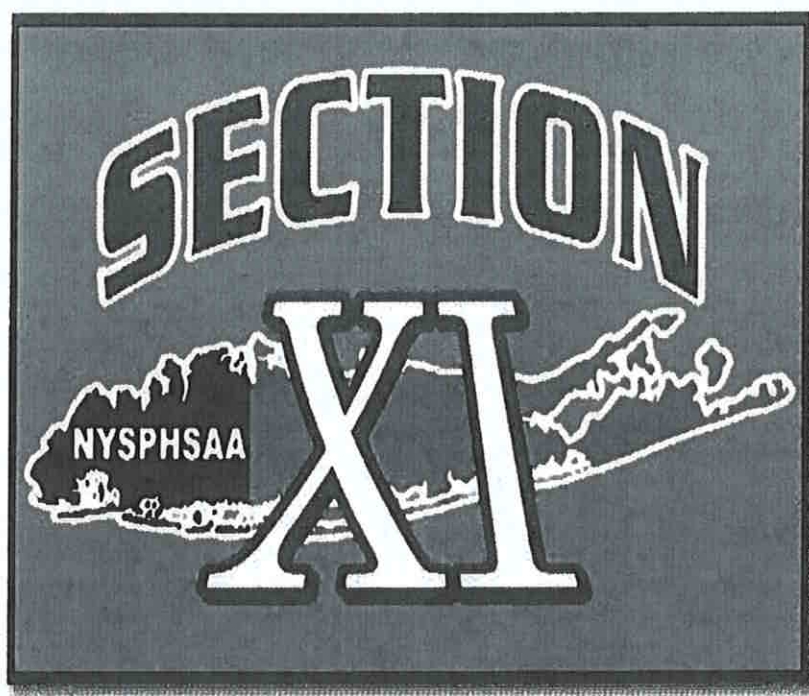




Middle School
FOOTBALL

“A TRADITION OF EXCELLENCE”

2025



Suffolk County Football

Tim Horan, CAA

Section XI Football Chair

West Islip Public Schools

The Michael and Christine Freyer Administration Building

100 Sherman Avenue, West Islip, New York 11795

TEL: (631) 930-1540 FAX: (631) 893-3245

t.horan@wi.k12.ny.us

August 2025

Dear Section XI Football Coaches,

Welcome to the 2025 football season! It is my pleasure to serve as the Section XI football chairperson...and I look forward to another successful season while working with the Suffolk County Football Coaches Association.

It is my job to serve as your liaison to the NYS Public High School Athletic Association & Section XI. Please do not hesitate to call me at the West Islip Administration Building at 631-930-1540 or e-mail me at t.horan@wi.k12.ny.us should you have any questions or concerns.

Sincerely,

Tim Horan

Tim Horan
Section XI Football Chairperson



Suffolk County Football
Tim Horan, CAA
Section XI Football Chair
TEL: (631) 930-1540 FAX: (631) 893-3245

Agenda- 2025 MS Football Coaches Meeting

1. WELCOME/ District-School in Chat
2. DAN COLLETTI- **2025 RULE CHANGES/** Points of Emphasis
3. **IMPORTANT DATES**
START DATE- THURSDAY, SEPTEMBER 4, 2025
10 PRACTICES FOR SCRIMMAGE OR CONTEST
LAST DATE- Nov. 8, 2025
4. Modified Football Rules- Sectionxi.org. GO TO SPORT; FOOTBALL; SPORTS HANDBOOK; THEN MODIFIED FOOTBALL
5. MODIFIED LEVEL A/B PROGRAM POLICIES; 5 PERIOD FORMAT
7. 5 QUARTER ROSTER TEMPLATES
8. WEATHER - **-HEAT ACCLIMAZATION/ COLD/HEAT ALERTS; THUNDER/ LIGHTENING- KNOW POLICIES**
9. **SEASON/PRACTICE**

A) 2 DAYS- 3 DAYS- 5 DAYS (10 days)

The first two (2) days of practice must be noncontact, without the use of personal protective equipment and mechanical blocking devices. (May 2023) The use of cones, ropes, ladders, step- over dummies, soft hand shields and similar devices as teaching aids is permissible. Helmets may be worn. The next three (3) days provide a transition from the conditioning phase to full contact. During this phase, players are permitted to wear helmet and shoulder pads. Blocking dummies, sleds and similar devices are permitted. During this phase, player to player tackling drills, team scrimmaging, running full contact plays, etc., is not permitted. The following five (5) days consist of contact practice with full protective equipment and the use of all training devices. (Feb. 2019) Full player to player contact and team scrimmaging is permitted. **NOTE:** For any violation of this rule, the head coach will be suspended from the next regularly scheduled contest. The coach may not be present at the game site nor communicate in any manner during the contest with any person present at the site. Not being present at the site means the disqualified coach is not present in the locker room, on the sidelines, in the stands or site area before, during or after the game.

B) FOOTBALL CONTACT LIMITATIONS

Contact in the sport of football for High school and modified football teams shall have no more than two "Full-Contact practices" per week during the season; with no Full-Contact" session to exceed 90 minutes. "Full-contact" means a practice where drills or live action is conducted that involves collisions at game speed, where players execute tackles and other activity that is typical of an actual tackle football game. Limitation of "Full-Contact practices" will begin with the 13th day (high school and the 14th day (modified).

