

IAC

Modified Rules

Handbook

2022-23

Special Regulations

Sports Season Starting Dates

- A. *Fall*
 - 1. *The season starting date is designated each school year. The IAC schedule maker counts practices from the first day of practices. Fall practices begin on Monday, August 22nd*

- B. *Winter Season 1 –*
 - 1. *Modified Boys Basketball and Modified Girls Volleyball begins on Monday, October 24th*
- 1. *Winter Season 2 –*
 - 1. *Modified Girls Basketball, Modified Wrestling and Modified Boys Swim begins on Monday, January 3rd*

- C. *Spring*
 - 1. *Modified Track & Field begins on Monday, March 20th*
 - 2. *Modified Baseball and Modified Softball begins on Saturday, April 1st*

Competition Rules

- A. *All NYSPHSAA Modified Program rules are in effect.*
- B. *Section IV Variations always apply.*
- C. *Refer to any IAC Modified Special Sports Regulations*

Modified Participation Rule

- A. *It is the desire of the IAC voting members that all modified athletes in uniform and eligible, participate on the team or individual sport.*

IAC Modified Special Regulations

- A. *For all IAC Modified Events:*
 - 1. *No team entry fee may be charged for IAC member schools.*
 - 2. *No league standings are kept.*
 - 3. *No awards are presented, and no individual records are maintained.*
 - 4. *No media publicity of any kind is released.*
 - 5. *Scouting is banned.*
 - a. *Bench headphones, and similar devices, are prohibited.*
 - b. *Host school videotaping for instructional purposes is permitted.*
 - 1. *Visitors doing videotaping are restricted to the bleacher area.*

BASEBALL

BOYS

MODIFIED

Competition Rules

National Federation

IAC Participation Rule

- A. All athletes in uniform, and eligible to play, must participate as follows,
 - 1. Unlimited substitutions are in effect.
 - a. Any player may re-enter more than once.
 - b. Even a pitcher may return to the mound, but caution is advised.
 - c. The batting order will be 9 players, with the EH optional.
 - d. All players, plus the EH, must bat at least once, and play 6 outs on defense.
- B. Coaches must be fair and equitable in applying this rule.

NYSPHSAA Modified Rule on Footwear

- A. Only sneakers or shoes with molded soles and molded cleats are permitted.
- B. Shoes with metal posts and spikes are not permitted.

IAC Time Rule

- A. The games are not to exceed 2 ½ hours. This rule does not pertain to days you play two 5 inning games.
- B. Ties will not be broken after 2 1/2 hours, once an inning is completed.
- C. Any 9th grader may not pitch past the 3rd inning of a game.

BASKETBALL

BOYS

MODIFIED

Competition Rules

National Federation & NYSPHSAA

Pre-Game Procedures

- A. The home team must provide all basketballs
 - 1. Practice Balls: at least 6 for each team.
 - 2. Game Basketball: Must be a top quality basketball.

NYSPHSAA Rule

- A. Maximum length of quarter shall be seven (7) minutes.

- B. *The three (3) point shot is allowed.*

Procedures: Notice to Coaches

- A. *Prior to the game, coaches should review the major variations.*
- B. *A copy of the IAC variation should be pasted in every scorebook.*

Modified IAC Rules Variations

- A. *No zone defenses.*
- B. *No intentional double teaming outside the post area.*
- C. *Pressing is allowed in the 4th quarter.*
 - 1. *Pressing is determined when the offensive team takes the ball out of bounds in the BACK COURT.*
 - 2. *Defense can be played during transition basketball when there is a rebound or a steal, defense may be played on the entire court.*
 - 3. *Three (3) point field goals are allowed.*
- D. *No shot clock will be employed.*
- E. *7 minute quarters.*
- F. *Prior to the game, coaches should review the major variations.*
- G. *If violations occurs, coaches should discuss the issue during a dead ball.*
- H. *If violations continue, or interpretations vary, the offended coach must, report the situations to the Athletic Director the next school day, so that administrators of the 2 districts may consult.*

BASKETBALL

GIRLS

MODIFIED

Competition Rules

NCAA & NYSPHSAA

Pre-Game Procedures

- A. *The home team must provide all basketballs.*
 - 1. *Practice Balls: At least 6 for each team.*
 - 2. *Game Basketball: Must be a top quality Basketball.*

NYSPHSAA Rule

- A. *Maximum length of quarter shall be seven (7) minutes.*
- B. *The three (3) point shot is allowed.*

Procedures: Notice to Coaches

- A. *Prior to the game, coaches should review the major variations.*
- B. *A copy of the IAC variations should be pasted in every scorebook.*

Modified IAC Rules Variations

- A. *No zone defenses.*
- B. *No intentional double teaming outside of the post area.*
- C. *Pressing is allowed in the in the 4th quarter ONLY.*
 - 1. *Pressing is determined when the offensive team takes the ball out of bounds in the BACK COURT.*
 - 2. *Defense can be played during transition basketball when there is a rebound or a steal, defense may be played on the entire court.*

