2026-2027

MIDSTATE ATHLETIC CONFERENCE

HANDBOOK

Afton
Bainbridge-Guilford
Delaware Academy
Deposit
Greene
Hancock
Harpursville
Oxford Academy
Sidney
Unadilla Valley
Unatego
Walton

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MAC VISION

The Midstate Athletic conference will grow and develop Student Athletes to enter society with strong characteristics in sportsmanship, respect, collaboration, cooperation and empathy.

MISSION STATEMENT

The Midstate Athletic Conference will create opportunities to achieve the highest degree of excellence, in an environment that prioritizes respect, equity and positivity while preparing student athletes for future success.

Core Beliefs

We believe athletics is an extension of the classroom, serving to educate the whole child. All sports have equal value in building a well-rounded athlete.

- Demonstrate class and good character in victory and defeat.
- Respect the decisions of game officials and act professionally and appropriately in interactions with the officials.
- Conduct yourselves with honesty, integrity, poise, and composure always.

Expectations for Student-Athletes:

- •Be respectful of teammates and opponents at all times.
- •Demonstrate class and good character in victory and defeat.
- •Play within the rules and accept the outcomes.
- •Conduct yourselves with honesty, integrity, poise and composure at all times.
- •Demonstrate good sportsmanship and act as a positive role model at all times.

Expectations for Coaches:

- •Establish, promote, model and maintain standards of good sportsmanship with fellow coaches, student-athletes, parents and spectators.
- •Respect the decisions of game officials and act professionally and appropriately in interactions with the officials.
- •Maintain your composure at all times.
- •Refrain from embarrassing your players.
- •Treat mistakes as opportunities for learning.
- •Acknowledge, in a positive way, the efforts of your opponents.

Expectations for Parents:

- •Respect game officials, players, coaches and spectators.
- •Recognize outstanding performances by members of either home or visiting teams.
- •Be exemplary role models by demonstrating good sportsmanship and showing support for individuals and teams.
- •Maintain composure at all times.

Expectations for Spectators:

- •Be respectful of game officials, players, coaches, opposing fans and facilities.
- •Cheer in a positive way during the introduction of players, coaches and officials.
- •Cheer in a positive way for your team and refrain from negative cheering/chants that are directed toward opponents.
- •Demonstrate concern for any injured players.
- •Be reminded that you represent not only your school but your community and family as well.
- •Conduct yourselves in an appropriate and civil manner at all times.

MIDSTATE ATHLETIC CONFERENCE
2026-2027
SCHOOL DIRECTORY

SCHOOL	Afton C S	School Phone	Phone
	29 Academy St,		
ADDRESS	Afton, NY 13730	639-2000	639-8257 (Fax)
Superintendent	Annette Hammond	639-8229	
HS Principal	Joel Carle	639-8223	
Athletic Director	Lacy Hart	639-8223	639-1234
E-mail	Lhart@aftoncsd.org		(cell)

SCHOOL	Bainbridge-Guilford C S	School Phone	Phone
	18 Juliand St		
ADDRESS	Bainbridge, NY 13733	967-6300	967-4231 (Fax)
Superintendent	Tim Ryan	967-6311	
HS Principal-Ath. Dir.	Greg Winn	967-6316	607-316-3386
Athletic Coordinator	Greg Winn	967-6338	
E-mail	gwinn@bgcsd,org		

SCHOOL	Delaware Academy C S	School Phone	Phone
	2 Sheldon St		
ADDRESS	Delhi, NY 13753	746-2103	746-1324 (Fax)
Superintendent	Carey Schultz	746-1305	
HS Principal	Crystal Trask	746-1281	
Athletic Director	Kyle Murray	746-1330	518-281-0811
E-mail	kmurray@delhischools.org		283-6224 (cell)

SCHOOL	Deposit C S	School Phone	Phone
	171 2nd St		
ADDRESS	Deposit, NY 13754	467-2197	467-4495 (Fax)
Superintendent	Denise Cook	467-5380	
HS Principal	Hal Petterson	467-2197	
Athletic Director	Matt Mastropietro	467-8515	
E-mail	mmastrop@deposit.stier.org		761-9794 (cell)
Athletic Coordinator	Nick Mastropietro	607-467-2198	607-761-1704
E-mail	nmastrop@deposit.stier.org		
Athletic Coordinator	Eric Ostrander	607-467-2198	
E-mail	eostrander@deposit.stier.org		

SCHOOL	Greene C S	School Phone	Phone
ADDRESS	40 Canal St Greene, NY 13778	656-4161	656-8872 (Fax)
Superintendent	Lisa-Marie Carter	656-4161 ext 210	
HS Principal	Talitha Johnston	656-4161 ext 216	
Athletic Director	Rod Wankel	607-656-4161 x 3819	Lori Flohr
E-mail	rwankel@greenecsd.org		

SCHOOL	Hancock Central school	School Phone	Phone
ADDRESS	67 Education Lane Hancock, NY 13783	637-1305	637-1346 (Fax)
Superintendent	Lori Asquith	637-1300	
HS Principal	Thomas Durkot	637-1305	
Athletic Director	Kim Makowski	637-1305	607-434-1393
E-mail	kmakowski@hancock.stier. org		

SCHOOL	Harpursville Central School	School Phone	Phone
ADDRESS	P.O. Box 147 54 Main St Harpursville, NY 13787	693-8105	693-1480 (Fax)
Superintendent	Heath Georgia	693-8112	
HS Principal	Kristine Conrow	693-8105	
Athletic Director	Josh Quick	693-8103 or 8133	639-1234
E-mail	jquick@hcs.stier.org		343-2295 (cell)
Athletic Coordinator			

SCHOOL	Oxford Academy and C.S.	School Phone	Phone
ADDRESS	P.O. Box 192 Oxford, NY 13830	843-2025	843-3231 (Fax)
Superintendent	Nicholas Colosi	843-2025 ext 4041	
HS Principal	Janet Laytham	843-2025 ext 1301	
Athletic Director	Ed Holmquist	843-2025 ext 1148	
E-mail	eholmquist@oxac.org		607-316-8745(cell)

SCHOOL	Sidney Central School	School Phone	Phone
ADDRESS	95 W. Main St Sidney, NY 13838	561-2135	563-4282 (Fax)
Superintendent	Eben Bullock	561-7700	
HS Principal	Lori Pourby	561-7703	
Athletic Director	Jim Karl	561-7712	
E-mail	jkarl@sidneycsd.org		437-3168 (cell)

SCHOOL	Unadilla Valley Central School	School Phone	Phone
ADDRESS	P.O. Box F, 4238 State Hwy 8 New Berlin, NY 13411	847-7500	847-8045 (Fax)
Superintendent	Brenton Taylor	847-7500 ext 1131	
HS Principal	Kim Murray	847-7500 ext 1104	
Athletic Coordinator	Matt Osborne	847-7500 ext 1146	639-1234
E-mail	mosborne@uvstorm.org		373-9582 (cell)

SCHOOL	Unatego Central School	School Phone	Phone
ADDRESS	2541 State Hwy 7 Otego, NY 13825		
Superintendent	Dr. David Richards	607-988-5038	
HS Principal	Julie Lambiaso	607-988-5098	
Athletic Coordinator	Matt Hafele	607-988-5001	607-434-
E-mail	mhafele@unatego.stier.org		

SCHOOL	Walton Central School	School Phone	Phone
ADDRESS	47-49 Stockton Ave Walton, NY 13856	607-865-4116	
Superintendent HS Principal	Teresa Glavin		
Athletic Director	Courtney Hoyt	607-607-743-2706	
E-mail	choyt@dcseagles.com		

Midstate Athletic Conference Officers		
President	Nicolas Colosi	Oxford
Vice-President	Heath Georgia	Harpursville
Secretary-Treasurer	Terry Raymond	Deposit (Retired)
Athletic Secretary	Matt Hafele	Unatego
Athletic Secretary	David Kelly	Delhi (Retired)
Section IV Representatives		
Representative	Matt Hafele	Unatego
Alternate	Matt Mastropietro	Deposit
Representative	Kyle Murray	Delhi
Alternate	Josh Quick	Harpursville
Representative	Matt Osborne	Unadilla Valley
Alternate	Kim Makowski	Hancock
Representative	Dave Kelly	Delhi
Alternate	Matt Mastropietro	Deposit
Section IV CommitteeRepresentatives		
Committee	**Representative**	**Alternate**
Action on Target	Josh Quick	
Awards	Matt Hafele	Matt Mastropietro
Classification	Dave Kelly	
Ethics	Josh Quick	Matt Mastropietro
Extended Eligilbility	Matt Hafele	Matt Osborne
Finance	Terry Raymond	Josh Quick
Hall of Fame	Terry Raymond	
Handbook	Terry Raymond	Matt Osborne
Mergers	Matt Hafele	Josh Quick
Mixed Competition	Matt Hafele	
Modified	Matt Hafele	Rod Wankel
Officials Coordinating	Terry Raymond	
Safety	Matt Mastropietro	Kim Makowski
Sportsmanship	Matt Mastropietro	Jim Karl
Student Ath Dev.	Matt Hafele	Josh Quick
Transfer Committee	Dave Kelly	
D/E/I	Matt Hafele	
Championship Philosophy	Jim Karl	

DIVISION ALIGNMENT

School	Nickname	Classification
Afton	Crimson Knights	D
Bainbridge-Guilford	Bobcats	C
Delhi	Bulldogs	D
Deposit	Lumberjacks	D
Greene	Trojans	C
Hancock	Wildcats	D
Harpursville	Hornets	C
Oxford	Blackhawks	D
Sidney	Warriors	C
Unadilla Valley	Storm	C
Unatego/Franklin	Spartans	C
Walton	Warriors	C
(Deposit/Hancock)	Eagles	C

PARTIAL MEMBER SCHOOLS

School	Athletic Director	Telephone
Downsville	Courtney Hoyt	607-363-2122
Franklin	Darryl Beers	829-3551x319
Gilbertsville-Mt.Upton	NancyEstabrook	607-783-2207x124
Morris	Michael Iannelli	607-263-6124
Norwich	Rich Turnbull	607-334-1600x1536 607-334-1600
Sherburne-Earlville	Brad Perry	607-674-8433
Windsor	Chris Klumpp	607-655-8258

MIDSTATE ATHLETIC CONFERENCE CONSTITUTION

ARTICLE A. NAME AND PURPOSE

Section 1. **Name:** The name of this organization shall be the Midstate Athletic Conference formed during the 2001-02 school year. It may be referred to in this document as the Conference or MAC.

Section 2. **Purpose:** The purpose of the Midstate Athletic Conference shall be to regulate interscholastic athletic participation among its member schools and to see that the best interests of all the schools in the Conference be served in the regulation of these activities.

ARTICLE B. MEMBERSHIP AND GOVERNING BODY

Section 1. **Membership**

A. Full Member School: Shall be those schools which participate in the Conference schedule in all sports offered by the school for which the Conference provides a league schedule.

B. Partial Member School: Shall be those schools which participate in the Midstate Athletic Conference for less than full league competition or not in all sports offered by the school for which the Conference provides a league schedule or a school that chooses to pay a fee which will allow their coaches to take league sponsored coaching, First Aid and CPR courses.

C. Vote on Membership: (see Article D, Section 4-B-1)

Section 2. **Governing Body:** The governing body of the Conference shall be a Council. All Chief School Officers (or their proxy) of the full member schools of the Midstate Athletic Conference shall be active members of the Council. (see Appendix A.-Table of Organization.)

Section 3. **Powers and Duties of the Council:** This Council shall have the power to make and enforce any rules and regulations necessary for the betterment of the program of interscholastic athletics among the schools of this Conference. It shall recommend and appoint necessary committees. It shall enforce the rules of the Midstate Athletic Conference and shall amend same in accordance with the procedures adopted.

Section 4. **Change in Membership:** Any school may resign from full or partial membership by filing a written resignation with the Secretary-Treasurer by May 1. Any new school may be elected to membership in the Midstate Athletic Conference by a ¾ majority or the total current member schools at a regular meeting or special meeting, provided all members have been notified at least one meeting before said meeting of the request for admission to membership of the school applying. Each new member school shall have the Board of Education make a resolution to join the MAC and to approve the MAC Constitution.

ARTICLE C. OFFICERS

Section 1. **Nomination of Officers:** At the regular meeting in March the President shall appoint a nominating committee from the Council. This committee will make a recommendation to the Council in June for President, Vice-President, and Secretary-Treasurer. The Council will then vote on the slate of officers.

Section 2. **Qualifications of Officers:** Any CSO active in the Council is eligible for the offices of President and Vice-President. The terms for these officers will be a maximum of two years. The Secretary-Treasurer may be a CSO or an athletic director with no limit on term length and subject to Council approval.

Section 3. **Executive Committee:** The Executive Committee consists of the President, Vice-President, and Past-President. (For the first two years of Conference existence the Secretary-Treasurer will fill the role of Past-President on this committee.)

Section 4. **Duties of the President:**

A. Preside at all meetings of the Council.
B. Call special meetings when necessary.
C. Finalize Council agendas.
D. Appoint special committees.
E. Be responsible for releases to the media (may use designee.)
F. Sign contracts.
G. Perform any other usual duties of the office.

Section 5. **Duties of the Vice-President:**

A. Perform the duties of the President in his absence.
B. It is expected that the Vice-President will become the next President.

Section 6. **Duties of the Conference Secretary-Treasurer:**

A. Keep an accurate record of all League and MAC Athletic Directors meetings.
B. Send copies of the minutes to the Superintendent and Athletic Director of each school and Sport Coordinators within two week's time after the meeting.
C. Prepare meeting agendas after conferring with the Athletic Secretaries and President. (Any voting item presented by individual schools must be on the agenda and should be submitted to the MAC Secretary-Treasurer.)
D. Make necessary arrangements for all meetings and coaching courses, including First Aid and CPR (Program Administrator).
E. Prepare appropriate policy updates for Conference consideration.
F. Prepare and distribute MAC policy handbook annually.
G. Order from BOCES and arrange for the distribution of MAC league passes to Athletic Directors.
H. Receive, disburse, and deposit all Conference funds. (Financial transactions shall be handled by Conference claim forms and other appropriate forms. Claims for payment shall be submitted to the MAC Secretary-Treasurer.)
I. Prepare a treasurer's report for each regularly scheduled League meeting.
J. Prepare an annual budget for League approval at the June meeting.
K. Invoice all schools for Conference services rendered which shall include the annual and special assessments.
L. Order and distribute all Midstate Athletic Conference awards.
M. Arrange for appropriate presentation of Conference awards.
N. Sign all championship certificates.
O. Identify, appoint and communicate with sport coordinators.
P. Collect and record data on team standings and various reports from coordinators.

Section 7. **Athletic Secretaries:** There shall be a Council appointed Athletic Secretary for boy's sports, girl's sports, and scheduling of conference contests.

A. Duties of the Athletic Secretaries of boy's and girl's sports:

1. Authorized by the Council to represent the MAC at NYSPHSAA Section IV meetings.
2. Establish agendas for and attend all Council meetings.
3. Act as chairperson and record the proceedings of Coaches meetings and/or Sports Coordinators to Athletic Directors.

6. Authorize activities within the MAC budget.
7. Prepare and distribute MAC personnel roster.
8. Call such meetings of Athletic Directors and/or Sport Coordinators as may be necessary for the operation of the Conference.

B. Duties of Scheduling Secretary: Arrange all Conference sport schedules for the following school year for Council approval no later than March. (**Exception –** delay may result only if information needed for schedule completion is late).

