



## **SECTION VIII**

**Pat Pizzarelli – Executive Director**

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### **BOYS & GIRLS WINTER TRACK & FIELD**

**2023 - 2024**

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**Girls Coordinator: Kristin Frazer (section8wintertrack@gmail.com)**

#### **COMMITTEE MEMBERS**

**Nick Aurigemma (Cold Spring Harbor)**

**Peter Bechhoff (Division)**

**Rich Cafiero (Syosset)**

**Rich Degnan (Massapequa)**

**Brian Doxey (Clarke)**

**Kristen Hamilton (Roslyn)**

**Stephen Honerkamp (Hewlett)**

**Bud McQuillan (Lawrence)**

**Joe Migliano (Calhoun)**

**Jeremiah Pope (Port Washington)**

**Jim Ravener (Bethpage)**

**Steve Steiner (Manhasset)**

**Bob Busch – Ex Officio**

**Michael Ringhauser – NCTCA Rep**

**HSAA Rep – Arnold Epstein – Long Beach**

## **Boys & Girls Winter Track & Field Handbook**

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### **2023 -2024 Important Dates**

**Wednesday, November 1<sup>st</sup> – Mandatory Coaches meeting 7:00pm**

<https://mineola.webex.com/meet/kfrazier>

Thursday, November 2 – Roster system opens. Link and instructions will be sent through email

Info on how to manage your roster can be found at <https://support.milesplit.com/en/t/team-management>

Monday, November 13 – First Day of Practice

Monday, November 27 – Clinics Begin

**Wednesday, November 29 – Roster submission deadline**

Tuesday, December 5 – Crossover meets begin

Friday, January 6 – Friday, January 20 – Conference Championships (check dates)

Thursday, January 30 – Frosh/Soph Meet

Monday, February 5 – Wednesday, February 7 – County Championships (check dates)

Monday, February 13 – State Qualifier meet

Monday, February 19 – State Meet Commitment forms due (**Strict deadline on this**)

Saturday, March 2 – State Championships

### **Sportsmanship**

The NYSPHSAA requires Officials to enforce all Rules regarding unsportsmanlike conduct by coaches and athletes. There will be no tolerance for negative statements or actions between opposing players, especially trash-talking, taunting, or baiting of opponents. Please remind all athletes and coaches of this policy. (Please see detailed policy on pages 21 - 24)

### **Safety Notes**

Please review page 5 which outlines the Section's policy for Wind Chill procedures. This MUST be referenced before every practice and meet.

## **Changes for 2023 – 2024 Indoor season**

### **Weight Throw**

This season, we will begin to add Weight Throw into late season meets as a pilot program. We will still host 3 Weight Throw specific nights. However, come late season, we will incorporate Weight Throw into Format D (there will be no shot that night). We will also have Weight Throw in each of the Conference, County and State Q meets. It is necessary you pay very close attention to announcements/procedures related to these events. We will be losing part of the infield for warmups due to this and it is important you and your athletes are aware of surroundings/new procedures.

### **New Rule – End of Season Eligibility**

Starting with the Conference Championship meets – If an athlete misses their Section 8 Championship event in order to compete in an outside event not representing their high school team, they will not be eligible for any remaining Section 8 or New York State Championship events in that season.

### **Club/Private Coaches**

All club/private coaches must remain in spectator areas only. Athletic Directors will be submitting the names of all Board approved coaches for their programs. Those are the only coaches allowed in competition areas, as well as the only coaches we will communicate with regarding specific athletes. **There are NO exceptions to this.** If they are not a board approved coach, they do not belong in competition areas with your athletes. Please make sure your athletes, as well as any coaches you work with, are aware of this new policy. If there are any issues during a meet, please make meet personnel aware so we can remove the individual(s). Thank you!

### **Coach Responsibility/Athlete Eligibility Clarification**

If you are sending an athlete to a clinic or a competition, they must have a school approved coach with them in order to participate. Whether it is 1 athlete or 100 athletes, there must be a school approved coach in attendance with the athlete(s) or they will not be permitted to participate and your school AD will be notified.

## NFHS Rules Changes/Updates for 2023-2024

**1** – In an effort to **more clearly define false starts** in high school track and field events, two new starting violations have been adopted for the upcoming season. In Rule 5-7-4c, the previous language which required participants to remain motionless after assuming the set position prior to the starting device being fired, has been replaced with the following: “If a runner leaves their mark with a hand or foot after the ‘set’ command but before the starting device is fired.” In addition, a new violation in (d) calls for a violation “if a runner leaves their mark with a forward motion without the starting device being fired.”

Further, a new note in Rule 5-7-4 states that “extraneous motion before the device is fired does not necessarily require a false start to be charged unless the criteria in the rule are met. If the starter thinks the movement creates a situation of unfairness to any of the competitors, the starter may cancel the start with the command ‘stand up,’ or if the device has been fired, recall the race as an unsteady or unfair start and redo the starting procedure.”

**2** – A significant change was approved by the committee in Rule 6 regarding **field events**. In the **shot put**, athletes will be permitted to apply tape to their fingers as long as the fingers are not taped together, and all fingers can move independently. The specific language approved is as follows: “Tape may be used on the hand and fingers provided that no two fingers are taped together. The tape may be continuous and connect to the wrist, but all fingers must be able to move independently. A wrist wrap used in lieu of tape is acceptable and is not considered an artificial aid.”

**3** – In other changes to **field events**, further definition related to **breaking ties** was added to Rule 6-3-2b. To address the situation when two or more tied competitors withdraw from the competition/jump-off at the same time, the committee added the following language to determine first place: Rule 6-3-2(4)(b) states that “if all competitors eligible for a jump-off withdraw from the competition before the jump-off begins or at a height change, those competitors shall tie for first place, and any team points shall be added together and divided equally among the typing competitors.” In addition, a note was added to the rule stating that an athlete who withdraws from a jump-off concedes the higher place, but the withdrawal does not negate the athlete’s performance in that event up to the point of withdrawal. In addition, withdrawing from a jump-off is not unsporting conduct.

**4** – Another **field event** change was approved for Rule 6-2-2, stating that in the **high jump and pole vault**, one minute shall be allowed for the first trial of a competitor first entering the competition. The committee noted this additional language clarifies how the rule is to be interpreted and adds support to the official’s decisions when a competitor enters the vertical jumps after the event has started.

**5** – A clarification was provided to the section on **hurdlings infractions**. It is an infraction if a competitor knocks down or displaces any hurdle by hand. The addition of displacement of any hurdle was added to give guidance to officials when ruling on infractions.

