

*SECTION VIII*

***NYSPHSAA***

MODIFIED

CROSS COUNTRY  
2024

HANDBOOK

NASSAU BOCES - SECTION VIII

## Modified Cross Country (Grades 7 & 8)

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**Season Start Date: Tuesday, September 3rd, 2024**

**Season End Date: Saturday, November 2nd, 2024**

### General Rules

- Number of practices a student needs to participate in a scrimmage or official race: 6 practices
- Team and individual maximum number of contests: 10
- It is recommended that there be a minimum standard of six meets scheduled for Modified Cross Country
- Minimum time between contests: 2 nights
- Individual limitations per day: 1 meet
- Rules: NFHS
- Equipment: 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.
- Race Distances:
  - o The maximum distance shall be 1 ½ miles for the first half of the season
  - o Move to 2 miles for the second half of the season.

### General Information

- Please try in advance to get the cell phone number of the "Home" team coach so you can call them if your team is not coming to the meet or arriving late.
- Each school should bring a supervisor to help at the meet.
- **Supervisors should be placed at various locations throughout the course to help ensure athletes run the proper course and can contact coaches if a student is injured.**
- The "home team" coach should organize who is going to do the various jobs for the boys race and the girls race. (Clock, tic sheet, cards and crowd control).

### Cross Country Race Procedures

Home team coach is responsible for:

- Setting up the course with cones or flags and setting up a chute. (Chute should be at least 30-40 yards long) .
- Knowing which schools are scheduled to compete in the meet
- Holding a pre-race meeting with all of the coaches and officials
  - o At that meeting, the home team coach should discuss with the officials where they should be positioned on the course

- o Assign other coaches positions
  - Boy's timer
  - Boy's tick sheet recorder
  - Boy's place card distributor
  - Girl's timer
  - Girl's tick sheet recorder
  - Girl's place card distributor
    - All other coaches who are not assigned one of the positions mentioned above should be assisting around the course such as at the chute or in various positions around the course.
    - **There should never be a time where a coach is not assisting with the meet and only timing their own team.**
- Athletic Supervisors - If a team has an Athletic Supervisor with them at the meet, it is suggested that these supervisors be spread out throughout the course to:
  - Ensure the runners stay on course
  - Communicate with the coach(es) if a runner is injured on the course

**Recommended Procedure for Timing and Scoring :**

- Runner crosses the finish line
- Timer calls out the time
- Tick sheet recorder records the time (later the recorder will give each time a number in order of finish)
- Place card distributor hands out the card which reflects what number place the runner came in
  - o Each runner writes their name on the card
  - o The coach collects the cards and puts them in numerical order
  - o The coach will then take the cards and get the times from the tick sheet recorder
- Each team will finally tally up their score
  - o Each team will add up the top five runner's places to compute their score: The lowest number wins
  - o Report your score to the other coaches

**Every runner must be provided with their time and place of finish for every race**

## MODIFIED SPORTS STANDARDS CHART FOR INTERSCHOOL COMPETITION

Sport	#of Practices for student to represent their school	Team and Individual Maximum No. Contests	Minimum Time Between Contests•	Individual Limitations per Day	Rules	Time and Distance Limits
Badminton	6	14	1 Night	2 Matches/ 1 Contest	USBA	
Baseball	<b>10</b>	14	1 Night	2 Games•	NFHS	
Baseball Pitcher	10	14	2 Nights•	1 Game	NFHS	Pitch Count Restrictions
Basketball	6	14	2 Nights	1 Game	NFHS- Boys NCAA-Girls	7 Minute Quarters
Bowling	6	14	1 Night	3 Games	USBC	
<b>Cross Country</b>	<b>6</b>	<b>10</b>	<b>2 Nights</b>	<b>1 Meet</b>	<b>NFHS</b>	
Field Hockey	6	12	2 Nights	1 Game	NFHS	25 Minute Halves
Football	<b>10</b>	7	4 Nights**	1 Game	NFHS	10 Minute Quarters
Golf	6	14	1 Night	1 Match	USGA & Local Course Rules	
Gymnastics	<b>10</b>	10	2 Nights	3 Events/ 1 Contest	NFHS-Boys USAIO-Girls	
Ice Hockey	6	14	2 Nights***	1 Game	NFHS	13 Minute Periods
Lacrosse- Boys	6	12	2 Nights	1 Game	NFHS	9 Minute Quarters
Lacrosse- Girls	6	12	2 Nights	1 Game	NFHS/ US Lacrosse	25 Minute Halves
Skating	6	12	2 Nights	2 Events	FIS & ESA	
Soccer	6	12	2 Nights	1 Game	NFHS	
Softball	6	14	1 Night	2 Games•	ASA	
Swimming & Diving	6	14	2 Nights	3 Events/ 1 Contest	NFHS	
Tennis	6	14	1 Night	2 Matches•	USTA	
Track & Field (Outdoor)	6	10	2 Nights	3 Events/ 1 Contest	NFHS	
Track & Field (Indoor)	6	10	2 Nights	3 Events/ 1 Contest	NFHS	
Volleyball	6	14	1 Night	2	NCAA	
Wrestling	<b>10</b>	14 Pts.	2 Nights	2 Bouts•	NFHS	Max of 10 Pts. Thru 2 Pt. Contests

(\*) See details in Game Rules Section

\*Except in football and cross country, contests may be played with only one night's rest. (\*\*)

Three nights/scrimmage

(\*\*\*) In Ice Hockey, contests may be played with only one night's rest three times per season scheduling or rescheduling. See details in Game Rules section.

# **COURSE MAPS**

**[Click Link](#)**

- ❖ **[Baldwin Park](#)**
- ❖ **[Bethpage State Park](#)**
- ❖ **[Cedar Creek Park](#)**
- ❖ **[Eisenhower Park](#)**
- ❖ **[Marjorie Post Park](#)**
- ❖ **[Oceanside Park](#)**
- ❖ **[Seamans Neck Park](#)**
- ❖ **[Valley Stream State Park](#)**
- ❖ **[Wantagh Park](#)**