

**MID HUDSON ATHLETIC LEAGUE  
ATHLETIC DIRECTORS WORKSHOP  
DECEMBER 10, 2025 - 9:30AM  
Dutchess BOCES**

1. APPROVAL OF MINUTES OF THE LAST MEETING
2. SECTIONAL REPORT - GREG RANSOM AND JIM OSBORNE  
-VOTING ITEMS INCLUDED IN YOUR NOVEMBER MATERIALS
3. PRESIDENT'S REPORT- TOM CASSATA
4. REGIONAL OFFICE REPORT- CHRIS MAYO
5. ATHLETIC COORDINATOR'S REPORT - DENNIS BURKETT
6. COMBINING OF TEAMS- FRANK ALFONSO
7. MODIFIED REPORT- MATT SALAMONE
8. OLD BUSINESS
9. NEW BUSINESS
10. MOTION TO ADJOURN



### Consent Agenda – NYSPHSAA Proposals November 2025

- Handbook Committee - Addition to Representation Rule
  - **Proposal:** The NYSPHSAA Handbook Committee is recommending the following addition to the letter a. of the Representation Rule: "A contestant or athletic team shall not represent a school in a game, contest, or scrimmage, except in conformance with all rules and regulations." Effective Start Date: 2025-2026 school year
- Modified Committee - Coordinators for Ice Hockey and Flag Football
  - **Proposal:** The NYSPHSAA Modified Committee is recommending Dean Berardo from Section 1 as the Modified Ice Hockey Coordinator.
  - **Proposal:** The NYSPHSAA Modified Committee is recommending Matt Lapinski from Section 5 as the Modified Flag Football Coordinator.
- Modified Committee - Revision to the NYSPHSAA Promotion Rule
  - **Proposal:** The NYSPHSAA Modified Committee is recommending revising the NYSPHSAA Promotion Rule in the NYSPHSAA Handbook with the following language: "With Section approval, contestants may be promoted to a higher classification within the modified program or to a junior varsity or varsity team at any time during their modified schedule." Effective Start Date: 2026-2027 school year
- Boys Basketball - Adopt new 5-second closely guarded NFHS rule
  - **Proposal:** The NYSPHSAA Boys Basketball Committee is seeking approval to adopt the note under rule 9-10- art 1a which states - "By state association adoption, if utilizing the 35-second shot clock, players may dribble the ball for more than five seconds."
- Girls/Boys Bowling - Establish minimum roster size
  - **Proposal:** The NYSPHSAA Boys and Girls Bowling State Committee is seeking approval to require the school team in each division to have a minimum of five (5) athletes on its roster for the state tournament and begin competition with at least five (5) athletes.
- Girls Wrestling - Revise the Representation Rule
  - **Proposal:** The NYSPHSAA Girls Wrestling Committee is recommending revising the current NYSPHSAA Representation Rule that allows female wrestlers to participate in both male and female events during the regular season and then choose to participate in the female NYSPHSAA Championship. The revision would prohibit any female that participates on a boys team in the regular season from participating in the girls post season. Effective Start Date: 2026-2027

- Flag Football NFHS Rule Adoption
  - **Proposal:** Adopt the NFHS Rules for the 2025-26 Season with the following waivers.
    1. Request a waiver to not allow the Field Goal option
    2. Request a waiver to continue to follow our current Flag Belt rules: 2 pop belts minimum 14' in length, add the width minimum from the NFHS Rule book of 1½ in width
    3. Request a waiver to specify a 1 Yard Neutral Zone
    4. Request a Waiver to the Uniform specifications as outlined in the NFHS Rule Book for Items Jersey: a-5.2.b3, a-5.2.b4, a-5.3.b3, a-5.3.b4, NUMBERS: 5-b3, b4 (Page 14 & 15) the 25-26 Season. 5-d:
      - \*Note: If schools have shorts are not a solid color for the 25-26 season, the flag must be a clearly contrasting color to the shorts and any striping or patterns on the shorts.
      - Effective Start Date: Spring 2026
  
- Flag Football Rule Request: Dead Ball Flag Checks
  - **Proposal:** The NYSPHSAA Flag Football Committee is requesting to add language to the NFHS Rules to require dead ball flag checks.
    - The process will be as follows: Officials will conduct one dead ball flag check per half at the end of one quarter per half. The athlete will be selected at random by the official. If a belt is found to be not within the NYSPHSAA Waiver Standards, the flag check would result in an unsportsmanlike penalty. Belt Specifications: Flag Belt rules: 2 pop belts minimum 14'in length, add the width minimum from the NFHS Rule book of 1½' in width. Effective Start Date: Spring 2025
  
- Flag Football Pilot: Onside Play
  - **Proposal:** Consider approval of an Onside Play Option.
  
- Outdoor Track – Super Standard Finish
  - **Proposal:** To utilize the Super Standard, an Athlete must finish Top Five in the State Qualifier Meet, effective 2026.
  
- Outdoor Track – Super Standard Cut Off
  - **Proposal:** No Additional Performances using the Super Standard (obtained after the State Qualifier Meet) will count toward entry into the State Meet.
  
- Outdoor Track – Qualifying Standard Average
  - **Proposal:** Utilize the Three-year average for the Formula for Qualifying Standards using the Seed Performances.
  
- Baseball – Use of Double First Base
  - **Proposal:** Make it optional to utilize a double first base during the 2025-2026 School Year Season (regular and post season)

# New York State Public High School Athletic Association



Executive Committee Meeting – October 21, 2025

## Handbook Committee – Addition to Representation Rule

- Action Item
- Discussion Item
- Informational Item

**Presenter:**

Pat Pizzarelli, Chairmen of Handbook Committee

**Proposal:**

The NYSPHSAA Handbook Committee is recommending the following addition to the letter a. of the Representation Rule:

*“A contestant or athletic team shall not represent a school in a game, contest, or scrimmage, except in conformance with all rules and regulations.”*

**Effective Start Date:**

2025-2026 school year

**Rationale:**

This recommendation clearly states the that all students must meet all rules and regulations before representing their school in a game, contest, or scrimmage.

**Proposal Originated:**

NYSPHSAA Handbook Committee

**Budgetary Impact:**

None

**Notes:**

None

**Attachments:**

None

# New York State Public High School Athletic Association



*Executive Committee Meeting – October 21, 2025*

## Modified Committee – Flag Football Coordinator

- Action Item
- Discussion Item
- Informational Item

**Presenter:**

Jim Rose, Co-Chairmen of NYSPHSAA Modified Committee

**Proposal:**

The NYSPHSAA Modified Committee is recommending Matt Lapinski from Section 5 as the Modified Flag Football Coordinator.

**Effective Start Date:**

2026

**Rationale:**

This is an open position on the Modified Committee.

