

**MID HUDSON ATHLETIC LEAGUE
ATHLETIC DIRECTORS WORKSHOP
AUGUST 23, 2023 - 9:30AM
DUTCHESS BOCES**

*Conference room doors are indicated in purple (map of Dutchess BOCES sent under separate email). Available parking is to the right as you enter BOCES.

1. APPROVAL OF MINUTES OF LAST MEETING.
2. CENTRAL COMMITTEE MEETING REPORT-MR. GREG RANSOM/ JIM OSBORNE -.
3. PRESIDENT'S REPORT- MR TOM CASSATA a. Executive committee b. Vice president

4. REGIONAL OFFICE REPORT-MR. CHRIS MAYO

5. ATHLETIC COORDINATOR'S REPORT- MR. DENNIS BURKETT-
Bylaw 2023-24

6. Combining of Teams
- 7.. Modified Report- Mr. Greg Warren

8. OLD BUSINESS

9. NEW BUSINESS
- 10.. MOTION TO ADJOURN



NYSPHSAA Central Committee Meeting Recap

As of August 11, 2023

Last NYSPHSAA Meeting: July 25-26, 2023 (Central Committee)

Next NYSPHSAA Meeting: October 18, 2023 (Executive Committee)

July 25-26, 2023 Central Committee Approved Items:

Passed (A) Consider approval to continue the use of the standby official at the semifinal and final games as an on-field working official in the sport of Football for one year.

Passed (A) Consider approval of the NYSPHSAA Officials Fees & Policies Document for 2023-2026.

Passed (A) Consider approval to add the following to the NYSPHSAA Handbook under Representation, letter d. "Board Approved Coaches may help facilitate practice."

Passed (A) Consider approval to add language to the NYSPHSAA Undue Influence Rule.

Passed (A) Consider approval to mandate the *Anyone Can Save A Life* program for all NYSPHSAA teams starting in the 2024-2025 school year.

Passed (A) Consider approval of an addition to the current overtime procedure in Modified Wrestling.

Passed (A) Consider approval to require all NYSPHSAA Standing Committee members and staff to take free NFHS Implicit Bias course.

Passed (A) Consider approval to add the following to the NYSPHSAA Handbook Penalties section: *"NYSPHSAA Sections may sanction, censor or place schools on probation that fail to **address** derogatory or inappropriate behavior deemed harmful to physical or mental well-being **for those involved in interscholastic activities.**"*

Passed (A) Consider approval to add the following to the NYSPHSAA Handbook Sportsmanship section: *"Use of derogatory or racially explicit language; discriminatory harassment or bias conduct that creates a hostile environment that is disruptive to the educational environment. Spectators shall not be permitted to use vulgar/offensive or racially/culturally insensitive language or engage in any racially/culturally insensitive action. NYSPHSAA Sections may sanction, censor or place schools on probation that fail to **address** those involved in interscholastic activities from derogatory or inappropriate behavior deemed harmful to physical or mental well-being."*

Passed (A) Consider approval of waivers of the Representation Rule for various sections.

Passed (A) Consider approval of Friend & Neighbor and new member schools.

Passed (A) Consider approval of State Sport Coordinators for a five-year term.

Passed (A) Consider approval of Classification cut-off numbers for Competitive and Game Day Cheerleading.

Passed (A) Consider approval to revise the Girls Volleyball state tournament format to bracket play (semifinals in place of pool play), beginning with the 2023 state tournament.

Passed (A) Consider approval of Girls Volleyball Regional Rotations for 2023- ~~2025~~ 2024.

Passed (A) Consider approval of Girls Soccer Regional Rotation for 2023- ~~2030~~ 2024.

Passed (A) Consider approval of Boys Soccer Regional Rotations for 2023- ~~2026~~ 2024.

Passed (A) Consider approval for scoring changes in the Gymnastics Technical Handbook.

Passed (A) Consider approval of Boys/Girls Bowling becoming a variation sport and keep the classification cut-off numbers at 600 and above for Division 1 and 599 and below for Division 2.

Passed (A) Consider approval of Boys Swimming & Diving Qualifying Standards.

Passed (A) Consider approval of Ithaca College as the host of the Boys Swimming & Diving Championships (2025-2027).

Passed (A) Consider approval of Utica University Nexus Center as the host of the Girls Ice Hockey Regional Championship (2025-2027).

Passed (A) Consider approval of Baseball Regional Rotations for 2024-~~2029~~ 2024.

Passed (A) Consider approval of Boys Lacrosse Regional Rotations for ~~2028-2033~~ 2023-2024.

Passed (A) Consider approval to extend the School Based Official Pilot for an additional year.

July 25-26, 2023 Central Committee Discussion Items:

Discussed (D) Consider approval of the following change to the combining of teams formula for all sports.

Class D – 40%

Class C – 50%

***Note:** discussion pertaining to this item only applying to 5 and 6 classification sports was not part of the formal motion made during the Combining of Teams Committee meeting.

