

MODIFIED TRACK & FIELD STANDARDS

Tryouts:

- If student athlete passes Athletic Placement Process, they may try out for higher level (JV or Varsity), 3 of the first 5 days of the high school season. Any student practicing with higher level after their 3rd day MAY NOT return to the modified level.

Player Movement:

- No player may be advanced to a higher level of competition after completion of 50% of their modified schedule
- If a player competes against a JV or Varsity performer, he/she may not return to the modified program that season in that sport
- A player is ineligible when his/her 16th birthday is reached though he/she may finish the season

Practices:

- May start March 23, 2020
- No practice with JV or Varsity
- One (1) practice per day
- No more than 6 calendar days per week (not 7 days in a row)
- Limited to 2 hours maximum (45 minutes minimum)

Scrimmages/Games:

- Team and individuals must have 6 practices before first scrimmage
- A school is limited to three (3) interschool practice sessions/scrimmages which, if conducted, may be held at any time after maximum practice requirements and previous to the last scheduled contest.

Games:

- Team and individuals must have 6 practices before first game
- Two (2) nights of rest between competitions
- Maximum of 10 meets

Order of Events: (see attached). This is used in Dual Meets and the Multi Team Competition.

Dual Meets: There is no set limit to how many student athletes may participate in an event. In the interest of time, the Boys and Girls 1500m race may be combined, and the 3000m race may be run with the 1500m race.

Multi Team Competition: There is a set limit to how many student athletes may participate in an event with 2 entries per event per gender per grade level EXCEPT the 3000m run and all relays where only 1 entry per event per gender per grade level is allowed. Also, any relay with at least 1 eighth grader competing on it will be considered an 8th grade relay.

Athlete specific:

- Any eligible student athlete can only participate in a maximum of 3 events per competition provided the student athlete does not exceed 2300 meters or two 2 running events (exception is the 3000m run)
- Only two of the three events may be track events or field events
- Hurdles are set at 30" for Boys and 30" for Girls
- Hurdle distances are 55m and 200m only

- Boys run 1500m (not 1600m as in JV or Varsity)
- Relays are 4 x 100m, 4x200m, and 4 x 400m. There is no 4 x 800m relay
- Starting height for high jump and pole vault is determined prior to the event being contested after discussion with the competitors and coaching staffs.

COMPETITION FORMAT & INFORMATION

TRACK Events – GIRLS heats/sections followed by BOYS

55 meter Hurdles (30" boys & 30" girls) - heats

200 meter Dash - heats

1500 meter Run - sections

100 meter Dash - heats

400 meter Dash - heats

200 meter Hurdles (30" both genders) - heats

800 meter Run - sections

3000 meter Run* - sections

4 by 200 meter Relay - heats

4 by 100 meter Relay - heats

4 by 400 meter Relay - heats

FIELD Events – GIRLS flights/sections followed by BOYS

4 kg Shot Put

1 kg Discus

Long Jump** - 4', 8', & 12' boards minimum

Triple Jump** - 16' 18', & 21' boards minimum

High Jump***

Pole Vault***

*In the interest of time and with prior approval from the coaching staffs and the official(s), the boys and girls 3,000 meter Runs may be contested simultaneously where the 1500 meter Run is scheduled.

**45 minute open pit for all attempts is suggested for horizontal jumps. Additional boards may be utilized if agreed upon and necessary.

***The high jump and pole vault bars will rise after a reasonable pre-determined amount of time has passed (5 minutes is suggested)

NOTE: The throwing events can proceed in an order determined by the supervisor/volunteer that has been approved by the coaching staffs and official(s). A 45 minute cap time per throwing event is also suggested.

NOTE: All order of events, rules, conditions, and stipulations that are applicable at League triangular and dual competitions are identically applicable to the League Multi-Team Competitions.

Any items related to modified track and field not stated above are addressed in the NYSPHSAA Modified Game Rules and Game Conditions and/or the Section VI modified sports handbook.