Section 8. **Duties of the Athletic Chairman:** One of the Athletic Secretaries shall be designated Athletic Chairman. The Athletic Chairman will preside over all meetings of the Athletic Directors.

Section 9. **Stipends:** The Conference Council will determine any stipends due the Secretary-Treasurer and Athletic Secretaries at the June meeting. First year stipends shall be $2400.

Section 10. **Representation at Section IV Council Meetings:** The Secretary-Treasurer and three other representatives appointed by the Conference Council shall represent the league at Section IV Council Meetings to report on Section IV voting items.

ARTICLE IV: MEETINGS

Section 1: **Annual Meeting:** The annual meeting shall be the scheduled June meeting each year.

Section 2: **Regular Meetings:**

A. Athletic Directors: Regular meetings shall be held the Thursday immediately preceding the scheduled Section IV meeting dates for each school year.

B. Conference Council: The Council meetings will be coordinated with the September, November, January, March, and June Athletic Directors' meetings. Chief School Officers may elect to attend the Athletic Directors' meetings anytime.

Section 3: **Quorum:** A simple majority of the total number of full member schools shall constitute a quorum necessary to conduct a meeting with the exception of the issues mentioned in **Section 4 – B, 1-3.**

Section 4: **Voting:** (See appendix B).

A. General:

1. Representatives (CSO or proxy) of all member schools are eligible to cast one vote per school on issues involving the welfare of the Midstate Athletic Conference.
2. Each partial member school is entitled to one vote on matters connected to the sport or sports in which the member or partial member school participates. The President of the MAC shall determine the voting eligibility of any partial member schools.
3. A simple majority is required to approve a motion with three exceptions. (See **B** this Section).

B. Exceptions:

1. **Admission of a New Conference Member:** Requires a ¾ majority of total number of full member schools.
2. **Violations of MAC Rules or Regulations:** Requires a ¾ majority of total number of full member schools to determine that a violation did occur before any action is taken by the Council. **(Article f).**
3. **Amending the Conference Constitution:** Any amendment must be approved by each Conference member school board.

Section 5. **Special Meetings:** The scheduling (time, place, purpose) of special meetings will be determined by the President of the Council may be requested by any Council Member.

ARTICLE V: CONTESTS

Section 1: **Type of Contests:** The Midstate Athletic Conference shall sponsor athletic contests of any type deemed desirable by the Conference Athletic Council.

Section 2: **Eligibility of Contestants:** All contestants in any game or contest must be eligible according to the eligibility rules of the New York State Public High School Athletic Association. (Includes modified program age recommendations). **Note:** See "Interscholastic Sports" section for individual sports eligibility standards.

Section 3: **Officials:** See Sport Regulations and Midstate Athletic Conference Handbook Policy.

ARTICLE VI. **Violations:** Any school accused of violating the rules of the Midstate Athletic Conference shall have the opportunity to appear before the Council to explain its action. If ¾ of the total membership of the Council attending a duly called meeting votes that a violation did occur, the school which violated the rules may be barred from the activity in the Conference for a period of up to one year or any appropriate action as taken by the Council.

ARTICLE VII. **Appeals:** The Executive Committee **(Article 3, Section 3)** shall review any appeal of any Council decision.

ARTICLE VIII. **SERVICE FEES**

Section 1. **Service fees:** Each full member school of the MAC shall be assessed their dues at the start of each school year. Whenever the Treasury balance falls below $500 another assessment shall be levied.

Section 2. Current service fees (2026-27) shall be $2000: Dues - $955; First Aid Courses - $125; Fee for CPR $150: Insurance - $485; Meeting/ Meal Charge - $185; Web site Maintence $100. Dues cover stipends, and awards.

Section 3: The Council shall determine the service fees for partial member schools. All service fees for the following year shall be determined at the regular March meeting.

Section 4: Current service fees for partial member schools shall be $100 for each season in which the partial member school participates within the Midstate Athletic Conference.

Section 5: Partial member schools wishing to send coaches to Midstate Athletic Conference sponsored coaching certification courses must pay the $150 coaching course service fee.

Section 6: A fee of $100 will be charged to an individual, not associated with a Midstate Athletic Conference member or partial member school, to attend the Midstate Athletic Conference coaching certification courses, subject to the availability of space.

Section 7: An administrative fee of $60 will be assessed annually to each partial member beginning with the 2005-06 school year. An increase of the fee to $100 was approved on 3-6-08 to take effect starting with the 2008-2009 school year.

ETHICAL PRACTICES FOR INTERSCHOOL EVENTS

The following statements are taken from publications of the National Federation of State High School Athletic Associations and the New York State Public High School Athletic Association. These are modifications and are applicable as goals of the Midstate Athletic Conference.

GOALS OF THE MIDSTATE ATHLETIC CONFERENCE

ALL STUDENTS - PARTICIPANTS AND SPECTATORS

A real sportsman or sportswoman is one who:

1. Demonstrates appropriate behavior, conduct, and language.
2. Plays within the rules and accepts the outcomes.
3. Conducts himself/herself with honesty, integrity, poise, and composure.
4. Is respectful of teammates and opponents.
5. Demonstrates class and good character in victory and defeat.
6. Demonstrates good sportsmanship and acts as a positive role model.

ALL ADULTS - BOTH SCHOOL AND TOWNSPEOPLE

1. Would emphasize and portray the proper ideals of sportsmanship, ethical conduct, and fair play.
2. Should eliminate all circumstances which tend to destroy the best values of the game.
3. Should stress the values derived from playing the game fairly.
4. Should show cordial courtesy to visiting teams and officials.
5. Should establish a positive relationship between visitors and hosts.
6. Should respect the integrity and judgment of sports officials.
7. Should achieve a thorough understanding and acceptance of the rules of the game and standards of eligibility.
8. Should encourage leadership, use of initiative, and good judgment by the players on the team.
9. Should recognize that the purpose of athletics is to promote the physical, mental, social, and emotional will-being of the individual players and their fans.
10. Should remember that an athletic contest is a game - not a matter of life or death for a player, coach, school official, fan, the community, or the state of the nation.

The preceding statements are the foundation stones for the practices, which follow for our Conference.

GAME ADMINISTRATION

1. Provide private quarters for officials.
2. The safe keeping of visiting buses should be the responsibility of the driver. A place for parking should be provided by the home school.
3. During football games, have a doctor and/or nurse and/or Emergency Squad in attendance when possible (on call otherwise).
4. Designate a section of the stands for visitors.
5. Secure the visiting locker room from the public.
6. Schools will exchange any special regulations they may have in advance of the sport season so that the visitors may know rules when they arrive.
7. Keep all signs or posters in good taste.
8. A school-designated person shall be responsible for game administration.

CHAPERONES

1. The home school will assign an adequate number of chaperones to fully supervise the spectators.
2. Chaperones will identify themselves first to the ticket-taker and then to the faculty member in charge at the host school.
3. Chaperones will actively circulate and supervise their pupils in all areas open to the students during intermission.
4. Chaperones will be responsible for pupils staying at the game site during the game. No pupils are allowed to leave the school building after arriving at the host school.
5. Chaperones will be responsible for pupils staying in the stands and seats while the game is in progress.

CHEERLEADERS

1. The host cheerleaders (Varsity and JV captains) should escort the visiting cheerleaders to the gym and point out the seating area for the visiting school.
2. Cheerleaders will report in uniform before leaving their home school.
3. Following are seven Midstate Athletic Conference regulations:
    - Except in cases of injury, no individual cheers during the game.
    - No more than two cheers per time out and between quarters. There will be none during the game unless there is ample room off the court.
    - Alternate cheers - use short cheers to give both squads a chance.
    - Unlimited cheers before the game and at half time until the teams arrive on the floor.
    - One cheer per team just before the start of the game.

- Cheerleaders who use megaphones will not allow any other person to use them. The use of noisemakers and shakers is prohibited during indoor contests. <u>There is to be no foot stomping at indoor contests.</u>
- Cheerleaders will try to keep spectators from heckling an individual player or an official.

4. The selection of cheerleaders is determined by each individual school.

<u>HOME AND VISITING STUDENTS</u>

1. Stay at the site of the game - in the building or area provided.
2. Noise makers are prohibited at indoor contests.
3. Stay in your designated seating area.
4. Students may not smoke in the school building or on school grounds.
5. Students, players, and spectators are prohibited from congregating or demonstrating at or near the visiting team locker room or bus.
6. Be respectful with rules regarding food and/or beverages inside gymnasiums.
7. All of the above are subject to local school regulations.

<u>All Schools</u>

1. Each School will have the appropriate Liability policy in place for all students and Staff.
2. Each student will sign the liability waiver as per school rules.
3. Each school is responsible for the concussion policy to be reviewed each season.
    a. Students and parents will be made aware of the symptoms, care, removal from contests, and return play protocol.
    b. All coaching staff will have the appropriate pre-season concussion awareness training as outlined by the New York State Public High School Athletic Association guidelines.

GENERAL MIDSTATE ATHLETIC CONFERENCE RULES

ADMISSION

It is the policy of the Conference that whenever play-offs are necessary, the net proceeds from said play-offs are the property of the Conference. The chairperson of such events should forward the net proceeds and a written report of the receipts and expenditures to the Conference Treasurer.

Midstate Athletic Conference Admission Prices:	Adult	Student/Sr. Citizen
Regular games:	$2.00	$1.00
League championship:		
(For winter sports, except swim)	$4.00	$2.00
(Fall or spring sports)	$2.00	$1.00
** Family:		$10.00 maximum

** $10.00 price will be charged if the total ticket sales per family exceeds $10.00.

BANDS

Visiting bands must secure permission of the host school principal to attend any event as an organization. Bands will be admitted without charge to football games, only if they present a half-time show.

Pep band will be allowed to play during dead ball situations.

COACHES (OF ALL LEVELS)

1. The coach will demonstrate at all times a fine example of good sportsmanship and courtesy, avoiding displays of temper, theatrics, and the like.
2. As a matter of policy, the coach will handle all disputes or altercations, and no player will become involved at any time.
3. Coaches should provide appropriate supervision to their teams at all times.
4. Coaches should supervise their squad members when they are not in game uniform.
5. It is the coach's obligation to prevent remarks from his squad on the bench to players of the other team.
6. Coaches will not smoke on school property.
7. Coaches will check the locker room before entering and prior to leaving. The locker room should be left the way it was found. The host coach shall check the locker room with the visiting coach.
8. Home coaches will report game results to the newspapers promptly (win or lose).

ELIGIBILITY

Athletics are to be governed by the rules of the New York State Public High School Athletic Association and their regulations of the Commissioner of Education.

See "Sports Regulations" for individual sport eligibility guidelines.

OFFICIALS

1. Officials will become familiar with Midstate Athletic Conference Sports' Rules in addition to the NYSPHSAA and National Federation Rules. (Send copy to officials' boards).
2. The Midstate Athletic Conference will follow the contract of Section IV with all officials' associations.
3. Certified officials are to be obtained through the official board for each sport. Officials should not be affiliated with the school systems or team. If this is not possible, the host Athletic Director must notify the visiting team and coach prior to departure for the game.
4. The Midstate Athletic Conference is opposed to the use of high school students officiating modified or any athletic contest unless certified.

LEAGUE PASSES

The Secretary-Treasurer will provide each member school with thirty-six (36) printed passes. These are for use by bus drivers, coaches, chaperones, timers, scorekeepers, etc. at the discretion of the school. Each pass provides one admission to the contest.

POSTPONEMENTS

In the event of the closing of school for health or weather-related circumstances, no game involving that school may be played on that date. The game will be rescheduled by the Principal and/or Athletic Director of the school affected. Closing of school on Friday does not necessarily affect the postponement of a game scheduled for Saturday, weather permitting.

Tournaments and Section IV events are considered extenuating circumstances.

Home teams shall be informed immediately so officials can be notified in a timely manner.

PROTESTS

See Article VI of the Constitution.

The Conference President or his/her appointee (a Principal) and one representative from each division shall be the committee to consider the protest. The decision of this committee shall be final.

Schools involved in the protest shall have an opportunity to present their cases, then retire from the room so the committee may be free for discussion and decision to be made by a ballot-type vote.

Protests involving game rules or procedures must be co-signed by chief school officials and filed in writing with the Conference President and be postmarked within three school days following the game involved.

Protests regarding violations of NYSPHSAA rules must be filed in writing with the Conference President and be postmarked no later than 48 hours following the final scheduled Midstate Athletic Conference games of the sports season in which the violation allegedly occurred.

REPORTING RESULTS

The home school is responsible for the notification of contest results to The Daily Star (Oneonta), the Press-Sun Bulletin (Binghamton) and to other local newspapers.

DUTIES AND RESPONSIBILITIES OF SPORT COORDINATORS

The Midstate Athletic Conference will have a Coordinator for each sport. The duties and responsibilities are as follows:

1. The Sport Coordinator will be responsible to all divisions of the Conference. He/she may enlist the help of another coach in other divisions.
2. Chair all coaches' meetings of the sport he/she is responsible for.
3. Distribute Section IV and/or NYSPHSAA material to all coaches in the Conference.
4. Cooperate with Athletic Secretary and/or Secretary-Treasurer concerning play-offs or Conference tournaments.
5. Be responsible for all-star selection programs if his/her sport is involved.
6. Be responsible for senior all-star selection programs if his/her sport is involved.
7. Submit to the Secretary-Treasurer letters of intent signed by the senior participants, a roster of all participants and claim forms for the officials (referees, umpires) in a timely manner following the senior all-star contest.
8. Work with the Secretary-Treasurer to track standings and to establish an appropriate awards program.
9. Report any recommendations to the Athletic Secretary or Secretary-Treasurer to be considered by the Athletic Directors for presentation to the Conference Council.

SPORT COORDINATOR REQUEST FORMS

Procedures have been developed to help MAC sponsored sports make changes, which are deemed necessary to the overall improvement of the program.

Specific requests for change can be made to the MAC by the Sport Coordinator through the use of a league request form. These forms are available from the Secretary-Treasurer. Request forms should be completed with the specific information requested. The coordinator should then make a copy to keep and send the original to the Secretary-Treasurer. Once the request form has been received the Athletic Directors will review it. Their recommendation will be noted on the form. The proposal will then be placed as an agenda item to be discussed at the next MAC meeting. At this time discussion will take place and a decision will be reached. The Sport Coordinator will be notified of the results of the decision.

It is recommended that specific requests for changes are prepared well in advance to the date that the change would take effect. The final decision of the league could be tabled pending further study or clarification and the Sport Coordinator will be asked to present more information to the MAC. This often necessitates postponing a decision until the next scheduled MAC meeting. This could delay implementation of the proposed change until the sport season has concluded.