Discussed (D) Consider approval to add a third class/division for individual sports at 601 or above to the NYSPHSAA Championship Philosophy.

Discussed (D) Consider approval to add a criteria for a fifth class/division for team/individual sports at 601 or above to the NYSPHSAA Championship Philosophy.

Discussed (D) Consider approval of changes to the scoring and deduction sheets for Game Day and Competitive Cheerleading.

Discussed (D) Consider approval for NYSPHSAA girls to wrestle freestyle.

Discussed (D) Consider approval to retract the 1 lb. allowance for the Boys Dual Meet Championship if a girl participates in both the Girls Invitational and the Boys Dual Meet Championship.

Discussed (D) Consider approval of the following rule changes to girls wrestling to help transition to freestyle.

1. Each period would begin in the neutral position.
2. Out of Bounds – would be brought back to the center in the neutral position.

Discussed (D) Consider approval to conduct a NYSPHSAA Girls Wrestling State Championship on Week #33 as a standalone event or Week #34 in conjunction with the NYSPHSAA Boys Wrestling Individual State Championship.

Discussed (D) Consider approval of updates to the state standards for the first non-qualifier to advance to the NYSPHSAA Indoor Track State Championships.

Discussed (D) Consider approval of a new Regional Rotation for 2024-2028 with six (6) classes starting in 2024 in the sport of Girls Basketball.

Discussed (D) Consider approval of a new Regional Rotation for 2024-28 with six (6) classes starting in March 2024 in the sport of Boys Basketball.

Discussed (D) Consider approval of a new Regional Rotation for 2024-2028 with six (6) classes starting in 2024 in the sport of Softball.

Discussed (D) Consider approval to compete the Division 1 team tournament as a 3-4 format (3 singles and 4 doubles) for the team tennis championships beginning in the Spring 2024 for a two-year pilot (2023-2024 and 2024-2025 school year).

Discussed (D) Consider approval to compete the Division 2 team tournament as a 2-3 format (2 singles and 3 doubles) for the team tennis championships beginning in the spring of 2024 for a two-year pilot (2023-2024 and 2024-2025 school year).

Discussed (D) Consider approval to seed the state tournament final four teams in each of the divisions (Division 1 and Division 2) using strength of team criteria via Universal Tennis Rating (UTR) system.

Discussed (D) Consider approval to allow each girls flag football team to have two timeouts per half (timeouts would not carryover).

Discussed (D) Consider approval of the following situations being added to the NYSPHSAA Girls Flag Football rules to stop the clock during the running clock period of the games;

1. Administration of a penalty
2. Team score
3. Extra point be an untimed down
4. Change of possession

Discussed (D) Consider approval of the following language to be added to the NYSPHSAA Girls Flag Football rules regarding Punts.

5. *The receiving team may advance the ball if caught by the receiving team. The play is dead at the point the ball contacts the ground or crosses the out of bounds.*

Discussed (D) Consider approval of a “Battery Week” to allow pitchers and catchers to start one week earlier than players who do not pitch or catch.

July 25-26, 2023 Central Committee Tabled Items:

None

July 25-26, 2023 Executive Committee Defeated Items:

Defeated (A) Consider approval to implement a “Purple Card” to assist with management of sportsmanship issues with spectators in the sports of Boys and Girls Volleyball.

Defeated (A) Consider approval to start Boys and Girls Lacrosse on the Saturday of Week #36, two days earlier than the traditional spring sports start date.

July 25-26, 2023 Executive Committee Information Items:

(I) Regional Rotations/Formats & Percentage of Teams Qualifying for State Championships. → *Directed to NYSPHSAA Ad Hoc Committee*

(I) Do not count league semifinal/finals in total number of games allowed. → *Handbook Committee is requesting feedback from Sections and Sport Committees (Section IV Sectional Concern)*

July 25-26, 2023 Executive Committee Sectional Concerns:

Section I – Inconsistent protocols utilized for NYSPHSAA Sport Committees → *Directed to NYSPHSAA Staff/Standing Committees, NYSPHSAA Championship Philosophy* → *Directed to NYSPHSAA Ad Hoc Committee*

Section III – Lack of a comprehensive, statewide plan to address Recruitment & Retention of Game Officials

Section IV – Mergers

Section IX – Implementation Date for Anyone Can Save a Life

Section XI – Modified Officials

October 18, 2023 Executive Committee Action Items:

(A) Consider approval of the following change to the combining of teams formula for all sports.

Class D – 40%

Class C – 50%

(A) Consider approval to add a third class/division for individual sports at 601 or above to the NYSPHSAA Championship Philosophy.

(A) Consider approval to add a criteria for a fifth class/division for team/individual sports at 601 or above to the NYSPHSAA Championship Philosophy.

(A) Consider approval of changes to the scoring and deduction sheets for Game Day and Competitive Cheerleading.