**Proposal Originated:**

NYSPHSAA Modified Committee

**Budgetary Impact:**

None

**Notes:**

None

**Attachments:**

None

# New York State Public High School Athletic Association



*Executive Committee Meeting – October 21, 2025*

## **Modified Committee – Ice Hockey Coordinator**

- Action Item
- Discussion Item
- Informational Item

**Presenter:**

Jim Rose, Co-Chairmen of NYSPHSAA Modified Committee

**Proposal:**

The NYSPHSAA Modified Committee is recommending Dean Berardo from Section 1 as the Modified Ice Hockey Coordinator.

**Effective Start Date:**

2026

**Rationale:**

This is an open position on the Modified Committee.

**Proposal Originated:**

NYSPHSAA Modified Committee

**Budgetary Impact:**

None

**Notes:**

None

**Attachments:**

None

DATE REVISED: INSERT DATE HERE (Month, Day, Year)

# New York State Public High School Athletic Association



Executive Committee Meeting – October 21, 2025

## Modified Committee – Revision to the NYSPHSAA Promotion Rule

- Action Item
- Discussion Item
- Informational Item

**Presenter:**

Jim Rose, Co-Chairmen of NYSPHSAA Modified Committee

**Proposal:**

The NYSPHSAA Modified Committee is recommending revising the NYSPHSAA Promotion Rule in the NYSPHSAA Handbook with the following language:

*“With Section approval, contestants may be promoted to a higher classification within the modified program or to a junior varsity or varsity team at any time during their modified schedule.”*

**Effective Start Date:**

2026-2027 school year

**Rationale:**

Several Sections have indicated that many 7<sup>th</sup> and 8<sup>th</sup> graders do have the ability to move up to the high school level but are kept down on the modified level to support the numbers at the modified level. This revision would allow the 7<sup>th</sup> and 8<sup>th</sup> graders the ability to complete the modified season and then be brought up to the high school level as long as they have completed the APP process.

**Proposal Originated:**

NYSPHSAA Modified Committee

**Budgetary Impact:**

None

**Notes:**

None

**Attachments:**

None

# New York State Public High School Athletic Association



Executive Committee Meeting – October 21, 2025

## **BOYS BASKETBALL: Adopt new 5-second closely guarded NFHS rule** **(by State Association adoption)**

- Action Item  
 Discussion Item  
 Informational Item

**Presenter:**

Bob Mayo, NYSPHSAA Boys Basketball Coordinator

**Proposal:**

The NYSPHSAA Boys Basketball Committee is seeking approval to adopt the note under rule 9-10-art 1a which states – *“By state association adoption, if utilizing the 35-second shot clock, players may dribble the ball for more than five seconds.”*

**Effective Start Date:**

Winter 2025-26

**Rationale:**

The NYSPHSAA State Committee felt strongly about this rule which would encourage offensive movement and maintain game flow. The rule applies in the frontcourt only. Other key points to this rule:

- A player holding the ball in the frontcourt must pass, shoot, or dribble within five seconds while being closely guarded by a defender in a legal guarding position.
- The closely guarded count ends if the offensive player starts a dribble, the defender ceases to be within six feet, or a switch in defenders occurs.
- The rule emphasizes player and ball movement and rewards strong on-ball defense.

**Proposal Originated:**

NYSPHSAA State Committee at its October 2025 meeting.

**Budgetary Impact:**

None

**Notes:**

This NYSPHSAA State Committee voted 11-0 in favor of supporting this proposal.

**Attachments:**

None

**CAC Feedback:**

N/A

DATE REVISED: October 7, 2025

# New York State Public High School Athletic Association



Executive Committee Meeting – October 21, 2025

## **BOYS/GIRLS BOWLING – Establish minimum roster size of five (5) bowlers on the school team at the State Tournament**

- Action Item
- Discussion Item
- Informational Item

### **Presenter:**

Mike O'Connell, NYSPHSAA Boys Bowling Coordinator  
Eileen Shultis, NYSPHSAA Girls Bowling Coordinator

### **Proposal:**

The NYSPHSAA Boys and Girls Bowling State Committee is seeking approval to require the school team in each division to have a minimum of five (5) athletes on its roster for the state tournament and begin competition with at least five (5) athletes.

### **Effective Start Date:**

Winter (March) 2026

### **Rationale:**

Currently, six athletes compete on a school bowling team at the state tournament with five of them scoring. If a school brought less than five athletes, they would create a multitude of logistical and equity issues during competition. First, pace of play would be significantly faster than the other lanes if only four athletes bowled. Second, the oil pattern would break down at a much different rate. Third, the integrity of scoring would be compromised with just four bowlers and thus that team would have no chance to compete for a state title.

At this time, there is no rule on a minimum # of athletes on a school team required for state tournament play. This proposal would require a section to ensure it advances a team with at least five bowlers but still can allow any number of bowlers for its section tournament. If a team endures an injury during competition, they still may participate, however a pacer will fill their spot. The pacer score will not be counted but the team score will be.

### **Proposal Originated:**

State Committee at its September 26, 2025 meeting.

### **Budgetary Impact:**

There is no cost to NYSPHSAA or member sections in this proposal.

### **Notes:**

The Bowling State Committees supported this proposal with a 10-0 girls vote and 9-1 boys vote at their September 26<sup>th</sup> meeting.

### **CAC Feedback:**

Voted 8-0 in support of this proposal at its October 8<sup>th</sup> meeting

DATE REVISED: October 8, 2025

**Girls Wrestling: Revise the Representation Rule**

- Action Item
- Discussion Item
- Informational Item

**Presenter:**

Ryan Palmer, NYSPHSAA Girls Wrestling Coordinator

**Proposal:**

The NYSPHSAA Girls Wrestling Committee is recommending revising the current NYSPHSAA Representation Rule that allows female wrestlers to participate in both male and female events during the regular season and then choose to participate in the female NYSPHSAA Championship. *The revision would prohibit any female that participates on a boys team in the regular season from participating in the girls post season.*

**Effective Start Date:**

2026-2027

**Rationale:**

The committee has supported the current NYSPHSAA Representation language because it allowed Girls Wrestling to grow and gave athletes the opportunity to wrestle. The committee now feels the time has come for girls to choose which post season they are going to participate in by deciding who they will compete against during the regular season. This change would also help in seeding the girl's tournament because all the results would be from girl only matches. The committee believes this proposal helps level the playing field between all female competitors.

**Proposal Originated:**

NYSPHSAA Girls Wrestling Committee

**Budgetary Impact:**

None

**Notes:**

Girls would still be able to practice against the boys if they successfully passed mixed competition. The committee voted 5-4 in favor of this proposal.

***This is the second time the proposal will be discussed. The Central Committee requested data be gathered.***

**Attachments:**

None

**Girls Flag Football NFHS Rule Adoption**

- Action Item
- Discussion Item
- Informational Item

**Presenter:**

Jen Lapinski- Co- Flag Football Coordinator

**Proposal:**

Adopt the NFHS Rules for the 2025-26 Season with the following waivers.

