NYSAIS Athletic Association-High School Sports Standards for Boys and Girls 2019-2020

Anything in Gray has been updated from last year

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	NYSAIS Tournament Offered
				Team	Individual	Team	Individual			
ARCHERY	Unlimited	15	Unlimited	3	2	5	3	2 rounds per day	1 night	
BADMINTON	F - August 15 S - February 13	15	Unlimited	6	4	8	6	3 matches per day, 1 contest per day	1 night	
BASEBALL	February 13	15	*23	8	6	10	8	2 contests per day, No more than 3 contests in 2 days, no more than 4 contests in one week	1 night - (2 games in 1 day)	YES
BASKETBALL	October 29	22	*23	8	6	10	8	1 contest per day	1 night	YES
BOWLING	Unlimited	15 or 22	*20	Training	Training	Training	Training	6 games per day	1 night	
CREW	F - August 15 S - February 13	15	Unlimited	10	8	10	10	1 regatta	1 night	
CROSS-COUNTRY	August 15	15	17	10	8	10	10	5000 meters or 3.1 miles, max of 2 races per week	2 nights	YES
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 15	15	*19	8	6	10	8	1 contest per day	1 night	YES
FOOTBALL	August 12 or August 15 #	15	*9	11	10	15	14	1 contest per day	4 nights (2 nights - scrimmage)	
GOLF	F - August 15 S - February 13	15	*19	Training	Training	Training	Training	1 round per day (18 holes)	1 night	YES
GYMNASTICS - Girls	October 28	22	*19	10	8	15	13	1 contest per day except tournaments/4 events in one contest	1 night	
HANDBALL	F - August 15 S - February 13	15	Unlimited	5	4	5	4	1 meet/day; 4 events/meet 3 meets/week not on 3 consecutive days	Unlimited	
ICE HOCKEY	October 11	22	*24	8	6	10	8	1 contest day; 3 contests per week	1 night	
INDOOR TRACK	October 28	22	*23	10	8	10	10	1 meet/day; 4 events/meet 3 meets/week not on 3 consecutive days	1 night	YES
LACROSSE	February 13	15	*17	8	6	10	8	1 game per day	1 night	YES
OUTDOOR TRACK	February 13	15	*17	10	8	10	10	1 meet/day; 4 events/meet max of 3 meets/week	1 night	YES
RUGBY	F - August 15 S - February 13	15	*9	11	10	15	14	1 contest per day	4 nights (2 nights - scrimmage)	
SKIING	October 28	22	*17	8	6	10	8	2 events	1 night	
SOCCER	August 15	15	*19	8	6	10	8	1 game per day	1 night	YES
SOFTBALL	February 13	15	*23	6	4	8	6	2 contests per day, No more than 3 contests in 2 days, no more than 4 contests in one week	1 night	YES
SQUASH	October 28	22	Unlimited	6	4	8	6	5 matches per day	1 night	YES
SWIMMING	Unlimited	15 or 22	*17	12	10	12	10	4 events per meet, 1 meet per day	1 night	YES
TABLE TENNIS	February 13	15	unlimited	4	4	4	4	unlimited	1 night	
TENNIS	Unlimited	15	Unlimited	6	4	8	6	2 matches per day +	1 night	YES
ULTIMATE	February 13	15	*19	8	6	10	8	1 game per day	1 night	
VOLLEYBALL	Girls - August 15 Boys - February 13	15	*23	6	4	8	6	2 contests per day. Tournament not to exceed 15 games/day.	1 night	YES
WATER POLO	F - August 15 S - Feb 13	15	*19	12	10	12	10	2 contests/day. If a tournament uses pool play format, then the game times are reduced and the teams can play up to four games	1 night	
WRESTLING	October 28	22	*23 Points	10	8	15	13	4 bouts per day, 5 bouts for a tournament	1night	YES

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 16, 2018

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

Wrestling

Multiple Dual Meet Events: Each individual competing in these events is charged one (1) point for each dual meet.

Triangular Meet: Three (3) teams compete, with each team wrestling a dual meet against each of the other two teams at the same site.

Each individual is charged two (2) points toward their dual meet schedule.

Double-Dual Meet: Three (3) (or more) teams compete, with each team wrestling a dual meet against two (2) of the other teams at the same site.

Each individual is charged two (2) points toward their dual meet schedule.

Quadrangular Meet: Four (4) teams compete, with each team wrestling a dual meet against each of the other three (3) teams at the same site.

Each individual is charged one (1) point for each match wrestled counting toward their dual meet schedule

Multi school meet: Minimum of three (3) schools and twenty (20) wrestlers. If the wrestler wrestles only one (1) opponent they are charged one (1) point, if they wrestle more than one opponent they are charged two (2) points.

Each wrestler may only wrestle a maximum of three (3) matches. No team scoring is allowed and no individual prizes are awarded.

A maximum of four (4) multi school meets are allowed during the season.