(A) Consider approval for NYSPHSAA girls to wrestle freestyle.

(A) Consider approval to retract the 1 lb. allowance for the Boys Dual Meet Championship if a girl participates in both the Girls Invitational and the Boys Dual Meet Championship.

(A) Consider approval of the following rule changes to girls wrestling to help transition to freestyle.

1. Each period would begin in the neutral position.
2. Out of Bounds – would be brought back to the center in the neutral position.

(A) Consider approval to conduct a NYSPHSAA Girls Wrestling State Championship on Week #33 as a standalone event or Week #34 in conjunction with the NYSPHSAA Boys Wrestling Individual State Championship.

(A) Consider approval of updates to the state standards for the first non-qualifier to advance to the NYSPHSAA Indoor Track State Championships.

(A) Consider approval of a new Regional Rotation for 2024-2028 with six (6) classes starting in 2024 in the sport of Girls Basketball.

(A) Consider approval of a new Regional Rotation for 2024-28 with six (6) classes starting in March 2024 in the sport of Boys Basketball.

(A) Consider approval of a new Regional Rotation for 2024-2028 with six (6) classes starting in 2024 in the sport of Softball.

(A) Consider approval to compete the Division 1 team tournament as a 3-4 format (3 singles and 4 doubles) for the team tennis championships beginning in the Spring 2024 for a two-year pilot (2023-2024 and 2024-2025 school year).

(A) Consider approval to compete the Division 2 team tournament as a 2-3 format (2 singles and 3 doubles) for the team tennis championships beginning in the spring of 2024 for a two-year pilot (2023-2024 and 2024-2025 school year).

(A) Consider approval to seed the state tournament final four teams in each of the divisions (Division 1 and Division 2) using strength of team criteria via Universal Tennis Rating (UTR) system.

(A) Consider approval to allow each girls flag football team to have two timeouts per half (timeouts would not carryover).

(A) Consider approval of the following situations being added to the NYSPHSAA Girls Flag Football rules to stop the clock during the running clock period of the games;

1. Administration of a penalty
2. Team score
3. Extra point be an untimed down
4. Change of possession

(A) Consider approval of the following language to be added to the NYSPHSAA Girls Flag Football rules regarding Punts.

5. The receiving team may advance the ball if caught by the receiving team. The play is dead at the point the ball contacts the ground or crosses the out of bounds."

(A) Consider approval of a "Battery Week" to allow pitchers and catchers to start one week earlier than players who do not pitch or catch.

October 18, 2023 Executive Committee Discussion Items:

None as of August 10, 2023

October 18, 2023 Executive Committee Information Items:

None as of August 10, 2023

Items of Interest:

NYSPHSAA Strategic Plan:

The NYSPHSAA Strategic Plan was approved at the 2022 Central Committee meeting. The priorities of the five-year strategic plan are:

- 1) Diversity, Equity, and Inclusion*
- 2) Increase Student Participation*
- 3) Long term Financial Stability*
- 4) Officials Recruitment and Retention*

Future Official Start Dates:

2023-2024

- | | |
|---------------|---|
| Fall | Saturday, August 19, 2023 (Week #7) *Football Start Date
Monday, August 21, 2023 (Week #8) |
| Winter | Monday, November 13, 2023 (Week #20) |
| Spring | Monday, March 11, 2024 (Week #37) |

2024-2025

- | | |
|-------------|---|
| Fall | Saturday, August 24, 2024 (Week #7) *Football Start Date
Monday, August 26, 2024 (Week #8) |
|-------------|---|

Winter Monday, November 18, 2024 (Week #20)
Spring Monday, March 17, 2025 (Week #37)

Upcoming NYSPHSAA Important Dates:

- August 16** Section VI AD Workshop @ 12:30 PM
Orchard Park High School
- August 17** Section V AD Workshop @ 8:00 AM
Wayne Finger Lakes BOCES Conference Center – Diamond Room
- August 19** Football Official Start Date
- August 21** Fall Sports Official Start Date
- August 30** Section III AD Workshop @ 9:00 AM
Embassy Suites - Destiny
- September 11** Section IX AD Workshop @ 9:00 AM
Otterkill Golf Club
- September 12** Section I AD Workshop @ 9:30 AM
TBD
- September 14** Section XI AD Workshop @ 8:30 AM
Farmingville – Section XI Office
- September 15** Section VIII AD Workshop @ 8:30 AM
Brookside School – Merrick, NY
- September 18** Section 2 AD Workshop @ 10:30 AM
Italian American Community Center
- September 19** Section X AD Workshop @ 8:30 AM
Canton BOCES – Section X Office
- September 20** Section IV AD Workshop @ 9:00 AM
Chenango Valley High School Auditorium
- September 25** Section VII AD Workshop @ 8:30 AM
High Peaks Resort – Lake Placid
- October 11** Make up AD Workshop @ 10:00 AM
NYSPHSAA Office
- October 18** NYSPHSAA Executive Committee meeting (Saratoga Springs)

