



## NYSPPHSAA MONTHLY UPDATE DECEMBER 2011

### 2011 CALENDAR

December 1  
Girls Lacrosse - 9:00  
December 6  
Transfer Coordinators  
December 8  
Sections VII and VIII  
December 12  
Boys Tennis - 9:30  
December 20  
Section I

### 2012 CALENDAR

January 5  
Sections III and X  
Boys Soccer 10:00  
January 6  
Field Hockey 9:30  
January 7  
Boys Lacrosse 10:00  
January 9  
Girls Soccer - 9:30  
January 10  
Section 9

### UPCOMING CLINICS

Softball Clinic  
January 20, 2012  
Ithaca College

B/G Lacrosse Clinic  
February 10, 2012  
SUNY New Paltz

Baseball Clinic  
March 2, 2012  
Baseball Hall of Fame

Track and Field/X-C Clinic  
March 24-25, 2012  
Holiday Inn, Liverpool

Volleyball Clinic  
March 31, 2012  
Binghamton

Cheerleading Clinic  
April 28, 2012  
John Jay - East Fishkill

B/G Soccer Clinic  
June 1, 2012  
Sports Plex - Clifton Park

### DEADLINE

Fall Scholar Athlete - December 2

## HIGHLIGHTS FROM EXECUTIVE COMMITTEE MEETING

October 23-24, 2011

**GIRLS BASKETBALL** – Approved waivers of the NCAA Rules to maintain the 3 point line at a distance of 19'9" and eliminate the requirement of the use of the restricted area arc.

**MODIFIED SOFTBALL** - Approved with section/league approval, innings 1-6 may be completed at five (5) runs or three (3) outs .The seventh inning shall be played as a normal inning, with three outs and no run restrictions for that inning.

**MODIFIED TRACK and FIELD** - Approved with section/league approval, the height of the hurdle in the 55m modified boys' hurdles may be increased from 30 inches to 33 inches and approved with section/league approval, a six (6) pound shot put may be used for modified girls' track and field, rather than a 4K shot put.

## EDUCATIONAL PROGRAMS

**PREVENT SKIN INFECTIONS** - The Skin Infection Webinar has been recorded and is available on the NYSPHSAA website on December 1st for anyone wishing to learn more about preventing the spread of skin infections.

**FUELING PERFORMANCE WEBINAR** - NYSPHSAA will be sponsoring this on December 15, 2011 at 3pm, lasting one hour. Anyone interested in an invitation please contact Todd Nelson at [tnelson@nysphsaa.org](mailto:tnelson@nysphsaa.org). Invitation will also be sent to the Section offices for distribution.

## IMPORTANT REMINDERS

**NYSPPHSAA HALL OF FAME** - All nominations must be endorsed by a Section and nomination forms must be received by the NYSPHSAA Office by the deadline of December 15th.

**WRESTLING: The Wrestling Handbook is available at [www.nysphsaa.org](http://www.nysphsaa.org)**

14 Day Rule - A wrestler cannot begin practice until the waiver is approved. The approval date of the waiver starts the 14-day clock for certification.

Weight Classes 99, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220 and 285. In order to compete, Selectively Classified athletes must weigh in excess of: 91 lbs. for 99 lb. weight class, 96 lbs. for 106 lb. weight class, 185 lbs for 220 lb. weight class and 210 lbs. for 285 lb. weight class. Students in grades 9-12 do not have to make minimum wt.

Skin Disease Form - "For NYSPHSAA member schools an appropriate health care provider is defined as a licensed physician, physician assistant or nurse practitioner."

**CONCUSSION MANAGEMENT** - Schools are encouraged to develop a Board of Education approved concussion management policy. A draft policy and guidelines can be found on the NYSPHSAA website. Educate your coaching staff through a FREE on-line course at [www.nfhslearn.org](http://www.nfhslearn.org).

## FUTURE CONSIDERATION

**GIRLS GOLF** - To allow competitors to use non-motorized push or pull carts during league, sectional or NYSPHSAA championship competition.

**FOOTBALL SCRIMMAGES** - The minimum nights rest rule for a scrimmage and/or a contest will be 4 nights.

**MODIFIED COMMITTEE** - Requested the Safety Committee to discuss the following items:

Football - A two year pilot to allow kick-offs at the modified level for football.

Baseball - Discuss the limits on the number of innings a student athlete can pitch in a game and week. A request was made by a section to consider counting the number of pitches that are made instead of the number of innings that are pitched.