Sports Cordinators

Sport	Name		School	Phone (S)	Phone(H)
FALL SPORTS					
Cross Country	Lee Schaeffer		Retired		607-988-7036
Field Hockey	Kim Makowski		Hancock	607-637-1305	607-434-1393
Golf	Nick Mastropietro		Deposit	607-467-2198	607-761-1704
Boys Soccer	Rick Tallman		Greene	607-656-5174 x628	607-345-8170
Girls Soccer	Jody Gravelin		Sidney	607-563-2135 x 4003	607-783-9426
Girls Tennis					
Girls Swimming	Mike Platta		Greene	607-656-4161	607-843-9096
Volleyball	Ann Messenger		BG		607-279-1186
WINTER SPORTS					
Boys Basketball	Matt Osborne		UV	607-847-7500 x 1146	607-783-2833
Girls Basketball	David Gorton		Greene	607-656-9891 x 580	607-727-2738
Bowling	Brandon Payne		Sidney	607-563-2135	
Boys Swimming	Mike Platta		Greene	607-656-4161	607-843-9096
Wrestling	Mike Hamilton		Unatego	607-988-5001	631-456-0398
SPRING SPORTS					
Baseball	Chris Palmer		Oxford	607-843-2025 x 1148	607-244-0970
Softball	Kim Makowski		Hancock	607-637-1305	
Boys Tennis	Jenn Sanford		DA	607-746-1330	
Track/Field	Rich Michalski		Retired	607-865-4936	607-353-3374
Coaching Course Instructors					
CPR/AED/First Aid	Cheryl Butler		Charlotte Valley	607-278-5511 x 324	607-434-9564
Health/Science	to be Taken online				
Principles/Philosophy	to be Taken online				

INTERSCHOLASTIC SPORTS REGULATIONS

The boys' and girls' varsity teams shall follow all ethical practices and General Rules as written in the Midstate Athletic Conference Rules. Athletes are to be governed by the regulations and recommendations of the New York State Public High School Association and regulations of the Commissioner of Education.

GENERAL PROCEDURES

POSTPONED GAMES

Postponed games are to be made up on the first available date and must be made up in the order of postponement.

- "Available date" is the date in which the coach, team, facility, and officials are available.
- Rescheduling league contests takes precedence over non-league contests.
- Note: For baseball and softball, league cancellations must be made up the following day (excluding Sunday), weather permitting and subject to home field availability. Non-league games scheduled for that day will be postponed. Scheduled league contests will not be moved to accommodate canceled contests.

FORFEIT

If one team cannot play, it will be a forfeit and will appear in the standings as a "win" for the team that could play and a "loss" for the team that could not play.

HOME TEAM

The home team must provide warm up balls, game balls, clocks, watches, scoreboard, and officials.

- If both schools have the same color uniforms, the home team must provide color differentiation.
- The home team is responsible for calling The Daily Star (Oneonta) at 432-1000 or 800-721-1000 and the Press-Sun Bulletin (Binghamton) at 798-1191 or 800-365-0077 and other local newspapers to report the score of the contest.
- Shower and locker facilities will be provided for the visiting team.

OFFICIALS

Certified officials are to be obtained through the official's board for each sport.

- The official should not be affiliated with the team or school system.
- If the above is not possible, the Athletic Director of the host school must notify the Athletic Director of the visiting school prior to departure for the game.
- The Midstate Athletic Conference is opposed to the use of high school students officiating modified or any athletic contest unless certified.
- Officials should be present at the game site at least 30 minutes before game time.

CHAMPIONSHIPS

Refer to page 23 for league championship procedure for baseball, basketball, softball and volleyball. Other one division sport championships will be determined by the best "won-lost" record in league contests.

There will be one (1) winner in each division for wrestling as determined by the "won-lost" record.

- In case of a division tie, co-champions will be declared.

POST-SECTIONAL CHAMPIONSHIP

If it is not possible to play a league championship contest prior to the start of Section IV competition, the following criteria will be used to determine post-sectional play:

- Should either school decide not to play a post-sectional game, then co-champions will be declared.
- Should both schools agree to play a date, site, and time will be determined by the schools involved.
- The intent is that it be used under unusual circumstances only and not at either school's discretion.

AWARDS

Each division champion will receive a Midstate Athletic Conference plaque (10.5 x 13), certificates, and shields. Each league championship team will receive a Midstate Athletic Conference plaque (12 x 15), certificates, and shields.

BASEBALL REGULATIONS

RULES

National Federation

STARTING TIMES

Week day - 4:30 PM.
Saturday - 11:00 AM.

OFFICIALS

Certified officials from the Binghamton or Oneonta chapters will be assigned to Varsity and Junior Varsity games. Certified officials should be assigned to Modified games as well. Schools are responsible for sending their home schedules to the assigner of the chapter servicing their area.

SCHEDULE

The Midstate Athletic Conference will participate in a one-division format. The schedule will rotate every two years with the bottom block going to the top. In the league schedule, a team will play each school in the division once. Games will be scheduled to be played Monday through Friday. Junior Varsity games will be played at the site opposite from the Varsity site.

POSTPONED, CANCELLED, OR SUSPENDED GAMES

League games which are postponed must be made up the following day (excluding Sunday), weather permitting, and subject to field availability. Non-league games scheduled on that date must be rescheduled to make room for the postponed league game. Scheduled league games will not be moved to accommodate postponed games. If a school cannot host a league contest due to unplayable conditions, the game may be mutually agreed to be played at the other school if their site is playable. The original host school will remain the home team and pay for umpires. Games that are stopped due to poor weather before becoming an official game will be suspended. The game will continue from the point at which it was stopped. (Approved 1-8-09)

PLAYING RULES

The home team should complete their pre-game warm-up 20 minutes prior to game time. Ground rules must be given to the visiting coach and officials prior to the start of the game. All games will be seven (7) innings in length, weather permitting. If doubleheaders are scheduled, Varsity games will be seven (7) innings and Junior Varsity games will be six (6) innings. Ten run rule after 5 innings, (approved 3-12-26). Report to league coordinator after the contest.

PLAYER ELIGIBILITY

There are no restrictions, other than the total number of games allowed to play, regarding player movement between JV and Varsity teams. Seniors are not allowed to play on JV teams.

LEAGUE CHAMPIONSHIP

The top four (4) teams will be decided by winning percentage based on league games. These 4 teams will be seeded 1-4 with 1 hosting 4 and 2 hosting 3 in a semi-final round. The two (2) semi-final winners will advance to play for the league championship at TBD. The higher seeded team shall be the home team for all games. The participating schools will pay for umpires. There will be no admission charge for spectators.

See page 59 for an explanation of the tie-breaker/end-of-season mini-tournament procedure.

- There will be no Junior Varsity championship.

SENIOR ALL-STAR CONTEST (no further contests for baseball and softball-approved 6-8-11)

A. The contestants shall be seniors who have completed their secondary school eligibility in that sport.
B. School personnel only shall be responsible for the screening and selection of contestants for participation in the contest.
C. School personnel only shall be responsible for the screening and selection of coaches to conduct the contest.
D. A contestant may participate in no more than one approved Senior All-Star Contest in the same sport during the school year.
E. A coach may coach no more than one approved Senior All-Star Contest in the same sport during the same school year.
F. All participants and personnel involved in an approved Senior All-Star Contest must sign a letter of intent developed by the New York State Public High School Athletic Association.
G. The contest shall have an established charitable or educational purpose.

H. All Senior All-Star Contests must be conducted to benefit the participants, not the sponsor. No contests can be approved that do not contribute to the mental, physical, and emotional welfare of the athletes or interfere with the academic program or the interscholastic program of the school and athlete.
I. There should be three coaches (one manager and two base coaches) for each squad. Other coaches should volunteer to sell tickets and keep score.
J. The game shall be nine innings.

BOYS BASKETBALL REGULATIONS

RULES

National Federation

STARTING TIMES

Week day - 5:30 or 6:00 PM
Saturday - 1:00 PM (afternoon) or 6:00 PM (evening)

- Note: Saturday games will remain at the time scheduled. Schools may mutually agree to change starting times for a Saturday afternoon game.
- Varsity games will begin 20 minutes following Junior Varsity games.
- Modified games should begin no later than 5:00 PM during the week and should begin at 9:30 AM on Saturdays.

OFFICIALS

All schools, with the exception of Unadilla Valley, must use officials from the Southern Tier (Binghamton) chapter for league games. Unadilla Valley may use officials from the Schohanna (Oneonta) chapter. The Midstate Athletic Conference has adopted a rule that four officials be used for two games (Junior Varsity: 2 probationary; and Varsity: 2 active). At the end of each season it is recommended that MAC basketball coaches meet with representatives of the official's chapter to discuss officiating during the season and for the future.

SCHEDULE

The Midstate Athletic Conference will participate in a one-division format. The schedule will rotate every two years with the bottom block going to the top. In the league schedule, a team will play each school in the division once. Games will be scheduled Tuesday through Friday.

PLAYER ELIGIBILITY

Same as baseball, page 23.

GAMES

An adult timer, shot clock operator, and scorekeeper must be used for all Midstate Athletic Conference games and must be provided by the home team.

UNIFORMS

The home team will wear white colors. The visiting team will wear dark colors.

LEAGUE CHAMPIONSHIP

The top four (4) teams will be determined by winning percentage based on league games. These 4 teams will be seeded 1-4 with 1 hosting 4 and 2 hosting 3 in a semi-final round. The two (2) semi-final winners will play for the league championship at a site determined by the league. The participating schools will pay for referees. The home team shall be the higher seeded team.

See page 59 for an explanation of the tie-breaker/end-of-season mini-tournament procedure.

- There will be a Junior Varsity championship.

SENIOR ALL-STAR CONTEST

Same as baseball (A – H).

I. Players will be divided into two teams for the game. One team shall consist of players from Delaware and Otsego County schools. The other team shall consist of players from Broome and Chenango County schools. Host school is responsible for providing and paying game management staff.

GIRLS BASKETBALL REGULATIONS

STARTING TIMES

Week day - 5:30 or 6:00 PM
Saturday - 1:00 PM (afternoon) or 6:00 PM (evening)

- Note: Saturday games will remain at the time scheduled. Schools may mutually agree to change starting times to accommodate an afternoon game.
- Varsity games will begin 20 minutes following Junior Varsity games.
- Modified games should begin no later than 5:00 PM during the week and should begin at 9:30 AM on Saturdays.

OFFICIALS

Binghamton or Schohanna (Oneonta) chapters will be used, depending on territorial rights. The Midstate Athletic Conference has adopted a rule that four officials be used for two games (Junior Varsity: 2 probationary; and Varsity: 2 active.) At the end of each season it is recommended that MAC basketball coaches meet with representatives of the official's chapter to discuss officiating during the season and for the future.

SCHEDULE

Same as boy's basketball.

PLAYER ELIGIBILITY

Same as baseball, page 23.

GAMES

Two division schedule. Play your own division twice, the other division once.

UNIFORMS

Same as boy's basketball.

LEAGUE CHAMPIONSHIP

Championship is the top team from each division. Other teams will play crossovers games against other division.

SENIOR ALL-STAR CONTEST

Same as boy's basketball.

BOWLING

RULES

Rules and regulations of matches shall be governed by the current New York State Public High School Athletic Association handbook.

STARTING TIMES

Week days - 3:45 PM.

SCHEDULE

Each team in the league will play each other twice: one home and one away on a rotating schedule.

MATCHES

A league match shall consist of three games with seven points per match; two points per game and one point for total pins. All matches and averages shall be on a scratch basis.

LEAGUE CHAMPIONSHIP

The league champion shall be the team with the best won-lost record at the conclusion of the season.

TIE-BREAKER

If a tie exists for the league championship, there will be no playoff. Co-champions will be declared.

TEAM

A school team for a match shall consist of five individuals per game for scoring purposes. In order for a match to be played, a team must have a minimum of three bowlers.

TOURNAMENT

The Midstate Athletic Conference shall sponsor a league tournament for member schools at the end of the season. Each participating school shall pay a fee to the bowling site.

HOME TEAM RESPONSIBILITIES

The home team at bowling matches shall be responsible for providing payment for their own alley fees and the visiting team fees.

PRE-SEASON MEETING

League coaches should attend a pre-season meeting to check league match dates and discuss other information.

CROSS COUNTRY

RULES

National Federation

STARTING TIMES

Week day - 4:30 PM for meets and invitationals.
Saturday - Between 9:00 and 10:00 AM.

COURSE

Meets will be held over courses not to exceed three miles or 5000 meters in length and will be accurately measured. The course may be marked by:

- Tall sign posts with large directional arrows on boards fastened to the tops so that the arrows will be plainly visible to the runners at a distance. Posts shall be placed at every point where the course turns and also placed wherever there can be doubt as to the direction of travel. This should be at the discretion of the host coach.
- The course may be marked as follows:
  1. A red flag to indicate a turn to the left.
  2. A yellow flag to indicate a turn to the right.
  3. A blue flag to indicate the course is straight ahead.

TEAM

A team will consist of seven runners (unless otherwise agreed.) In Tuesday meets, any number of runners may be entered, but only the first seven to finish on each team shall enter into the scoring.

SCORING

First place scores 1 point, second place scores 2 points, third place scores 3 points, etc. All runners who finish the course shall be ranked and tallied in this manner. The team score is determined by totaling the score of the first five runners to finish from each team. The team scoring the lowest total points is the winner. Although the sixth and seventh runners of a team do not score points, their places, if better than those of any of the first five of an opposing team, serve to increase the team score of the opponents. If the total points of two or more teams are the same, the first six places for each team are totaled to break the tie.

SCHEDULING

The state rule permits a school to participate in two meets per week providing there is a minimum of two night's rest between meets. A runner must have completed ten days of practice (ten team practices) before his or her first meet. A Junior High (modified) runner must complete eight (8) days of practice before the first meet.

LEAGUE CHAMPIONSHIP

A MAC Varsity Championship will be held at the end of the season. Junior High and JV races will also be conducted. There will be a JV race for girls only if the number of participants warrants it. For the league championship:

- Every school may enter only one team in the Varsity race.
- Schools may participate in JV and Junior High races. There shall be no limit on the number of JV and Junior High teams that may enter from each school.
- A League Team Champion will be declared in both the boys and girls Varsity divisions.

MODIFIED

Junior High races will be run under modified rules and limited to seventh and eighth grade students. Runners who are in ninth grade and are thirteen years old during the season may compete in Junior High races. The maximum distance for Junior High races will be 1.25 miles during the first half of the season and 1.5 miles for the second half of the season.

FIELD HOCKEY (Section IV sponsored sport)

RULES

National Federation

STARTING TIMES

Week days - 4:15 PM
Saturday - 11:00 AM

OFFICIALS

Chapter - STBOW Field Hockey Officials
- 2 per contest (JV and Varsity)
- 1 per contest (Modified: if 2 are not available)

LEAGUE CHAMPION (No league champion)

Division champions will be determined as follows (total points accumulated from division games):
1. 4 points for a win in regulation.
2. 3 points for a win in overtime.
3. 1 point for a loss in overtime.
4. 0 points for a loss in regulation.

The two division champions will meet in a championship game at the end of the season. Each school will pay for one official.

If a tie exists with the total points between 2 or more schools within the division upon the conclusion of league play, co-champions will be declared. A play-off game will be played at one of the participating schools (determined by a coin flip) and each school will pay for one official.

OVERTIME PROCEDURE

TBA

PLAYER ELIGIBILITY

Players may move up from JV to Varsity or down from Varsity to JV with no restrictions as long as players do not exceed the total number of games allowed to play. Players are

permitted to play one game per day. A player's name in the scorebook constitutes participation in that game. Players may be added to the scorebook at any time. Seniors may not play on JV teams.

POSTPONED, CANCELLED, OR SUSPENDED GAMES

Games which are interrupted or suspended due to poor weather conditions shall be replayed if play is stopped prior to the completion of the first half. If play is stopped after the completion of the first half, the game is considered to be a completed game. If a game is postponed due to poor weather conditions, it shall be played on the next available date, and it should take precedence over a non-league game.

UNIFORMS

The home team shall wear knee-length, white or light-colored socks/sock guards. The visiting team shall wear contrasting dark-colored socks/sock guards. Contrasting knee-length socks are not required for Junior High. Members of each team shall be dressed uniformly with the exception of the goalkeepers who shall wear contrasting colors.

SENIOR ALL-STAR CONTEST

Same as baseball (A – H).