**6** – Rule 9-6-1 clarifies that the **relay exchange zone** for indoor track and field will be 20 meters.

### Electronics

- a. Rule 3-2-8 states: “Electronic devices may be used in UNRESTRICTED areas and coaching boxes, providing the location does not interfere with progress of the meet as determined by the meet referee. ALL competition areas are considered RESTRICTED areas so no electronics are permitted. This includes, but is not limited to, the track, clerking area and all field event areas”

### Special Note

A note was added to Rule 4-2-1 giving flexibility for state associations to adopt regarding the competition rules as follows: “State associations may adopt different participation limitations, not to exceed six events” Please be advised **NEW YORK STATE is remaining at a max of 3 events** per athlete at any Championship level meet. **Section 8 is remaining at a max of 2 events per athlete per Crossover meets; a max of 3 events per athlete at Championships and Invitationals (even if an invitational allows more)**

## **NYSPHSAA WIND CHILL POLICY/PROCEDURES**

### Administration of Wind Chill Procedures:

- Feels Like Temperature (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.
- Download WeatherBug app to your phone or log into [www.weatherbug.com](http://www.weatherbug.com)
- Enter zip code of city and state in the location section of the app or online
- If the Feels Like Temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or school designee must re-check the Feels Like Temperature (wind chill) at halftime or midway point of the contest. If the Feels Like Temperature (wind chill) is - 11 degrees (Fahrenheit) or lower, the contest will be suspended.

Please refer to the chart below to take the appropriate wind chill actions:

Recommended	Wind Chill Caution: Feels Like Temp (wind chill) is 39 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
Recommended	Wind Chill Watch: Feels Like Temp (wind chill) is 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
Recommended	Wind Chill Warning: Feels Like Temp (wind chill) is 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 the Feels Like Temp is much higher  Consider reducing the amount of time for an outdoor practice session
<b>REQUIRED</b>	Wind Chill Alert: Feels Like Temp (wind chill) -11 degrees or lower	No outside activity, practice or contest should be held

<b>GROUP A</b>	<b>GROUP B</b>	<b>GROUP C</b>	<b>GROUP D</b>	<b>GROUP E</b>	<b>GROUP F</b>
Academy Charter	Lawrence	Hempstead	Friends Academy	Locust Valley	Oyster Bay
Sewanhaka	East Rockaway	Wantagh	Island Trees	Mineola	Glen Cove
Roosevelt	Cold Spring Harbor	West Hempstead	Lynbrook	Plainedge	Elmont
New Hyde Park	Hewlett	Bethpage	Long Beach	Floral Park	Malverne
Wheatley	MacArthur	Bellmore JFK	V.S. South	Port Washington	Uniondale
Mepham	Clarke	Westbury	Seaford	Carey	North Shore
Farmingdale	Hicksville	Jericho	Freeport	Manhasset	Oceanside
Herricks	Great Neck South	Baldwin	Great Neck North	Roslyn	South Side
Calhoun	Garden City	V.S. North	Massapequa	Division	Plainview OB
	Syosset		East Meadow		V.S. Central

<b>DATES</b>	<b>GROUPS</b>	<b>TIME</b>	<b>FORMAT</b>
Monday, 11/27	RW/HJ ONLY	6:00pm – 9:00pm	CLINIC ONLY (limit 5)
Tuesday, 11/28	WT/PV ONLY	6:00pm – 9:00pm	CLINIC ONLY (limit 5)
Monday, 12/04	WT ONLY	6:30pm – 10:30pm	Competition (limit 5)
Tuesday, 12/05	C & F	6:30pm – 10:30pm	A
Wednesday, 12/06	B & E	6:30pm – 10:30pm	A
Thursday, 12/07	A & D	6:00pm – 9:00pm	A
Monday, 12/11	C & E	6:30pm – 10:30pm	B
Tuesday, 12/12	A & B	6:30pm – 10:30pm	B
Thursday, 12/14	D & F	6:30pm – 10:30pm	B
<b>Friday, 12/15</b>	<b>WT ONLY</b>	<b>6:30pm – 10:30pm</b>	Competition (limit 3) Will poll for #s
<b>Friday, 12/15</b>	<b>3200/3000 Festival</b> <b>*Will be pre-seeded</b>	<b>6:30 – 10:30pm</b>	<b>3200/3000 only</b> <b>**Took this out of Format B but counts as 1 event towards Format B meet. This is NOT an additional meet.</b>
Monday, 12/18	B & C	6:30pm – 10:30pm	C
Tuesday, 12/19	D & E	6:30pm – 10:30pm	C
Wednesday, 12/20	A & F	6:30pm – 10:30pm	C
Thursday, 12/21	WT ONLY	6:30pm – 10:30pm	Competition – will poll for #
Tuesday, 1/02	E & F	6:30pm – 10:30pm	D
Wednesday, 1/03	B & D	6:30pm – 10:30pm	D
Thursday, 1/04	A & C	6:00pm – 9:00pm	D

<b>FORMAT A</b> 2 event limit	<b>FORMAT B</b> 2 event limit	<b>FORMAT C</b> 2 event limit	<b>FORMAT D</b> 2 event limit
<b>Running – B/G</b> Boys 1600 55HH 300 Girls 1500 55	<b>Running – G/B</b> 4 x 4 (2 teams) 55 1000 4 x 2 (2 teams) 600	<b>Running – B/G</b> 600* 1600/1500 55HH 300* 55 4 x 8 (2 teams) 1500 Racewalk <b>*May run 600 or 300, not both!</b>	<b>Running – G/B</b> 1500 Racewalk B/G 55HH semi G/B 55HH final 3000/3200* 1000* 55 <b>*May run 3200/3000 or 1000, not both</b>
<b>Field Events – Limit 5</b> High Jump – G/B (5 Alive) Long Jump – B/G Shot – G/B Pole Vault – B/G	<b>Field Events</b> High Jump – B/G (5 Alive) Triple Jump – G/B Shot – B/G Pole Vault – G/B	<b>Field Events</b> High Jump – B/G (5 Alive) Long Jump – G/B Shot – G/B Pole Vault – B/G	<b>Field Events</b> High Jump – G/B (5 Alive) Triple Jump – B/G Weight Throw – B/G (limit 3 for Weight) Pole Vault – G/B

## CONFERENCE & COUNTY ALIGNMENTS

(Teams in **BOLD** have changed placement since 2022-2023 season)