**** Action Items and Discussion Items will be added to the July 25-26, 2023 Central Committee agenda as the agenda is developed and finalized.***

**** Information included in this document is not intended to replace the official meeting minutes and does not include all business and information that occurred during the Executive Committee meeting.***

New York State Public High School Athletic Association



Approved

Central Committee Meeting – July 25-26, 2023

Cheerleading: Classification Cut-Off Numbers

- Action Item
- Discussion Item
- Informational Item

Presenter:

Jenn Simmons, NYSPHSAA Cheerleading Chairperson

Proposal:

The NYSPHSAA Cheerleading Committee is recommending the following Classification Cut-Off numbers for Competitive Cheerleading and Game Day Cheerleading. The proposal also includes establishing a minimum of 2 stunt groups (8 athletes) and maximum of 20 athletes for Class C and Class D. The minimum of 3 stunt groups (12 athletes) and a maximum of 24 athletes for Class A and Class B. Co-Ed would have a minimum of 2 stunt groups (8 athletes) and a maximum of 24 athletes. The minimum and maximum requirements would only be in effect for competing in the NYSPHSAA State Championships.

Competitive Cheer

Class A – 1025 and up – 75 schools
Class B – 555 to 1024 – 127 schools
Class C – 250 to 554 – 127 schools
Class D – 249 and below - 100 schools
Co-Ed – One Class

Game Day

Class A 849-up 75 schools
Class B 479-848 75 schools
Class C 478-below 77 schools

Effective Start Date:

2023-2024

Rationale:

At the direction of the Executive Committee the Cheer Committee was directed to discuss, examine, and recommend a change in the current classification system for competitive cheerleading. The Cheer Committee agreed that most of our smaller schools were not able to compete and be successful against the larger schools with the current divisional breakdown. The Cheerleading Committee also felt it was important to establish a minimum and maximum number of stunt groups and athletes to help level the playing field between the teams competing in the classes. Game Day has been approved as a State Championship starting in the Fall of 2023. The recommendation is following the criteria set in the NYSPHSAA Championship Philosophy Document. There is currently 200+ teams competing in Game Day Cheer which allows them to have 3 classes. The classes have been divided evenly.

Proposal Originated:

NYSPHSAA Cheerleading Committee

Budgetary Impact:

No change for Competitive Cheer. Game Day is going from 4 classes to 3 classes.

DATE REVISED: April 11, 2023

Kelly Hall Kelly.hall@kffmcsd.org
Patti Archiue pattimvcheer@yahoo.com

**2023-2024 Section IX Cheerleading Championship -
REGISTRATION FORM for Game Day Cheerleading**

Name of School: _____ Division: _____

Name of Coach: _____ Email: _____

Cell Phone: _____ Work Phone: _____

SQUAD ROSTER – Please print or type names

- | | |
|-----------|-----------|
| 1. _____ | 17. _____ |
| 2. _____ | 18. _____ |
| 3. _____ | 19. _____ |
| 4. _____ | 20. _____ |
| 5. _____ | 21. _____ |
| 6. _____ | 22. _____ |
| 7. _____ | 23. _____ |
| 8. _____ | 24. _____ |
| 9. _____ | 25. _____ |
| 10. _____ | 26. _____ |
| 11. _____ | 27. _____ |
| 12. _____ | 28. _____ |
| 13. _____ | 29. _____ |
| 14. _____ | 30. _____ |
| 15. _____ | 31. _____ |
| 16. _____ | 32. _____ |

Please list **THREE (3)** required competitions that you attended during the season:

SITE: _____ DATE: _____

SITE: _____ DATE: _____

SITE: _____ DATE: _____

Roster should be submitted by October 16, 2023 to heather.walsh@ouboces.org

Date

Signature of Athletic Director



SECTION IX TENNIS PROCEEDURE FOR BOYS & GIRLS TEAM TENNIS REPRESENTATION

PROCESS FOR TEAM REPRESENTATION – FOR SECTION IX BOYS and GIRLS TEAM TENNIS CHAMPIONSHIP

DIVISION I – LARGE SCHOOL (599+) OCIAA REPRESENTATION:

- A two team sectional play-in match (Div. 1 Winner vs. Div. 2 Winner) will be used to determine the representative for the OCIAA at the Section IX Team Championships.
- Top teams from each of D1 and D2 (based on division record, as they do not play the same non-division schedule. (Use OCIAA Bye-Law #12 to determine 1place in Division).

DIVISION I – LARGE SCHOOL (599+) MHAL REPRESENTATION

- All teams play one another in the MHAL – Only 1 Division
- The large school team with the best record will represent the MHAL.

- Section IX Tennis Team Championship: OCIAA Large School Representative plays the MHAL Large School Representative.

DIVISION 2 SMALL SCHOOL (Below 599) REPRESENTATION

- OCIAA: The Division winner of OCIAA Division 3 will be declared the representative for the OCIAA at the Section IX Team Championships.
- MHAL: Small School team with best record will represent the MHAL at the Section IX Team Championships.