GOLF

RULES

USGA (modified by local rules)
*TIE BREAKER-The 6th man will be used to break a match tie (10-15-15)

STARTING TIMES

Week days - as close to 3:45 as possible.

SCHEDULE

A schedule will be developed by the Athletic Secretary or golf coordinator. All teams will play each other twice with won-loss records being kept. Postponed matches will be rescheduled by mutual agreement.

REGULATIONS

Recommendations of the New York State Public High School Athletic Association and Section IV will be followed. Golfers must wear a collared shirt.

TEAM

A team will consist of six members. Each member will compete against an opponent for nine holes of "medal play" for scoring with the best five scores counting.

LEAGUE CHAMPIONSHIP

The MAC champion shall be determined by a combination of points earned based on final league standings (won-loss record for league matches) and team standings during the league tournament. Criteria for both will include the following point system: 1st place (8 points each), 2nd place (6 points each), 3rd place (4 points each), 4th place (2 points each) and 5th place (0 points each). The team with the highest number of total points for both the final league standings and team standing in the league tournament will be declared MAC champion.

POST-SEASON PARTICIPATION

Requirements:

- Class B team to qualify needs to shoot 210 or below.
- Class C team to qualify needs to shoot + 40 or better.
- Class D team to qualify needs to shoot + 50 or better.
- An individual must average + 6 or less for 8 of 10 matches to qualify for the Section IV Championship.

SOCCER

RULES

National Federation

STARTING TIMES

Week day	-	5:00 PM.
Evening	-	6:30 or 7:00 PM.
Saturday	-	10:00 AM.

OFFICIALS

Triple Cities Soccer Officials Association and Delaware-Otsego Soccer Officials Association.

LEAGUE CHAMPIONSHIP

Soccer will participate in a one League format. This year the championship will be

determined by the best league record.

The champions will be determined by the best league record. The other teams will play crossover If a tie exists for first place in the League when all league contests have been completed, the tie-breaker will be based on head-to-head competition. If this tie cannot be broken based on head-to-head competition, a play-off game would be necessary for the championship. T

TIE-BREAKING PROCEDURE FOR LEAGUE GAMES

In soccer, two-ten minute overtime periods will be played if the game is tied after regulation.

PLAYER ELIGIBILITY

Same as baseball, page 23.

POSTPONED GAMES

A game which is postponed must be mutually agreed upon by athletic directors to be rescheduled on the next available date. A league contest will take precedence over a non-league contest during the rescheduling process. If a contest is stopped during the first half due to poor weather, etc., the game will be suspended, rescheduled, and will resume from the point at which the game was stopped. If a contest is stopped during half-time or the second half, it will be a complete game.

UNIFORMS

The home team will wear white or light-colored uniforms and socks. Visiting teams will wear dark-colored uniforms and socks.

POST-SEASON PLAY

Section IV conducts an open tournament.

TEAM SIZE

There must be a minimum of eleven individuals for a game.

GAME MANAGEMENT

The home team will provide:
- Proper field equipment as per rule book.
- Timer/scorekeeper.
- Two ball boys or girls to provide coverage, one on each sideline.

SENIOR ALL-STAR CONTEST

Same as baseball, except for I and J.

SOFTBALL

RULES

ASA Fast Pitch. Exceptions as per state and/or Section IV directives.

STARTING TIMES

Week day - 4:30 PM.
Saturday - 11:00 AM.

OFFICIALS

Same as baseball.

SCHEDULE

Same as baseball.

POSTPONED, CANCELLED, OR SUSPENDED GAMES

League games which are postponed must be made up the following day (excluding Sunday), weather permitting and subject to field availability. Non-league games scheduled on that date must be rescheduled to make room for the postponed league game. Scheduled league games will not be moved to accommodate postponed games. If a school cannot host a league contest due to unplayable conditions, the game may be mutually agreed to be played at the other school if their site is playable. The original host school will remain the home team and pay for umpires. Games which are stopped due to poor weather before becoming an official game will be suspended. The game will continue from the point at which it was stopped.

PLAYING RULES

Same as baseball.

GAMES

Score books should be checked at the end of each inning. The books should agree at the end of the game. In a dispute, the home book is the official book.

In Junior Varsity play, substitution rules will be in effect unless an injury occurs. In such a case the rule shall be waived so the game may be completed. A coach may stop a game at any point that he or she feels it is no longer a positive experience due to a lopsided score. It will then be considered a forfeit.

A 15-run ahead rule for JV and Varsity levels was adopted (11-1 vote) on 1-7-07. If the home team is leading by 15 runs or more, the game can be stopped after 4 ½ innings. If the visiting team is leading by 15 runs or more, the game can be stopped after 5 innings.

Five (5) inning doubleheaders may be played with the mutual consent of the two schools involved (approved 9-9-10).

PLAYER ELIGIBILITY

Same as baseball, page 23.

LEAGUE CHAMPIONSHIP

The same as baseball. The championship game will be hosted by the team that is the higher remaining seed.

SENIOR ALL-STAR CONTEST

No senior all-star contest.

SWIMMING

RULES

National Federation

STARTING TIMES

Week day - 5:00 PM.
Saturday - 11:00 AM.

OFFICIALS

Officials are provided by the Norwich-Oneonta, and South Central Chapters. Dual meets will have at least three certified officials.

MEETS (no league contests due to shortage of teams).

For regular season varsity meets:

- An announcer and scorekeeper are required for dual meets.
- Swimmers may compete in four events (2 individual and 2 relays or 1 individual and 3 relays.)
- Voluntary dives are specified for each week. The sequence of dives starts with 101 category and continues through 5111 category. Repeat the sequence until the end of the season.
- The coordinator will maintain and update the official Midstate Athletic Conference Record Book.
- Three entries per event for a six lane pool or two entries per event for a four lane pool.
- For scoring purposes:
  - 6 lanes: 6-4-3-2-1 for individual events.
    8-4-2 for relay events.
  - 4 lanes: 4-3-1 for individual events.
    6-3-1 for relay events.

POSTPONED OR CANCELLED MEETS

- League meets will be rescheduled for the next available date mutually agreed upon by the athletic directors.
- A school may have to reschedule a non-league meet to accommodate a postponed league meet.

PLAYER ELIGIBILITY

- A student-athlete is eligible for competition for four consecutive years upon entrance into the ninth grade.
- A gifted seventh or eighth grade student may swim on the Varsity team as long as they have been approved using the Selection Classification standards. A copy of the results should be sent to all schools in the league with a swimming program.
- Note: the Selection Classification program is intended for gifted swimmers and is not intended for coaches to fill up their rosters.

LEAGUE CHAMPIONSHIP

- The league champion is determined by the team that wins the league championship meet. Scoring for the league championship meet will include the top 12 places (16-13-12-11-10-9-7-5-4-3-2-1). Participating schools will be billed to cover the cost of expenses for the meet. The host school may charge admission and keep the gate receipts.
- A team relay championship will take place with all teams participating. A plaque will be awarded to the team champion. Scoring for the relay meet will include the top 12 places (32-26-24-22-20-18-14-10-8-6-4-2). Participating schools will be billed to cover the cost of expenses for the meet. The host school may charge admission and keep the gate receipts.
- There must be four teams in league competition in order for the league to declare championships and provide awards.

ALL-STAR CRITERIA

The swimmer who finishes in first place at the league championship meet will be named a first team all-star. The swimmer who finishes in second place at the league championship meet will be named a second team all-star.

POST-SEASON COMPETITION

- Section IV Meet: every swimmer and diver participates.
- State Qualifier Meet: the top twelve swimmers and divers in Section IV participate.
- NYS Meet: must meet a qualifying time standard and place in the top three at the state qualifier meet.

PRE-SEASON MEETING

League coaches should attend the pre-season meeting to check league meet dates and discuss other information.

MODIFIED PROGRAM

- The National Federation swimming rules will be used in addition to approved Section IV variations.
- Voluntary dives are specified for each week. The sequence of dives begins with 101, 201, and 401 categories, and repeats every three weeks.
- Modified meets will be scored as follows:

Relays:	6 lane pool	8-4-2.
	4 lane pool	6-3-1.
Individual events:	6 lane pool	6-4-3-2-1.
	4 lane pool	4-3-1.

- When there are heats, only one heat will be scored. Scoring will be three places in a four lane pool and five places in a six lane pool. No school may score more than two places in a four lane pool and three places in a six lane pool.
- Each team may enter up to three relays in an event but only two of them may score.
- Extra heats shall be agreed to by both coaches prior to the meet.
- The modified swimming participation rule states that all swimmers in uniform and eligible must participate in the meet.
- All Midstate Athletic Conference schools may participate in the end of season meet (with STAC or IAC schools) with full or partial team, but no team scores will be kept or announced. There will be no awards presented and no publicity released.
- Modified events will include:

200 yard medley relay	50 yard butterfly
200 yard freestyle	100 yard freestyle
100 yard individual medley	100 yard backstroke
50 yard freestyle	100 yard breaststroke
Diving (four rounds)	200 yard freestyle relay

- A swimmer may participate in two individual events and one relay or two relays and one individual event.

TABLE TENNIS AND BADMINTON

RULES

International Table Tennis Rules and NAGWS for Badminton.

SECTION IV CHAMPIONSHIP

A Section IV open tournament for table tennis and badminton will be held in late February or early March.

TEAMS

Only one entry per school will be allowed to enter each event. One person can enter only one event. The teams include:

- One girls' singles team.
- One boys' singles team.
- One girls' doubles team.
- One boys' doubles team.
- One mixed doubles team.

TENNIS

RULES

Regulations shall be governed by the New York State Public High School Athletic Association rules and handbook, in conjunction with the United States Tennis Association Rule Book.

STARTING TIMES

Week day - 4:30 PM.

SCHEDULE

There will be one division. Each school will play home and away against each other.

MATCHES

League matches shall consist of three singles and two doubles matches for boys and girls unless superseded by Section IV or New York State regulations. The three and two format will be used with no repeats.

HOME TEAM

The home team shall provide two new USTA approved tennis balls for each match. The home team shall be responsible for reporting scores to the media.

ALL-STAR SELECTIONS

The league coordinator shall be responsible for selecting an all-star team at the conclusion of the season and filing a report to the League Secretary-Treasurer. Ten 1st team all-stars (4 singles and 3 doubles teams) and ten 2nd team all-stars (4 singles and 3 doubles teams) will be selected.

LEAGUE CHAMPIONSHIP

The MAC champion shall be the team with the best won-lost record in league play.

TIE-BREAKER PROCEDURE

If a tie exists for the league championship, a play-off shall be held between the teams that tied. The play-off will be held at one of the two schools affected and will be determined by a coin flip by the League Secretary-Treasurer.

PRE-SEASON MEETING

League coaches should attend a pre-season meeting to check league playing dates and discuss other information.

TRACK AND FIELD

RULES

National Federation

EVENTS

The events run will be the same as the Section IV Finals.

OFFICIALS

Southern Tier Track officials will be used. The host school will arrange for an adequate staff of officials.

SCHEDULES

The league schedule will be developed by the Athletic Secretaries.

MEETS

The MAC Championship meet will be held one week prior to the Section IV meet. The MAC Relay meet for boys and girls will be scheduled prior to the MAC Championship meet. There will be no division championships. Participating schools will be billed to cover the cost of officials for both meets. The host school may charge admission and keep the gate receipts.

SCORING

- MAC Championship scoring: 10-8-6-4-2-1.
- MAC Relay scoring:
  Running & Field events: 8-6-4-2-1.

POST-SEASON PARTICIPATION

Currently each school is allowed two entries per individual event and one relay into sectionals. A third individual may be entered if he/she meets a standard listed in the Section IV Track and Field Coaches Handbook.

VOLLEYBALL

RULES

NCAA

Starting Times:
Wednesday 5:00 p.m.

Saturday - 1:00 or 6:00 PM.

- Starting time for Saturday may be changed if mutually agreed upon by athletic directors.
- Teams should arrive at least 45 minutes prior to game time.

GAMES

- The Junior Varsity contest will be played before the Varsity contest.
- JV contests will be two of three matches and Varsity contests will be three of five matches.

- The recommended game ball shall be a Spaulding TF-VB5.
- There will be twenty two minutes allowed for warm-ups: ten minutes for each team using half-court and six minutes for each team using full-court.

OFFICIALS

- Southern Tier Volleyball Officials (STVO).
- NCAA rules: Non-deciding and Deciding game line-up sheets with Libero tracker.
- Each team must provide a lines person at home and away matches as per NCAA rules.
- The home team provides the official scorekeeper, preferably an adult. Both scorekeepers may be seated at the score table but the home book will be the official book. The official scorekeeper should not also be the scoreboard operator. It is recommended that the Libero tracker should be from the team that has the player, not necessarily the home team.
- If only one official shows up for the match, both coaches must agree to play the Varsity match with only one official.

PLAYER ELIGIBILITY

Same as baseball, page 23.

LEAGUE CHAMPIONSHIP

Same as baseball, page 23. The championship game will be hosted by the team that is the higher remaining seed. There will be no JV championship.

See page 59 for an explanation of the tie-breaker/end of season mini-tournament procedure.

SENIOR ALL-STAR CONTEST

Same as baseball except for I and J. Each school is entitled to two representatives. The coaches and rosters will be determined at the post-season meeting.

MODIFIED LEVEL

If there will be one seventh grade team and one eighth grade team a seventh grade player may be used to fill an eighth grade team if the eighth grade team does not have enough players, or vice-versa, but a player may not play with both teams on the same day.

- The recommended weekday starting time is 4:30 PM but should start no later than 5:00 PM. Matches will be two of three games.
- It is recommended that officials be assigned from the STVO. The match may be played using one official.
- Modified girls volleyball will play 3 games for the 7th grade team and 3 games for the 8th grade team with 12 minutes of warm up prior to the 7th grade game and 8th grade game.

BOY'S VOLLEYBALL

Schools that wish to sponsor a boy's volleyball team can begin practice in late February. Scrimmages will be arranged by participating schools. Section IV rules must be followed. A league tournament will be held in mid-March to declare the league champion. A team plaque will be awarded.

WRESTLING

RULES

National Federation and New York State Public High School Athletic Association modifications. The following weight classes will be used:

102-110-118-126-132-138-145-152-160-172-189-215-285.

STARTING TIMES

Week day - 6:00 PM.
Saturday - 6:00 PM or by mutual agreement to have an afternoon start.

OFFICIALS

South Central Wrestling Officials will be used at all levels: Varsity, Junior Varsity, and Modified. It is the responsibility of the home school to have officials assigned.

SCHEDULE

The Midstate Athletic Conference will participate in two divisions on a two-year rotating schedule.

MATCHES

The Varsity match will begin immediately after the Junior Varsity match with an intermission not to exceed fifteen minutes. An adult scorekeeper and timer must be provided by the home team for all Varsity matches.

LEAGUE CHAMPIONSHIP

The Division team champion will be determined by the won-lost record within the division (the tie-breaker for 2 teams tied for first place will be the winner in the head-to-head match). The MAC team champion will be determined by the winner of the MAC Tournament. This tournament will also decide the individual weight class champions. There will be no JV league championship tournament nor will there be a JV tournament associated with the MAC championship tournament. Each participating school will be billed for referee charges. The host school may charge admission and keep the gate

receipts to help offset other costs for running the tournament. As approved at the 6-6-13 league meeting, the following multiple entry stipulations for the league tournament are as follows: no more than 2 wrestlers from the same school in 1 weight class; no more than 12 wrestlers in a weight class; all entrants will have the opportunity to score team points; there will still be only 4 place winners recognized for each weight class; and, each school will be allowed a maximum of 20 wrestlers to participate in the tournament.