<b>CLASS A</b>		<b>CLASS B</b>		<b>CLASS C</b>	
<b>CONF 1</b>	<b>CONF 2</b>	<b>CONF 3</b>	<b>CONF 4</b>	<b>CONF 5</b>	<b>CONF 6</b>
Freeport	<b>Port Washington</b>	G.N. South	Division	<b>Floral Park</b>	Seaford
Uniondale	<b>Westbury</b>	Sewanhaka	Manhasset	Lynbrook	Malverne
Syosset	Baldwin	New Hyde Park	Roosevelt	Plainedge	Locust Valley
Massapequa	V.S. Central	G.N. North	<b>South Side</b>	Wantagh	Cold Spring Harbor
Hicksville	East Meadow	Calhoun	Glen Cove	V.S. South	Wheatley
Hempstead	Herricks	Garden City	<b>Bellmore JFK</b>	Clarke	West Hempstead
Oceanside	Mepham	Elmont	Bethpage	North Shore	<b>Academy Charter</b>
Farmingdale	Long Beach	<b>Carey</b>	Hewlett	Lawrence	Oyster Bay
<b>Plainview OB</b>	MacArthur	Roslyn	V.S. North	Island Trees	Friends Academy
	Jericho		<b>Mineola</b>		East Rockaway

### CONFERENCE CHAMPIONSHIP MEET SCHEDULE

<b>DATE</b>	<b>CONFERENCE</b>	<b>TIME</b>
Monday, 1/08	5	6:30pm – 10:30pm
Tuesday, 1/09	6	6:30pm – 10:30pm
Wednesday, 1/10	Possible snow date	6:30pm – 10:30pm
Thursday, 1/11	1	6:00pm – 10:30pm
Tuesday, 1/16	2	6:30pm – 10:30pm
Thursday, 1/18	3	6:30pm – 10:30pm
Friday, 1/19	4	6:30pm – 10:30pm
Thurs, 2/1 & Fri, 2/2	Conference Snow dates	If needed

Weight Throw is being added into the Conference Meets. There will be a limit of 12 Weight Throw athletes as we pilot this. 4 throws, no final

### FROSH/SOPH MEET

Tuesday, 1/30	Frosh/Soph athletes only	6:30pm – 10:30pm
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Order of Events will be sent in early January

### COUNTY CHAMPIONSHIP MEET SCHEDULE

Monday, 2/05	Class A	6:30pm – 10:30pm
Tuesday, 2/06	Class B	6:30pm – 10:30pm
Wednesday, 2/07	Class C	6:30pm – 10:30pm
Thursday, 2/08	Snow date if needed	

Weight Throw is begin added into the County meets

### STATE QUALIFIER MEET SCHEDULE

Monday, 2/12	All qualifiers	6:30pm – 10:30pm
Tuesday, 2/13 or Thursday, 2/15	Snow dates	6:30pm – 10:30pm

Weight Throw is being added into the State Qualifier meet

### STATE CHAMPIONSHIP MEET

Saturday, March 2 @ Ocean Breeze Athletic Complex	All boys & girls qualifiers	8:45am – 5:00pm
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## **SECTION 8 WINTER TRACK & FIELD**

*Section 8 Winter Track & Field will be governed by 2024 NFHS rules*

### **Crossover Meets**

- a. Athletes are limited to 2 events.
- b. Only one measurement under 12' (girls) 17' (boys) will be measured in the LJ.
- c. Only one measurement under 25' (girls) 35' (boys) will be measured in the TJ.
- d. The first 4 sections of the 600 will be run in lanes as time permits. All others in alley.
- e. The first 4 sections of the 300 will be run in lanes as time permits. All others in alley.
- f. Seeded sections will run first at Crossover meets.
- g. The first 2 sections (at least) of the 4 x 400 and the 4 x 200 will be run in lanes as time permits.
- h. All jumpers must pick up their tape marks when they leave the event. No duct tape may be used in HJ.

### **Clerking Responsibilities (Please share this info with your athletes)**

- a. All competitors are to report promptly to the clerking area or send a teammate once the event is called. It is the athlete's responsibility to clerk on time. Once an event is clerked, that event is closed.
- b. Athletes should come to the clerking area ready to compete (running apparel and shoes)
- c. Verbal seeding will be used for all races unless otherwise specified.
- d. It is the athlete's responsibility to notify the clerk if she/he is leaving the clerking area to compete in a field event. Officials will be marking the times athletes leave and return. Make sure your athletes communicate. The 10 minute rule will be in effect. Please teach your kids to communicate with the officials and to be fully aware of all parameters of the 10 minute rule. (Review the 10 minute rule page in this book – page 10)
- e. No electronics in the clerking area.

### **Usage of Blocks/Spikes**

- a. Spikes may be used at St. Anthony's ONLY in the Conference, County and State Qualifier meets.  
No hard, plastic bottom shoes are ever permitted.
- b. Starting blocks will be provided by St. Anthony's.

### **Results**

Results will be posted live throughout the season at <https://milesplit.live/overall>

### **Participation/Eligibility Standards**

- a. Six team practices are required before the first meet or scrimmage.
- b. Each individual athlete must have six practices before competing.
- c. Each athlete is limited to 15 meets (exclusive of Counties and State Q's)
- d. There are no independent athletes in Nassau County.
- e. **Athletes must have competed in 6 meets prior to Counties to be eligible for Counties and State Q**
- f. Athletes will be permitted to enter 3 events at the Conference, County and State Q meets.
- g. The rule of one night's rest between meets is in effect for the winter.
- h. The Long Island Invitational and Eastern States meets DO COUNT towards the 15 allowable meets.

### **Competition**

- a. Do NOT enter your athletes in more than 3 events in ANY meet outside of Section 8 (regardless of that meets guidelines).
- b. The 4 meets scheduled per conference prior to Conference Championships have a 2 event per athlete limit.
- c. Section 8 meets take precedence over any outside meets.



## **Uniforms**

- a. Uniforms consist of a school issued or school approved top and bottom, or one piece suit.
- b. Relay members must have identical uniforms.
- c. Jerseys must be tucked in.
- d. The athlete's number is part of their uniform. No number, wrong numbers, numbers that cannot be read, or numbers that have been altered can cause a disqualification.
- e. Athletes must wear their own numbers. No exceptions.
- f. Logos must not be bigger than a business card

## **Medical Appeals**

- a. All athletes must compete in **6 meets prior to the County Championships**. Any coach who wishes to submit an appeal based on medical reasons, documented by a licensed physician, must **submit the appeal before their last regularly scheduled season contest**. (Form on page 19 of handbook)

## **Media**

- a. MSG Varsity and FIOS TV Contract: The Section 8 contract is for Counties and State Q's ONLY
- b. MSG Varsity and FIOS: News clips are OK. Featured stories can only be at playoffs.
- c. State Meet Journal: **wherenow.nysphsaa@gmail.com**
- d. Coaches can submit bios and pictures of past State Meet athletes to be included in a new feature spotlighting past champions/participants.