- 3. *Three (3) point field goals are allowed.*
- D. *NO shot clock will be employed.*
- E. *Seven (7) minute quarters.*
- F. *Prior to the game, coaches should review the major variations.*
- G. *If violations occur, coaches should discuss the issue during a dead ball.*
- H. *If violations continue, or interpretations vary, the offended coach must, report the situations to the Athletic Director the next school day, so that administrators of the 2 districts may consult.*

CROSS-COUNTRY

BOYS/GIRLS

MODIFIED

Competition Rules

National Federation & NYSPHSAA

Pre-Meet Procedures

- A. *There will be no awards of any kind.*
- B. *Media publicity is not allowed.*
- C. *No team scores, or individual times, are released.*

IAC Participation Rule

- A. *All runners in uniform, and eligible, must participate in the run.*

SECTION IV FOOTBALL – MODIFIED FOOTBALL RULES

Rationale:

- A. *Teaching/coaching similar systems of offense and defensive schemes.*
- B. *Infuse similar philosophies as JV and Varsity levels.*
- C. *Consistency in teaching techniques of individual positions.*
- D. *Safely close the gap between Jr. High, “modified” football rules and NFHS rules employed at the high school level.*
- E. *Establish a more natural progression in the game of football from modified to varsity.*

Special Teams:

- A. *NO kickoffs – ball to be placed on the 35 yard line.*
- B. *Dead ball punt rule. The spot of the ball is where the defensive player gains control of the ball – NO live rush on PAT kick attempts.*

Defense Rules Restrictions:

- A. *Defenses must employ a 4,5 or 6 man front.*
- B. *4 and 6 man fronts must be balanced and aligned, head up tackle to tackle (cannot cover the center).*
- C. *A 5-man front may be employed. The nose guard must line head up on the center and the tackles head up on the offensive guards or tackles.*
- D. *Defensive lineman, once aligned and in a stance cannot stem prior to the snap of the ball.*
- E. *No blitzing allowed. Linebackers must be stationary and at a 3 yard minimum depth at the snap of the ball.*

- F. Linebackers and defensive backs (second level players) must be a minimum of 3 yards from the line-of-scrimmage (LOS) at the snap of the ball.
- G. There can be no more than 8 players aligned inside the free blocking zone, "tackle box" at the snap of the ball. (This area is defined by: free blocking zone/tackle box is the rectangular area extending laterally 4 yards either side of the spot of the snap and 3 yards deep from the LOS).
- H. There can be no more than 6 players on the LOS (within 2 yards of the ball).
- I. Press coverage and contact at the line-of-scrimmage is not allowed against a receiver (Exception: you may press and contact is allowed with any eligible receiver within 5 yards of the offensive tackle)

Offensive Rules Restrictions:

- A. Motion (including shifting) is allowed provided the player does not cross the middle of the formation, defined as the center prior to the snap of the ball.
- B. The offense must employ three players on the line-of-scrimmage on both sides of the center (NO unbalanced line).
- C. There is a maximum of 1 yard splits between line-man, tackle to tackle.

SOCCKER

BOYS/GIRLS

MODIFIED

Competition Rules

National Federation & NYSPHSAA

Pre-Game Procedures

- A. Coaches, with officials present, should review any rules in question regarding the current NYSPHSAA Modified Program Rule Book---Pages 24 and 25.
 - 1. Special attention should be paid to equipment and safety (**Goalkeeper must wear mouthpiece**)

IAC Participation Rule

- A. All players in uniform, and eligible to play, must participate in the total minutes (15) of one quarter.

SOFTBALL-FAST PITCH

GIRLS

MODIFIED

Competition Rules

Amateur Softball Association (ASA) and NYSPHSAA

Pre-Game Procedures

- A. The home team provides all top-quality softballs.
- B. Coaches, with umpires present, should review any rules in question regarding the current NYSPHSAA Modified Program Rule Book---Page 25 and 26.
 - 1. Special attention should be paid to equipment and safety.

IAC Participation Rule

- A. All players in uniform, and eligible to play, must participate as follows.
1. Innings 1-6, teams will play to 5 runs or 3 outs and then switch to the next ½ inning. The 7th inning is played by all ASA regular rules.
 2. The games are not to exceed 2 ½ hours. This rule does not pertain to days you play two-5 inning games.
 3. Runners cannot advance any bases in a steal situation, unless the ball passes the plane of the catcher's feet.
 4. Ties will NOT be broken after 2 1/2 hours, once an inning is completed.
 5. Any 9th grader may NOT pitch past the 3rd inning of a game.
 6. Regular substitution rules.
 7. Only 9 batters in the batting order at a time.
 8. No stealing, if the catcher keeps the ball "in front of her".
 9. No straight stealing at all (leaving at the time of the pitch).
 10. Strike zone varies a bit (bigger zone = quicker games).
 11. No new inning starts after 7:00 pm.
 12. Game will end in a tie, if 7:00 pm time frame is met and the score is tied at the end of the inning.
 13. Only 5 runs may be scored per half inning until the 7th inning – when there are no limitations. This is set up, so that no matter how many runs you are down at the end of six innings, you could still come back and win.
 14. Only 9 fielders on the field at a time (no short fielders).
 15. If you make a play on a runner leading off a base—then that runner (and all other runners on base at the time) may attempt to advance.
 16. 9th grade pitchers may only pitch in the first 3 innings of a game. After the third inning you must use your 7th and 8th grade pitchers. You can use more than one 9th grader in the first three innings, but once the 4th inning starts you must use your 7th and 8th graders.

