NYSAISAA MODIFIED (Grades 7 & 8) SPORTS STANDARDS BOYS & GIRLS 2024-2025

Anything in Gray is updated from last year

Sport	Season Starting Date	Maximum Number of Contets	Number of Practices for student to represent their school	Contest and Scrimmage Limits	Time Between Contests *	Rules	Time & Distance Limits
BADMINDTON	F - August 17 S - February 15	14	6	2 Matches/ 1 Contest	1 night	USBA	
BASEBALL	February 15	14	10	May not play 3 contests in two consecutive days/no more than 3 contests per week *	1 night *	NFHS	Pitch Count Restrictions
BASKETBALL	October 30	16	6	No more than 2 contests in three days	2 nights	NFHS-Boys NCAA-Girls	7 minute quarters
CROSS COUNTRY	August 17	10	10	1 competition	2 nights	NFHS	Max distance is 1.5 miles*
FIELD HOCKEY	August 17	12	6	no more than 2 contests in three days, 1 contest per day	2 nights	NFHS	25 minute halves
FENCING	October 30	14	6	4 bouts per day	1 night	USFL	
FOOTBALL	August 14 or August 17 #	7	10	1 contest per day	4 nights rest between games	NFHS	10 Minute Quarters
LACROSSE - Boys	February 15	12	6	No more than 2 contests in three days	2 nights	NFHS	Boys - 9 minute quarters
LACROSSE - Girls	February 16	12	6	No more than 2 contests in three days	2 nights	USL	Girls - 25 minute halves
INDOOR TRACK	February 16	10	6	not to exceed 2300 meters in one meet	2 nights	NFHS	See contest Rules*
OUTDOOR TRACK	October 31	10	6	not to exceed 2300 meters in one meet	2 nights	NFHS	See contest Rules*
SOCCER	August 18	12	6	no more than 2 contests in three days, 1 contest per day	2 nights	NFHS	15 minute quarters
SOFTBALL	February 16	14	6	May not play 3 contests in two consecutive days/no more than 3 contests per week *	I night *	NFHS	Pitcher-7 innings per day (2 night rest, after pitching 4 innings)*
SWIMMING	October 31	14	6	maximum of 4 events w/ special conditions *	2 nights	NFHS	See contest Rules*
TENNIS	F - August 18 S - February 16	14	6	One match per day*	1 night	USTA	See contest Rules*
VOLLEYBALL	August 18	14	6	No more than 2 matches in three days	1 night	NCAA	12 games per day in one tourney
WRESTLING	October 31	15 Points	10	2 bouts per day	2 nights	NFHS	Max of 10 Pts. Thru 2 Pt. Contests

Please Note: * See details in contest rules section of the NYSAIS Handbook

See NYSAISAA 7-year calendar

Multi-School Invitational Tournaments may be cond

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

Wrestling

Multiple Dual Meet Even	Each individual competing in these events is charged one (1) point for each dual meet.
Triangular Meet:	Three (3) teams compete, with each team wrestling a dual meet against each of the other two teams at the same site.
	Each individual is charged two (2) points toward their dual meet schedule.
Double-Dual Meet:	Three (3) (or more) teams compete, with each team wrestling a dual meet against two (2) of the other teams at the same site.
	Each individual is charged two (2) points toward their dual meet schedule.
Quadrangular Meet:	Four (4) teams compete, with each team wrestling a dual meet against each of the other three (3) teams at the same site.
	Each individual is charged one (1) point for each match wrestled counting toward their dual meet schedule
Multi school meet:	Minimum of three (3) schools and twenty (20) wrestlers. If the wrestler wrestles only one (1) opponent they are charged one (1) point,
	if they wrestle more than one opponent they are charged two (2) points.
	Each wrestler may only wrestle a maximum of three (3) matches. No team scoring is allowed and no individual prizes are awarded.
	A maximum of four (4) multi school meets are allowed during the season.