1. Request a waiver to not allow the Field Goal option
2. Request a waiver to continue to follow our current Flag Belt rules: 2 pop belts minimum 14" in length, add the width minimum from the NFHS Rule book of 1 ½" in width
3. Request a waiver to specify a 1 Yard Neutral Zone
4. *Request a Waiver to the Uniform specifications as outlined in the NFHS Rule Book for Items Jersey: a-5.2.b3, a-5.2.b4, a-5.3.b3, a-5.3.b4, NUMBERS: 5-b3, b4 (Page 14 & 15) the 25-26 Season.*

*5-d: \*Note: If schools have shorts are not a solid color for he 25-26 season, the flag must be a clearly contrasting color to the shorts and any striping or patterns on the shorts.*

**Effective Start Date:**

Spring 2026

**Rationale:**

The NFHS Rules provide consistency for our committee recommended the waivers to avoid any additional cost to schools (ex. Purchasing new belts) and maintain consistency in the progress we've made in our sport thus far, which we feel these waivers accomplish. Additionally, the waivers ensure access to all needs for teams to maintain and add new teams throughout the state (ex. Not allowing the field goal as many teams do not play on fields with field goals currently.) Specific to the uniform waiver, the committee would like to provide a one year buffer for schools to plan accordingly to update uniforms as needed.

**Proposal Originated:**

Sectional concern brought to the NYSPHSAA Flag Football Committee. This was also discussed with and supported by officials groups.

**Budgetary Impact:**

None

**Notes:**

The NYSPHSAA Flag Football Committee voted in favor of this change 9-0.

**Girls Flag Football Rule Request: Dead Ball Flag Checks**

- Action Item
- Discussion Item
- Informational Item

**Presenter:**

Jen Lapinski- Co- Flag Football Coordinator

**Proposal:**

The NYSPHSAA Flag Football Committee is requesting to add language to the NFHS Rules to require dead ball flag checks. The process will be as follows:

Officials will conduct one dead ball flag check per half at the end of one quarter per half. The athlete will be selected at random by the official.

If a belt is found to be not within the NYSPHSAA Waiver Standards, the flag check would result in an unsportsmanlike penalty.

*Belt Specifications: Flag Belt rules: 2 pop belts minimum 14' in length, add the width minimum from the NFHS Rule book of 1 ½ ' in width*

**Effective Start Date:**

Spring 2025

**Rationale:**

There is currently no process for confirming legal equipment specific to the flag belts. There have been concerns raised specific to belt lengths and belt connection apparatus.

**Proposal Originated:**

Sectional concern brought to the NYSPHSAA Flag Football Committee and continued discussion amongst the Flag Football committee relative to belts.

**Budgetary Impact:**

None

**Notes:**

This proposal was discussed with the official's association and rules interpreters as well to ensure consistency and feasibility of implementation.

The NYSPHSAA Flag Football Committee voted in favor of this change 9-0.

Girls Flag Football Pilot: Onside Play

- Action Item
- Discussion Item
- Informational Item

**Presenter:**

Jen Lapinski- Co- Flag Football Coordinator

**Proposal:**

Consider approval of an Onside Play Option.

The option is only available to the team behind in score during the final 5 minutes of the second half and only immediately after the trailing team has scored a touchdown or field goal.

This is a timed down.

This option is not available after the trailing team has scored a safety.

This option is never available to the team ahead in points.

After the trailing team has scored and attempted the extra point, the team captain of the trailing team must inform the referee they intend to attempt an onside play.

The ball is placed on the teams 20 yard line, going out.

This play is treated exactly like a 4th down play including the assessment of penalties with one exception. If a foul occurs that includes an automatic first down (ie. roughing the passer) the offense will not receive a new set of downs. They will receive the 15 yard penalty and replay the down, (ie, fourth and five from the 35 yard line, line to gain is the 40 yard line.)

The offense must advance the ball to the 40 yard line or beyond, after all live ball penalties have been assessed in order to retain the ball.

Dead ball penalties will not be considered in determining if the line to gain was achieved.

If the offense retains the ball the next zone-line-to-gain will be determined.

If the offense does not retain the ball the defense will take possession of the ball where it became dead (end of the run or previous LOS) and the next zone-line-to-gain will be established.

Interceptions returned to the end zone by the defense during an onside play are worth 6 points and a PAT attempt.

# New York State Public High School Athletic Association



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There is no limit to the amount of onside plays a team may use as long as the provisions of lines 1, 2, and 3 of this section are still valid.

Once the team reaches the 20 yard conversion, the play is blown dead. The team will receive the ball first and zone at their own 20 yard line. If the team does not convert, the ball is spotted where the play is blown dead.

**Effective Start Date:**

Spring 2026

**Rationale:**

Based on feedback from several teams across the state, there is a need to provide the opportunity for a team to obtain possession when down two scores at the end of the game. Additionally, it was discussed at the NFHS Rules

**Proposal Originated:**

Sectional concern brought to Flag Football Committee.

**Budgetary Impact:**

None

**Notes:**

This would only apply to the regular season, and Sections could choose to implement this pilot. If this is successful in the 2026 season, our committee would discuss and obtain feedback to add this to post season play.

The Flag Football Committee is in favor of this pilot 9-0.

**Attachments:**

# New York State Public High School Athletic Association



Executive Committee Meeting – October 21, 2025

## **OUTDOOR TRACK – TO UTILIZE THE SUPER STANDARD, AN ATHLETE MUST FINISH TOP FIVE IN THE STATE QUALIFIER MEET, EFFECTIVE 2026**

- Action Item
- Discussion Item
- Informational Item

### **Presenter:**

Dan Doherty, NYSPHSAA Girls Outdoor Track Coordinator  
Tom Wells, NYSPHSAA Boys Outdoor Track Coordinator

### **Proposal:**

The Boys and Girls Outdoor Track Committees are seeking approval to set in place when using the super standard to qualify for the state meet, an athlete must finish in the top five in the state qualifier meet.

### **Effective Start Date:**

Spring 2026

### **Rationale:**

This proposal addresses the concern from membership about the number of participants at the state meet which was also going to be addressed by the Championship Philosophy Committee for all individual sports.

In 2025 (2,593 athletes), the event went to three divisions but only saw a modest increase comparing 2024 (2,008 athletes) considering an entire division was added. It is anticipated that 2026 will see reduction to 2,300 participating athletes. However, the changes proposed will result in a decrease in quality athletes at the state meet.

### **Proposal Originated:**

NYSPHSAA Staff and Boys & Girls Outdoor Track State Committees at their September 9, 2025.

### **Budgetary Impact:**

If this is approved, there will be fewer athletes to transport to the state meet which will save sections travel expenses.

### **Notes:**

The boys committee voted 11-0 and girls committee voted 9-1 in favor of this proposal at its September meeting.

### **Attachments:**

None

### **CAC Feedback:**

Voted 8-0 in support of this proposal at its October 8<sup>th</sup> meeting

DATE REVISED: October 8, 2025 .

