teams in different sections.

All sectional post-schedule tournaments shall be approved by the local sectional athletic council or controlling body in which the schools hold membership. All other post-schedule tournaments shall be approved by State athletic associations.

5. **Mixed Competition** Mixed completion between male and female pupils shall conform to Section 135.4 (c) (7) (ii) (c). An exceptional girl, under this regulation, is a regulation, is a girl who is so far superior to other girls in her school, league, or section that she can only be challenged through participation on a boys' team.

6. **Participation Rules** Eligibility standards adopted by an athletic association shall be the same for male and female pupils.

Competition standards for each sport must be the same for male and female sports when the events and rules are identical, and associations shall make an effort to have these standards equitable whenever the events and rules are not identical.

7. **Sports standards** adopted by an association shall be filed with the New York State Federation of Secondary School Athletic Associations and the New York State Education Department.