## **Electronics**

- b. Rule 3-2-8 states: "Electronic devices may be used in UNRESTRICTED areas and coaching boxes, providing the location does not interfere with progress of the meet as determined by the meet referee. ALL competition areas are considered RESTRICTED areas so no electronics are permitted. This includes, but is not limited to, the track, clerking area and all field event areas"

## **Transgender Athletes**

- a. The student's home school will determine the eligibility of a student seeking to participate in interscholastic athletics in a manner consistent with his/her gender identity where the student's gender identity does not correspond to his/her sex assigned at birth.
- b. The Superintendent (or designee) will confirm the gender identity asserted for purposes of trying out for an interscholastic sports team through documentation from the parent, guardian, guidance counselor, or from a doctor, psychologist or other medical professional.
- c. On a seasonal basis, the school will provide approval of eligibility to try out for an interscholastic sports team or teams which correspond to the student's gender identity.
- d. The Athletic Director should contact NYSPHSAA if any accommodations need to be made.

**APPEALS:** All appeals with respect to a District's determination as to eligibility of a transgender student to participate in interscholastic sports will go directly to the Commissioner of Education.

## **THE 10 MINUTE RULE**

The 10 minute rule is granted by the authority of the Games Committee. It is used to assist an athlete who must clerk in at another event. The athlete **MUST** communicate with the field event official that he/she is leaving to check in at another event. The official will write down the time they left **AND** the time they arrived back in granting them the 10 minutes to return and continue with the field event. During this 10 minute grace period, the official will **NOT** call the athlete's name, nor penalize the athlete by charging them with a "foul".

**During the 10 minute grace period in the High Jump and Pole Vault**, even though the athlete is not charged with a "foul", the bar **MUST**, by rule, move up in these 2 events to the next increment. The event will NOT wait for the athlete to return. The athlete is given a "pass" for each attempt not taken at the previous height. Upon returning to the High Jump and/or Pole Vault, within the grace period, the athlete must continue his/her pursuit of excellence at the higher height, if the bar was raised. (See page 44, Rule 6-2-22)

**During the 10 minute grace period in the Long Jump, Triple Jump, Shot Put and Weight Throw**, the official will skip over the "excused" athlete's name and move on to the next athlete to perform an attempt. No marking on the score sheet, other than the time the athlete left to be excused, will occur. If the excused athlete returns within the 10 minutes, the official will work that athlete into the mix.

**AFTER the 10 minute grace period**, all field event officials, **EXCLUDING High Jump and Pole Vault** will now be calling out the name of the "missing" athlete. He/She is no longer "excused" as their 10 minute grace period has expired. Once the athlete's name is called, they have 1 minute to complete an attempt at their field event. If this does not occur, the athlete is given a "FOUL" for not completing an attempt in the proper time period.

**AFTER the 10 minute grace period in the High Jump and Pole Vault**, before the crossbar is raised, the official will "PASS" a "missing" competitor for the remaining attempts at that height, if they have not returned within the designated time limit (See page 42, Rule 6-2-3b) These competitors will be "eliminated as soon as he/she has had 3 consecutive unsuccessful trials, regardless of the height or heights at which the unsuccessful trials were attempted" (See page 44, Rule 6-2-22)

An athlete is **NOT** safe if they are away from their field event longer than 10 minutes even though they have communicated that to the official. **The athlete is NOT permitted to go back and forth between events without taking a legitimate attempt at his/her field event, excluding High Jump and Pole Vault, within the 10 minute grace period.** After taking a legal attempt in their field event, they may ask to be excused for another 10 minute grace period to go and continue checking in/running in another event. Of course the above rules will still apply. Going back and forth between events WITHOUT making a legal attempt at their field event is a mockery to the 10 minute grace period the games committee has allowed.

Of course the best way to handle this 10 minute rule is for each athlete to assign a teammate to go check them in to their other event and REMAIN at that check in to receive important information given by the clerks or other field event officials. That information is to be relayed to the particular athlete missing from check in.

## **ROSTERS**

Roster collection will be done on MileSplit. We will provide the link once it is set up.

Please reference the additional attachment that will be sent to you through email to complete this process. **Roster entry deadline is Wednesday, November 29<sup>th</sup>**

## **SEEDING**

**\*\*No outdoor times will be accepted as seeds\*\***

**\*\*No club or unattached performances will be accepted as seeds\*\***

**[www.milesplit.com](http://www.milesplit.com) is the ONLY site we will use to verify seeds**

- a. We rely on the coaches to submit actual seeds in order to run an effective meet.
- b. For Conference, County and State Qualifier meets, all seeds must be verifiable. No estimates
- c. There is a State appointed conversion chart that is posted on MileSplit
- d. No seeds from relay splits or oversized tracks over 200 meters.
- e. No seed performances are permitted if your athlete or relay team was disqualified.
- f. Relay seeds must be actual, not composites
- g. Up to 8 names with competitor numbers should be listed for all relays. Relay cards will be used.
- h. Seed performances for all meets including the state meet will be the best actual performances from any indoor sanctioned meet during the season (November-February)
- i. Athletes must have competed in the event during the season (November – February) to receive a seed performance.
  1. **CONFERENCE CHAMPIONSHIPS:** If you would like to enter your athlete in an event for which they do not have a seed, you must write "NO SEED" on their card. That athlete will be placed behind athletes with verifiable seeds. **Long Jump, Triple Jump & Weight Throw entries require seeds/marks. NO athlete will be accepted to LJ/TJ without a verifiable performance in a sanctioned competition. Pole Vault entries require proof of attempts.** Seeds will be checked at Conference meets. If not verified, they move to back.
  2. **COUNTY CHAMPIONSHIPS/STATE QUALIFIER:** Athletes without verifiable seeds will not be considered for these meets at all. (Please note that girls/boys who have run the 1600/mile or the 3200/2 mile will be eligible for the 1500 and 3000 using the approved conversion tables). Also, any Pole Vault athlete who has attended the clinics/competitions must have met the opening height requirement in order to enter the County Championship/State Qualifier.
  3. **MILESPLIT WILL BE THE ONLY VERIFIABLE SITE!**
- j. For **Conferences, County and State Qualifier meets**, all seeds must be verifiable on [www.milesplit.com](http://www.milesplit.com). **No other websites or rankings pages will be checked.** Make sure you check your athletes' listed performances throughout the season to "protect" their seeds for Championship meets. Each athlete must have 6 verifiable competitions listed on the site in order to be eligible for the County and State Qualifier meets. Performances must be posted to the website according to the following deadline schedule:

## **ANNOUNCEMENT PAGE FOR ST. ANTHONY'S**

(Please share with your athletes/families before first meet. Add this page to your team handbook)

- **BUSSES SHOULD NOT ENTER PARKING LOT UNTIL 5:45PM AS PER St. Anthony's.**  
This will be strictly enforced by St. Anthony's security.
- **As long as busses do not arrive prior to 5:45, St. Anthony's will allow us to enter starting at 5:45. However, if they see busses on property before 5:45 everyone will have to wait until 6pm.**
- **Do not allow athletes off the bus until your bus is in front of the entry door. This will be a bus loop drop off system.**
- After entering the gym, teams will be permitted to warm up immediately. At 6:20 the track will close, all will return to the bleachers and be asked to rise for The National Anthem. Please instruct your athletes to be respectfully quiet and to remove hats and headphones.
- The concourse area will be open for warm-ups once the track is closed for warm-ups by meet management. Concourse area shuts down at 10pm. No bags, spikes or lingering permitted in the concourse.
- Pole Vault athletes may report directly to the pole vault area to drop off their poles. Only athletes competing in the pole vault are permitted to remain in the area. If girls are vaulting no boys should be over there and vice versa. Only exception is volunteers who have been cleared by meet management.
- No large bags are permitted. Track/Spike bags are fine.
- Spikes are only permitted at Conference & County Championships and State Q. At no time are hard plastic bottoms approved.
- Board approved coaches need to remain in designated coaching areas.
- No food or drink at all in the gym. **Water only!** (This applies to athletes, coaches and spectators)
- No parents or spectators allowed in designated coaching areas, infield or across the track.
- We will have designated seating again. Spectators should be directed to your team area
- Teams are expected to clean up the area in which they were sitting.
- No personal chairs will be permitted in the gym. (See Kristin/Dennis for medical necessity)
- Hurdlers may warm up on the backstretch if we have coaches supervising the area

## **CONFERENCE CHAMPIONSHIP INFORMATION**

- Upon arrival each coach must hand in a Section VIII Entry blank and 3x5 card for each athlete and relay they have entered in the meet
- Long Jump, Triple Jump and Weight Throw entries must be entered online. Detailed instructions and deadline dates will be emailed to all coaches. We will accept 15 entries in LJ and TJ and 12 in Weight Throw. Selected athletes will be posted on the website the day before the Conference Meet. This will count as one of the 3 events permitted for the athlete. Rejected athletes will be permitted to enter 3 different events but they must be designated on the official entry
- Each team is permitted 3 scorers in each individual event
- Each team is permitted 1 relay in each relay event
- Any athlete who does not have a verifiable seed will be moved to the back of the field.
- Please write "NO SEED" on your athlete's card if they don't have a verifiable mark.
- Conference Meets are Championship meets with 3 place medals in each event
- The Top 3 in each individual event will earn All-Conference Honors
- The winning relay team members will earn All-Conference Honors
- ¼" pyramid spikes may be worn in this meet. No hard plastic bottoms permitted
- Be aware of conflicts with events. Athletes cannot be away from a field event for more than 10 minutes.
- **All seeding and section details will be shared at a later date (at least 2 weeks before first Conference Championship meet)**

<b>ORDER OF EVENTS</b>
3200/3000 Final on time
55 Semi (B/G)
1000 Final on time (B/G)
55 Final (B/G)
600 Final on time (B/G)
55HH Final on time (B/G)
1600/1500 Final on time
300 Final on Time (B/G)
Girls: 1500m Racewalk
4 x 800 Relay (B/G)
4 x 400 Relay (B/G)
4 x 200 Relay (B/G)
Long Jump (B/G)
Triple Jump (B/G)
Shot put (B/G)
High Jump (G/B)
Pole Vault (G/B)
Weight Throw (B/G)

## COUNTY CHAMPIONSHIP INFORMATION

- Coaches must submit an online entry. **Due dates/details to be shared 2 weeks prior**
- Each team is permitted to enter 3 athletes in each individual event
- Each team is permitted to enter 1 relay in each relay event (List up to 8 names. This does count as one event for each of the athletes listed)
- 3 place medals in each event will be awarded
- 1<sup>st</sup> and 2<sup>nd</sup> place plaques to overall team champion and runner up
- The top 3 in each individual event and the top 3 in each relay will earn All-County Honors (only the relay members who race will earn All-County. Alternates who do not run will not be named All-County)
- Scoring for the meet is 10 -8 - 6 - 4- 2 - 1 and will be automatically done online
- Only coaches may scratch an athlete from an event and must do so before the event is clerked or that athlete is out of that event and any events scheduled after that
- All LJ/TJ/SP/WT will be allowed 3 attempts. The top 7 will have an additional 3 attempts
- ¼" pyramid spikes are permitted No hard plastic bottoms permitted

<b>ORDER OF EVENTS</b>	<b>ACCEPTED NUMBER OF ATHLETES</b>
Girls 3000 Final	16
Boys 3200 Final	16
Girls 55 Semi	18
Boys 55 Semi	18
Girls 1000 Final	22
Boys 1000 Final	22
Girls 55 Final	6 (who qualified out of semis)
Boys 55 Final	6 (who qualified out of semis)
Girls 600 Final	20
Boys 600 Final	20
Boys 55HH Semi	18
Girls 55HH Semi	18
Girls 1500 Racewalk Final	16
Girls 55HH Final	6 (who qualified out of semis)
Boys 55HH Final	6 (who qualified out of semis)
Girls 1500 Final	22
Boys 1600 Final	22
Girls 300 Final	20
Boys 300	20
BREAK	*Will be announced at each meet*
Girls 4 x 800 Final	12
Boys 4 x 800 Final	12
Girls 4 x 400 Final	15
Boys 4 x 400 Final	15
Girls 4 x 200 Final	15
Boys 4 x 200 Final	15
Long Jump: Boys/Girls	12
Triple Jump: Boys/Girls	12
Shotput: Boys/Girls	12
High Jump: Girls/Boys	12
Pole Vault: Girls/Boys	12
Weight Throw: Boys/Girls	12

## STATE QUALIFIER INFORMATION

- All coaches must submit an online entry. **Deadlines/details to be shared 2 weeks prior**
- Coaches are permitted to enter an unlimited number of entries per event. However, each athlete can only be entered 3 times and must compete in all 3 events if they are not scratched prior to the clerking of the event
- 1<sup>st</sup> and 2<sup>nd</sup> place finishers in individual events will qualify for the State Championship. A 3<sup>rd</sup> place finisher may qualify if they have achieved the listed standard at any time during the season.
- The 1<sup>st</sup> place relay will qualify for the State Championship. The 2<sup>nd</sup> place relay may qualify if they have reached the standard as listed. **Only ONE relay team per school may qualify.**
- The first non-qualifier in the 300, 600, 1000, 1500/1600 will qualify for the State Meet Intersectional Relay team. This could be the 3<sup>rd</sup> or 4<sup>th</sup> place finisher.
- ¼" pyramid spikes are permitted. No hard plastic bottoms are permitted.
- **Athletes who qualify for the State Championships must complete and submit their "Commitment to Attend State Championships" form no later than Monday, February 19<sup>th</sup> by 9pm.** This form will require additional signatures from school personnel/administration.