C) LOPSIDED SCORE STRATEGIES

10. RESPECT OF OFFICIALS- **Shortage of officials; WORK WITH OFFICIALS!!!!!!!!!!!!**
11. RATINGS/ SPORTSMANSHIP/ Fighting- 2 Game Suspension
11. AED Memo
12. CHAINS- **TRY TO HAVE ADULTS ON CHAINS WHO CAN KEEP THE GAME IN PERSPECTIVE...and/or put chains on home sideline.**
13. RISK MINIMIZATION
A) NOCSAE- 10 YEAR HELMET LIFE EXPECTANCY- NO 2016 OR OLDER HELMETS
B) TOMMY TOUGH STANDARDS- Endorsed throughout the NYSPHSAA
C) NEW 2024 NFHS FOOTBALL RULES
14. Game Start Times/ Bus Driver Shortage
15. WEATHER - **-HEAT ACCLIMAZATION/ COLD/HEAT ALERTS; THUNDER/ LIGHTENING- KNOW POLICIES**



Section XI / Handbook / Modified Football

MODIFIED FOOTBALL

National Federation rules

GAME CONDITIONS

1. A minimum of four nights rest between contests.
2. The maximum number of contests shall be 6.
3. The number of practices required before the first scrimmage is 10.
4. The number of practices required before the first interschool contest is 10.

(Approved by NYSPHSAA 7/19)

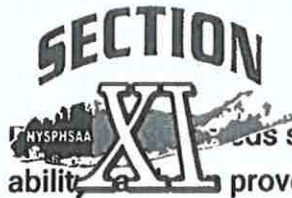
ADMINISTRATION

Modified football should be administered so that all safety precautions are in effect. Every effort should be made during practice and game situations to pair contestants of as nearly equal ability as is possible. Factors to be considered in the selection of squad members are age, weight, physiological maturity, skills, coordination, and desire.

TESTS

Each individual should be carefully checked to determine readiness before being allowed to participate in interschool contests as follows:

1. Physical – Medical examination which shall include a thorough review of history before, and as needed, during the season. Tetanus shots as recommended.
2. Maturity – Careful evaluation of the individual's age, weight, height, physiological maturity and degree of coordination with relation to all of the others, especially one above or below average of others in height, weight, physiological maturity as related to age, should be made.



us should be used and no one should be permitted in live contact drills until ability is proven to partake in them. Contact drills should be conducted against equals only.

4. Team Skills – Team play leading to game situations should be taught through controlled scrimmages with individuals placed in groups of similar maturity and skills.

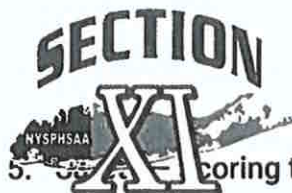
5. Desire – Observation of the individual's alertness and general desire to participate must be noted. (The above mentioned types of testing and teaching, with complete cataloging of the individual's ability, should enable the coach to screen all candidates and determine their readiness for competition.) Please refer to the special NYSPHSAA, Inc. booklet, The Modified Program of Football for Boys in Grades 7-8-9.

6. Equipment – Properly fitted equipment of good quality is mandatory for safe participation in football. All essential protective devices are to be used. In addition to the normal pads and helmets, dental and face protection guards should be provided. Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any modified sport. All protective pads should be covered by the uniform. If protective pads are exposed, the uniform part should be replaced or repaired.

GAME RULES FOR 11-MAN FOOTBALL

1. Time periods shall be 10-minute quarters.

2. Team offensive formations are limited to standard formations including the use of two wide receivers. There may be a maximum split of one yard between linemen. If a wide receiver is employed, the maximum split from the tackle cannot be more than 10 yards. On the snap of the ball, there may be only two players outside of the normal tackle alignment on either or both sides of the field (example of legal formations- TE/Flanker; Twins; SE etc.). Motion shall be prohibited to the side of a formation that has two players outside of the tackle. Definition of 'side of formation' is – the half of the formation from midline of the center that has a set back to that side and two (2) players outside the tackle. If the ends split on punt formation, the team must punt. All down-field blocking must be done above the waist. Until the snap the defense shall be 6-2-2-1 or 6-2-3 with six players in an imaginary straight line within two yards of the ball; two linebackers must be at least one yard behind the deepest lineman; three defensive backs must be at least three yards behind the deepest linebacker, inside the 10 yard line defensive backs may be two yards behind the deepest linebacker. The defense does not have to balance the offense. Penalties: improper formation – five yards; down-field blocking – 15 yards.



5. Scoring team put ball in play on 50 yard line.

6. All down-field blocking must be done above the waist. Down-field blocking is interpreted as any blocking of an opponent taking place down-field from the free blocking zone, which for this rule is extended from sideline to sideline. The down-field blocking rule is also in effect whenever a defensive team becomes an offensive team as the result of receiving a punt, pass interception, or the recovery of certain types of receiving a punt, pass interception, or the recovery of certain types of fumbles. The point that offensive play begins extending from sideline to sideline, would be interpreted as the inception of that play and thus, for rule clarification purposes, would be the scrimmage line for that play (i.e. the point the punt or interception was received). The penalty for a violation of this rule will be 15 yards as spelled out in Rule 9, Section 1 of National Federation Football Rules.

7. Coaches shall be permitted on the field in a five period football game ("B" Team only).

8. When an offensive team employs a wide receiver (split end, twins, or flanker), the defensive end to that side of the formation may assume a "walkaway" position. If a team employs twins, widereceiver, etc. on both sides of the ball, both defensive ends can walk away. The end may align at a maximum depth even with the two inside linebackers and no wider than half the distance between the wide receiver and the next lineman.

PRE-SEASON PRACTICE FORMAT – NYSPHSAA *(APPROVED BY THE ATHLETIC COUNCIL 1/11/11)*

1. The first two days of practice sessions must be non-contact exercise, and equipment shall be limited to the helmet, face mask, dental protection device, T-shirt, supporter, shorts, ankle supports, socks, shoes, protective pads for elbow and/or knee areas.
2. During the next three days the addition of shoulder pads, along with the use of blocking dummies, sleds, and other similar teaching and training devices is permissible. No scrimmages or live contact drills are allowed.
3. The next five days shall consist of contact with full protective equipment and the use of training devices.
4. Scrimmages & contests are permitted on the 11th day.