# New York State Public High School Athletic Association



*Executive Committee Meeting – October 21, 2025*

## **OUTDOOR TRACK – NO ADDITIONAL PERFORMANCES USING THE SUPER STANDARD (OBTAINED AFTER THE STATE QUALIFIER MEET) WILL COUNT TOWARD ENTRY INTO THE STATE MEET**

- Action Item
- Discussion Item
- Informational Item

**Presenter:**

Dan Doherty, NYSPHSAA Girls Outdoor Track Coordinator  
Tom Wells, NYSPHSAA Boys Outdoor Track Coordinator

**Proposal:**

The Boys and Girls Outdoor Track Committees are seeking approval to not allow performances using the super standards (obtained after the state qualifier meet) toward entry into the state meet.

**Effective Start Date:**

Spring 2026

**Rationale:**

This proposal helps address the concern from membership about how athletes qualify.

In 2025 (2,593 athletes), the event went to three divisions but only saw a modest increase comparing 2024 (2,008 athletes) considering an entire division was added. It is anticipated that 2026 will see reduction to 2,300 participating athletes. However, the changes proposed will result in a decrease in quality athletes at the state meet.

**Proposal Originated:**

NYSPHSAA Staff and Boys & Girls Outdoor Track State Committees at their September 9, 2025.

**Budgetary Impact:**

If this is approved,

**Notes:**

The boys committee voted 8-3 and girls committee voted 9-1 (Section 1 not present) in favor of this proposal at its September meeting.

**Attachments:**

None

**CAC Feedback:**

Voted 8-0 in support of this proposal at its October 8<sup>th</sup> meeting

DATE REVISED: October 8, 2025

# New York State Public High School Athletic Association



Executive Committee Meeting – October 21, 2025

## **OUTDOOR TRACK – UTILIZE THE THREE-YEAR AVERAGE FOR THE FORMULA FOR QUALIFYING STANDARDS USING THE SEED PERFORMANCES**

- Action Item
- Discussion Item
- Informational Item

### **Presenter:**

Dan Doherty, NYSPHSAA Girls Outdoor Track Coordinator  
Tom Wells, NYSPHSAA Boys Outdoor Track Coordinator

### **Proposal:**

The Boys and Girls Outdoor Track Committees are seeking approval to utilize the three-year average for the formula for qualifying standards using the seed performances.

### **Effective Start Date:**

Spring 2026

### **Rationale:**

This proposal helps address the concern from membership about how athletes qualify and additionally provided for more up-to-date data being used. Previously, the five-year average was being used for the formula.

In 2025 (2,593 athletes), the event went to three divisions but only saw a modest increase comparing 2024 (2,008 athletes) considering an entire division was added. It is anticipated that 2026 will see reduction to 2,300 participating athletes. However, the changes proposed will result in a decrease in quality athletes at the state meet.

### **Proposal Originated:**

NYSPHSAA Staff and Boys & Girls Outdoor Track State Committees at their September 9, 2025.

### **Budgetary Impact:**

If this is approved, it will reduce the size of the state meet thus saving sections money on athlete/coach travel to the state tournament.

### **Notes:**

The boys committee voted 11-0 and girls committee voted 9-1 (Section 1 not present) in favor of this proposal at its September meeting.

### **CAC Feedback:**

Voted 8-0 in support of this proposal at its October 8<sup>th</sup> meeting

DATE REVISED: October 8, 2025

# New York State Public High School Athletic Association



Executive Committee Meeting – October 21, 2025

## **BASEBALL: Make it optional to utilize a double first base during the 2026 season (regular & postseason)**

- Action Item
- Discussion Item
- Informational Item

### **Presenter:**

Al Roy, NYSPHSAA Baseball State Coordinator  
Tim Harkness, NYSPHSAA Baseball Assistant Coordinator

### **Proposal:**

The NYSPHSAA Baseball Committee is seeking approval of making it optional to utilize a double first base for the 2026 season (regular and postseason).

### **Effective Start Date:**

Spring 2026

### **Rationale:**

If this proposal is approved, it would allow schools to prepare this coming spring for the 2027 season mandate as well as exercise safety in the process. Sections, leagues and schools have the option of installing and using the double first base for 2026. The NFHS double first base rule is mandatory for the 2027 season and numerous NYSPHSAA member schools have contacted our office making inquiries about implementation.

### **Proposal Originated:**

NYSPHSAA State Committee on September 25, 2025

### **Budgetary Impact:**

There will be a budget impact for member schools and potentially NYSPHSAA. Schools will be required to buy the double first base unit (or separate half) and possibly dig/install new plugs on their fields if this is chosen to be used by the section, league or school. If NYSPHSAA chooses to implement it for the State Final Four, the purchase would be necessary.

### **Notes:**

This NYSPHSAA State Committee voted 10-0 in favor of supporting this proposal at its September meeting.

### **Attachments:**

None

### **CAC Feedback:**

Not necessary

DATE REVISED: September 25, 2025

**2026-2027  
MID HUDSON ATHLETIC LEAGUE ALIGNMENTS**



**FALL SPORTS**

**VARSITY & JUNIOR VARSITY BOYS SOCCER – 16 GAMES**

<b>Division 1</b>	<b>Division 2</b>	<b>Division 3</b>	<b>Division 4</b>
1. FDR/Hyde Park 2. Wallkill 3. Saugerties 4. Lourdes	1. New Paltz 2. Marlboro (No JV) 3. Red Hook 4. Rondout Valley 5. Mount Academy	1. Ellenville (No JV) 2. Highland 3. Onteora 4. Dover 5. Spackenkill	1. Rhinebeck 2. Millbrook (No JV) 3. Pine Plains (No JV) 4. Webutuck (No JV)

**VARSITY & JUNIOR VARSITY GIRLS SOCCER – 16 GAMES**

<b>Division 1</b>	<b>Division 2</b>	<b>Division 3</b>	<b>Division 4</b>
1. FDR/Hyde Park 2. Wallkill 3. Saugerties 4. Lourdes	1. New Paltz 2. Marlboro (No JV) 3. Red Hook (No JV) 4. Rondout Valley 5. Mount Academy	1. Ellenville (No JV) 2. Highland 3. Onteora (No JV) 4. Dover (No JV) 5. Spackenkill	1. Rhinebeck 2. Millbrook/Webutuck 3. Pine Plains (No JV)

**BOYS & GIRLS VARSITY CROSS-COUNTRY – 16 MEETS**

1. FDR-Hyde Park	10. Highland
2. Wallkill	11. Spackenkill
3. Saugerties	12. Onteora
4. New Paltz	13. Rhinebeck
5. Lourdes	14. Dover
6. Marlboro	15. Millbrook
7. Red Hook	16. Pine Plains
8. Rondout Valley	17. Mt Academy (Boys)
9. Ellenville	