Order of Events	Number of Accepted Athletes	Standard for 1 <sup>st</sup> non-qualifier to advance to State Championships
Boys 55HH Semi	12	
Girls 55HH Semi	12	
Boys 55 Semi	12	
Girls 55 Semi	12	
Boys 3200 Final	12	9:42.24
Girls 3000 Final	12	10:21.13
Girls 55HH Final	6 from semis	8.74
Boys 55HH Final	6 from semis	7.94
Boys 55 Final	6 from semis	6.74
Girls 55 Final	6 from semis	7.44
Boys 1000 Final	12	2:35.24
Girls 1000 Final	12	3:02.24
Boys 300 Semi	15	
Girls 300 Semi	15	
Boys 600 Final	15	1:24.74
Girls 600 Final	15	1:38.74
Boys 1600 Final	16	4:28.74
Girls 1500	16	4:49.54
Girls 1500 Racewalk Final	12	7:28.24
Boys 300 Final	5 from semis	36.74
Girls 300 Final	5 from semis	41.94
Break	*announced night of meet*	
Boys 4 x 8 Final	12	8:05.04
Girls 4 x 8 Final	12	9:36.24
Boys 4 x 4 Final	5	3:32.44
Girls 4 x 4 Final	5	4:06.94
Boys 4 x 2 Final	5	1:34.94
Girls 4 x 2 Final	5	1:47.54
Shotput: Boys/Girls	10: 4 advance to final	Boys <b>51'0</b> /Girls 37'07
Long Jump: Boys/Girls	8: 4 advance to final	Boys 21'06/Girls 17'02
High Jump: Girls/Boys	8: 4 advance to final	Girls 5'03/Boys <b>6'2</b>
Triple Jump: Boys/Girls	8: 4 advance to final	Boys 43'06/Girls 36'01
Pole Vault: Girls/Boys	8: 4 advance to final	Girls 10'0/Boys 13'0
Weight Throw: Boys/Girls	8: 4 advance to final	Boys <b>56'0</b> /Girls 43'0

Standard in **BOLD** are updated for the 23-24 season

# **NYSPHSAA/NYS FEDERATION INDOOR TRACK & FIELD CHAMPIONSHIPS**

Saturday, March 2<sup>nd</sup> at Ocean Breeze Athletic Complex

Any qualifier wishing to attend the Friday practice and stay overnight must provide their own transportation and lodging for Friday practice/hotel. Some schools did provide this last year but the **Section will not be providing any transportation or lodging on Friday.**

**The Section WILL provide transportation Saturday morning from Westbury HS to Ocean Breeze Athletic Complex, as well as a return trip to Westbury HS. Details to be released closer to the date.**

## **Order Of Events**

(Slight changes have been proposed. We will share final, approved schedule with you once we have it)

7:45AM – Coaches/Athletes/Meet personnel arrive/Warm Ups

8:45AM – Track closes for Opening Ceremony

8:15 – Boys Weight; Girls Pole Vault; All Triple Jump

9am – Adaptive Race (Distance TBD)

### **8:45am – Running events begin**

Boys followed by Girls unless otherwise noted

55HH Semi

55 Dash Semi

Boys 3200

55HH Final \*Girls then Boys

55 Dash Final \*Girls then Boys

Girls 3000 Final

4 x 400 Semi

4 x 200 Semi

1000 Final

Girls 1500 Racewalk Final

300 Semi

600 Final

Boys 1600 Final

Girls 1500 Final

Intersectional Medley Relay (1000,200,600,1600)

300 Final

4 x 800 Final

4 x 400 Final

4 x 200 Final

### **Field Events**

Boys Weight

Girls Pole

Boys Triple

Girls Triple

Girls Weight

Boys High Jump

Girls High Jump

Boys Pole Vault

Girls Long Jump

Boys Long Jump

Boys Shot put

Girls Shot put



## **Indoor Track & Field Invitationals**

Event entries should state that the event is sponsored by your high school and enforces all NFHS, NYSPHSAA and Section VIII rules.

Your entry may not state that the meet is sanctioned by Section VIII

Section VIII League & Championship meets take precedence over outside competitions

\*Meet Directors must provide results within 5 days of the conclusion of the meet\*

Results should include athletes' name, number, school, performance, and event. Free programs such as RaceTab are available and easy to use

All officials must be ordered through BOCES (Grace or Nick)

Newsday Track & Field coverage: Dean Zulkofske  
dean.zulkofske@newsday.com

## **2023/2024 Invitational Dates & Links**

<b>DATE</b>	<b>MEET</b>	<b>CONTACT</b>	<b>LINK</b>
Friday, Dec. 1	North Shore HS Season Opener	Neal Levy	<a href="https://ny.milesplit.com/meets/564937-north-shore-hs-season-opener-2024">https://ny.milesplit.com/meets/564937-north-shore-hs-season-opener-2024</a>
Saturday, Dec. 2	Herricks Winter Invite **OUTDOORS**	Joe Caruso	Email <a href="mailto:jcaruso23@hotmail.com">jcaruso23@hotmail.com</a> and he will send you entry info
Saturday, Dec. 9	Nassau Coaches Invitational	Michael Ringhauser	<a href="https://ny.milesplit.com/meets/579907-nassau-coaches-invitational-2024">https://ny.milesplit.com/meets/579907-nassau-coaches-invitational-2024</a>
Saturday, Dec. 23	North Shore HS Invitational	Neal Levy	<a href="https://ny.milesplit.com/meets/564960-north-shore-hs-invitational-2024">https://ny.milesplit.com/meets/564960-north-shore-hs-invitational-2024</a>
Friday, Feb. 16	North Shore HS Pre-National Invitational	Neal Levy	<a href="https://ny.milesplit.com/meets/565166-north-shore-hs-pre-national-invitational-2024">https://ny.milesplit.com/meets/565166-north-shore-hs-pre-national-invitational-2024</a>
Saturday, Feb. 24	Long Island Elite Meet @ St. Anthony's HS	Rich Degnan	Degs will provide the link after the new year. We will share in a mass email.