CHEERLEADING GUIDELINES

CONDUCT

A. Do not eat or chew gum during the game.
B. Clothing
    - Scarves, hats, jackets, etc. may only be worn if the entire squad wears them.
    - Do not fuss with clothing while on the field or floor.
    - Use the restroom to comb hair, etc.
    - Have uniforms neat, clean, and a suitable length.
    - Jewelry is prohibited.
    - No spirit buttons, metal barrettes, combs, etc.
    - No hair on the shoulders (must be tied or braided.)
C. Good Sportsmanship
    - Keep off the floor or field of play.
    - Have a permanent area to cheer for football. The bench area for basketball should be determined prior to the game.
    - Slam or derogatory cheers are not allowed.
    - Cheer for your team and not against the other team.
    - Set a good example for others.
    - Cheer for an injured player at the appropriate time when leaving the court or field of play.
    - Do not criticize a referee.
    - Conduct yourself in a ladylike or gentlemanly manner.
    - Treat your school and the opponent's school with respect.
    - Do not make unkind remarks about a school you are visiting.
    - Do not practice cheers during a game. Should remain seated.
    - Offensive or abusive language in cheers is prohibited.
    - Be quiet while a penalty is being enforced.
    - While in uniform, public displays of affection are prohibited.
    - There will be no stomping with heels or feet on the bleachers.

RESPONSIBILITIES

A. **To The Squad**
- Be knowledgeable about the sport you are cheering.
- Be at practice on time.
- Show loyalty to the squad.
- Be on time for games and the bus.
- The Varsity squad should support the Junior Varsity squad, and vice-versa, during each game's entirety (at the discretion of the advisor.)
- Know the cheers you are going to do before going on the field or floor.
- Uniforms should never be worn except at games or activities approved by the advisor.
- Get along with the other cheerleaders and make them welcome to your school.
- The home captain will advise the visiting captain of any local rules such as space, bleachers, use of music, etc.
- Keep uniforms and shoes as clean as possible. Shoes should be worn at all times.

B. **To The School**
- Conduct yourself appropriately as you represent your school.
- The use of tobacco, alcohol and other drugs are prohibited.
- Using profanity is prohibited.
- Keep up with your school work and maintain good attendance.
- When the squad is asked to participate in extra activities, do them willingly.
- Cheers can be taught to others at pep assemblies as a responsibility.
- Academic eligibility is to be determined by each individual school.

C. **To The Team**
- If your team is behind, give more cheers to encourage them.
- Be loyal to the entire team.
- Promote school spirit with your cheers.

D. **To The Spectators**
- Help maintain a friendly atmosphere.
- Help others to understand the game.
- Teach cheers to the students.
- Keep quiet when the opposing team is penalized.
- Keep quiet when you are tempted to be sarcastic.
- Be familiar with the game so you know when to cheer.
- Have a cheer ready at all times.
- Announce cheers clearly.
- Know the motions.
- Work to eliminate "booing."
- Try to keep the spectators quiet during foul shots.
- Help keep spectators off the playing field.
- Be respectful toward officials and make every effort to see that the crowd behaves as such.

E. **To Visiting Cheerleaders**

- Greet them and show them where their cheering section is.
- At half-time, get acquainted with them. The host school should provide refreshments.
- Be friendly and helpful.

F. **Coach/Advisor**

- The host coach/advisor should be at the home site thirty minutes prior to the game and the room open.
- Coaches/advisors should attend the pre-season meetings.

G. **Mounts**

- Cheerleaders may perform mounts which are two-persons high (shoulder stand) but no higher. Schools which do not permit two-person high mounts must inform other schools of this policy.

H. **Modified**

- Cheerleaders are not permitted at the modified level.
- A seventh or eighth grade student must pass the New York State Physical Fitness Test in order to cheer on the JV or Varsity level.

MIDSTATE ATHLETIC CONFERENCE AWARDS

SPORT	AWARD	TOTAL
BASEBALL:	League Champion Plaque (12 x 15)	1
	League Champion Certificates	15
	League Champion Shields	15
BASKETBALL (B):	League Champion Plaque (12 x 15)	1
	League Champion Certificates	15
	League Champion Shields	15
BASKETBALL (G):	League Champion Plaque (12 x 15)	1
	League Champion Certificates	15
	League Champion Shields	15
BOWLING (B):	League Champion Plaque (12 x 15)	1
	League Champion Certificates	10
	League Champion Shields	10
	Medals (1^{st}-2^{nd} Place Singles)	2
	Ribbons (3^{rd}-6^{th} Place Singles)	4
	Medals (1^{st}-2^{nd} Place Series)	2
	Ribbons (3^{rd}-6^{th} Place Series)	4
	Medal (High Average)	1
BOWLING (G):	League Champion Plaque (12 x 15)	1
	League Champion Certificates	10
	League Champion Shields	10
	Medals (1^{st}-2^{nd} Place Singles)	2
	Ribbons (3^{rd}-6^{th} Place Singles)	4
	Medals (1^{st}-2^{nd} Place Series)	2
	Ribbons (3^{rd}-6^{th} Place Series)	4
	Medal (High Average)	1

CROSS COUNTRY (B):	League Champion Plaque (12 x 15)	1
	League Champion Certificates	12
	League Champion Shields	12
	Medals(1^{st}-15^{th} Place)	15
CROSS COUNTRY (G):	League Champion Plaque (12 x 15)	1
	League Champion Certificates	12
	League Champion Shields	12
	Medals (1^{st}-15^{th} Place)	15
GOLF:	League Champion Plaque (12 x 15)	1
	League Champion Certificates	10
	League Champion Shields	10
	Medals (1^{st}-2^{nd} Place)	2
	Ribbons (3^{rd}-6^{th} Place)	4
SOCCER (B):	League Champion Plaque (12 x 15)	1
	League Champion Certificates	20
	League Champion Shields	20
SOCCER (G):	League Champ/Division	1
	Champion Certificates	20
	League Champion Shields	20
SOFTBALL:	League Champion Plaque (12 x 15)	1
	League Champion Certificates	15
	League Champion Shields	15

SWIMMING (B):	League Champion Plaque (12 x 15)	1
(No awards)	League Champion Certificates	20
	League Champion Shields	20
	Medals (1^{st}-2^{nd} Place)	42
	Ribbons (3^{rd}-4^{th}-5^{th}-6^{th} Place)	84
	Relays Champion Plaque (12 x 15)	1
	Relays Ribbons (1^{st}-3^{rd} Place)	117
SWIMMING (G):	League Champion Plaque (12 x 15)	1
(No awards)	League Champion Certificates	20
	League Champion Shields	20
	Medals (1^{st}-2^{nd} Place)	42
	Ribbons (3^{rd}-4^{th}-5^{th}-6^{th} Place)	84
	Relays Champion Plaque (12 x 15)	1
	Relays Ribbons (1^{st}-3^{rd} Place)	117
TENNIS (B):	League Champion Plaque (12 x 15)	1
	League Champion Certificates	10
	League Champion Shields	10
TENNIS (G):	League Champion Plaque (12 x 15)	1
(No awards)	League Champion Certificates	10
	League Champion Shields	10
TRACK (B):	League Champion Plaque (12 x 15)	1
	League Champion Certificates	27
	League Champion Shields	27
	Medals (1^{st}-2^{nd} Place: 27 events)	54
	Ribbons (3^{rd}-6^{th} Place: 27 events)	108
TRACK (G):	League Champion Plaque (12 x 15)	1
	League Champion Certificates	27
	League Champion Shields	27
	Medals (1^{st}-2^{nd} Place: 28 events)	54
	Ribbons (3^{rd}-6^{th} Place: 28 events)	108
TRACK RELAYS (B):	League Champion Plaque (12 x 15)	1
	Ribbons (1^{st}-5^{th} Place)	220
TRACK RELAYS (G):	League Champion Plaque (12 x 15)	1
	Ribbons (1^{st}-5^{th} Place)	220

BOYS AND GIRLS TRACK RELAYS

EVENT	PLACE						
	1	2	3	4	5		
400 Meter Relay (Boys)	4	4	4	4	4		
400 Meter Relay (Girls)	4	4	4	4	4		
800 Meter Relay (Boys)	4	4	4	4	4		
800 Meter Relay (Girls)	4	4	4	4	4		
1600 Meter Relay (Boys)	4	4	4	4	4		
1600 Meter Relay (Girls)	4	4	4	4	4		
3200 Meter Relay (Boys)	4	4	4	4	4		
3200 Meter Relay (Girls)	4	4	4	4	4		
6400 Meter Relay (Boys)	4	4	4	4	4		
6400 Meter Relay (Girls)	4	4	4	4	4		
Sprint Medley (Boys)	4	4	4	4	4		
Sprint Medley (Girls)	4	4	4	4	4		
Distance Medley (Boys)	4	4	4	4	4		
Distance Medley (Girls)	4	4	4	4	4		
Shuttle Hurdles (Boys)	4	4	4	4	4		
Shuttle Hurdles (Girls)	4	4	4	4	4		
Shot Put Relay (Boys)	2	2	2	2	2		
Shot Put Relay (Girls)	2	2	2	2	2		
Discus Relay (Boys)	2	2	2	2	2		
Discus Relay (Girls)	2	2	2	2	2		
Long Jump Relay (Boys)	2	2	2	2	2		
Long Jump Relay (Girls)	2	2	2	2	2		
High Jump Relay (Boys)	2	2	2	2	2		
High Jump Relay (Girls)	2	2	2	2	2		
Triple Jump Relay (Boys)	2	2	2	2	2		
Triple Jump Relay (Girls)	2	2	2	2	2		
Pole Vault Relay (Boys)	2	2	2	2	2		
Pole Vault Relay (Girls)	2	2	2	2	2		
TOTAL BOYS	44	44	44	44	44	=	220
TOTAL GIRLS	44	44	44	44	44	=	220
TOTAL							440

VOLLEYBALL (B):	League Champion Plaque (9 x 12)	1
VOLLEYBALL (G):	League Champion Plaque (12 x 15)	1
	League Champion Certificates	15
	League Champion Shields	15
WRESTLING:		
	League Champion Plaque (12 x 15)	1
	League Champion Certificates	20
	League Champion Shields	20
	Division Champion Shields	

	TOTAL (# of Shields)
Champion	209
League/Division	40
Division	40
All-Star	164

MIDSTATE ATHLETIC CONFERENCE
ALL-STAR AWARDS

SPORT	FIRST TEAM	SECOND TEAM
Baseball (1 Division)	18 certificates-shields	18 certificates
Boys Basketball (1 Division)	9 certificates-shields (includes MVP)	8 certificates
Girls Basketball (1 Division)	9 certificates-shields (includes MVP)	8 certificates
Boys Bowling (Highest Average)	10 certificates-shields	0 certificates
Girls Bowling (Highest Average)	10 certificates-shields	0 certificates
Boys Cross Country (MAC Meet)	8 certificates-shields	7 certificates
Girls Cross Country (MAC Meet)	8 certificates-shields	7 certificates
Golf (High Average and MAC Meet)	6 certificates-shields (includes MVP)	5 certificates
Boys Soccer	12 certificates-shields (includes MVP)	11 certificates
Girls Soccer	12 certificates-shields (includes MVP)	11 certificates
Softball (1 Division)	18 certificates-shields	18 certificates

Boys Swimming (MAC Meet) (No awards)	(21 certificates-shields	21 certificates)
Girls Swimming (MAC Meet) (No awards)	(21 certificates-shields	21 certificates)
Boys Tennis	10 certificates-shields	10 certificates
Girls Tennis (No awards)	(10 certificates-shields	10 certificates)
Girl's Volleyball (1 Division)	14 certificates-shields	14 certificates
Boy's Volleyball	no certificates-shields	no certificates
Wrestling	20 certificates-shields	
TOTAL	159 certificates-shields	147 certificates

164 - 1st Team certificates
117 - 2nd Team certificates
164 - Shields

MIDSTATE ATHLETIC CONFERENCE
ALL-STAR CRITERIA

Following is a sport-by-sport description of the criteria used to determine all-stars in those sports which have submitted proposals and received approval from the Midstate Athletic Conference.

Requests to submit new proposals to the Midstate Athletic Conference must do so through the sport coordinator. A formal request (using the sport coordinator request form) must be obtained from the athletic secretary or secretary-treasurer, completed, and submitted with criteria to be used to select all-stars. The request and criteria will be reviewed by the athletic directors and recommendations will be made to the Superintendents at a regularly scheduled League meeting. Approval or denial of the all-star request will be made at the league meeting and the sport coordinator will be notified of the decision.

BASEBALL (Approved 6-9-10)

- To be eligible a player must have played in at least half of the league games.
- With one division, there will be 18 First Team and 18 Second Team All-Star selections based on final league standings prior to the end-of-season play-offs.
- Schools who finish in first and second place will receive 3 First Team and 2 Second Team All-Star selections. 3rd and 4th place schools will receive 2 First Team and 2 Second Team All-Star selections. 5th and 6th place schools will receive 1 First Team and 2 Second Team All-Star selections. 7th through 12th place schools will receive 1 First Team and 1 Second Team All-Star selections.

BOYS BASKETBALL (Approved 6-18-74)

- Coaches cannot vote for their own players.
- With one division there will be 9 First Team (including the MVP) and 8 Second Team All-Star selections. (Approved 6-9-10).
- Using a point system (10 for 1st, 9 for 2nd, etc.), the player who receives the most points will be designated as the most valuable player. The next 8 players who receive the most votes will be designated as the first team all-stars. The next 8 players who

receive the most votes will be designated as the second team all-stars. Other players who receive 5 points or more and nominated by 2 coaches will receive an honorable mention.

- To be eligible a player must have played in at least half of the league games.
- 1 coach who has done the best overall job with the talent available will be selected as Coach of the Year.
- 1 school whose team players, coach, cheerleaders, fans, and spectators have best displayed the qualities of fair play, good conduct, and sportsmanship will be selected for the Sportsmanship Award.

GIRLS BASKETBALL

- The Most Valuable Player will be voted on first. Nominations will be made by coaches for a girl who they feel is the best player. Names will be listed, statistics discussed, and a vote taken. Each coach will have one vote and cannot vote for his/her player.
- With one division there will be 9 First Team, including the MVP, and 8 Second Team All-Star selections.
- To be eligible a player must have played in at least half of the league games.
- Each coach may nominate his/her player or another team's player for selection to the First Team all-stars. A list of names should be written on the board. There is no limit to the number of nominations. Coaches must be honest in an attempt to pick the remaining 8 best players. A vote will be taken using a ballot with 8 spaces provided. A coach may not vote for his/her player.
- The same procedure as above will be used to select 8 Second Team all-stars.
- Four players may be named to an Honorable Mention list. There will be no new nominations. Players nominated and not selected to the Second Team all-stars will be considered. If necessary, each coach will have four votes to select four players to the Honorable Mention list.

BOYS AND GIRLS BOWLING

All-Stars will be determined by the 10 boys and 10 girls who have the highest averages for the league season. Averages will be computed at the League Tournament and the 10 highest averages will be announced. A boy or girl must bowl in at least 75 percent of the league matches to be considered for all-stars. Only one all-star team is selected. There will be no second team all-stars selected.

BOYS AND GIRLS CROSS COUNTRY

In the Midstate Athletic Conference Championship Meet, the top 8 runners in the boys race and the top 8 runners in the girls race will be designated as First Team all-stars. The next 7 runners in each race will be designated as Second Team all-stars. An injured runner may be nominated for consideration as an all-star. If 75 percent or more of the coaches are in agreement, the runner will be added to the all-star team.