NYSPHSAA RULES



It be three (3) nights.

2. At least 16 players must be dressed and available to play in 11-man football for contests and scrimmages. (Approved by the Athletic Council 1/13/09)

SECTION XI RULES

1. The maximum allowable games per team shall be six.
2. B level teams will use the youth size football.
3. On Oct 1st, each coach must submit to his athletic director a list of players on the team. Grade level and birth dates must be included.
4. Two coaches are permitted on the field during time-out periods.

B Level Program – Five Period Format

The five period format is mandated for all B level teams in football which have not opted to be scheduled in a regular contest device. The extra quarter format for extra participation is not an option for any B level teams.

Following are the conditions of this program:

1. Only B level teams may participate.
2. Teams shall be divided into two squads of approximately equal numbers and unequal ability.
3. Coaches must exchange rosters prior to every contest.
4. The stronger squad (A) will play the first and third periods and the weaker squad (B) will play the second and fourth periods. All players are eligible for the fifth period.
5. All points scored count.
6. Teams having the minimum numbers of 26 players are obligated to play five periods provided their opponents also meet the minimum number of 26.
7. If one team has fewer than 26, both teams will play the five period format, with the A squad playing the first and third periods and the B squad playing the second and fourth periods. When



9. There is a half-time intermission when five periods are played.

10. Extra compensation forms presented by the officials must be signed by the home coach.

11. Each coach is requested to make a notation on the rating card verifying the extra compensation for the officials.

12. If there is a differential of 25 points or more between "A" squads in periods one and three, both "B" squads must play the fifth period. Additionally, in the fifth period, if the "A" squad differential becomes 25 points or more, both "B" squads must play. (Approved 3-15-05)

Rev. ~~7/11~~ ^{PREVIOUS}
Modified Field Hockey.

^{NEXT}
Modified Gymnastics – Boys

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SECTION XI
NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION
1 INDEPENDENCE HILL SUITE 201 FARMINGVILLE, NY 11738
631-366-0700

THOMAS COMBS
EXECUTIVE DIRECTOR

PETE BLIEBERG
ASSISTANT DIRECTOR

TO: Athletic Directors and Modified Level Coaches
FROM: Thomas J. Combs
DATE: September 2020
RE: **EXTRA PARTICIPATION - APPROVED OCTOBER 30, 1996**
REVISED 6/99, 2/00, 5/00, 10/05, 5/07, 12/07, 3/10, 7/16

REGULATIONS FOR B LEVEL PROGRAMS

Five-Period Format

The five-period format is mandated for all B level teams in basketball, field hockey, football, lacrosse, soccer and volleyball. *The regulation format has been eliminated (approved 5/22/07).* Playing an extra quarter (extra game in volleyball) is NOT AN OPTION for the B level program in any sport.

Following are the conditions of this program:

1. Only B level teams may participate.
2. Teams shall be divided into two squads of equal numbers and equal ability. In football, boys' lacrosse, girls' lacrosse, boys' soccer and girls' soccer, the two squads shall be of unequal ability.
3. Coaches must exchange rosters prior to every contest.
4. One squad will play the first and third periods and the other squad the second and fourth periods. All players are eligible for the fifth period.
5. All points scored count.
6. Teams having the minimum numbers of athletes as listed below are obligated to play five periods (unless on austerity) provided their opponents also meet the minimum numbers: Basketball-12, Field Hockey-24, Football-26, Lacrosse-26, Soccer-24, and Volleyball-14.
7. If one team has fewer than the minimum number of players (Basketball - 12; Field Hockey - 24; Football - 26; Lacrosse - 26; Soccer - 24; and Volleyball - 14), both teams will play the *four*-period format, with the A squad playing periods one and three and the B squad playing periods two and four.
*No athlete may play in more than three periods when numbers dictate (revised 5/22/07).
*However, the five period format may be played if agreed prior to the start of the contest (revised 12/07).
8. NO ATHLETE MAY PLAY IN MORE THAN THREE PERIODS OF A FIVE-PERIOD CONTEST.
9. There is no half time intermission when five periods are played.
10. Extra compensation forms presented by the officials must be signed by the home coach. Officials are compensated an additional 20% of the game fee with the exception of volleyball which is a set fee.
11. Each coach is requested to make a notation on the rating card verifying the extra compensation for the officials.

(OVER)

-2-

12. **Football ONLY**

a. Teams will play every game as follows:

- Periods 1 & 3 will be played by the A squad.
- Periods 2 & 4 will be played by the B squad.
- Anyone can play in the 5th period.

b. If one team has fewer than 26, both teams will play the five-period format, with the A squad playing periods 1 & 3 and the B squad playing periods 2 & 4. When this happens, the 5th period will only be played if both teams agree upon it.

c. The five-period format will be played by all teams regardless of the number of players a team may have.

d. There will no longer be an 18-point rule in effect for the first four periods of the five-period football format. During the fifth period, the ~~18~~ point rule will be in effect. (The rule remains in effect for regulation games.)

Rev: 7/16

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1 INDEPENDENCE HILL SUITE 201 FARMINGVILLE, NY 11738
631-366-0700

THOMAS COMBS
EXECUTIVE DIRECTOR

PETE BLIEBERG
ASSISTANT DIRECTOR

To: All Sports Chairpersons
From: Tom Combs
RE: **Sportsmanship**

The New York State Public High School Athletic Association and Section XI would like to ask your cooperation in the promoting of the importance of proper sportsmanship at all of its athletic contests.