SWIMMING & DIVING

BOYS/GIRLS

MODIFIED

Competition Rules

National Federation and NYSPHSAA

Pre-Meet Procedures

- A. Coaches, with officials present, should review any rules in question regarding the current NYSPHSAA Modified Program Rule Book ---Page 26.
- B. Dual and triangular meets require at least 3 certified officials.
- C. Voluntary dives are specified each week, the sequence starts with the Forward Group, Back Group, Inward Group, and repeats every three (3) weeks.
- D. IAC Modified Meets are scored as follows.
1. If using an 8 lane pool, use all lanes for official entries, and score the meet, as if there were 6 lanes. The top 3 from each team may score.
 2. Score as follows:
 - a. Relay meets: 8,4,2

b. Individual events: 6,4,3,2,1

c. When there are heats, only one event will be scored.

1. First heat times may be offset by later heat times.

2. Scoring: 4 lanes-3 places

6 lanes-5 places

8 lanes-5 places

3. Scoring limit: No schools may score more than 2 places in a 4 lane pool, or 3 places in a 6 lane, or an 8 lane pool.

E. When using 6 lanes scoring, a team may enter 3 relay teams per event, but only 2 teams may score.

NYSPPHSAA Modified Game Rules

A. A swimmer is permitted one false start before disqualification. The use of the no recall false start shall not be utilized.

B. Swimmers may compete in a maximum of 3 events. (1 relay, and 2 individual, or 2 relay, or 1 individual.

IAC Participation Rule

A. All swimmers and divers in uniform, and eligible to compete, must participate in the meet.

Coaches Option Rule

A. When there are small numbers of eligible swimmers and divers, the coaches may use other factors in selecting pairings.

TRACK & FIELD

BOYS/GIRLS

MODIFIED

Competition Rules

National Federation

Pre-Match Procedures

A. Host schools, lacking any safe pit areas, must notify opponents in advance.

B. All league scheduled meets should be Co-Ed meets.

IAC Participation Rule

A. All athletes in uniform, and eligible, must participate in the meet.

Publicity

Prohibited by IAC Rule

VOLLEYBALL

GIRLS

MODIFIED

Competition Rules

NCAA & NYSPPHSAA

Pre-Match Procedures

- A. Coaches, with the officials present, should review the modified rules prior to the match.
- B. The host school provides all practice, and match volleyballs.
- C. The height of the net is set at 7'0".
- D. Modified matches are the best 2 of 3 games, and coaches may agree, prior to the match, to play an optional 3rd game.

Serving Rules

- A. A 2nd toss will be allowed for both 7th and 8th graders.
- B. Eighth-Grade students are permitted to serve anywhere behind the court outside the traditional servers box.
- C. Seventh-Grade students are permitted to serve anywhere across the court line with a meter advantage.

Scoring

- A. At the modified level, flip card, or the electronic scoring panel, will suffice.

IAC Participation Rule

- A. All athletes in uniform and eligible must participate in the match.
 - 1. Any player who did not start the first game of the match must start the second game of the match, if numbers allow.

WRESTLING

BOYS

MODIFIED

Competition Rules

National Federation & NYSPHSAA Modified Program

Pre-Match Procedures

- A. Weigh-ins
- B. Coaches, with the officials present, should review the modified rules prior to the match.
 - 1. Special attention should be paid to safety, time periods, and rest periods.

IAC Participation Rule

- A. All wrestlers in uniform and eligible must participate in a bout.

Supervision of Athletes

Facility Control

- A. Locker rooms must be kept locked when not in use.
- B. Supervision is mandated when locker rooms are open.
- C. Athletes may not roam the halls.
- D. Locker rooms should be inspected before and after the event.
- E. Damaged locker rooms shall be shared by all users.
- F. Teams should sit in groups when matches are in progress.

Instructional Day for Parents/Fans

- A. Each host school, at least once early in the season, should present a brief presentation to educate parents about modified wrestling program.
 - 1. Focus should be on safety, rules, specific holds, weight control, and sportsmanship.
 - 2. Suggestion: use the varsity head coach as the presenter.

Additional Modified Rules

- A. No team scores are kept or posted.*
- B. No overtimes*
- C. No team or individual awards are presented.*
- D. Responsible volunteer adult staffing the tables will be appreciated.*
- E. First aide personnel should be present with a defibrillator*
- F. Designated team bleacher areas are important for team control.*