**GIRLS VARSITY SWIMMING – 16 GAMES**

<b>Girls Swimming / Diving – 16 Matches Maximum</b>	
<span style="background-color: #008000; color: white; padding: 2px;">■</span> = Pool Diving/Swim	<span style="background-color: #0000FF; color: white; padding: 2px;">■</span> = Pool Swim only <span style="background-color: #FFFF00; color: black; padding: 2px;">■</span> = No Pool/College Pool
<b>Division I</b>	<b>Division II</b>
1. NFA	1. Middletown
2. Kingston*	2. Monroe Woodbury
3. Pine Bush	3. Warwick***
4. Valley Central	4. Washingtonville
5. Beacon%	5. Minisink
6. Marlboro	6. Cornwall
7. Rhinebeck	7. Goshen**
8. Red Hook	8. FDR
9. Lourdes	9. Wallkill
	10. New Paltz
% Spackenkill to shadow Beacon * Rondout / Onteora to shadow Kingston	***SS Seward to shadow Warwick **Chester Shadows Goshen

**2026-2027  
MID HUDSON ATHLETIC LEAGUE ALIGNMENTS**



**GIRLS VARSITY TENNIS – 16 MATCHES**

1. FDR-Hyde Park	6. Marlboro
2. Wallkill	7. Red Hook
3. Saugerties	8. Ellenville
4. New Paltz	9. Highland
5. Lourdes	10. Spackenkill
	11. Onteora

**VARSITY & JUNIOR VARSITY VOLLEYBALL – 20 GAMES (CLASS AA/A/B/C/D)**

<b><u>Division 1</u></b>	<b><u>Division 2</u></b>	<b><u>Division 3</u></b>	<b><u>Division 4</u></b>
1. FDR/Hyde Park 2. Wallkill 3. Saugerties 4. Lourdes	1. New Paltz 2. Marlboro 3. Red Hook 4. Rondout Valley 5. Mount Academy	1. Spackenkill 2. Ellenville 3. Highland 4. Onteora 5. Dover	1. Rhinebeck 2. Millbrook 3. Pine Plains 4. Webutuck (No JV)

**VARSITY & JUNIOR VARSITY FIELD HOCKEY 16 GAMES (CLASS A/B/C/D)**

1. Kingston	
2. Pine Bush	7. Onteora
3. Lourdes (No JV)	8. Pine Plains (No JV)
4. Red Hook (No JV)	9. Taconic Hills
5. Rondout Valley	10. Coxsackie-Athens
6. Ellenville (No JV)	

**BOYS VARSITY GOLF – 16 MATCHES**

<b><u>Division 1</u></b>	<b><u>Division 2</u></b>	<b><u>Division 3</u></b>	<b><u>Division 4</u></b>
1. FDR-Hyde Park 2. Wallkill 3. Saugerties 4. Lourdes	1. New Paltz 2. Marlboro 3. Red Hook 4. Rondout Valley	1. Spackenkill 2. Ellenville 3. Highland 4. Onteora 5. Dover	1. Rhinebeck 2. Pine Plains 3. Millbrook 4. Webutuck

**Game Day Cheerleading**

Division 1 – Class A 849+	Division 2 – Class B 479-848	Division 3 – Class C Up to 478
1. NFA 2. Middletown 3. Monroe Woodbury 4. Kingston 5. Washingtonville	1. FDR 2. Minisink 3. Cornwall 4. Goshen 5. Monticello 6. Beacon 7. Saugerties 8. Our Lady of Lourdes	1. Spackenkill 2. Marlboro 3. Highland 4. Liberty 5. Fallsburg 6. O'Neill 7. Dover 8. Sullivan West 9. Rockland

2026-2027  
MID HUDSON ATHLETIC LEAGUE ALIGNMENTS

**Section IX Football Alignments 2026 – 2027**

<u>Class AA: (1025 and up)</u> <b>Division 1</b>	<u>Enrollment</u>	<u>Class A: (651-1024)</u> <b>Division 1</b>	<u>Enrollment</u>
1. NFA	2913	1. Warwick	957
2. Middletown	1976	2. Washingtonville	945
3. Monroe-Woodbury	1692	3. FDR	848
4. Kingston	1275	4. Minisink	789
5. Pine Bush	1151	<b>Division 2</b>	
6. Valley Central	1049	5. Cornwall	747
		6. Goshen	711
		7. Wallkill	672
		8. Lourdes	641^^
		* Monticello Independent	689
<u>Class B: (402-650)</u>	<u>Enrollment</u>	<u>Class C: (273 – 401)</u>	<u>Enrollment</u>
1. Beacon	650	1. Spackenkill	399
2. Saugerties	588	2. Rondout Valley	378
3. Port Jervis	552	3. Highland	368
4. New Paltz	471	4. Dover	318
5. Marlboro	458	5. O’Neill	303
6. Liberty	446	6. Chester / SS Seward	302
7. Red Hook	419	<u>Class D: (up to 272)</u>	<u>Enrollment</u>
		1. Burke	209
<b><u>Football (5 Classes)</u></b>		<b><u>8 Man Football</u></b>	
AA 1025 and Up		<b>Division 1</b>	
A 651 – 1024		1. Fallsburg	335 – Class C
B 402 - 650		2. Sullivan West	239 – Class D
C 273 –401		3. Tri Valley	203 – Class D
D 272 and Below		4. Rockland	123 – Class D
		5. Eldred	122 – Class D
		<b>Division 2</b>	
		6. Ellenville	329 – Class C
		7. Pine Plains/Rhinebeck	317 – Class C
		8. Pawling	285 – Class C
		9. Onteora	257 – Class C
		10. Millbrook/Webutuck	243 – Class C

**2026-2027  
MID HUDSON ATHLETIC LEAGUE ALIGNMENTS**



**FALL MODIFIED SPORTS TEAMS**

**MODIFIED B FOOTBALL 11 MAN (7-8) - 7 GAMES**

1. Newburgh	1) Washingtonville
2. Monroe-Woodbury	2) Warwick
3. Middletown	3) FDR
4. Kingston	4) Minisink
5. Pine Bush	5) Goshen
6. Valley Central	6) Port Jervis
	7) Beacon

**MODIFIED A FOOTBALL 11 MAN (7-8-9)**

1. Wallkill	8. New Paltz
2. Monticello	9. Highland
3. Liberty	10. Marlboro
4. Chester/Florida	11. Red Hook
5. O'Neill	12. Saugerties
6. Burke Catholic	13. Spackenkill
7. Ellenville	14. Dover
	15. Rondout

**Modified A 8 Man Football (7,8,9)**

1. Fallsburg	6. Pine Plains
2. Rockland	7. Pawling
3. Tri Valley	8. Onteora
4. Sullivan West	9. Millbrook/Web
5. Eldred	10. Haldane