Trash talking, inappropriate comments and general poor sportsmanship have become an increasing problem and we would ask that you communicate the following guidelines with the coaches at your Mandatory Coaches Meeting.

1. **There will be zero tolerance for harassing statements related to gender, race, ethnicity, disabilities, sexual orientation or religion by players, coaches, fans or officials.** It is our goal to reinforce our expectations of proper sportsmanship at all times. Incidents or violations will be handled through the regulations outlined in the NYS and Section XI procedures with the appropriate penalties administered.
2. **We have asked the officials to deal with this type of behavior with immediate and strict enforcement.**
3. **Officials are not to be involved directly with the spectators.** Officials will report this type of behavior with fans directly to the home school and follow proper procedures. Home school game administration will be responsible for the conduct at the game site.
4. **Serious incidents or violations shall be reported to Section XI on the next Business day.**
5. Coaches are asked to reinforce proper sportsmanship with their players on a regular basis and model good sportsmanship themselves.
6. Athletic Directors are asked to please review with their coaches the NYSPHSAA expectations and monitor their athletes and staff.

Thank you for your cooperation and assistance in creating a positive, enjoyable and healthy athletic experience for all.

cc: Anthony Desimone

SPORTSMANSHIP

In all sports, players and coaches will rate their opponents' sportsmanship at every contest. Season team averages will determine winners in each league/division/device. The officials' rating card will include a sportsmanship rating of opponents at every contest (league and non-league). All teams at all levels of all sports are expected to submit these ratings.

Certificates and recognition will be given to those teams best exemplifying sportsmanship.

Every sport has its own rules and regulations that must be known and respected by coaches and athletes and enforced consistently by officials. However, there are certain behavioral standards that elevate an athletic event from a mere contest to a positive educational experience. Section XI's purpose in implementing this system is to encourage coaches and athletes to focus on these behavioral standards.

CODE OF ETHICS FOR COACHES

Section XI is committed to high ethical standards of conduct as applied to coaches and athletes, therefore coaches shall:

1. Know the rules of the game, the policies of Section XI, and the rules and regulations of NYSPHSAA. The coach and the team shall abide by these rules and regulations.
2. Actively use their influence to enhance good sportsmanship on the part of their players and their community.
3. Refrain from the verbal abuse of athletes and/or officials. Profane and vulgar remarks, critical public comments, and off-color humor are demeaning, offensive and unprofessional.
4. Refrain from the physical abuse of athletes and/or officials. Unnecessary roughness, fighting or any other form of physical abuse cannot be tolerated. (Note: Verbal and physical abuse should never substitute for motivational techniques, which enhance performance without threatening the dignity of the athlete.)
5. Be responsible for the supervision, discipline, and behavior of his/her athletes and abide by all of the rules and regulations of the host school at away contests.
6. Preserve the integrity of competition by never humiliating the opponent in a deliberate manner.
7. In unaffiliated sports, ensure honesty in scoring and integrity of calls on the part of their athletes.
8. Do not attempt to seek an advantage through intimidation of opponents or officials.
9. Be positive role models relative to the use of controlled and illegal substances (drugs, alcohol, and tobacco).
10. Recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well being of the individual players.

Violations of this code will be handled by Section XI in the following manner:

1. Misconduct regarding the inappropriate behavior of a coach shall be referred to the offending coach's athletic director.
2. If the violation is not reconciled, the athletic director will forward a report to the Executive Director.
3. On a further violation or flagrant misconduct, the Executive Director will send a formal letter to the coach, athletic director and principal noting that such behavior is unacceptable at Section XI contests. The letter should reflect the degree of inappropriateness.
4. Should Section XI deem it necessary, the matter will be pursued through the Ethics Committee.

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THOMAS COMBS
EXECUTIVE DIRECTOR

PETE BLIEBERG
ASSISTANT DIRECTOR

DATE: August 2025
TO: Section XI Coaches of Officiated Sports
FROM: Thomas J. Combs
RE: **Rating Officials**

Section XI provides a vehicle for coaches to evaluate the performance of game officials. It is our feeling that the system we use is the most comprehensive and effective method possible. We ask for your cooperation in this effort.

Some specifics we wish to reiterate:

1. At the conclusion of each contest, coaches are obligated to rate officials and opponents.
2. Officials DO NOT have access to the sources of their ratings. Confidentiality is a major priority. Even Section Sport Chairs are precluded from having this information. The Presidents of the officials' groups will verify the confidentiality of your ratings. Only the Section office staff has knowledge of rating sources.
3. The success of the rating system is totally dependent on your cooperation.
4. When evaluating each official, carefully consider the keys to each category:

Excellent	(5)	Should be reserved for a truly <u>outstanding</u> performance, a performance you would want on a championship contest. Over the course of a season, there should be very few 5's given.
Good	(4)	Means just that - a <u>good</u> performance, <u>not outstanding</u> , but <u>better than acceptable</u> - no complaints. Generally, we would expect to see more 4's than any other rating.
Acceptable	(3)	Should speak for itself. We would expect a fair number of these.
Poor	(2)	Definite flaws; contest was <u>seriously</u> affected. Hopefully, you will not need to give many during a season.
Inadequate	(1)	Absolutely unacceptable throughout the contest. Hopefully, your need to use this will be rare.

Each individual rating chosen (on each category) is a separate computer entry. The computer "computes" for each official by adding the total points and dividing by 5. This is the overall game rating for the official. This results in overall ratings such as 4.2, 3.4, 3.6, or 3.8 in addition to the whole numbers.

