

NYSAIS Athletic Association-High School Sports Standards for Boys and Girls 2017-2018

Anything in Gray has been

Sport	Season Starting Date	Consecutive Weeks	Maximum Contests - Team and Individual	Required Practice Before 1st Scrimmage		Required Practices Before 1st Contest		Individual Contest Limitations	Time Between Contests
				Team	Individual	Team	Individual		
ARCHERY	Unlimited	15	Unlimited	3	2	5	3	2 rounds per day	1 night
BADMINTON	F - August 17 - February 15 S	15 22	Unlimited	6	4	8	6	3 matches per day, 1 contest per day	1 night
BASEBALL	February 15	15	*23	8	6	10	8	2 contests per day, No more than 3 contests	1 night
BASKETBALL	October 30	22	*23	8	6	10	8	1 contest per day	1 night
BOWLING	Unlimited	15 or 22	*20	Training	Training	Training	Training	6 games per day	1 night
CROSS-COUNTRY	August 17	15	17	10	8	10	10	5000 meters or 3.1 miles, max of 2 races per week	2 nights
FENCING	Unlimited	15 or 22	*23	10	8	12	10	1 contest = 3 bouts, max of 9 bouts per day ++	1 night
FIELD HOCKEY	August 17	15	*19	8	6	10	8	1 contest per day	1 night
FOOTBALL	August 14 or August 17 #	15	*9	11	10	15	14	1 contest per day	4 nights (2 nights -
GOLF	F - August 17 - Feb 15 S	15	*19	Training	Training	Training	Training	1 round per day (18 holes)	1 night
GYMNASTICS - Girls	October 30	22	*19	10	8	15	13	1 contest per day except tournaments/4 events in one contest	1 night
HANDBALL	F - August 17 - February 15 S	15	Unlimited	5	4	5	4	1 meet/day; 4 events/meet meets/week not on 3 consecutive days	3 Unlimited
ICE HOCKEY	October 13	22	*24	8	6	10	8	1 contest day; 3 contests per week	1 night
INDOOR TRACK	October 30	22	*23	10	8	10	10	1 meet/day; 4 events/meet meets/week not on 3 consecutive days	3 1 night
LACROSSE	February 15	15	*17	8	6	10	8	1 game per day	1 night
OUTDOOR TRACK	February 15	15	*17	10	8	10	10	1 meet/day; 4 events/meet max of 3 meets/week	1 night
SKIING	October 30	22	*17	8	6	10	8	3 events	1 night
SOCCER	August 17	15	*19	8	6	10	8	1 game per day	1 night
SOFTBALL	February 15	15	*23	6	4	8	6	2 contests per day, No more than 3 contests	1 night
SQUASH	October 30	22	Unlimited	6	4	8	6	5 matches per day	1 night
SWIMMING	Unlimited	15 or 22	*17	10	8	10	10	4 events per meet, 1 meet per day	1 night
TENNIS	Unlimited	15	Unlimited	6	4	8	6	2 matches per day +	1 night
Ultimate	February 15	15	*19	8	6	10	8	1 game per day	1 night
VOLLEYBALL	Girls - August 17 Boys - February 15	15	*23	6	4	8	6	2 contests per day. Tournament not to exceed 15 games/day.	1 night
WRESTLING	October 30	22	*17	10	8	15	13	4 team matches/day, 5 individual matches/day. One tournament=1 contest of no more than 5 bouts.	1 night

Please Note:

See NYSAISAA 7-year calendar

*All other contests, including Invitational tournament contests played during the season, must count toward maximum contests.

++ Tournament competition allows for a max of 24 bouts per 1 day

+ 2 matches in same day required modified scoring

School teams are limited to one league play-off tournament (held at the end of league play), regardless of league membership.

Schools in one league and do not have an end of season tournament, may participate in one invitational tournament held at the end of the regular season and prior to the state tournament.

Students who transfer to NYSAIS schools for the Fall season, must be enrolled prior to August 18, 2016

ATHLETIC PLACEMENT: Please use the guidelines for the following sports: Fencing (Tennis), Crew and Sailing (Swimming), Ultimate (Soccer)