**BOYS SOCCER (7-8) - 12 GAMES**

1. FDR-Hyde Park	10. Highland
2. Wallkill	11. Spackenkill
3. Saugerties	12. Onteora
4. New Paltz	13. Rhinebeck
5. Kingston	14. Dover
6. Marlboro	15. Millbrook
7. Red Hook	16. Pine Plains
8. Rondout Valley	17. Webutuck
9. Ellenville	

**MODIFIED GIRLS SOCCER (7-8) - 12 GAMES**

1. FDR-Hyde Park	10. Highland
2. Wallkill	11. Spackenkill
3. Saugerties	12. Onteora
4. New Paltz	13. Rhinebeck
5. Kingston	14. Dover
6. Marlboro	15. Millbrook
7. Red Hook	16. Webutuck
8. Rondout Valley	
9. Ellenville	

**2026-2027**  
**MID HUDSON ATHLETIC LEAGUE ALIGNMENTS**



**MODIFIED BOYS/GIRLS CROSS-COUNTRY (7-8) - 10 MEETS**

- |                   |                 |
|-------------------|-----------------|
| 1. FDR-Hyde Park  | 9. Highland     |
| 2. Walkkill       | 10. Spackenkill |
| 3. Saugerties     | 11. Onteora     |
| 4. New Paltz      | 12. Rhinebeck   |
| 5. Marlboro       | 13. Dover       |
| 6. Red Hook       | 14. Millbrook   |
| 7. Rondout Valley |                 |
| 8. Ellenville     |                 |

**MODIFIED VOLLEYBALL (7-8) – 14 GAMES**

- |                   |                 |
|-------------------|-----------------|
| 1. FDR-Hyde Park  | 10. Highland    |
| 2. Walkkill       | 11. Spackenkill |
| 3. Saugerties     | 12. Onteora     |
| 4. New Paltz      | 13. Rhinebeck   |
| 5. Kingston       | 14. Dover       |
| 6. Marlboro       | 15. Millbrook   |
| 7. Red Hook       | 16. Pine Plains |
| 8. Rondout Valley | 17. Webutuck    |
| 9. Ellenville     |                 |

**MODIFIED Field Hockey (7-8) – 12 GAMES**

- |                |
|----------------|
| 1. Kingston    |
| 2. Pine Bush   |
| 3. Onteora     |
| 4. Pine Plains |
| 5. Red Hook    |
| 6. Rondout     |
| 7. Ellenville  |

**2026-2027  
MID HUDSON ATHLETIC LEAGUE ALIGNMENTS**



**WINTER SPORTS**

**VARSITY & JUNIOR VARSITY BOYS BASKETBALL - 20 GAMES (CLASS AA/A/B/C/D)**

<u>Division 1</u>	<u>Division 2</u>	<u>Division 3</u>	<u>Division 4</u>
1. FDR/Hyde Park 2. Wallkill 3. Saugerties 4. Lourdes	1. New Paltz 2. Marlboro 3. Red Hook 4. Rondout Valley	1. Spackenkill 2. Ellenville 3. Highland 4. Onteora 5. Dover	1. Rhinebeck 2. Millbrook 3. Pine Plains 4. Webutuck 5. Mount Academy

**VARSITY & JUNIOR VARSITY GIRLS BASKETBALL – 20 GAMES (CLASS AA/A/B/C/D)**

<u>Division 1</u>	<u>Division 2</u>	<u>Division 3</u>	<u>Division 4</u>
1. FDR/Hyde Park 2. Wallkill 3. Saugerties 4. Lourdes	1. New Paltz 2. Marlboro 3. Red Hook 4. Rondout Valley	1. Spackenkill 2. Ellenville 3. Highland 4. Onteora 5. Dover	1. Rhinebeck 2. Millbrook 3. Pine Plains

**Wrestling - VARSITY & JUNIOR VARSITY - Section IX Format– 20 POINTS**

<u>Division I-A</u> Varsity and JV	<u>Division I-B</u> Varsity and JV	<u>Division I-C</u> Varsity and JV	<u>Division II-A</u>	<u>Division II-B</u> <i>(Var Only)</i>
1. Newburgh 2. Monroe-Woodbury 3. Middletown 4. Kingston 5. Pine Bush	1. Valley Central 2. Washingtonville 3. Warwick 4. Minisink 5. FDR	1. Cornwall 2. Wallkill 3. Goshen 4. Monticello 5. Beacon 6. Lourdes	1. Saugerties^ 2. Port Jervis^ 3. Web/Dov/Mill 4. New Paltz^ 5. Red Hook 6. Rondout 7. Highland* 8. Onteora^ *Marlboro Shadow Highland ^ Has JV Team	1. Liberty 2. Ellenville 3. Fallsburg/Tri Valley 4. Chester 5. Burke 6. Sullivan West 7. Eldred 8. Tuxedo

**Girls Wrestling – 20 Points**

1. Middletown	8. Port Jervis
2. Monroe Wood.	9. Liberty
3. Kingston	10. Fallsburg
4. Valley Central	11. Onteora
5. FDR	12. Chester
6. Minisink Valley	13. Tuxedo
7. Saugerties	

**2026-2027  
MID HUDSON ATHLETIC LEAGUE ALIGNMENTS**



<b>Section IX Bowling</b>		<b>Unified Bowling</b>	
<b>Division I</b>	<b>Division II</b>		
1. Newburgh	1. Kingston	1. NFA	1. FDR
2. Monroe Woodbury	2. FDR	2. Pine Bush	2. Rondout
3. Middletown	3. Saugerties	3. Cornwall	3. Poughkeepsie
4. Valley Central	4. Beacon	4. Beacon	4. Wappingers
5. Port Jervis	5. Highland	5. New Paltz	5. Arlington
6. O'Neill	6. Marlboro	6. Kingston	

**Competitive Cheerleading**

<b>Division 1 – Class A 1025+</b>	<b>Division 2 – Class B 555-1024</b>	<b>Division 3 – Class C Up to 250-554</b>	<b>Div. 4 – Class D Up to 249</b>	<b>Co-Ed</b>
1. NFA	1. Warwick	1. Fallsburg	1. Tri Valley	1. Valley Central
2. Middletown	2. Washingtonville	2. O'Neill	2. Millbrook	2. FDR
3. Monroe Woodbury	3. FDR	3. Highland	3. SS Seward	3. Goshen
4. Kingston	4. Minisink	4. Dover		4. Millbrook
5. Pine Bush	5. Goshen	5. Spackenkill		
6. Valley Central	6. Cornwall			
	7. Monticello			
	8. Wallkill			
	9. Saugerties			

**BOYS VARSITY SWIMMING – 16 MEETS**

<b>Boys Swimming / Diving – 16 Matches Maximum</b>	
<span style="color: green;">■</span> = Pool Diving/Swim	<span style="color: blue;">■</span> = Pool Swim only <span style="color: yellow;">■</span> = No Pool/College Pool
<b>Division I</b>	<b>Division II</b>
1. NFA	1. Middletown
2. Kingston*	2. Monroe Woodbury
3. Pine Bush**	3. Warwick
4. Valley Central	4. Washingtonville
5. Beacon%	5. Minisink
6. Marlboro	6. Cornwall
7. Rhinebeck	7. Goshen***
8. Red Hook	8. FDR
9. Lourdes	9. New Paltz
% Spackenkill to shadow Beacon	***SS Seward to shadow Goshen
* Rondout / Onteora to shadow Kingston	**Chester shadows Pine Bush