Information on how to register on MileSplit for these and other invitationals can be found:

<https://support.milesplit.com/en/t/meet-registration>



**Request for Medical Waiver of NYSPHSAA – Regulation #25**

To be eligible for sectional, intersectional or state competition, a team must have competed in six (6) school scheduled contests during the season. An individual is eligible for the team if he/she has been an eligible participant on a team in that sport in that school for a minimum of six (6) scheduled contests during the regular season. Contestants in individual sports (archery, badminton, bowling, cross country, fencing, golf, gymnastics, rifle, skiing, swimming tennis, outdoor track, winter track and wrestling) must also have represented their school in six (6) scheduled contests during the season to be eligible. These required contests must occur on four different dates and must be concluded prior to the conclusion of the team’s regular schedule.

School \_\_\_\_\_ Sport \_\_\_\_\_

Athlete \_\_\_\_\_ Date Request Submitted \_\_\_\_\_

Nature of Injury/Illness \_\_\_\_\_

Date of Injury/Onset of Illness \_\_\_\_\_ Date of Medical Clearance \_\_\_\_\_

Record of Participation in Competitions (Exclusive of Section Tournaments):

\*If Wrestler: Please include Weigh-in

Date Opponent

validated by Athletic Director

- 1. \_\_\_\_\_ \* \_\_\_\_\_
- 2. \_\_\_\_\_ \* \_\_\_\_\_
- 3. \_\_\_\_\_ \* \_\_\_\_\_
- 4. \_\_\_\_\_ \* \_\_\_\_\_
- 5. \_\_\_\_\_ \* \_\_\_\_\_

Note:

All pertinent medical documentation must accompany this request before it will be considered. Such material MUST VERIFY the date of onset of the illness/injury and date physical activity may resume. NOTES FROM PHYSICAL THERAPISTS ARE NOT ACCEPTABLE.

Medical Documents Attached:

- 1. \_\_\_\_\_ 3. \_\_\_\_\_
- 2. \_\_\_\_\_ 4. \_\_\_\_\_

**Request and documentation must be received by the sport coordinator and the Section VIII Office prior to the last regular season contest**

\_\_\_\_\_  
Signature of Athletic Director

Office of Interscholastic Athletics  
George Farber Administrative Center  
P.O. Box 9195 – 71 Clinton Road  
Garden City, NY 11530-9195  
Fax# 997-2916 – 997-2018

**NASSAU COUNTY PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION/SECTION VIII**

**PROCEDURES FOR PROTESTS OF ATHLETIC EVENTS**

*Approved June 2017*

1. The protesting coach will inform the official and the opposing coach(es) at that point in the game immediately following the situation protested.
2. The time, score, and situation will be identified in the scorebook (if applicable) or recorded, by an official or both coaches, as soon as the protest is announced to the officials and opposing coach.
3. A subsequent protest in the same contest will be required to be announced and recorded, using the same procedures described above for each specific point of protest.
4. The protesting coach is required to notify the sport coordinator within 24 hours of the contest.
5. The athletic director of the protesting school is required to file a written protest giving specific details of the situation, time and score to the Office of the Executive Director within 24 hours of the contest. The report must be accompanied by \$75 check payable to the Section VIII Athletic Council. The protest will require the signatures of the coach, athletic director and principal of the school. Copies of the protest must be sent to the sport coordinator, the protest chairperson and the opposing coach within 24 hours of the contest by the protesting school.
6. The Section VIII sport coordinator will notify the Executive Director of Section VIII who in turn will notify the game officials involved and direct that a written statement from the game officials be filed with the sport coordinator within 24 hours.
7. The sport coordinator will arrange for a meeting as soon as possible. The following should be included or be represented:
  - a. The protesting coach
  - b. The opposing coach
  - c. A rules interpreter
  - d. Sport Coordinator of that sport
  - e. Office of the Executive Director
8. Attendance of the game officials involved in the protested contest will be mandatory, unless extenuating circumstances preclude their attendance.

**Protest Committee Options:**

- a. To deny the protest
  - b. To uphold the protest and direct that the game be replayed from the point of protest.
  - c. To uphold the protest and direct that the game be replayed in its entirety.
  - d. To deny the protest and recommend some further action by the HSAA.
  - e. To uphold the protest and recommend some further action by the HSAA.
9. An appeal of the decision of the Protest Committee may be made. This request must be filed within 72 hours of notification of this decision to the Section VIII Appeals Committee upon submission of a \$75 fee (a second \$75 fee if original protestor)
  10. In the case of a protest or an appeal that is upheld, the fee will be returned.

## **SECTION VIII SPORTSMANSHIP POLICY**

*Approved September 2016*

The NYSPHSAA and Section VIII recognize and appreciate that the influence and responsibility of the school administration with regard to good sportsmanship extends to all levels of competition. However, it must also be seen that the NYSPHSAA and Section VIII has been vested with the responsibility to ensure that all contests under its jurisdiction are conducted satisfactorily. This standard applies to all regular and post season play.

As of July 1, 2013, the Dignity for All Students Act (Dignity Act – Section 52.2, Part 80 and 57-4) is to provide all public school students with an environment free from harassment, bullying (including cyber bullying) and discrimination, as well as to foster civility in public schools. The Dignity Act focuses on the prevention of discrimination behaviors, including harassment/bullying through promotion of educational measures meant to positively impact school culture and climate, which includes the interscholastic programs.

The High School Athletic Association of Section VIII established the Sportsmanship Committee as a sub-committee of the Athletic Council to address incidents of unsportsmanlike conduct and flagrant misconduct. The purpose of the Sportsmanship Committee is to take proactive measure in an effort to minimize inappropriate behavior at all Section VIII events and to promote positive sporting behavior throughout the county.

A. What is to be reported:

1. A player who is ejected from a contest for flagrant misconduct and/or unsportsmanlike conduct.
2. A spectator who acts in a disruptive, abusive or inappropriate manner.
3. A coach who conducts himself/herself in an inappropriate or unsportsmanlike manner.
4. An official who demonstrates unsportsmanlike conduct or inappropriate behavior unbecoming of a sport official.
5. A school that permits spectators to conduct themselves in an abusive, disruptive or harassing manner. This also includes schools that do not provide adequate supervision at home or away contests to control their spectators.

B. Responsibility for reporting:

1. Coaches must report all incidents to their respective athletic directors, even if only one player/team was cited for misconduct.
2. Athletic Directors must file reports with the Office of the Executive Director within 24 hours of any disqualification, ejection or incident of unsportsmanlike behavior.
3. Officials must file reports with the Office of the Executive Director within 24 hours of any disqualification, ejection or incident of unsportsmanlike behavior.