Best regards for an enjoyable and productive season.

Updated 2/2023

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631-366-0700

THOMAS COMBS
EXECUTIVE DIRECTOR

PETE BLIEBERG
ASSISTANT DIRECTOR

To: All Coaches
From: Thomas J. Combs
RE: **Automatic External Defibrillators**

**THE FOLLOWING POLICIES ARE IN PLACE AND MUST BE FOLLOWED RELATED TO
AEDS AND EMERGENCY PROTOCOLS**

Coaches are reminded that Section 136.4 of the Regulations of the Commissioner of Education (9/2002) requires that schools provide and maintain sufficient automated external defibrillator equipment be available to ensure ready and appropriate access for use during emergencies as well as trained personnel to administer.

In order to provide an efficient and consistent handling of emergency situations the following steps **MUST** be followed:

1. The **Home School** is to be responsible for providing AED-trained personnel and a sufficient number of AED's at all interscholastic contests such that an AED can be effectively administered within 2-3 minutes to a stricken student-athlete, coach or spectator.
2. Prior to each contest, the home school coaching staff is to advise the visiting coaching staff and officials of the location of the AED and the personnel designated to utilize it.
3. All medical or AED-trained personnel that are present at the contest are to be identified prior to the contest.
4. All athletic emergencies are to be reported to the Athletic Directors of the respective districts immediately following the contest.
5. No contest will take place without an AED available and able to be administered as per #1 above.

Thank you for your cooperation and best of luck this season.



Suffolk County Football

Tim Horan, CAA

Section XI Football Chair

West Islip Public Schools

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Suggested Strategies to Implement in Lopsided Football Contests

Stronger/ Winning Team:

- 1) Substitute reserve players early in the contest
- 2) Call basic offensive running plays
- 3) Predetermine 'give' to inside runner when calling a triple option play
- 4) Refrain from throwing the ball
- 5) Agree to running the clock in second half if score is lopsided

Weaker/ Losing Team:

- 1) Don't call a blitz brigade every defensive play when opponent is calling basic running plays
- 2) When on defense, cover all wide receivers (don't leave wide receivers wide open by putting 11 guys in the box).
- 3) Don't onside kick late in a game if you are trailing by multiple scores and your opponent (winning team) has already substituted starters in an effort to control score from getting further lopsided.
- 4) Substitute accordingly
- 5) Agree to running the clock in second half if score is lopsided

Any concerns...athletic director needs to communicate with the athletic director from the opposing school. If concern is not resolved, athletic director may consider communicating with the Section XI sportsmanship committee.

NYSACFO Enforcement of NFHS Rule 1-5-1e

I. NFHS Rule 1-5-1e

Rule 1: The Game, Field, Players and Equipment

Section 5: Player Equipment

Article 1: Mandatory Equipment. Each player shall participate while wearing the following pieces of properly fitted equipment, which shall be professionally manufactured and not altered to decrease protection.

- e: Pants which completely cover the knees, thigh guards and knee pads and any portion of any knee brace that does not extend below the pants

II. Enforcement Process

- a. Athletic Directors and Coaches will order properly sized pants and outfit players with pants that adhere to rule 1-5-1e. (i.e. "Pants which completely cover the knees")
- b. Officials during pre-game will remind players that pants must cover the knees or they will not be allowed to participate. Officials will also remind players that pants that are of proper length, must be pulled down to cover the knees or they will not be permitted to participate.
- c. A player entering the game with pants that are too short to cover the knees will be asked to return to the bench and the Head Coach will be assessed an unsportsmanlike penalty for allowing players to use illegal equipment. (Rule 9-8-1h)
- d. A player that has rolled up or tucked his pants in a way that they do not cover the knees will not be permitted to play. Officials will request a player entering the game to return to the sideline and pull his pants down to cover the knees.
- e. Repeated offenses for rolling up or tucking pants above the knees will result in the assessment of an unsportsmanlike penalty on the Head Coach. (Rule 9-8-1h)
- f. A second unsportsmanlike penalty on the Head Coach results in disqualification of the Head Coach. Per the NYSPHSAA Handbook, a coach who receives a disqualification penalty shall not participate in the next regularly scheduled contest.

III. NFHS News Letter

- a. Dr. Karissa Niehoff, In NFHS's January 8, 2025 NFHS News Letter stated the following:

The other disturbing development at the college level that is becoming more challenging for our membership is the lack of enforcement of uniform rules. The "individual over team" focus of college sports these days is on full display with many players' pants in football. Pants? Hardly. Call them shorts or cut-offs.

Adherence to playing rules must be enforced at the high school level, and being properly dressed is a part of NFHS playing rules in all sports. Again, the focus is on the team, not the individual. There are dress codes that must be followed in the classroom - it should be no different on the football field or basketball court.

New York State Public High School Athletic Association, Inc.

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MEMO

TO: NYSPHSAA Section Executive Directors
FR: Robert Zayas, NYSPHSAA Executive Director
RE: Football Contact Limitations
DATE: June 5, 2015

On May 1, 2015 the NYSPHSAA Executive Committee approved limiting contact in the sport of football beginning with the 2015 season. The newly adopted Football Contact Limitation states:

Contact in the sport of football for high school and modified football teams shall have no more than two "Full-Contact practices" per week during the season; with no "Full-Contact" session to exceed 90 minutes. "Full-contact" means a practice where drills or live action is conducted that involves collisions at game speed, where players execute tackles and other activity that is typical of an actual tackle football game.

Limitation of "Full-Contact practices" will begin with the 13th day (high school) and 14th day (modified).

If you have any questions, concerns or need any clarification pertaining to this newly approved rule, please contact me, so we can address it prior to the start of the 2015 Football season.