**2026-2027  
MID HUDSON ATHLETIC LEAGUE ALIGNMENTS**



**BOYS AND GIRLS VARSITY INDOOR TRACK – 16 MEETS**

<b>Division I</b>	<b>Division II</b>	<b>Division III</b>	<b>Division IV</b>	<b>Division V</b>	<b>Division VI</b>
1. Newburgh 2. Middletown 3. Monroe Woodbury 4. Kingston 5. Pine Bush 6. Valley Central	1. Warwick 2. Washingtonville 3. FDR 4. Minisink Valley 5. Goshen 6. Cornwall 7. Wallkill	1. Monticello 2. Beacon 3. Lourdes 4. Saugerties 5. Port Jervis 6. New Paltz 7. Marlboro	1. Liberty 2. Rondout 3. Red Hook 4. Highland 5. Dover 6. Spackenkill 7. Ellenville	1. Fallsburg 2. Onteora 3. O'Neill 4. Sullivan West 5. Chester *	1. Pine Plains 2. Burke 3. Tri Valley 4. Millbrook 5. Mount Academy** 6. Eldred 7. Homestead
				*SS Seward - shadow	** - Girls only

**BOYS & GIRLS VARSITY SKIING – 16 MEETS**

<b>Division I</b>	<b>Division II</b>
1. Monticello 2. Rondout/Kingston 3. Onteora. 4. Liberty 5. Fallsburg/Tri-Valley 6. Sullivan West	1. Monroe-Woodbury 2. Warwick 3. Cornwall 4. Goshen 5. O'Neill 6. Burke

2026-2027  
MID HUDSON ATHLETIC LEAGUE ALIGNMENTS



**WINTER**

**MODIFIED SPORTS TEAMS**

**BOYS MODIFIED BASKETBALL (7-8) – 14 GAMES**

- |                   |                 |
|-------------------|-----------------|
| 1. FDR-Hyde Park  | 10. Highland    |
| 2. Wallkill       | 11. Spackenkill |
| 3. Saugerties     | 12. Onteora     |
| 4. New Paltz      | 13. Rhinebeck   |
| 5. Kingston       | 14. Dover       |
| 6. Marlboro       | 15. Millbrook   |
| 7. Red Hook       | 16. Pine Plains |
| 8. Rondout Valley | 17. Webutuck    |
| 9. Ellenville     |                 |

**GIRLS MODIFIED BASKETBALL (7-8) - 14 GAMES**

- |                   |                 |
|-------------------|-----------------|
| 1. FDR-Hyde Park  | 10. Highland    |
| 2. Wallkill       | 11. Spackenkill |
| 3. Saugerties     | 12. Onteora     |
| 4. New Paltz      | 13. Rhinebeck   |
| 5. Kingston       | 14. Dover       |
| 6. Marlboro       | 15. Millbrook   |
| 7. Red Hook       | 16. Webutuck    |
| 8. Rondout Valley | 17. Pine Plains |
| 9. Ellenville     |                 |

**MODIFIED WRESTLING (7-8) – 14 Points**

- |                   |
|-------------------|
| 1. FDR-Hyde Park  |
| 2. Wallkill       |
| 3. Saugerties     |
| 4. New Paltz      |
| 5. Marlboro       |
| 6. Rondout Valley |
| 7. Red Hook       |
| 8. Highland       |
| 9. Ellenville     |
| 10. Onteora       |

**2026-2027  
MID HUDSON ATHLETIC LEAGUE ALIGNMENTS**



**SPRING SPORTS**

**VARSITY & JUNIOR VARSITY BASEBALL – 20 GAMES (CLASS AA/A/B/C/D)**

<b><u>Division 1</u></b>	<b><u>Division 2</u></b>	<b><u>Division 3</u></b>	<b><u>Division 4</u></b>
1. FDR/Hyde Park 2. Wallkill 3. Saugerties 4. Lourdes	1. New Paltz 2. Marlboro 3. Red Hook 4. Rondout Valley	1. Spackenkill 2. Ellenville (No JV) 3. Highland 4. Onteora (JV only) 5. Dover (No JV)	1. Rhinebeck 2. Millbrook 3. Pine Plains 4. Webutuck

**VARSITY & JUNIOR VARSITY SOFTBALL – 20 GAMES (CLASS AA/A/B/C/D)**

<b><u>Division 1</u></b>	<b><u>Division 2</u></b>	<b><u>Division 3</u></b>	<b><u>Division 4</u></b>
1. FDR/Hyde Park 2. Wallkill 3. Saugerties 4. Lourdes	1. New Paltz 2. Marlboro 3. Red Hook 4. Rondout Valley	1. Spackenkill 2. Ellenville (No JV) 3. Highland 4. Onteora (JV only) 5. Dover (No JV)	1. Rhinebeck 2. Millbrook/Webutuck 3. Pine Plains

**BOYS AND GIRLS VARSITY SPRING TRACK- 16 MEETS**

1. FDR-Hyde Park	10. Highland
2. Wallkill	11. Spackenkill
3. Saugerties	12. Onteora
4. New Paltz	13. Rhinebeck
5. Lourdes	14. Dover
6. Marlboro	15. Millbrook
7. Red Hook	16. Pine Plains
8. Rondout Valley	
9. Ellenville	

**BOYS VARSITY TENNIS – 16 MATCHES**

1. FDR-Hyde Park	10. Highland
2. Wallkill	11. Spackenkill
3. Saugerties	12. Onteora
4. New Paltz	13. Rhinebeck
5. Lourdes	14. Pine Plains
6. Marlboro	
7. Red Hook	
8. Rondout Valley	
9. Ellenville	

**2026-2027  
MID HUDSON ATHLETIC LEAGUE ALIGNMENTS**



**GIRLS VARSITY GOLF – 16 MATCHES**

<b>Division I</b>	<b>Division II</b>	<b>Division III</b>	<b>Division IV</b>	<b>Division V</b>
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. Liv. Manor/Roscoe 5. Tri Valley 6. Fallsburg	1. New Paltz 2. Rondout 3. Highland 4. Marlboro 5. Ellenville 6. Onteora	1. FDR 2. Red Hook 3. Lourdes 4. Beacon 5. Spackenkill 6. Millbrook 7. Pine Plains