- C. Reporting Procedure:
1. All unsportsmanlike incidents are to be reported by the coach (or by both coaches) to their respective athletic directors immediately following the contest.
  2. The Athletic Directors of both schools involved are to file reports with the office of the Executive Director as soon as possible, but no later than the morning following the contest/incident (or the next school day).
  3. The Officials assigned to the contest are to file a report with the Office of the Executive Director as soon as possible, but no later than the morning following the contest/incident (or the next school day).
  4. The Office of the Executive Director will forward copies of all reports to the Sportsmanship Committee Chairperson, Sport Coordinator and the appropriate VP of Male/Female Sports
- D. Committee Actions:
1. All member schools including individuals representing member schools who are involved in unsportsmanlike conduct are subject to consequences deemed appropriate by the Sportsmanship Committee
    - a. The Sportsmanship Committee may recommend action in instances of unsportsmanlike conduct and is authorized to recommend consequences which may include, but are not limited to: Censure, Reprimand, Suspension, Loss of Eligibility, or any other actions that are deemed appropriate by the Sportsmanship Committee
  2. All recommendations of the Sportsmanship Committee will be filed with the Office of the Executive Director and forwarded to the Athletic Director(s) of the school(s) involved.
  3. All actions of the Sportsmanship Committee are subject to review by the respective Athletic Director(s). Schools may impose additional consequences.
  4. Copies of all reports of the Sportsmanship Committee shall be kept on file with the Sportsmanship Chairperson, the Executive Director and the Sport Coordinator.
- E. Penalties:
1. Player Expulsion:

Any player who commits a serious violation of game rules or takes part in flagrant misconduct during a contest shall be subject to ejection from the contest and disciplinary action. Ejection from a contest results in mandatory one (1) game suspension from the next regularly scheduled contest, including post-season play. Disqualifications from one season will carry over to the player's next season of participation. Any player suspended from participation may not be on site or involved in any capacity (spectator, timekeeper, scorekeeper, etc) on the day of suspension. Failure to comply will result in additional sanctions being levied against the individual, coach, and/or team.
  2. Second Occurrence of Misconduct:

In the same sport – NYSPHSAA requires a two (2) game suspension for the second (2<sup>nd</sup>) ejection and third (3<sup>rd</sup>) ejection in the same sport will result in the loss of the season. Any person (coach, player, spectator, school official, etc) who is ejected from a second contest in the same sport for unsportsmanlike conduct shall require the Sportsmanship Committee to review the matter. This may lead to more severe disciplinary action including suspension for the remainder of the season. Such disciplinary action could carry over into subsequent sports seasons. Additional consequences may also be recommended by the Sportsmanship Committee.
  3. Intentional Physical Contact by a Player:

Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intent to annoy, harass or intimidate an official, another player, a spectator, coach, school district employee or supervisor, etc. shall be expelled

from the game immediately and banned from further participation in all sports for a period of time to be determined by the Section no to exceed one year from the date of the offense. **NOTE:** Members of the squad include players, managers, scorekeepers, timers and statisticians. The incident must be reported to the Office of the Executive Director who will in turn forward to the Sportsmanship Committee and respective Sport Coordinator. Consequences may include but are not limited to: Censure, Reprimand, Suspension, Loss of Eligibility, or another action that is deemed appropriate by the committee.

4. Team Members/Non Participant/ Pre or Post Game Misconduct:

Any act of unsportsmanlike/flagrant misconduct by either a team member, non participant before or after (pre and post game) will be excluded from play in and/or subject to removal from the site of the contest. Any player, coach or spectator who commits a serious violation of the sportsmanship rules or takes part in flagrant misconduct as a non participant after the contest has concluded (post game) will be suspended from participation in or attendance at the next regularly scheduled contest including the post season.

5. Spectators:

Any spectator who acts in a disruptive, abusive or unsportsmanlike manner may cause the game to be suspended or the spectator removed from the site. A letter from the Sportsmanship Committee may be sent to the appropriate Athletic Director(s), Building Principal(s) and Superintendent(s). Continued incidents of disruptive behavior may result in additional disciplinary action by the Sportsmanship Committee.

6. Coaches:

Any coach excluded by a certified official from an interschool competition for unsportsmanlike conduct, including taunting, is ineligible to coach any interschool competition in that sport until after the next previously scheduled contest at the same level (eg. Jv, varsity, etc) has been completed. In individual sports a multi-day contest is considered to be a contest. Disqualification from one season carries over to the next season of participation. 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.

**NOTE:** "Not being physically present at the site" means a disqualified coach is not to be present in the locker room, on the sidelines, in the stands or site area before, during or after the game/meet. Any coach that does not serve the penalty for violating the Sportsmanship Standard will be ineligible to participate in the next two regularly scheduled contests. If the coach continues to not serve the penalty, the matter will be referred to the Section for further action. If the coach is involved in the HYSPPHSAA playoffs, the matter will be referred to the Executive Director of the NYSPHSAA.

7. Intentional Physical Contact:

A coach who strikes, shoves, kicks or makes other physical contact with the intent to annoy, harass or intimidate another person (official, coach, player, fan) shall be expelled immediately and banned from further participation or coaching in all sports for a period of time to be determined by the section not to exceed one year from the date of the offense.

8. Officials:

An official who demonstrates inappropriate or unsportsmanlike conduct will be reported to the Sportsmanship Committee. The Sportsmanship Committee may recommend disciplinary action to be taken against the official by the official's organization.

9. Taunting:  
Taunting includes, but is not limited to, any actions or comments by coaches, players or spectators which are intended to bait, anger, embarrass, ridicule or demean other players, coaches, or game officials. Included in this is conduct that berates, needles intimidates, or threatens based on gender, ethnic origin or background and conduct that attacks religious beliefs, size, economic status, speech, family special needs, or personal matters. Examples of taunting that would lead to ejection include, but are not limited to, physical and verbal intimidation outside the spirit of the game ("trash talking"), reference to sexual orientation, "in the face confrontation" by one player to another, standing over, straddling a tackled or fallen player, etc.
10. Bench Clearing:  
If an altercation occurs during a contest and members of either team leave their respective bench or sideline are or playing positions, and go onto the playing field/court participation area, they will be immediately ejected from the contest for unsportsmanlike behavior.

F. Due Process:

1. Students, coaches and schools have the right to be heard by the Sportsmanship Committee. However, appeals will only be held in regard to misapplication of the sport rules and/or an ejection of a misidentified player. This right must be claimed within 24 hours of the incident occurring and must be made to the Office of the Executive Director of Section VIII. All actions of the Sportsmanship Committee may be appealed by a member school. Any such appeal will be heard by the Section VIII Athletic Council.