FIELD HOCKEY (Section IV sponsored)

GOLF (Approved 6-15-87)

A. League Match Average:
   - Each coach will send his league match scores to the coordinator following each match. The coordinator will compile the averages halfway through the season and at the end of the season. This information will be sent to the media and to each coach.
   - At the end of the season, points will be given to the top ten averages in the league. 10 points for the best average, 9 points for second, etc.
   - A player must compete in two-thirds of his team's league matches to be considered (unless consent of coaches is given.)

B. Medal Score in the Midstate Athletic Conference Tournament:
   - Points will be awarded to the top 10 finishers. 10 points for first place, 9 points for second place, etc.
   - Ties for any spot other than medalist will not be played off. The points will be divided equally. In case of a tie for tenth place, one point will be awarded to each player.

C. All-Star Selection:
   - The points from A and B will be totaled. The six golfers with the most points will be named as first team all-stars. The next five golfers with the most points will be named as second team all-stars.
   - The golfer with the highest point total will be designated as the outstanding golfer (MVP) in the League.
   - In case of ties for highest total, 5^{th}-6^{th}, or 10^{th} place, the points received from the coach's voting will be used as the tie-breaker.

SOCCER (Approved 12-1-86 and 11-2-99 for boys 3 division alignment, 9-14-00 for girls 3 division alignment, 11-10-10 for one division for boys and girls and 11-8-12 for two divisions for boys and girls).

- A player who does not get selected to the first team shall automatically be nominated for consideration to the second team. Coaches then nominate players for second team recognition.
- To be eligible a player must have played in at least half of the league contests.
- Each coach may nominate his/her player as well as a player from another team whom he/she feels could be considered to be a first team all-star.
- A player nominated for the second team but is not selected may be placed on the honorable mention list. No additional nominations are permitted.
- Each coach will vote for a "Coach of the Year" with criteria being the coach who has done the best with the talent he/she has.
- If a coach is not present at the post-season meeting, he/she may send a representative to vote or place nominations. If a school is not represented, that school does not count in the balloting.
- Coaches should provide league statistics for each player nominated.
- 12 individuals (including an MVP) will be selected to earn first team all-star honors and 11 individuals will be selected to earn second team all-star honors.

(Approved 6-9-10) – use for one division format only.

- For girl's soccer the 1st place team in the final standings will receive 3 First Team and 3 Second Team All-Star selections. The 2nd and 3rd place teams will receive 2 First Team and 2 Second Team All-Star selections. The 4th, 5th and 6th place teams will receive 1 First Team and 1 Second Team All-Star selections. The 7th place team will receive 1 First Team and 0 Second Team All-Star selections. The 8th place team will receive 0 First Team and 1 Second Team All-Star selections.

SOFTBALL (Approved 6-9-10)

An all-star meeting shall be held at the conclusion of the season. The following procedures shall be used to select the first and second team all-stars:

- With one division, there will be 18 First Team and 18 Second Team All-Star selections.
- Schools who finish in 1st and 2nd place in the final standings prior to the end-of-season play-offs will receive 3 First Team and 2 Second Team All-Star selections. 3rd and 4th place schools will receive 2 First Team and 2 Second Team All-Star selections. 5th and 6th place schools will receive 1 First Team and 2 Second Team All-Star selections. 7th through 12th place schools will receive 1 First Team and 1 Second Team All-Star selections.

SWIMMING (Approved 9-9-04)

- First team selections will be the swimmers who finish in first place and second team selections will be the swimmers who finish in second place at the league championship meet.

TENNIS (Girls approved 9-19-77 and boys approved 6-17-91)

- All-Stars will be selected by the league coaches at the post-season meeting.
- A First Team All-Star team will be selected to accommodate 4 singles players and 3 doubles teams (6 players) for a total of 10 players.
- An additional 10 players (4 singles players and 3 doubles teams) will be selected to the second team all-stars.
- Honorable mention selections are rare but may be designated if all coaches agree. There are no awards given for honorable mention selections.

VOLLEYBALL (Approved 6-9-10)

- There will be 14 First Team and 14 Second Team All-Star selections.
- The 1st and 2nd place teams in the final league standings prior to the end-of-season play-offs will receive 2 First Team and 2 Second Team All-Star selections. The 3rd through 12th place teams will receive 1 First Team and 1 Second Team All-Star selections.
- A coach may decide not to fill spots on either team if he/she does not feel they do not have a player who deserves all-star status.
- A player must participate in at least 50 percent of the league games to be eligible for consideration as an all-star.

WRESTLING (Approved 3-9-92)

- The winner of each weight class at the Midstate Athletic Conference Tournament will be designated as a first team all-star. Divisions I and II will each receive 15 second team all-star selections based on their finish at the tournament.

TIE-BREAKER AND END OF SEASON MINI-TOURNAMENT PROCEDURES

BASEBALL - BASKETBALL – SOFTBALL – VOLLEYBALL (Approved 4-15-10)

- If there is a tie between 2 schools in the final league standings (same league record) the tie-breaker will be based on head-to-head competition in the league contest.
- If there is a tie among 3 or more schools in the final league standings (same league record) the tie-breaker will be based on head-to-head competition among the schools tied. The league records for these schools will be compared with each other. If 1 or more of these schools had a better record than the others that school(s) would receive a higher seeding among those tied. If necessary, head-to-head competition will be used to seed 2 schools with the same record against the others. The remaining tied schools would revert back to head-to-head competition to complete the seeding process. If none of these options is workable, a drawing would take place to determine seeding.
- With no tie-breakers to be concerned with, the four teams with the best league records will qualify to participate in the championship semi-final round. The number one ranked team will host the number 4 ranked team. The number two ranked team will host the number 3 ranked team. The host school will pay for the cost of the officials. The two winners will advance to the championship game where each school will pay for the cost of officials. The losing teams will play a consolation game at the higher seed as part of the 2nd round for the mini-tournament as described below. Championship games are scheduled to take place at Afton for baseball, at SUNY Oneonta for boys'/girls' basketball and at the higher remaining seeded team for softball and volleyball.
- Schools finishing in 5th – 12th place would participate in 2 separate mini-tournaments. # 5 would host #8 and #6 would host #7 in one bracket while #9 would host #12 and #10 would host #11 in another bracket. The winners in each bracket would advance to play each other in the second round with the higher seed hosting the contest. The losing teams in each bracket would play each other in the second round with the higher seed hosting the contest. In basketball and volleyball, the JV teams (regardless of JV won-loss records) would follow the varsity teams to the same sites. In baseball and softball, the mini-tournaments will be for varsity teams only.

Baseball & Softball -Three way tie if not decided by the Above criteria will use Runs scored versus the opponents they are tied with.

BOYS AND GIRLS SOCCER

- If a tie exists for the League champion, the tie-breaker will be based on head-to-head competition. Wins count 3 points and ties count 1 point. If a tie still exists a playoff game would be necessary with the winner advancing to the championship game. Refer to page 33.

MIDSTATE ATHLETIC CONFERENCE
SPECIAL PROGRAMS

COACHING CERTIFICATION COURSES

In an effort to help member schools (full and partial) secure qualified and licensed coaches, the Midstate Athletic Conference will sponsor, whenever possible, coaching certification courses. These courses, approved by the NYS Education Department, will be developed and administered to member schools with schools being assessed an equal amount (currently $150 for the coaching courses and $125 for first aid/CPR) as determined by the League Council. A minimum registration of five individuals will be required in order to conduct a course.

The Secretary-Treasurer will organize and supervise the program. Responsibilities will include seeing that the program is performed appropriately with regard to course offerings, approved instruction, and record keeping.

A qualified instructor (approved by the NYS Education Department) will be employed to teach each course and a predetermined stipend will be paid to the instructor upon successful completion of each course. Current stipends are:

Philosophy Course	45 hours	$900
Health Science	45 hours	$900
Theory and Techniques	30 hours	$750
First Aid and CPR	20 (16 and 4) hours	$500
CPR Update	2 hours	$200 (2 instructors) or $150 (1 instructor)

Guest coaches, if needed, for the Theory and Techniques course will be paid a fee of $35 per night of instruction.

Individuals requesting to take a coaching course ($100), a First Aid course ($50), or a CPR course ($25), but is not associated with a member or partial-member school (that does not pay for these services) will be assessed the appropriate fee payable to the League and pending the availability of space.

The CPR course taught at member/partial member schools will cost $200 per session ($150 for 1 instructor or $100 each for 2 instructors) as part of the annual dues.

SENIOR ALL-STAR CONTESTS

At the conclusion of each season, the Midstate Athletic Conference shall sponsor a Senior All-Star Contest in basketball (boys and girls), soccer (boys and girls) and volleyball (girls). Senior all-stars representing MAC schools will compete at a site selected by the sports coordinator on a date approved by the League Council. Team selections will be monitored by the sports coordinator. Each contest must be approved by Section IV and the New York State Public High School Athletic Association.

Participants in these contests will be given a T-shirt provided by the League. The number of shirts (164) and sizes for each sport is listed as follows: girls' soccer (40: 20-S, 20-M); boys' soccer (40; 10-L, 30-XL); volleyball (28: 24-S, 4-M); girls' basketball (28:10-S, 10-M, 8-L); boys' basketball (28: 5-L, 23-XL).

Any proceeds from the games will become the property of the Midstate Athletic Conference and will be deposited into the league treasury. The league will pay for officials. The Secretary-Treasurer will file a game report with Section IV following the contests. Game management staff is the responsibility of the home school and will not be paid from the game proceeds (Approved 3-5-15).

LEAGUE CHAMPIONSHIPS

The Midstate Athletic Conference shall sponsor a championship game in baseball, basketball (boys and girls), softball and volleyball. The four teams with the best league records will qualify for the semi-final round. The two winners will advance to the league championship game. Each participating school will pay for umpires, referees, or officials. The host school for the softball and volleyball championships may charge admission and keep the gate receipts. Soccer (boys and girls) will conduct a championship game between the two division winners. Overall champions (one division sports) will be declared League Champions and will receive appropriate awards. No awards will be provided for the runner-up teams.

All proceeds from the basketball games will become the property of the Midstate Athletic Conference and will be deposited into the league treasury.

MODIFIED SPORTS

The Midstate Athletic Conference will offer programs in many modified sports.
Presently, the following activities are offered at the modified level:

- Baseball
- Basketball (boys and girls)
- Cross Country (boys and girls)
- Field Hockey
- Football
- Soccer (boys and girls)
- Softball
- Track and Field
- Volleyball
- Wrestling

MODIFIED RULES FOR BASEBALL AND SOFTBALL (Adopted 3-6-95)
For each inning of play in baseball, there will be no more than three (3) outs or ten (10) batters. For six (6) innings of play in softball, there will be no more than five (5) runs or three (3) outs. The seventh (7^{th}) inning shall be played as a normal inning with three (3) outs and no run restrictions. (Revised March 2012).

MODIFIED RULES FOR BASKETBALL

- Half-time will not exceed five minutes and the time between games will not exceed ten minutes.
- (GIRLS) 8^{th} grade teams may use a full court press only during the 4^{th} quarter. 7^{th} grade teams may use a full court press only during the last four minutes of the 4^{th} quarter. A full court press may not be used by the defensive team if the defensive team is leading by 20 or more points.
- (BOYS) A full court press may be used (7^{th} and 8^{th}) only during the last 4 minutes of the 2^{nd} and 4^{th} quarters. No press will be allowed by the defensive team if they hold a 10 or more point lead. A 2-3 zone defense may be used only during the 2^{nd} and 4^{th} quarters beginning December 1. A zone full court press may be used during the last 4 minutes of the 2^{nd} and 4^{th} quarters beginning December 1. Approved 10/20/2023.
- The three-point line for field goals will not be used.
- The shot clock will not be used.
- If the game is tied at the end of regulation play, one overtime period of two minutes will be used. If the game remains tied, a second overtime period will be played with the first team to score declared the winner.
- (GIRLS) No zone defenses may be used.
- In 7^{th} grade girl's basketball, the foul line may be moved forward to the 1^{st} hash mark.

MODIFIED RULES FOR FOOTBALL

- The first 3 days is a non-contact period where equipment is limited to a helmet with face mask, mouth guard, and appropriate clothing.
- The next 5 days is a readiness period consists of adding shoulder pads, plus the use of sleds, blocking bags, and other similar teaching and training devices. No scrimmages or live contact drills are allowed.
- The next 5 days is a contact period where contact with full protective equipment and training devices are allowed. Scrimmages are permitted on the 14^{th} day.
- The next 4 days are needed to be eligible for participation in the 1^{st} contest.
- Coaches are allowed to be on the field during play.
- There are no kick-offs. The ball will be placed on the 35 yard line to start the game or following a score.
- If a team will try to kick a field goal or an extra point, the team must declare they are kicking. There will be no defensive rush and the ball must be kicked within 5 seconds of the ball being snapped. All successful extra points (run, pass, or kick) are worth 1 point.

- If a team will be punting, they must declare they will be punting. There will be no defensive rush and the ball must be kicked within 5 seconds or the ball being snapped. The ball will be placed at the previous spot (line of scrimmage) if the ball is not punted within 5 seconds.
- For the team receiving the punt, the ball will be downed at the furthest point it travels downfield. 3 receivers downfield are allowed to field the punt. If a receiver mishandles the punt, the ball will be spotted at the furthest point downfield.
- The defense must resemble a 6-2 or odd front. Defensive guards, tackles, and ends may line up inside shoulder, outside shoulder, or head-up on the offensive linemen. The linebackers must be 2 yards off the line of scrimmage and 1 yard behind his linemen. Defensive backs (corner backs and safeties) must be at lease 5 yards from the line of scrimmage and 3 yards deeper than the linebackers. In a goal line defense (inside the 10 yard line), the linebacker must be 1 yard deeper than defensive linemen and defensive backs must be 2 yards deeper than the linebackers. If the offense has a flanker or split end, the defensive end may step back to linebacker depth and widen toward the split receiver.
- On offense, there must be 1 back, not counting the quarterback, on either side of center in any formation used on the snap of the ball (including men in motion). There can be no strong set. In the "I" formation, the fullback counts ½ and the tailback counts ½. When using motion, a person may go to the weak side of the formation or to the midline of the formation toward strength, but may not cross the midline to form the strong set on one side. There can be no unbalanced line. No quick kicks are allowed. There can be no short punt, pistol, or single wing formations. The quarterback must be under the center.

SCHOLAR-ATHLETE AWARD

In an effort to recognize academic and athletic excellence, the Midstate Athletic Conference will sponsor a scholar-athlete award for varsity participants. A certificate will be awarded to a student-athlete from each member school and for each sport who achieves the highest scholastic average during his/her sport season. Each school is responsible for determining each scholar-athlete award winner, based on NYSPHSAA guidelines, and reporting the information to the Secretary-Treasurer who will distribute the list to the media.

COMPETITION ADVISORY COMMITTEE

Should any member school experience difficulties within their athletic program, a request may be made to establish an advisory committee. This committee will attempt to offer advice which may be useful in helping to resolve problems.

SPORTSMANSHIP AWARD

In an effort to recognize outstanding sportsmanship by member schools, the Midstate Athletic Conference will determine a sportsmanship award at the varsity level for each league sponsored sport. A certificate for each sport will be awarded to the school that models the highest ideals of sportsmanship by its players, coaches, and spectators. The coaches will be responsible at their end of season meeting for the selection of the school deserving of the sportsmanship award. One school will be selected in a sport where there is one division. Two schools will be selected in a sport where there are two divisions (one for each division).

