

SECTION IV
BOYS AND GIRLS SOCCER 2026



HANDBOOK

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Introduction

The Handbook is intended for the use of all Athletic Directors and Coaches. We have tried to include all the necessary forms for the preseason, regular season and post season for the 2026 soccer season.

Important Websites

Section IV Athletics	https://www.sectionivathletics.com/
Section IV Boys Soccer	https://www.sectionivathletics.com/page/boys-soccer1
Section IV Girls Soccer	https://www.sectionivathletics.com/page/girls-soccer
NYSPHSAA Boys Soccer	https://nysphsaa.org/sports/msoc
NYSPHSAA Girls Soccer	https://nysphsaa.org/sports/wsoc

2025 Section IV Champions

	<u>Boys</u>	<u>Girls</u>
Class AAA	Elmira	Ithaca & Corning-Painted Post
Class AA	Binghamton	Horseheads
Class A	Maine-Endwell	Maine-Endwell
Class B	Chenango Valley	Chenango Forks
Class C	Seton Catholic & Marathon	Groton
Class D	Edmeston & Gilboa-Conesville/Roxbury	Richfield Springs/ODY

Coordinators/Chairpersons

Section IV Executive Director

Jeff Ferrara	jferrara@dcmoboces.com	607-561-2347 (w) 607-283-6224 (c)
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Section IV Assistant Director

Mike Brown	mbrown@dcmoboces.com	607-561-2347 (w) 607-431-0696 (c)
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New York State Boys Soccer Committee Chairman

Matt Allen	mallen@byramhills.net	
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New York State Girls Soccer Committee Chairman

Matt Wood	Mattwood04@gmail.com	
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Section IV Boys Soccer Coordinator

Allecia Laing	alaing@franklincsd.org	607-437-2223 (c)
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Section IV Girls Soccer Coordinator

Rich Turnbull	rturnbull@norwichcsd.org	607-316-2280 (c)
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Section IV Delaware League Soccer Chairpersons

Boys:	Bob VanValkenburgh	bvan61@hotmail.com	607-538-9111
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Girls:	Josh Burroughs	jburroughs23@yahoo.com	607-538-9111
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Section IV IAC League Soccer Chairpersons

Boys:	Jason Hodge	jhodge@tburg.k12.ny.us	607-387-7551 x.3426
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Girls:	Emily Potter	epotter@tiogacentral.org	607-687-8004 x.2225
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Section IV MAC League Soccer Chairpersons

Boys:	Rick Tallman	rtallman@greenecsd.org	607-656-5174 x.628
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Girls:	Jody Gravelin	jgravelin@sidneycsd.org	607-563-2135 x. 4003
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Section IV STAC League Soccer Chairpersons

Boys:	Chad Freelove	cfreelove@cppasd.com	607-654-2988
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Girls:	Zach Sarno	zsarno@elmiracityschools.com	607-857-3763
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	Jerry Mackey	jmmackey@yahoo.com	607-433-8251
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Section IV Tri-Valley League Soccer Chairperson

Boys/Girls:	Chris Saggese	csaggese@milfordschools.org	607-286-7721
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Soccer Dates for 2026 – 2028

Section IV Fall Sports Start Date	
2026	8/24/26
2027	8/23/27
2028	8/21/28

	Seeding Meeting	Start of Sectionals	Sectional Finals	State Championships
2026	10/14	10/20-21	10/29-30	11/13-11/15
2027	10/13	10/19-20	10/29-30	11/12-11/14
2028	10/11	10/17-18	10/27-28	11/10-11/12

Mandatory interpretation meetings for all coaches and referees (must attend one)

Delaware/Otsego Board

SUNY Oneonta Craven Hall

August 18th 6:30pm

Mid-State Board

Homer High School

August 19th 6:00pm

Triple Cities Soccer Board

Union-Endicott District Office

August 20th 6:30pm

CVSOA (Elmira)