- Section IX Tennis Team Championship: OCIAA Small School Representative plays the MHAL Small School Representative.

Tennis Bylaw #4 Recommended clarification to clean up ambiguous language regarding moving players up in line-up if an absence occurs:

4. Line-ups for dual contest shall be determined by each coach on a merit system and shall be exchanged before the start of each contest. At the start of each season, the player playing in the #1 spot shall be the best player on his/her squad and the positions to be filled by the remaining players 2-3 will be placed according to ability. First through second doubles teams will be selected according to their ability. 4th singles and 3rd doubles may be used as open positions to maximize participation.

Beginning with the 4th league contest of a team's season, lineups must remain stable and consistent according to the following:

1. All coaches must rank their rosters in order of strength for positions #1-3 singles and #1-2 doubles prior to the start of the 4th match.
2. Any eligible remaining players may fill the 4th singles or 3rd doubles positions based upon a merit system of assessing player(s) ability.
3. If a singles player or doubles team cannot compete in a league match, each successive player or team shall be moved up from within the ranking.
 - Examples: #1 singles cannot play, therefore, #2 singles plays in #1's spot. #3 Singles moves up to #2's spot, #4 Singles (based upon a documented merit system) moves up to number 3's spot. Any player can fill in the #4 singles spot when #4 moves down.
 - For doubles, a substitution may be made without disrupting other doubles teams or illegally moving a player "down" a spot (Example, one of your #1 doubles players cannot play, therefore, a #4 singles or #3 doubles or any exhibition player can play in their spot. Additionally, you can choose to move #2 doubles to #1 doubles and #3 doubles to #2 doubles, as a unit).

*At no time in the season may a singles match be defaulted to fill a doubles position.

*At any time in the season if it is discovered that these rules were disregarded the team shall forfeit the improperly structured contests. This By-law is based upon a merit system of assessing player(s) ability and should not be abused by players or coaches.

2023-2024 GIRLS VARSITY GOLF – 16 MATCHES

Practice Starts: March 11, 2024

Spring Break: March 25 - April 1

Sectionals: May 21, 22 – 2024 @ Apple Greens Golf Course - 9 am

States: June 2-3, 2024 @ Edison Golf Club

GIRLS VARSITY GOLF – 16 Matches

<u>Division I</u>	<u>Division II</u>	<u>Division III</u>	<u>Division IV</u>	<u>Division V</u>
1. Newburgh 2. Monroe-Woodbury 3. Middletown 4. Kingston 5. Pine Bush 6. Valley Central 7. Washingtonville	1. Minisink 2. Warwick 3. Cornwall 4. Goshen 5. O'Neill 6. Port Jervis 7. Burke	1. Monticello 2. Liberty 3. Sullivan West 4. Roscoe/Liv. Manor 5. Tri Valley 6. Fallsburg 7. Homestead	1. New Paltz 2. Rondout 3. Highland 4. Ellenville 5. Onteora	1. Marlboro 2. FDR 3. Red Hook 4. Lourdes 5. Beacon 6. Millbrook

Dates:

April: 8, 10, 15, 17, 22, 24, 29,

May: 1, 3, 8, 10, 13, 15

NOTES:

Schools play 2x in division, Div.1,2,3 play non-leaguers against each other, Division 4 and 5 play each other. Divisional Invitationals: April 29th - Division 1 @ Kingston Wyltwyk, Division 2 @ Stony Ford or Hickory Hill, Division 3 @ Villa Roma, Division 4 @ Apple Greens, Division 5 @ Southern Dutchess CC). The Last regular season match: May 15, 2024. Both the division dual matches and the divisional multi-matches count toward the division championship.

Weather will be a factor in course openings. If weather is nice and courses are open in early April, schools are encouraged to move contests back in the schedule to spread out contests and get as many matches in as possible early.

Teams have 12-14 contests.

Link for Schedule: [Click here for the latest schedule](#)

2023-2024 BOYS VARSITY LACROSSE – 16 GAMES

Sport	Practices for Scrimmage	Practices for Game	Maximum Contests	1 st Possible Date - Scrim.	1 st Possible Date - Game
Lacrosse	Team 6	Team 6	16	3/18/2024	3/18/2024