SPECIAL MEMBERSHIP FEES

Beginning with the 2005-2006 school year the league will pay the cost (currently $150) toward each school's membership for the New York State Athletic Administrators Association (NYSAAA) and the National Interscholastic Athletic Administrators Association (NIAAA). $70 will be for membership in the NYSAAA and $80 will be for membership in the NIAAA. One athletic administrator from each school member school district will have their membership dues paid by the league. The league will also pay a fee of $15 per school ($180) for membership in Chapter 4 of the NYSAAA. Membership in these organizations provides meaningful professional development opportunities for athletic administrators.

LEAGUE MINDER SCHEDULING PROGRAM

The league approved using the Schedule Galaxy internet-based scheduling program on Spring of 2017. An annual fee for the program will be assessed to each school as part of the BOCES Budget

SPECTATOR EJECTION POLICY

Any spectator who is ejected from an interscholastic competition for having used profanity, engaged in unsportsmanlike conduct, or who physically assaults an official shall be sanctioned for such conduct on the part of such spectator in the following manner:

Any spectator excluded, included taunting, by a certified contest official, school administrator, athletic administrator, or event chaperone from an interscholastic contest for unsportsmanlike conduct will be ineligible to attend any interscholastic competition in that sport until the next previously scheduled home contest at the same level has been completed. The spectator may not be present at the game site. School codes of conduct have been designed to ensure appropriate conduct and behavior at all times by all participants, including spectators.

A spectator who strikes, shoves, kicks, or makes other physical contact with the intent to annoy, harass, or intimidate another person shall be expelled immediately and banned from further attendance in all sports for a period of time to be determined by the school's Superintendent and Athletic Director, not to exceed one year from the date of the offense.

DUAL PARTICIPATION

We allow dual participation in the spring now, as well as Indoor Track, Soccer, Golf, VB, Basketball, Tennis, etc **Approved 6-7-07.**

In an attempt to save Cross Country programs, an individual would be allowed to participate on the Cross Country team and another fall sports team (football excluded). Individual schools would have the option to allow or not allow dual participation in this specific situation. If allowed, the participant would need to meet the minimum number of practices required for both sports (separate practices for at least 45 minutes for each sport). **Approved 11-8-12.**

Indoor Track, Soccer, Golf, VB, Basketball, Tennis, etc.

MIDSTATE ATHLETIC CONFERENCE
CHAMPIONSHIP SITES AND TIMES

BASEBALL	TBD May 2027 pending format change
BASKETBALL	Feb 20 2027 girl's at 6:00, boy's to follow at UV
BOWLING	TBD Awards are at noon. Bowl at 1:00 pm $100 entry fee per school to be paid at TBA
CROSS COUNTRY	At Unadilla Valley on 10-2026at 4:00 pm.
GOLF	TBD. Coaches meet at 8:00. fee to be paid to the golf course that day.
BOYS SOCCER	October 17, 2026 at Wright National field 1;00 -1:15
GIRLS SOCCER	October 17, 2026 at Wright National field
SOFTBALL	at TBD May 2027 pending site decision and pending format change.
Boys TENNIS	At Starlight Camp 2027 TBA
TRACK & FIELD	Relays at TBA at 4:15 Championship at Sidney at 4:15 on
BOY'S VOLLEYBALL	League Tournament at Sidney? High School TBD
GIRL'S VOLLEYBALL	The Tournament will be on October 23, 2026 the 1st date will be 1 vs 4 and 2 vs 3 on Wednesday. The The Championship will be on Saturday, at 6:00 at TBD

MIDSTATE ATHLETIC CONFERENCE

2026-2027 MEETING DATES

MAC LEAGUE MEETINGS	**SECTION IV MEETINGS**
Thursday, August 20, 2026 @Club 55 @ 9:00 a.m., AD's only	
Thurs, Oct 8, 2026 @ Club 55 @ 9:00 am	Thurs, October 15, 2026 @ TBD Room 1:00
Thurs, Jan 21, 2026 @ S4 Office @ 9:00 am	Thurs, Jan 28, 2027 @TBD @1:00
Thurs, March 11, 2027 @ Club 55 @ 9:00 am, AD's only	
Thurs, April 22, 2027 @ Club 55, 2026 @ 9:00 am	Wed. April 29, 2027 @ TBA @ 1:00
Thurs. June 10, 2027 @ Club 55 @ 9:00 a.m.	June 23, 2027 @ TBA

MAC Pre-Season Coaches Meetings:

Fall *- Wednesday , August 12 @* ***Sidney H.S. 5:00 pm (CPR) 5:30pm (FA)***
Winter-Thursday, November 12, @ **Sidney H.S. 5:00 pm (CPR) 5:30pm (FA)**
Spring - Tuesday, March 3, 2027 **@ Sidney H.S. 5:00 pm (CPR) 5:30pm (FA)**

First Aid and CPR Courses/Updates: *(Instructor: Cheryl Butler-*
School 607-278-5511 x 324 607-434-9564 (C))
Email: Butler.cheryl@charlottevalley.org

Fall		
CPR & FA	Wednesday August 12th At Sidney H.S.	5:00 P.M.(CPR) 5:30 (FA)
Winter		
CPR & FA	Thursday, November 12th @ Sidney H.S.	5:00 P.M.(CPR) 5:30 (FA)
Spring		
CPR & FA	Wednesday, March 3rd @ Sidney H.S	5:00 P.M.(CPR) 5:30 (FA)

Coaching Courses: **TBA- - Will need to be Taken online.**

Varsity/JV Season Start Dates		**Modified Start Dates**
FALL	**8/17/2026 (FB) all other sports 8/24/2026**	**Monday 8/31/2025**
Winter	**Monday, November 16, 2026**	**1st Nov 2nd- 2nd Jan 11, 2027**
Spring	**Monday March 8, 2027**	**Monday, April 12, 2027**

Test Dates (not yet Finalized)

PSAT : October 1-30 (set by School) and October 10, 2026
SAT: August 22, Sept 12, October 3, November7, December 5, 2025, March 6, May 1, June 5, 2026
ACT: September 19, October 17, December 12, 2026: February 27, April 10, June 12, 2026
*Advanced Placement: May 4-8 & May 11-15 20276**
Regents: January 26-29, ; June15-17, 17-25, 2027

***-SAT, ACT, PSAT, (AP- Effect Boys Tennis Sectionals) on thie dates listed conflicts with Sectional, Regional or State Championship Dates.**

2026-2027 MIDSTATE ATHLETIC CONFERENCE FREQUENT CONTACT LIST

School	Athletic Director	Email	Office Phone	Cell Phone	Home Phone	Fax	Secretary	Availability
Afton	Lacy Hart	lhart@aftoncsd.org	607-639-8201	607-221-7292		607-639-8257		Anytime
BG	Greg Winn	gwinn@bgcsd.org	607-967-6316			607-967-4231	Rodriguez	Anytime
Delhi	Kyle Murray	kmurray@delhischools.org	607-746-1330	518-281-0811		607-746-1324		8-10:30;12:15-3:00
Deposit	Matt Mastropietro	mmastrop@deposit.stier.org	607-467-8515	607-761-9794		607-467-5504		Anytime
	Nick Mastropietro	nmastrop@deposit.stier.org	607-467-2197					
	Eric Ostrander	eostrand@deposit.stier.org	607-467-2198					
Greene	Rod Wankel	rwankel@greenecsd.org	607-656-4161			607-656-8872	Lori Flohr	Anytime
Hancock	Kim Makowski	kmakowski@hancock.stier.org	607-637-4324	607-434-1393		607-637-1346		Anytime
Harpursville	Josh Quick	jquick@hcs.stier.org	693-8103 or 8133	607-343-2295		607-693-1480		Anytime
	Rob Blendiger	RBlendinger@hcs.stier.org		585-365-5212				
Oxford	Ed Holmquist	eholmquist@oxac.org	607-843-2025 ext.1148	607-316-8745				Anytime
Sidney	Jim Karl	jkarl@sidneycsd.org	607-561-7712	607-437-3168		607-561-1800	Tiffany Hoag	11-12:10;12:40-1:20;
Unadilla Valley	Matt Osborne	MOsborne@uvstorm.org	847-7500 ext.1146	607-373-9582	783-2833	607-847-8045		1:50-2:25 Anytime
Unatego	Matt Hafele	mhafele@unatego.stier.org	607-988-5001	607-434-0655	988-2616	607-988-1039		Anytime
Walton	Zach Gressler	zgressler@waltoncsd.org	607-865-4116 ext. 6132	315-767-2191		607-865-8568	Rosie Greene	607-865-4116 x 5147 -a.m.
								607-435-4928
Windsor	Chris Klumpp	cklumpp@windsor-csd.org	607-655-8254	607-427-9279		607-655-3622	Josephine McCombs	607-655-8254
League Secretaries								
Matt Hafele		mhafele@unatego.stier.org	607-988-5001	607-434-0655	607-988-2616	607-988-1039		
Dave Kelly		dkellyrt10@gmail.com		607-242-7924	607-746-2007			
Terry Raymond		tebegakeco@hotmail.com		607-222-7551	607-467-4330			
Section IV Office								
Bill Bryant	ISC	bryrant@dcmoboces.com	607-561-2347	592-0220				
Jeff Ferrara	Asst Dir	jeff.ferrara@dcmoboces.com	607-561-2347	607-283-6624				

Janet McWeeney	Secretary	weenej@dcmoboces.com	607-561-2347			
Assignors						
Lou Bonacci- Bing	Baseball/Softball	ump1213@stny.rr.com	607-427-2882			
John Frankl-Oneonta	Baseball/Softball	fulltiltbogie1@hotmail.com	607-287-0404			
Kevin McGoff-Bing	Basketball	kmcgoff7@stny.rr.com	607-427-2700			
Matt Climenhaga-Oneonta	Basketball	lawmatters@yahoo.com	607-435-1967			
Kimberly Webster	Field Hockey	Sect4fhassignor@gmail.com	607-765-1300			
Mike Vavra-S.Tier	Football	mvavra1@stny.rr.com	607-759-4313			
Jeff Lowe- T.Valley	Football	lowejeff@hotmail.com	607-434-9370 ©	607-433-3142		
Mike Velardi Del-Otse	Soccer	sportsref007@hotmail.com	434-6737 (cell)			
Terry Davis-S.Tier	Soccer	kmcgoff@stny.rr.com	607-427-2700			
Nancy Percik S. Central	Swimming	nperc33@gmail.com	607-245-9532			
Kevin Diefenbacher Nor-Oneonta	Swimming	kdief55@gmail.com	607-334-6788 (H)	607-335-5482 (W)		
Bill Winkky S. Tier	Swimming	wdwinkky@aol.com	607-739-7385			
Steve Baxter	Track & Field	stchbaxter@gmail.com	607-743-1231			

Karen Hollenbeck STVO	Volleyball	hollenbeck-k-stvo@htva.net	607-793-3170			
Mark Browning East	Wrestling	markbrowning@hotmail.com	607-761-8802			

	Superintendent	**Email**	Phone
Afton	Annette Hammond	ahammond@aftoncsd.org	607-639-8200
B-G	Timothy Ryan	tryan@bgcsd.org	607-967-6321
Delhi	Carey Schultz	cschultz@delhischools.org	607-746-1305
Deposit	Denise Cook	Dcook@deposit.stier.org	607-467-5380
Greene	Lisa-Marie Carter	lmcarter@greenecsd.org	607-656-4161
Hancock	Lori Asquith	lasquith@hancock.stier.org	607-637-1301
Harpursville	Heath Georgia	hgeorgia@hcs.stier.org	607-693-8112
Oxford	Nick Colosi	ncolosi@oxac.org	607-843-2025-4041
Sidney	Eben Bullock	embullock@sidneycsd.org	607-561-7700 x 3
Unadilla Valley	Brenton Taylor	btaylor@uvstorm.org	607-847-7500 x 1131
Unatego	Dr. David Richards	drichards@unatego.stier.org	607-988-5038
Walton	Teresa Glavin	tglavin@waltoncsd.org	607-865-4116
Windsor	Jason Andrews	jandrews@windsor-csd.org	607-655-8216

DIVISION ALIGNMENT

BASEBALL, BASKETBALL, SOFTBALL, VOLLEYBALL

One Division (11 league contests)

Afton
Bainbridge-Guilford
Delhi
Deposit
Greene
Hancock
Harpursville
Oxford
Sidney
Unadilla Valley
Unatego
Walton

BOY'S SOCCER

Division I (13 league contests)

Afton
Delhi
Sidney
Unatego
Walton

Division II (13 league contests)

Bainbridge-Guilford
Greene
Norwich
Oxford
Unadilla Valley

GIRL'S SOCCER

Division I (10 league contests)

Delhi
Sidney
Unatego
Walton

Division II (10 league contests)

Bainbridge-Guilford
Greene
Oxford
Unadilla Valley

WRESTLING

Division I

Bainbridge-Guilford-Afton-Harpursville
Greene -Oxford
Sidney
Unadilla Valley-Unatego
Delhi -Walton
Deposit-Hancock

FALL TEAM CHAMPIONS

Susquenango Association
1997-2000

Midstate Athletic Conference
2001-Present

	Soccer (B)	Soccer (G)	Golf	Tennis (G)	Swim (G)	CC (B)	CC (G)		
1997-98	**Susquenango Association**								
League	Oneonta	Oneonta	Oneonta	Delhi	Oneonta	Windsor	Oneonta		
Division	Oxford	BG	Oneonta						
1998-99	**Susquenango Association**								
League	Oneonta	Oneonta	Oneonta	Sidney	Delhi	Windsor	Oneonta		
Division	Oxford	Unatego	Oneonta						
1999-00	**Susquenango Association**								
League	Oneonta	Oneonta	Oneonta	Sidney	Delhi	Windsor	Unatego		
Division	Greene	Unatego	Oneonta	Delhi					
Division	Oxford								
Wildcard	Sidney								
2000-01	**Susquenango Association**								
League	Oneonta	Oneonta	Oneonta	Windsor	Delhi	Windsor	Sidney		
Division	Sidney	Unatego	Oneonta	Walton					
Division	BG	Delhi							
Wildcard	S-E	Sidney							
2001-02	**Midstate Athletic Conference**								
League	Unatego	Unatego	BG	Delhi	Delhi	Walton	Greene		
Division	Greene	BG	Hancock						
2002-03	**Midstate Athletic Conference**								
League	Greene	Sidney	Unatego	Delhi	Delhi	Unatego	Sidney		
Tournamen	Hancock								
2003-04	**Midstate Athletic Conference**								
League	Greene	BG	BG/Greene	Delhi	Cooperst	Unatego	Unatego		
Tournament			Greene						
	Soccer (B)	**Soccer (G)**	**Golf**	**Tennis (G)**	**Swim (G)**	**CC (B)**	**CC (G)**	**FH**	**VB**
2004-05	**Midstate Athletic Conference**								
League	Sidney	Unatego	Greene	Delhi	Delhi	Delhi	Harp		
Tournament			Greene						
2005-06	**Midstate Athletic Conference**								
League	Sidney	Sidney	BG/Greene	Delhi	Delhi	Harp	Delhi		
Tournament			Greene						
2006-07	**Midstate Athletic Conference**								
League	Greene	Sidney	BG/Greene	Sidney	Greene	Delhi	Harp		
Division	Delhi	BG	Greene						
2007-08	**Midstate Athletic Conference**								
League	Delhi	Unatego		Oxford	Greene	Delhi	Delhi		
Division	Greene	BG	Greene		Delhi				
2008-09	**Midstate Athletic Conference**								
League	Delhi	Greene	Hancock	Delhi	Delhi	Delhi	Delhi	Afton	
Division	Greene	Walton	BG		Delhi				
2009-10	**Midstate Athletic Conference**								
League	Greene	Unatego	Delhi	Greene	Greene	Delhi	Delhi	Greene	
Division	Delhi	Oxford	BG		Delhi			Walton	

