NYSAISAA MODIFIED (Grades 7 & 8) SPORTS STANDARDS BOYS & GIRLS 2014-2015

Sport	Season Starting Date	Maximum Number of Contets	Required Practices Before 1st Scrimmage		Required Practices Before 1st Contest		Game and Scrimmage Limits	Time between Contests *	Rules	Time & Distance Lim
			Team	Individual	Team	Individual				
BASEBALL Pitcher	February 19	14	8	6 8	10	8 10	No more than 3 games per week	1 night *	NF	Pitcher-7 innings (2 nights)*
BASKETBALL	November 3	16	8	6	10	8	no more than 2 games in three days	1 night	NF-Boys NCAA-Girls	7 minute quarters
CROSS COUNTF	August 14	10	10	8	10	10	1 run	3 nights	NF	
LACROSSE	February 19	12	8	6	10	8	no more than 2 games in three days	1 night	Boys-NF Girls- USWLA	Boys- 8 minute quarters Girls-*
OUTDOOR TRACK INDOOR TRACK	February 19 November 3	10	10	8	10	10	not to exceed 2500 meters in one meet	2 Nights	NF	
SOCCER	August 14	12	8	6	10	8	no more than 2 games in three days	I night	NF	
SOFTBALL Pitcher	February 19	14	6	4 6	8	6 8	May not play 3 games in two consecutive days/no more than 3 games per week *	I night *	ASA	Pitcher- 7 innings
SWIMMING	November 3	14	10	8	10	10	maximum of 4 events w/ special conditions *	2 nights	NF	See game conditions
TENNIS	Fall-August 14 Spring-February 19	14	6	4	8	6	one match per day	1 night	USTA	
VOLLEYBALL	August 14	14	6	4	8	6	no more than 2 matches in three days	1 night	NCAA	12 games per day in one tourney

Please Note:

* See details in game rules section of the NYSAIS Handbook

Multi-School Invitational Tournaments may be conducted provided:

- No participant shall compete in more events, matches or games than permitted under the NYSAIS sport standards in that sport, on that day.
- No contests should be conducted with place awards. Participatory souvenirs may be distributed.
- All contests must be counted within the maximum contest total.
- One per season/per sport