Practice Starts: March 11, 2024

Spring Break: March 25 - April 1

Seed Meeting: May 16, 2024

Sectionals: Start – May 18, 2024

Finals – May 25, 2024

Regionals: May 28 - June 5, 2024

States: June 8, 2024 @ Hofstra University

BOYS VARSITY LACROSSE – 16 GAMES – A – B – C - D

<u>Division I (CLASS A)</u> (1026 and up)	<u>Division II (Class B)</u> (1025-734)	<u>Division III (Class C)</u> (733 -431)	<u>Division IV (Class D)</u> (430 and Down)
1. NFA (Var.& JV) 2. Monroe-Woodbury (Var & JV) 3. Middletown (Var. & JV) 4. Kingston (Var. & JV) 5. Pine Bush (Var. & JV) 6. Valley Central (Var. & JV)	1. Washingtonville (Var. & JV) 2. Warwick (Var&JV) 3. Minisink (Var & JV) 4. FDR (Var) 5. Cornwall (Var/JV) 6. Goshen (Var/JV)	1. Wallkill (Var & JV) 2. Highland/Marlboro (Var) 3. Saugerties (Var) 4. New Paltz (Var) 5. Lourdes (Var & JV)	1. Red Hook (Var) 2. Rondout (Var) 3. O’Neill (Var) 4. Millbrook (Var)

Dates Division 1/2 (Wed/Fri):

March:

April: 3, 5, 10, 12, 17, 19, 24, 26

May: 1, 3, 8, 10, 15

Dates: Division 3/4 (Tues-Thur)

March:

April: 2, 4, 9, 11, 16, 18, 23, 25, 30

May: 2, 7, 9, 14

NOTES:

Teams play one time in division. Non-league games spread out. Divisions play different days of week for official availability. Varsity games scheduled first. JV Games play right after varsity to ensure officials are available. If schools move games they will not be guaranteed officials as we have a shortage of available officials.

Teams have 10-12 contests.

JV’s have 12-14 games and don’t always follow varsity schedule.

*Schools should check start times and let us know if adjustments are needed for home game times in case of playing under lights, etc.

Link for Varsity: [Click here for the latest schedule](#)

Link for JV: [Click here for the latest schedule](#)

2023-2024 GIRLS VARSITY LACROSSE – 16 GAMES

Sport	Practices for Scrimmage	Practices for Game	Maximum Contests	1 st Possible Date - Scrim.	1 st Possible Date - Game
Lacrosse	Team 6	Team 6	16	3/18/2024	3/18/2024

Practice Starts: March 11, 2024

Spring Break: March 25 - April 1

Seed Meeting: May 16, 2024

Sectionals: Start – May 18, 2024

Finals – May 25, 2024

Regionals: May 28 - June 5, 2024

States: June 8, 2024 @ SUNY Cortland

<u>Division I (CLASS A)</u> (1060 and up)	<u>Division II (Class B)</u> (1059-775)	<u>Division III (Class C)</u> (774-465)	<u>Division IV (Class D)</u> (464 and Down)
1. NFA (Var & JV) 2. Monroe-Woodbury (Var & JV) 3. Middletown (Var. & JV) 4. Kingston (Var. & JV) 5. Pine Bush (Var. & JV) 6. Valley Central (Var & JV)* *request to play up in Class A	1. Washingtonville (Var & JV) 2. Minisink (Var & JV) 3. Warwick (Var&JV) FDR (Var)* *FDR Independent Schedule	1. Cornwall (Var/JV) 2. Walkkill (Var/JV) 3. Goshen (Var/JV) 4. Saugerties (Var) 5. New Paltz (Var) 6. Beacon (Var) 7. Lourdes (Var/JV)	1. Red Hook (Var) 2. Rondout (Var/JV) 3. Highland (Var) 4. O’Neill (Var) 5. Chester (Var/JV) 6. Burke (Var) 7. Millbrook (Var)

Dates Division 1/2 - (Tues-Thur)

March:

April: 2, 4, 9, 11, 16, 18, 23, 25, 30

May: 2, 7, 9, 14

Dates: Division 3/4 – (Mon – Wed)

March:

April: 3, 5, 10, 12, 17, 19, 24, 26

May: 1, 3, 8, 10, 15

NOTES:

Important: Games are played on varied dates by division for officials’ availability. If schools move games they will not be guaranteed officials as we have a shortage of available officials. They will get priority assigning on those days to start off.

Varsity Schools in Div. 1 and 2 play 1 time in division then play each other once for a total of 8 contests – FDR is independent and plays down. Division 3 and 4 play one time in division and then play some teams in other division in non-league contests. Non-league games between all divisions to bring game totals to 12-14 contests.

All JV teams have 11-12 contests.

*Schools should check start times and let us know if adjustments are needed for home game times in case of playing under lights, etc.

Link for Varsity: [Click here for the latest schedule](#)

Link for JV: [Click here for the latest schedule](#)

2023-2024 BOYS MODIFIED LACROSSE – 12 games
9 Minute Quarters

Sport	Practices for Scrimmage	Practices for Game	Maximum Contests	1st Possible Date - Scrim.	1st Possible Date - Game
Boys Lacrosse	Team 6	Team 6	12	4/11/2024	4/11/2024

Practice Starts: March 18, 2024

Number Practices before Scrimmage: Team / Individual: 6

Number Practices before Game: Team / Individual: 6

Spring Break: March 25 - April 1

BOYS MODIFIED LACROSSE (7-8)

<u>Division 1</u>	<u>Division 2</u>	<u>Division 3</u>
1. Newburgh	1. Valley Central	1. Kingston
2. Monroe Woodbury	2. Washingtonville	2. Red Hook
3. Middletown	3. Minisink Valley	3. Highland
4. Pine Bush	4. Cornwall	4. Rondout
5. Warwick	5. Goshen	5. Saugerties
6. Del. Valley Pa.	6. Wallkill	6. New Paltz

Dates:

April: 12, 15, 18, 22, 25, 29

May: 2, 6, 9, 13, 16, 20, 23, 30

June: 1, 5

NOTES: Started practices after Spring Break.

