

NYSAIS Athletic Association-High School Sports Standards for Boys and Girls 2015-2016

Anything in Gray is changed

Sport	Season Starting Date	Consecutive Weeks	Maximum Contests - Team and Individual	Required Practice Before 1st Scrimmage		Required Practices Before 1st Contest		Individual Contest Limitations	Time Between Contests
				Team	Individual	Team	Individual		
ARCHERY	Unlimited	15	Unlimited	3	2	5	3	2 rounds per day	1 night
BADMINTON	F - August 20 S - February 18	15 22	Unlimited	6	4	8	6	3 matches per day, 1 contest per day	1 night
BASEBALL	February 18	15	*23	8	6	10	8	2 contests per day	1 night
BASKETBALL	November 2	22	*23	8	6	10	8	1 contest per day	1 night
BOWLING	Unlimited	15 or 22	*20	Training	Training	Training	Training	6 games per day	1 night
CROSS-COUNTRY	August 20	15	17	10	8	10	10	5000 meters or 3.1 miles, max of 2 races per week	2 nights
FENCING	Unlimited	15 or 22	*23	10	8	12	10	1 contest = 3 bouts, max of 9 bouts per day ++	1 night
FIELD HOCKEY	August 20	15	*19	8	6	10	8	1 contest per day	1 night
FOOTBALL	August 17 or August 20 #	15	*9	11	10	15	14	1 contest or scrimmage per week	4 nights
GOLF	F - August 20 S - Feb 18	15	*19	Training	Training	Training	Training	1 round per day (18 holes)	1 night
GYMNASTICS - Girls	November 2	22	*19	10	8	15	13	1 contest per day except tournaments/4 events in one contest	1 night
HANDBALL	F - August 20 S - February 18	15	Unlimited	5	4	5	4	1 meet/day; 4 events/meet 3 meets/week not on 3 consecutive days	Unlimited
ICE HOCKEY	October 16	22	*24	8	6	10	8	1 contest day; 3 contests per week	1 night
INDOOR TRACK	November 2	22	*23	10	8	10	10	1 meet/day; 4 events/meet 3 meets/week not on 3 consecutive days	1 night
LACROSSE	February 18	15	*17	8	6	10	8	1 game per day	1 night
OUTDOOR TRACK	February 18	15	*17	10	8	10	10	1 meet/day; 4 events/meet max of 3 meets/week	1 night
SKIING	November 2	22	*17	8	6	10	8	3 events	1 night
SOCCER	August 20	15	*19	8	6	10	8	1 game per day	1 night
SOFTBALL	February 18	15	*23	6	4	8	6	2 contests per day	1 night
SQUASH	November 2	22	Unlimited	6	4	8	6	5 matches per day	1 night
SWIMMING	Unlimited	15 or 22	*17	10	8	10	10	4 events per meet, 1 meet per day	1 night
TENNIS	Unlimited	15	Unlimited	6	4	8	6	2 matches per day +	1 night
Ultimate	February 18	15	*19	8	6	10	8	1 game per day	1 night
VOLLEYBALL	Girls - August 20 Boys - February 18	15	*23	6	4	8	6	2 contests per day. Tournament not to exceed 15 games/day.	1 night
WRESTLING	November 2	22	*17	10	8	15	13	Dual Meet = 1 point, Tourn = 2 points Each indiv is allowed 6 tourn per season. 4 team matches/day, 5 individual matches/day.	1 night

Please Note:

See NYSAISAA 7-year calendar

*All other contests, including Invitational tournament contests played during the season, must count toward maximum contests.

++ Tournament competition allows for a max of 24 bouts per 1 day

+ 2 matches in same day required modified scoring

School teams are limited to one league play-off tournament (held at the end of league play), regardless of league membership.

Schools in one league and do not have an end of season tournament, may participate in one invitational tournament held at the end of the regular season and prior to the state tournament.

Students who transfer to NYSAIS schools for the Fall season, must be enrolled prior to August 20, 2015

ATHLETIC PLACEMENT: Please use the guidelines for the following sports: Fencing (Tennis), Crew and Sailing (Swimming), Ultimate (Soccer)