Arnot Hospital-Elmira

August 20th 7:00pm

Calendar of 2026 Important Dates

- August 24 - Approved date for the start of the 2026 soccer season
- August 31 - The first day to scrimmage or play a game
- October 13 - Last day contests will count toward seeding for sectional tournaments
- October 14 - All seeding forms must be completed and received by the Section IV office no later than 12pm
- Seeding meeting will be held at the Section IV office in Sidney at 7pm.
- A representative for each league & the coordinators will seed each of the class brackets
- October 14 -Schools will be notified of their seeds by email (sent to Athletic Directors)
- October 15 -Brackets will be posted on the Section IV website and will be released to the Media

Section IV Tournaments

- October 20 -Girls Preliminaries
- October 21 -Boys Preliminaries
- October 23 -Girls AAA, AA, & A Semifinals / Girls A, B, C, & D Quarterfinals (at Higher Seed)
- October 24 -Boys AAA, AA, & A Semifinals / Boys A, B, C, & D Quarterfinals (at Higher Seed)
- October 27 -Girls B, C & D Semifinals (at Higher Seed)
- October 28 -Boys B, C & D Semifinals (at Higher Seed)
- October 29 -Boys & Girls Finals
- AAA at Horseheads (Girls 5:30pm; Boys 7:15pm)
- AA at Waverly (Girls 5:30pm; Boys 7:15pm)
- A at Union Endicott (Girls 5:30pm; Boys 7:15pm)
- B at Chenango Forks (Girls 5:30pm; Boys 7:15pm)
- October 30 -Boys & Girls Finals
- C at Greene (Girls 5:30pm; Boys 7:15pm)
- D at Sidney (Girls 5:30pm; Boys 7:15pm)

NYSPHSAA Tournament

November 4

Sub-Regionals:

Boys: A vs. Section V (At Large) at Johnson City (Time TBD)

Girls: A vs. Section IV (At Large) at Johnson City (Time TBD)

Girls: B vs. Section I at Windsor (Time TBD)

Boys: B vs. Section XI at Windsor (Time TBD)

November 7

Regionals:

Boys: AAA vs. Section III (At Large) at Chenango Valley (Time TBD)

AA vs. Section XI (At Large) at Chenango Valley (Time TBD)

A winner of Subregional at Section V or VI

B winner of Subregional at Section V or VI

C at Section III

D vs. Section 2 at Chenango Valley (Time TBD)

Girls: AAA vs. Section I at Chenango Valley (Time TBD)

AA vs. Section XI at Chenango Valley (Time TBD)

A winner of Subregional at Section V or VI

B winner of Subregional at Section V or VI

C at Section III

D vs. Section X at Chenango Valley (Time TBD)

NYSPHSAA Tournament (cont.)

November 13-15 - Girls NYSPHSAA Semifinals and Finals @ Cortland
 - Boys NYSPHSAA Semifinals and Final @ Middletown

For all the up-to-date NYSPHSAA Brackets please visit the NYSPHSAA webpage(s):

NYSPHSAA Boys Championship Page: <https://nysphsaa.org/tournaments/?id=26>

NYSPHSAA Girls Championship Page: <https://nysphsaa.org/tournaments/?id=27>

Section IV 2026 Boys & Girls Sectional Soccer Tournament

Guidelines and Protocols

- As of June 13, 2012, the Boy's and Girl's Sectional Soccer Tournaments are no longer open to all schools. The following resolution was passed and only those schools meeting the criteria will be allowed to participate in post-season Sectional Tournament play. "Be it resolved that Section IV Entry Policy for Sectional Tournaments (State Qualifying Tournaments) shall be 40%-win percentage for overall schedule or 50%-win percentage for in class schedule. Should only one school qualify in any class, the 2nd seeded team would have the option to play in the Sectional Final."
- The Seeding Meeting will be held on Wednesday, October 14, 2026. (at the Section IV Office – 7:00 p.m.).
 - The Two Coordinators, the Interscholastic Sports Coordinator, and a representative of each league will seed the boys and girls brackets.