Mondays/Thursdays are used to help with officials availability since there is no varsity or JV scheduled on Monday's and limited games scheduled on Thursdays. Teams play twice in division then play other teams for last two games to fill out 12 game schedule.

[Click here for the latest schedule](#)

2022-2023 GIRLS MODIFIED LACROSSE – 12 games
25 Minute Halves

Sport	Practices for Scrimmage	Practices for Game	Maximum Contests	1 st Possible Date - Scrim.	1 st Possible Date - Game
Girls Lacrosse	Team 6	Team 6	12	3/29/2022	3/29/2022

Practice Starts: March 18, 2024

Number Practices before Scrimmage: Team / Individual: 6

Number Practices before Game: Team / Individual: 6

Spring Break: March 25 - April 1

GIRLS MODIFIED LACROSSE (7-8)

<u>Girl's Modified Lacrosse – 12 games Maximum</u>			
<u>Division 1</u>	<u>Division 2</u>	<u>Division 3</u>	<u>Division 4</u>
1. Newburgh 2. Monroe Woodbury 3. Middletown 4. Del. Valley Pa.	1. Pine Bush 2. Valley Central 3. Washingtonville 4. Warwick 5. Minisink Valley	1. Cornwall 2. Goshen 3. Beacon 4. Burke 5. Chester	1. Kingston 2. Highland 3. Rondout 4. Saugerties 5. New Paltz

Dates:

April: 12, 15, 18, 22, 25, 29

May: 2, 6, 9, 13, 16, 20, 23, 30

June: 1, 5

NOTES: Started practices after Spring Break.

Mondays/Thursdays are used since there is no varsity or JV scheduled on Monday's and limited games scheduled on Thursdays. Officials should be more available. Each team plays 2x in division then play other schools for the remainder of their games. Everyone has 12 games.

[Click here for the latest schedule](#)

2023-2024 Unified Basketball

Sport	Practices for Scrimmage	Practices for Game	Maximum Contests	1 st Possible Date - Scrim.	1 st Possible Date - Game
Unified Basketball	Team 6	Team 6	-	4/16/2024	4/16/2024

Practice Starts: April 3, 2024

Number Practices before Scrimmage: Team / Individual: 6

Number Practices before Game: Team / Individual: 6

Spring Break: March 25 - April 1

Unified Basketball

<ol style="list-style-type: none"> 1. Monroe Woodbury (P) 2. Monroe Woodbury (W) 3. Cornwall 4. Warwick 5. Port Jervis 6. Middletown 7. Goshen 	<ol style="list-style-type: none"> 1. NFA 2. Pine Bush 3. Valley Central 4. Beacon 5. Wallkill 6. New Paltz 	<ol style="list-style-type: none"> 1. Kingston 2. Rondout 3. Pine Plains 4. Arlington 5. Wappingers 6. Red Hook 7. Poughkeepsie
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DATES:

April: 16, 18, 14, 30,

May: 2, 7, 9, {14, 16 – culminating games}

Notes: Play on Tues / Thurs – practice starts after spring break.

[Click here for the latest schedule](#)