Thank you.

"Tommy Tough" Football Safety Standards

NYSPHSAA

Section XI in its never ending mission to provide its student-athletes with positive and safe athletic experiences has embarked on a journey to make the great game of football even better. Through the vision of the Cutinella Family and the stakeholders of Suffolk County football it is our hope that we can introduce and implement changes that will protect the integrity of the game, minimize risk and allow for positive growth.

Meetings with the Section XI Football Committee, Section XI Safety Committee, Suffolk County Football Officials Association and the Suffolk County Football Coaches Association have zeroed in on the following goals that will begin to be implemented in the spring of 2016 in Section XI and throughout NYS in 2017.

1. **Implementation of a mandatory safety statement that will be read pre-game by the officials to all players in grades 7-12 at all contests commencing in the fall of 2016.**
2. **Develop, promote and implement an education program for Athletic Directors, coaches, players, parents, spectators and communities focusing on safety and proper techniques as it relates to illegal helmet contacts. Programs will be designed and implemented targeting all stakeholders with our vision of minimizing risk thereby creating a safer game for all participants. Programs will begin in spring 2016.**
3. **Support officials associations in the enforcing of NFHS rules and regulations related to the penalties for illegal contacts and hits. Flagrant fouls will result in the appropriate yardage penalty as well as the ejection of the athlete from the contest. The illegal hits of targeting, illegal helmet contact (butt blocking, face tackling and spearing) and defenseless player hits will result in the appropriate yardage penalty as well as the player being removed from the field for at least one play.**
4. **Players and/or coaches ejected from a contest will be suspended from the next regularly scheduled contest as per the NYSPHSAA and Section XI Misconduct Policy. Repeated infractions may lead to additional penalties.**
5. **The Suffolk County Football Coaches Association has pledged its support to the officials to make the calls necessary to minimize the risks of the all participants as well as maintain the integrity of the game.**
6. **Support head coaches in the downloading of game film to the Officials Association for their review and use in the education and professional growth of all of its membership.**
7. **Support and work with USA Football in its efforts to promote and implement programs that are being created for the benefit of all in the game.**
8. **Work with Suffolk County Officials Association and Coaches Association in its commitment to dramatically reduce illegal hits. Data on the illegal hits of targeting, illegal helmet contact (butt blocking, face tackling and spearing) and defenseless player hits will be tracked and reported to Section XI for compilation. This data will aid us in the evaluation of our work.**
9. **Work with our Officials Association in the exploration and development of the best possible evaluation programs.**
10. **Commitment to bring each of these initiatives to the NYSPHSAA and NFHS level.**

We are confident that through the implementation of these strategies and commitment by all who love this great game we can create an even better experience for our student-athletes.

Pre-Game Officials Statement:

"In an effort to minimize risks to you and your opponent, helmets are not to be considered weapons and are not to be used as weapons. Helmets are not to be intentionally used to initiate illegal helmet contact against an opponent, such as spearing, targeting, butt blocking and face tackling."

Sample Public Announcement During Football Game (should be announced at least 2 times during contest):

"The (insert name of both schools) school districts salute the Suffolk County Football coaches, officials and Athletic Administrators for implementing the Tommy Tough Football Standards, thereby reducing risks for all Suffolk County football players. We ask all spectators to join the Suffolk County coaches in supporting the officials when they make calls pertaining to targeting, illegal helmet contact and defenseless player hits. Thank you for your anticipated cooperation."

SAFETY- RELATED POLICIES

HEAT ALERT POLICY

1. **Modified Heat Alert** - When the heat index reaches 88 (equivalent to T.H.I. of 73), practice sessions or contests in all sports must include:
 - a. Forced, frequent water breaks (every 10-15 minutes).
 - b. Loose clothing, light colored shorts and tee shirts (mesh recommended) for practice sessions.
 - c. Frequent rest breaks in shaded areas.
 - d. For football and lacrosse, mandatory water breaks every 15 minutes during which all players must remove helmets. Those players not participating in contact activities during practice, games or scrimmages shall not wear helmets.

NOTE: During all contests, the rules are to be modified to permit additional time outs for rest and forced water breaks.

2. **Full Heat Alert** - When the heat index reaches 95 (equivalent to T.H.I. of 78), **no** physical activity in any sport is permitted. Team meetings are permitted.

3. **Notification of Schools** - The Section XI Safety Chairman, will monitor the heat index and will initiate a heat alert by notifying the Section XI Office as to the course of action. The Section XI staff will communicate this information to each member district through the Connect-Ed system, with specific instructions for heat alert implementation. (Rev 5/10)

4. No sport is exempt from modified or full heat alerts. (1/16/02)

PRE-SCHOOL PRACTICE HOURS

Fall season pre-school practice sessions may only be conducted prior to 10:00 AM and/or after 5:00 PM. This applies to all sports except golf and swimming. This restriction is discontinued for the fall season as follows:

End Date	No 10-5 Rule
Sunday, August 27, 2023	Monday, August 28, 2023
Sunday, September 1, 2024	Monday, September 2, 2024
Sunday, August 31, 2025	Monday, September 1, 2025
Sunday, August 30, 2026	Monday, August 31, 2026
Sunday, August 29, 2027	Monday, August 30, 2027
Sunday, August 27, 2028	Monday, August 28, 2028

(Approved 5/11/23)

PROCEDURES FOR THE PREVENTION OF HEAT ILLNESS

1. Ten minute rest breaks during each hour of practice in hot weather to include:
 - a. Loosening of uniform jerseys and pads to facilitate cooling.
 - b. Free intake of water to replace fluid losses.
 - c. Rest break conducted in a shaded area.
2. Water must be freely available to players during practice sessions and games at all levels.
3. Strict adherence to the mandatory regulation for preseason football practice format.
4. Rubberized or other types of non-porous sweat suits may not be used under any circumstances.
5. During pre-school days (August and September), practices are to be conducted prior to 10:00 AM and/or after 5:00 PM. This policy does not apply to school teams that are conducting practice sessions at overnight camps located off Long Island. However, the temperature and humidity must be monitored during these practice sessions; and if the heat index reaches the minimum levels established by Section XI, the heat alert policy will apply. Complete daily records of the heat index must be maintained by coaches.
6. During a modified heat alert, the host school will notify contest/scrimmage officials that there will be mandatory water breaks at approximately 15 minute intervals.