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

<b>Division I (CLASS A) (1036 and up)</b>	<b>Division II (Class B) (1035-728)</b>	<b>Division III (Class C) (727 -450)</b>	<b>Division IV (Class D) (449 and Down)</b>
1. NFA ( <i>Var. &amp; JV</i> ) 2. Monroe-Woodbury ( <i>Var &amp; JV</i> ) 3. Middletown ( <i>Var. &amp; JV</i> ) 4. Kingston ( <i>Var. &amp; JV</i> ) 5. Pine Bush ( <i>Var. &amp; JV</i> ) 6. Valley Central ( <i>Var/JV</i> )	1. Washingtonville ( <i>Var. &amp; JV</i> ) 2. Warwick ( <i>Var&amp;JV</i> ) 3. Minisink ( <i>Var &amp; JV</i> ) 4. Goshen ( <i>Var &amp; JV</i> ) 5. Cornwall ( <i>Var &amp; JV</i> ) 6. Wallkill ( <i>Var &amp; JV</i> )	1. Highland/Marlboro ( <i>Var</i> ) 2. Saugerties ( <i>Var</i> ) 3. New Paltz ( <i>Var &amp; JV</i> ) 4. Lourdes ( <i>Var &amp; JV</i> ) 5. Red Hook/P.P./Rhine 6. Rondout/Onteora	1. O’Neill ( <i>Var</i> ) 2. Millbrook ( <i>Var</i> )  FDR (Independent) ( <i>Var</i> )

**GIRLS VARSITY LACROSSE – 16 GAMES – A – B – C - D**

<b>Division I (CLASS A) (1036 and up)</b>	<b>Division II (Class B) (1035-728)</b>	<b>Division III (Class C) (727-450)</b>	<b>Division IV (Class D) (450 and Down)</b>
1. NFA ( <i>Var &amp; JV</i> ) 2. Monroe-Woodbury ( <i>Var &amp; JV</i> ) 3. Middletown ( <i>Var. &amp; JV</i> ) 4. Kingston ( <i>Var. &amp; JV</i> ) 5. Pine Bush ( <i>Var. &amp; JV</i> ) 6. Valley Central ( <i>Var &amp; JV</i> )	1. Warwick ( <i>Var&amp;JV</i> ) 2. Washingtonville ( <i>Var &amp; JV</i> ) 3. Minisink ( <i>Var &amp; JV</i> ) 4. FDR ( <i>Var/JV</i> ) 5. Goshen ( <i>Var/JV</i> ) 6. Cornwall ( <i>Var/JV</i> ) 7. Wallkill ( <i>Var/JV</i> )	1. Saugerties ( <i>Var</i> ) 2. New Paltz ( <i>Var</i> ) 3. Lourdes ( <i>Var/JV</i> ) 4. Beacon ( <i>Var/JV</i> ) 5. Port Jervis ( <i>Var/JV</i> )	1. Rondout ( <i>Var</i> ) 2. Red Hook ( <i>Var</i> ) 3. Highland ( <i>Var</i> ) 4. O’Neill ( <i>Var</i> ) 5. Chester ( <i>Var</i> ) 6. Burke ( <i>Var</i> )

**2026-2027  
MID HUDSON ATHLETIC LEAGUE ALIGNMENTS**



**Unified Basketball**

1. Minisink	8. NFA	15. Kingston
2. Goshen	9. Cornwall	16. Rondout
3. Warwick	10. Middletown	17. Pine Plains
4. Port Jervis	11. Pine Bush	18. Arlington
5. Monroe Woodbury (P)	12. Valley Central	19. John Jay
6. Monroe Woodbury (W)	13. Wallkill	20. Red Hook
7. Washingtonville	14. Beacon	21. New Paltz

**Section IX Girls Flag Football – 16 Contests Maximum**

<u>Division 1 Class A (1018+)</u>	<u>Division 2 Class B (601-1017)</u>	<u>Division 3 (599 and below)</u>
1. Newburgh	1. Washingtonville	1. Saugerties
2. Monroe Woodbury	2. Warwick	2. Lourdes
3. Middletown	3. FDR	3. Highland
4. Kingston	4. Minisink	4. O'Neill
5. Pine Bush	5. Goshen	5. Rhinebeck
6. Valley Central		6. Burke Catholic
		7. Millbrook

**2026-2027**  
**MID HUDSON ATHLETIC LEAGUE ALIGNMENTS**



**SPRING MODIFIED SPORTS TEAMS**

**MODIFIED BASEBALL (7-8) – 14 GAMES**

1. FDR-Hyde Park	10. Highland
2. Wallkill	11. Spackenkill
3. Saugerties	12. Onteora
4. New Paltz	13. Rhinebeck
5. Kingston	14. Dover
6. Marlboro	15. Millbrook
7. Red Hook	16. Pine Plains
8. Rondout Valley	17. Webutuck
9. Ellenville	

**MODIFIED SOFTBALL (7-8) – 14 GAMES**

1. FDR-Hyde Park	10. Highland
2. Wallkill	11. Spackenkill
3. Saugerties	12. Onteora
4. New Paltz	13. Rhinebeck
5. Kingston.	14. Millbrook/Web.
6. Marlboro	15. Pine Plains
7. Red Hook	16. Dover
8. Rondout Valley	
9. Ellenville	

**BOYS AND GIRLS MODIFIED TRACK (7-8) – 10 MEETS**

1. FDR-Hyde Park	10. Highland
2. Wallkill	11. Spackenkill
3. Saugerties	12. Onteora
4. New Paltz	13. Rhinebeck
5. Kingston	14. Dover
6. Marlboro	15. Millbrook
7. Red Hook	16. Pine Plains
8. Rondout Valley	
9. Ellenville	

**2026-2027  
MID HUDSON ATHLETIC LEAGUE ALIGNMENTS**



<b>Boy's Lacrosse Modified A (7,8,9)</b>
1. Middletown
2. Saugerties
3. Red Hook
4. Rondout
5. Highland

<b>Boy's Lacrosse Modified B (7,8)</b>	
1. NFA	8. Kingston
2. Monroe Woodbury	9. Washingtonville
3. Pine Bush	10. FDR
4. Valley Central	11. Wallkill
5. Warwick	12. Cornwall
6. Minisink Valley	13. Goshen
7. Delaware Vall. PA	

<b>Modified A (7,8,9)</b>	<b>Modified B (7,8)</b>	
	<b>Division 1</b>	<b>Division 2</b>
1. Saugerties	1. NFA	1. Washingtonville
2. Red Hook	2. Monroe Wood.	2. Warwick
3. Rondout Valley	3. Middletown	3. Minisink
4. New Paltz	4. Kingston	4. Cornwall
5. Highland	5. Pine Bush	5. Goshen
	6. Valley Central	6. Beacon
	7. Wallkill	7. Chester
	8. FDR	8. DV PA

**Girls Modified Flag Football – 12 games**

1. Middletown	8. FDR
2. Monroe Woodbury	9. Minisink
3. Kingston	10. Burke
4. Pine Bush	11. Tuxedo
5. Valley Central	12. West Point MS
6. Warwick	13. Rhinebeck
7. Washingtonville	