MID HUDSON ATHLETIC LEAGUE 2023-2024 CALENDAR

<u>DATE</u>	<u>TIME</u>	<u>ACTIVITY/EVENT</u>	<u>LOCATION</u>
TBA	5:00 PM	Football Rules Interp. Meeting (Varsity/JV/Freshmen)	Middletown H.S. Capstone Room
19 Aug (Sat)		Football may start (Varsity/JV/Freshmen)	
21 Aug (Mon)		All Other Sports may start (Varsity/JV/Freshmen)	
23 Aug (Wed)	9:30 AM	MHAL Athletic Directors Workshop	Dutchess BOCES
21-24 Aug		Fall Sports Rules Interp. Meeting (Varsity/JV/Mod)	Virtual
4 Sept (Mon)		Holiday (Labor Day) - Office closed	
5 Sept (Tues)		First Day - Modified Fall Sports may start if school is open	
7 Sept (Thurs)	6:00 PM	Modified Football Rules Meeting	Middletown H.S. Capstone Room
11 Sept (Mon)	9:30 AM	NYSPHSAA Mandated Workshop	Otterkill Golf Club
20 Sept (Wed)	9:30 AM	MHAL Athletic Directors Workshop	Dutchess BOCES
15-17 Sept. (Sunset to Sunset) (Fri-Sun)		Holiday (Rosh Hashanah) – No league scheduled games	
25 Sept. (Mon)		Holiday (Yom Kippur) – Office closed	
9 Oct (Mon)		Holiday (Columbus Day) - Office closed	
18 Oct (Wed)	9:30 AM	MHAL Athletic Directors Workshop	Dutchess BOCES
18 Oct (Wed)	11:00 AM	MHAL Executive Committee Meeting	Dutchess BOCES
8 Nov (Wed)		Wrestling Rules Interp. Meeting	Virtual
10 Nov (Fri)		Holiday (Veterans Day) – Office closed	
13 Nov (Mon)		Winter Sports may start (Varsity/ JV)	
13-16 Nov		Winter Rules Interpretation Meeting (Varsity/ JV/Mod)	Virtual
15 Nov (Wed)	9:30 AM	MHAL Athletic Directors Workshop	Dutchess BOCES
20 Nov (Mon)		Modified Winter Sports may start	
13 Dec (Wed)	9:30 AM	MHAL Athletic Directors Workshop	Dutchess BOCES
25 Dec- 1 Jan		Winter Recess	
15 Jan (Mon)		Holiday (Martin Luther King Day) – Office closed	
17 Jan (Wed)	9:30 AM	MHAL Athletic Directors Workshop	Dutchess BOCES
17 Jan (Wed)	11:00 AM	MHAL Executive Committee Meeting	Dutchess BOCES
23-26 Jan (Tues-Fri)		Regents Week	
14 Feb (Wed)	9:30 AM	MHAL Athletic Directors Workshop	Dutchess BOCES
16-20 Feb.		President’s Weekend	
11 Mar (Mon)		Spring Sports may start (Varsity/JV)	
11-16 Mar		Spring Rules Interpretation Meeting (Var/JV/Modified)	Virtual
18 Mar (Mon)		Modified Spring Sports may start	
20 Mar (Wed)	9:30 AM	MHAL Athletic Directors Workshop	Dutchess BOCES
29 Mar - Apr 1		Spring Recess	
17 Apr (Wed)	9:30 AM	MHAL Athletic Directors Workshop	Dutchess BOCES
21 May (Tues)	-----	School Budget Vote Day	
22 May (Wed)	9:30 AM	MHAL Athletic Directors Workshop	Dutchess BOCES
22 May (Wed)	11:00 AM	MHAL Executive Committee Meeting	Dutchess BOCES
27 May (Mon)		Holiday (Memorial Day) – Office closed	
?? June		MHAL Scholar-Athlete Breakfast	TBA
5 June (Wed)	9:30 AM	MHAL Athletic Directors Workshop	Dutchess BOCES
14-25 June		Regents Exams	

<u>SECTION IX MEETING DATES</u>		<u>Section IX Start Dates – High School</u>	
Thurs. Sept. 7, 2023	Orange-Ulster BOCES Carl Onken – 9:30 AM	Football - Sat., Aug. 19, 2023	
Mon. Sept. 11, 2023	Otterkill Golf Club (NYSPHSAA Mandated Workshop) – 8:30 AM	Other Fall Sports – Mon., Aug. 21, 2023	
Tues. Oct. 3, 2023	Orange-Ulster BOCES Carl Onken – 9:30 AM	All Winter Sports - Mon., Nov. 13, 2023	
Thurs. Nov. 2, 2023	Zoom Meeting – 9:30 AM	All Spring Sports - Mon, March 11, 2024	
Thurs. Jan. 4, 2024	Orange-Ulster BOCES Carl Onken – 9:30 AM		
Tues. March 12, 2024	Zoom Meeting – 9:30 AM		
Tues. April 9, 2024	Orange-Ulster BOCES Carl Onken – 9:30 AM	<u>Section IX Start Dates – Modified</u>	
Tues. May 14, 2024	Orange-Ulster BOCES Carl Onken – 9:30 AM	All Fall Sports – Sept. 5 or 1 st day school	
Tues. June 11, 2024	TBA (In-person)	All Winter Sports - Mon., Nov. 20, 2023	
		All Spring Sports - Mon, March 18, 2024	
<u>NYSPHSAA Meetings:</u>	<u>SAT Test Dates</u>	<u>ACT Test Dates</u>	<u>PSAT Test Dates</u>
Oct. 18, 2023	October 7, 2023	Sept 9, 2023	Oct. 11, 2023
Jan. 31, 2024	November 4, 2023	Oct 21, 2023	Oct. 14, 2023
May 1, 2024	December 2, 2023	Dec 9, 2023	
July 30-31, 2024	March 9, 2024	Feb 10, 2024	<u>AP Exams</u>
	May 4, 2024	April 6, 2024	Apr 29 – May 3, 2024
	June 1, 2024	June 8, 2024	May 6 – 10, 2024