HEAT ILLNESS - extracted from NYS Education Department material

Practice for athletic competition and participation in various forms of physical activity are frequently conducted in very warm and humid weather. Under such conditions, special precautions must be observed. Otherwise, the athlete is subject to:

- a. heat fatigue, depletion of salt and water due to excessive sweating,
- b. heat exhaustion, excessive depletion of salt and water, or
- c. heat stroke, overheating from breakdown of the sweating mechanism.

Heat fatigue dulls the athlete's skill and alertness and makes him/her more vulnerable to injury. The other two heat illnesses can result in serious physical harm and even death. Heat exhaustion and heat stroke are preventable by careful control of various factors in the conditioning program of the athlete. With the start of practice, it is essential to provide for gradual acclimatization to hot weather activity. Equally important is the need to adjust salt and water intake to weather conditions. As the athlete becomes accustomed to hot weather activity, he/she perspires more freely (and thus dissipates body heat) and excretes less salt (and thus conserves sodium). With a graduated training regimen, such acclimatization can be expected after a period of one week.

The idea that water should be withheld from athletes during workouts has no scientific foundation. In fact, such restriction, by depleting water in the body, can lead to heat fatigue and serious heat illness. During exercise in the heat, it is essential to replace the water lost by perspiration. Water should be available on the practice and game field AT ALL TIMES and in large quantities. THERE IS NO REASON WHY COLD OR ICE WATER SHOULD NOT BE GIVEN.

Salt also needs to be replaced daily, particularly during the acclimatization period. Extra salting of the athlete's food within the bounds of taste will accomplish this purpose. Salt tablets, particularly on an empty stomach, can be irritating and may be poorly absorbed. Adding two teaspoons of salt to a gallon of flavored water used for drinking during hot weather workouts offers a better approach. The preparation of the

a. Practice sessions may be conducted **ONLY prior to 10AM and after 5PM**. This applies to all sports except golf and swimming. Starting on the Saturday prior to each Labor Day this restriction is discontinued for the fall season. (Approved 5/22/03)

Section XI, in cooperation with the safety chairman, monitors weather conditions with the aid of Metro Weather Service. When the heat index reaches 88, a heat alert will be in effect. No sport is exempt from modified or full heat alerts. Schools will be notified by the Section XI office when a heat alert exists. (A notice will also be placed on the website.)

Schools **may not** conduct practices or contests in any sport when a full heat alert is in effect. However, team meetings where there is **no physical activity** are permissible.

Coaches are reminded that **water is to be available** in the activity area at **all times and in large quantities**.

b. **Football Camps:**

The Section XI policy for pre-school days as it relates to practices conducted prior to 10AM and after 5PM is **not** in effect for teams attending such camps away from Long Island. However, the following guidelines for those teams should be observed:

- (1) When the heat index reaches 88, a modified heat alert will be in effect and practices should be modified.
- (2) When the heat index reaches 95, a full heat alert shall be in effect and practices must be cancelled.

WIND CHILL POLICY

SECTION XI WIND CHILL PROCEDURES

1. Post-Season Contests: The Section XI Safety Chairman, in consultation with the Executive Director, will monitor *RealFeel* (wind chill) one hour prior to the start of a Section XI post-season contest and will alert member schools according to the NYSPHSAA Wind Chill Procedures.
2. Regular Season Contests or Practices: Member school districts **must** use the NYSPHSAA Wind Chill Procedures to determine if an alert or cancellation of events at their school is warranted.

NYSPHSAA WIND CHILL PROCEDURES

Administration of Wind Chill Policy:

1. Wind Chill will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 39 degrees (Fahrenheit) or lower.
2. The athletic trainer, athletic director, or school designee will use the [accuweather.com](http://www.accuweather.com) website to determine the wind chill index for the area of the contest/practice. The [accuweather.com](http://www.accuweather.com) website can be reached through the NYSPHSAA website. Once a person is on the [accuweather.com](http://www.accuweather.com) website, they will put in the zip code for the location of the contest/practice and the website will give them the air temperature as well as the *RealFeel* temperature (wind chill).
3. If the *RealFeel* temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or school designee must re-check the *RealFeel* (wind chill) at halftime or midway point of the contest. If the *RealFeel* (wind chill) temperature is -11 degrees (Fahrenheit) or lower, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	<i>RealFeel</i> (wind chill) above 40 degrees	Full activity. No restrictions
R E C O M M E N D E D	Wind Chill Caution: <i>RealFeel</i> (wind chill) 36 degrees to 20 degrees	Stay adequately hydrated. Notify coaches of the threat of cold-related illnesses. Have students and coaches dress in layers of clothing.
	Wind Chill Watch: <i>RealFeel</i> (wind chill) 19 degrees to 10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold-related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss.
	Wind Chill Warning: <i>RealFeel</i> (wind chill) 9 degrees to -10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold-related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss. Consider postponing practice to a time when <i>RealFeel</i> temperature is much higher. Reduce the amount of time for an outdoor practice session.
REQUIRED	Wind Chill Alert: <i>RealFeel</i> (wind chill) -11 degrees or lower	No outside activity, practice or contest, should be held.