2010-11	**Midstate Athletic Conference**								
League	Greene	Greene	Harp	Delhi		Delhi	Delhi		Sidney
Division	Delhi	UV							
Co-Champs	Una/Wal	Walton	Gre/Harp/	Del/Sidney					Sid/Greene
2011-12	**Midstate Athletic Conference**								
League	Greene	Unatego	Greene	Delhi		Delhi	Delhi		Harp
	Soccer (B)	**Soccer (G)**	**Golf**	**CC (B)**	**CC(G)**	**VB**			
2012-13	**Midstate Athletic Conference**								
League	Greene	Unatego	Harp	Harp	Delhi	Harp			
2013-14	**Midstate Athletic Conference**								
League	Greene	Unatego	Harp	Harp	Delhi	Harp			
Division	Walton	UV							
2014-15	**Midstate Athletic Conference**								
League	BG								
Division	Walton								
2015-16	**Midstate Athletic Conference**								
league									
Division	Greene								
2016-17	**Midstate Athletic Conference**								
league	Greene					BG			BG
Division									
2017-18	**Midstate Athletic Conference**								
league	Greene	UV	Sidney	Delhi	Delhi	BG			BG
Division									
2018-19	**Midstate Athletic Conference**								
League	Greene					BG			BG
Division									
2019-20	**Midstate Athletic Conference**								
League	Greene					BG			BG
Division									
2020-21	**Midstate Athletic Conference**								
League	No Season - Covid								
Division									
2021-22	**Midstate Athletic Conference**								
League	BG								
Division	Greene								
2022-23	**Midstate Athletic Conference**								
League									
Division									
2023-24	**Midstate Athletic Conference**								
League									
Division									
2024-25	Midstate Athletic Conference								
League	Oxford	Unatego	Greene						
2025-26									
League									

	Soccer (B)	Soccer (G)	Golf	Tennis (G)	Swim (G)	CC(B)	CC(G)	FH	VB(G)
2026-27	**Midstate Athletic Conference**								
League									
2027-28	**Midstate Athletic Conference**								
League									
2028-29	**Midstate Athletic Conference**								
League									
2029-30	**Midstate Athletic Conference**								
League									
2030-31	**Midstate Athletic Conference**								
League									
2031-32	**Midstate Athletic Conference**								
League									
2032-33	**Midstate Athletic Conference**								
League									
2033-34	**Midstate Athletic Conference**								
League									
2034-35	**Midstate Athletic Conference**								
League									
2035-36	**Midstate Athletic Conference**								
League									
2036-37	**Midstate Athletic Conference**								
League									
2037-38	**Midstate Athletic Conference**								
League									
2038-39	**Midstate Athletic Conference**								
League									
2039-40	**Midstate Athletic Conference**								
League									
2040-41	**Midstate Athletic Conference**								
League									
2041-42	**Midstate Athletic Conference**								
League									
2042-43	**Midstate Athletic Conference**								
League									
2044-45	**Midstate Athletic Conference**								
League									
2045-46	**Midstate Athletic Conference**								
League									

WINTER TEAM CHAMPIONS

Susquenango Association
1997-2000

Midstate Athletic Conference
2001-Present

	Basketball (B)	Basketball (G)	Volleyball (G)	Wrestling	Swim (B)	Bowling (B)	Bowling (G)
1997-98	**Susquenango Association**						
League	Sidney	Oneonta	Walton	Walton	Whitney Point	Windsor	Oneonta
Division	Windsor	Greene, Sidney	Oneonta	B-G-A			
Division	Walton	B-G	Unatego	Walton			
Division	Deposit	UV	Deposit				
1998-99	**Susquenango Association**						
League	Windsor	Oneonta	Walton	B-G-A	Cooperstown	Oneonta	Oneonta
Division	Sidney	Greene	S-E, Oneonta			Oneonta	Oneonta
Division	Oxford	B-G	Sidney				
Division	Deposit	Afton, UV	Afton, Deposit				
1999-00	**Susquenango Association**						
League	Windsor	Whitney Point	Delhi	B-G-A	Cooperstown	Sidney	Oneonta
Division	B-G, Oxford	Oxford	Sidney	Greene		Windsor	Oneonta
Division	Delhi		Greene	Oxford			
Division	UV	Hancock	Deposit				
2000-01	**Susquenango Association**						
League	Windsor	Whitney Point	Delhi	B-G-A	Oneonta	Windsor	Oneonta
Division	Oxford	Greene, Oxford	Windsor	Oxford		Windsor	Oneonta
Division	Delhi	Delhi	B-G	B-G-A			
Division	UV	Hancock	Hancock				
2001-02	**Midstate Athletic Conference**						
League	Delhi	Sidney	Delhi	Greene	Cooperstown	Walton	Greene
Division	Harpursville	Oxford	Harpursville	Greene, UV		Walton	Greene
2002-03	**Midstate Athletic Conference**						
League	Sidney	B-G	Delhi	Oxford	-----	Sidney	Greene
Division	Afton	Oxford, UV	Harpursville	B-G-A. UV		Sidney	B-G
2003-04	**Midstate Athletic Conference**						
League	Sidney	Oxford	Delhi	B-G-A	-----	Hancock	Greene
Division	B-G	Del, Harp	B-G, Deposit	Harpursville, B-G-A		Hancock	Greene
2004-05	**Midstate Athletic Conference**						
League	Sidney	Oxford	Delhi	Greene	-----	Hancock	Greene
Division	Oxford, UV	Unatego	B-G	Greene, Harpursville		Walton	Greene
2005-06	**Midstate Athletic Conference**						
League	UV	B-G	Sidney	B-G-A	-----	Walton	Greene
Division	B-G	Delhi, Unatego	Afton	B-G-A, Greene, Harp, UV		Walton	Greene
2006-07	**Midstate Athletic Conference**						
League	UV	B-G	Greene	B-G-A	Greene	Sidney	Greene
Division	Oxford, Sidney	Unatego	Afton	B-G-A, Harp	Greene	Greene	B-G
2007-08	**Midstate Athletic Conference**						
League	Walton	Greene	Sidney	B-G-A	Greene	Hancock	Walton
Division	Oxford	B-G	B-G	B-G-A, Harp, D-H	Greene	Hancock	Walton
2008-09	**Midstate Athletic Conference**						
League	Oxford	Harpursville	Sidney	Greene	Greene	Hancock	Walton

Division	Sidney, Walton Greene		Harpursville	B-G-A, Walton	Greene	Greene	Hancock
2009-10	**Midstate Athletic Conference**						
League	Oxford	Harpursville	Walton	B-G-A	A-B-G-H-S	Sidney	Greene
Division	Walton	Greene	Oxford	Greene, D-H	Greene	Sidney	Greene
2010-11	**Midstate Athletic Conference**						
League	Sidney	Harpursville	Walton	B-G-A	-----	Greene	D-H
Division				B-G-A, D-H	-----		
2011-12	**Midstate Athletic Conference**						
League	Unatego	Harpursville		Greene		Sidney	Hancock
Division				Greene, Ox, D-H			
2012-13	**Midstate Athletic Conference**						
League	Unatego	Harpursville		B-G-A		B-G	Hancock
Division				Greene, OX, D-H		B-G	Greene
2013-14	**Midstate Athletic Conference**						
League	UV	Harpursville		D-H		Sidney	Sidney
Division				B-G-A-H			
2014-15	**Midstate Athletic Conference**						
League	Sidney	BG					
Division							
2015-16	**Midstate Athletic Conference**						
League	Greene	BG					
Division							
2016-17	**Midstate Athletic Conference**						
League	Delhi	BG					
Division							
2017-18	**Midstate Athletic Conference**						
League	Walton	B-G					
Division							
2018-19	**Midstate Athletic Conference**						
League	UV	BG					
Division							
2019-20	**Midstate Athletic Conference**						
League	Delhi	Dep/Han					
Division							
2020-21	**Midstate Athletic Conference**						
League	COVID						
Division							
2021-22	**Midstate Athletic Conference**						
League	Unatego	Unatego					
2022-2	Midstate Athletic Conference						
League	Delhi	Unatego					
2023-24	**Midstate Athletic Conference**						
League	Delhi	reene					

	Basketball (B)	Basketball (G)	Volleyball (G)	Wrestling	G- Wrestling	Swim	Bowling (B	Bowling (G)
2024-25	**Midstate Athletic Conference**							
League	Delhi	Sidney	Delhi					
2025-26	**Midstate Athletic Conference**							
League	Delhi	Delhi	Delhi	DH				
2026-27	**Midstate Athletic Conference**							
League								
2027-28	**Midstate Athletic Conference**							
League								
2028-29	**Midstate Athletic Conference**							
League								
2029-30	**Midstate Athletic Conference**							
League								
2030-31	**Midstate Athletic Conference**							
League								
2031-32	**Midstate Athletic Conference**							
League								
2033-34	**Midstate Athletic Conference**							
League								
2034-35	**Midstate Athletic Conference**							
League								
2025-36	**Midstate Athletic Conference**							
League								
2036-37	**Midstate Athletic Conference**							
League								
2037-38	**Midstate Athletic Conference**							
League								
2038-39	**Midstate Athletic Conference**							
League								
2039-40	**Midstate Athletic Conference**							
League								
2040-41	**Midstate Athletic Conference**							
League								
2041-42	**Midstate Athletic Conference**							
League								
2042-43	**Midstate Athletic Conference**							
League								
2043-44	**Midstate Athletic Conference**							
League								
2044-45	**Midstate Athletic Conference**							
League								
2045-46	**Midstate Athletic Conference**							
League								

SPRING TEAM CHAMPIONS

Susquenango Association
1997-2000

Midstate Athletic Conference
2001-Present

	Baseball	Softball	Track (B)	Relays (B)	Track (G)	Relays (G)	Tennis (B)	VB (B)
1997-98	**Susquenango Association**							
League	Oneonta	Windsor	Windsor	---	Sidney	-----	Oneonta	
Division	Greene	Greene						
Division	Oxford	Walton						
Division	Deposit	Afton						
1998-99	**Susquenango Association**							
League	Windsor	Afton	Windsor		Oneonta		Oneonta	Sidney
Division	Unatego	Windsor						
Division	Oxford	Sidney						
Division	Deposit	Harpursville						
1999-00	**Susquenango Association**							
League	BG		Sidney		Oneonta		B-G, Delhi	Walton
Division	Oneonta	Windsor					Oneonta	
Division	H-ville	Greene, Oxford						
Division	Hancock	H-ville, Afton						
2000-01	**Susquenango Association**							
League	Oneonta	Windsor	Oneonta	Sidney	Sidney	Sidney	Oneonta	GMU
Division	S-E	S-E						
Division	Unatego	H-Ville						
Division	Hancock	Afton						
2001-02	**Susquenango Association**							
League	S-E	Afton	Sidney	Sidney	Sidney	Sidney	Oneonta	GMU
Division	Deposit	S-E, Sidney, Unatego						
2002-03	**Midstate Athletic Conference**							
League	Unatego	Afton	Walton	Walton	Unatego	Unatego	Sidney	Sidney
Division	Hancock	B-G						
2003-04	**Midstate Athletic Conference**							
League	Unatego	H-ville	Delhi	Sidney	Sidney	Sidney	Sidney	Sidney
Division	B-G, Deposit	Afton						
2004-05	**Midstate Athletic Conference**							
League	Unatego	Afton	B-G-A	Sidney	B-G-A	B-G-A	Sidney	Sidney
Division	Afton	H-ville						
2005-06	**Midstate Athletic Conference**							
League	Walton	Afton	Delhi	Del	B-G-A	B-G-A	Sidney	Sidney
Division	Unatego	H-ville						
2006-07	**Midstate Athletic Conference**							
League	Sidney	Afton	B-G-A	B-G-A	B-G-A	B-G-A	Sidney	
Division	Oxford, Unatego	Unatego						

2007-08	**Midstate Athletic Conference**							
League	Unatego	Afton	B-G-A	B-G-A	Sidney	B-G-A	Sidney	Unatego
Division	Deposit	Greene, Sidney						
2008-09	**Midstate Athletic Conference**							
League	Unatego	Afton	B-G-A	B-G-A	Delhi	Delhi	Sidney	B-G
Division	Hancock	Greene						
2009-10	**Midstate Athletic Conference**							
League	H-ville	Greene	B-G-A	B-G-A	B-G-A	B-G-A	Sidney	Oxford
Division	Unatego	Afton						
2010-11	**Midstate Athletic Conference**							
League	Sidney	Greene	B-G-A	B-G-A	B-G-A	B-G-A	Sidney	Oxford
Division								
2011-12	**Midstate Athletic Conference**							
League	Unatego	Greene	B-G-A	B-G-A	B-G-A	B-G-A	Sidney	Oxford
Division								
2012-13	**Midstate Athletic Conference**							
League	Unatego	Afton	Sidney	Sidney	B-G-A	Sidney, B-G-A	Greene	UV
Division								
2013-14	**Midstate Athletic Conference**							
League	Hancock	Deposit	B-G-A	B-G-A	B-G-A	B-G-A	Greene	Oxford
Division								
2014-15	**Midstate Athletic Conference**							
League	Sidney	Deposit						
Division								
2015-16	**Midstate Athletic Conference**							
League	Hancock	Deposit						
Division								
2016-17	**Midstate Athletic Conference**							
League	Deposit	Deposit						
Division								
2017-18	**Midstate Athletic Conference**							
League	D-H	Deposit						
Division								
2018-19	**Midstate Athletic Conference**							
League								
Division								
2019-20	**Midstate Athletic Conference**							
League								
Division								
2020-21	**Midstate Athletic Conference**							
League								
Division								
2021-22	**Midstate Athletic Conference**							
League	D-H	Greene						
Division	Afton	D-H						

	Baseball	Softball	Track (B)	Relays (B)	Track (G)	Relays (G)	Tennis (B)	VB (B)
2022-23	**Midstate Athletic Conference**							
League	DH	DH	Sidney	Sidney	Sidney	Sidney	Delhi	
2023-24	**Midstate Athletic Conference**							
League	DH	DH	Sidney	Sidney	Sidney	Sidney	Delhi	
2024-25	**Midstate Athletic Conference**							
League	DH	DH	Sidney	Sidney	Sidney	Sidney	Delhi	
2025-26	**Midstate Athletic Conference**							
	Unatego	DH	Sidney	Sidney	Sidney	Sidney	Delhi	
2026-27	**Midstate Athletic Conference**							
2027-28	**Midstate Athletic Conference**							
2028-29	**Midstate Athletic Conference**							
2029-30	**Midstate Athletic Conference**							
2030-31	**Midstate Athletic Conference**							
2031-32	**Midstate Athletic Conference**							
2032-33	**Midstate Athletic Conference**							
2033-34	**Midstate Athletic Conference**							
2034-35	**Midstate Athletic Conference**							
2035-36	**Midstate Athletic Conference**							
2036-37	**Midstate Athletic Conference**							
2037-38	**Midstate Athletic Conference**							
2038-39	**Midstate Athletic Conference**							
2039-40	**Midstate Athletic Conference**							
2040-41	**Midstate Athletic Conference**							
2041-42	**Midstate Athletic Conference**							
2042-43	**Midstate Athletic Conference**							
2043-44	**Midstate Athletic Conference**							
2044-45	**Midstate Athletic Conference**							