GUIDELINES FOR AUTOMATED EXTERNAL DEFIBRILLATORS AT INTERSCHOLASTIC CONTESTS:

Section 136.4 of the NYS Commissioner of Education Regulation (9/2002) requires that schools provide, maintain and have readily available sufficient automated external defibrillator equipment necessary to address emergency situations by trained and certified personnel; accordingly, the following guidelines are established.

1. The **home school** is to be responsible for providing AED-trained personnel and a sufficient number of AED's at all interscholastic contests such that an AED can be effectively administered within less than 3 minutes to a stricken student-athlete.
2. Prior to each contest, the home school coaching staff is to advise the visiting coaching staff and officials of the location of the AED and the personnel designated to utilize it.
3. All medical or AED-trained personnel that are present at the contest are to be identified prior to the contest.
4. All athletic emergencies are to be reported to the Athletic Directors of the respective districts immediately following the contest.
5. No contest will take place without an AED available and able to be administered as per #1 above.

SECTION XI CONTESTS

1. At cross country meets conducted at off-site locations, those schools designated as the home schools will be responsible to bring the AED and trained personnel to use it. The personnel from home schools will be assigned to a specific location on the course.
2. At Section XI-sponsored team tournaments, the higher seeded team will be responsible for providing trained personnel and an AED.
3. At Section XI-sponsored individual sport tournament events, the host school will be responsible for providing trained personnel and an AED.
4. At Section XI-sponsored individual sport tournament events conducted at non-school sites, the sport chairman will designate particular schools to be responsible for providing trained personnel and an AED.

THUNDER/LIGHTNING POLICY

SECTION XI REGULAR SEASON CONTESTS

1. Whenever weather or other conditions cause the official(s) to interrupt a contest, the official(s) shall make every reasonable effort to resume and complete the contest, with full consideration of the weather and site conditions (as they affect safety and playing conditions). The official(s) shall wait a minimum of 30 minutes from the time of the interruption before considering the cessation of play.
2. When thunder is identified at the site of an outdoor contest, the official(s) will suspend play immediately and wait a minimum of 30 minutes from the time of the interruption before considering the cessation of play. The official(s) will then make a decision whether to cease play for that day or resume the contest.
3. If lightning is observed at the site of an outdoor contest by the official(s) 15 or fewer minutes prior to the scheduled start of that contest, the official(s) and the responsible school authorities shall not permit that contest to be played on that date.
4. If lightning is observed at the site of an outdoor contest by the official(s) during the playing of the contest, the official(s) shall immediately cease play for the day. The rules of the particular sport shall determine whether the contest is "official" or must be resumed at a later date.

SECTION XI POST-SEASON EVENTS (SECTION CHAMPIONSHIPS, TOURNAMENTS AND NYSPHSAA QUALIFYING EVENTS)

1. Thunder and lightning necessitates that contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion - thunder is thunder, lightning is lightning.
 - a) With your site administrator, set up a plan for shelter prior to the start of any contest.
2. When thunder is heard and/or lightning is seen, the following procedures should be adhered to:
 - a) Suspend play and direct participants to go to shelter, a building normally occupied by the public or, if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, car).
 - b) Do not permit people to stand under or near a tree, and have all stay away from poles, antennas, towers and underground watering systems.
 - c) After thunder and/or lightning have left the area, wait **30 minutes** after the last boom is heard or strike is seen before resuming play or competition.

Rev. 3/16

Reminder....

RECOMMENDED GUIDELINES FOR AUTOMATIC EXTERNAL DEFIBRILLATORS AT INTERSCHOLASTIC ATHLETIC CONTESTS

- ❖ The home school is responsible for providing trained personnel and an adequate number of AEDs at all interscholastic contests.
- ❖ At cross country meets conducted at off-site locations, those schools designated as the home schools will bring an AED and the trained personnel to use it. The personnel from home schools will be assigned to a specific location on the course. All competing schools will receive AED location maps for this site at the beginning of the season.
- ❖ At Section XI sponsored team tournaments, the higher seeded team will be responsible for providing trained personnel and an AED.
- ❖ At Section XI sponsored individual sport tournament events, the host school will be responsible for providing trained personnel and an AED.
- ❖ At Section XI sponsored individual sport tournament events conducted at non-school sites, the sport chairman will designate particular schools to be responsible for providing trained personnel and an AED.
- ❖ On the occasion where a home school will not be providing an AED and trained personnel at a contest, it is the responsibility of that home school to so notify the visiting school in a timely manner.

SECTION XI

FIVE-PERIOD FORMAT TEAM ROSTERS

School _____

Date of Contest _____

Sport _____

Boys or Girls _____

Coach _____

Opponent _____

A SQUAD ROSTER			B SQUAD ROSTER		
	Name	Uniform #		Name	Uniform #
1			1		
2			2		
3			3		
4			4		
5			5		
6			6		
7			7		
8			8		
9			9		
10			10		
11			11		
12			12		
13			13		
14			14		
15			15		

INSTRUCTIONS:

1. The team shall be divided into two squads (A & B) of equal numbers and equal ability. In football, boys' lacrosse and girls' lacrosse, the two squads shall be of unequal ability. The A squad will play the first and third periods, the B squad the second and fourth. Anyone may play in the fifth period and in overtimes. All points scored count.
2. Fill out the above form by listing the athletes' complete names and numbers (PLEASE TYPE OR PRINT NAMES).
3. Any problems must be resolved prior to the contest.

Coach's Signature