LEAGUE REPRESENTATIVES SHALL BE PRESENT AT THE SEEDING MEETING

- All seeding information must be received by the Section IV Office (jmcweeney@dcmoboces.com and dwoods@dcmoboces.com) no later than 12:00 noon on Wednesday, Oct 14th.
- COACHES or ATHLETIC DIRECTORS MUST FAX (607) 561-2344 OR EMAIL (jmcweeney@dcmoboces.com and dwoods@dcmoboces.com) THE SECTION IV OFFICE THEIR COMPLETED SEEDING FORM TO VERIFY ALL SEEDING POINTS !!!!*
- Only those regular season games completed through Tuesday, October 13th will be considered when seeding.

- In the event that there are more than 16 teams that qualify and wish to participate in a class, the lowest seeded teams must be prepared to play off prior to the first round. (Monday October 19th)
- It is each team's responsibility to mail or e-mail in a schedule of all games to be played, listing teams and their enrollment Classification, to the Interscholastic Sports Coordinator. (Elmira area schools should obtain data regarding Pennsylvania schools.)
 - Seeding form is on the Section IV Website on the Boys & Girls Soccer webpages.
 - (BY SECTION VOTE THE FOLLOWING IS IN EFFECT: "A SYSTEM OF NEUTRAL OFFICIALS WILL BE ASSIGNED WHEN TEAMS ARE FROM DIFFERENT AREAS AND HAVE BEEN SERVICED BY DIFFERENT BOARDS DURING THE REGULAR SEASON.")
- Seeding Procedures:
 - The procedure for determining the pairings in the tournament will remain the same as it has in the past.
 - It shall be as follows:

5 points for a win over a larger classification
 4 points for a win over the same classification
 3 points for a win over a smaller classification
 2 points for a loss to a larger classification
 1 point for a loss to the same classification
 0 points for a loss to a smaller classification

- **TIE GAMES** - Add the total possible points a team could receive for a win and a loss and then divide by two.

Example for number Tie Games:

A Class B team ties a class D team.

For the class B team, add 3 for a win over a smaller class and 0 points for a loss to a smaller class. Your sum is 3 divided by 2 or 1.5 points.

The class D team adds 5 points for a win over a higher class and 2 points for a loss to a higher class. Your sum is 7 divided by 2 or 3.5 points.

- Determine the final pairings by dividing the total available points by the number of games played for each team.

(PLEASE NOTE: Section IV and New York State Public High School Athletic Association does NOT recognize penalty kick shoot-outs as victories or losses, and we must record them as ties for seeding purposes.)

- If two teams are tied on points their seed will be determined according to the following criteria:

- Head-to-head competition
 - Record vs. common opponents
 - Overall record - most wins
 - League records - most wins
 - Coin flip

- All Sectional games must use a Spalding Ball
- Sectional games will be played at the higher seeded team's field until the Finals. (in the event the higher seed cannot provide a playable field, a neutral site will be used)
- Finals will be scheduled at a predetermined site and where possible teams are prohibited from playing games on these designated fields prior to the finals.
- Time and duration of the games:

- All afternoon games will begin at 3:30 p.m. prior to the daylight-saving time change and 2:00 after the time change.

- Saturday and championship games will be determined according to the facilities available.

- Teams may by mutual agreement play in the evening when the opportunity exists.

- The Executive Director must be notified of any changes made after the seeding meeting.

- All games will be 40-minute halves.

- Suspended games will be replayed from the point of suspension, if suspended in the first half. If the first half is complete and the score is not tied the game is complete. If the game remains tied the section shall determine whether or not the game will be resumed at the point of suspension.

- Uniforms and AED

- The higher seeded team will be the home team and wear the dark uniforms for all games.

- The higher seeded team is responsible for the provision of an AED at each game. (Including neutral sites)

- Coaches of the winning team must e-mail or text the results to their coordinator, immediately after each game. (Boys- alaing@franklincsd.org, 607-437-2223) or (girls- rturnbull@norwichcsd.org, 607-316-2280)

- Regarding officials:
 - Officials will be assigned by the Interscholastic Sports Coordinator using the game report sheets, returned by coaches following each regular season game. (Coaches not returning rating sheets will not receive preferences)
 - Locality of games will affect the assignment of officials.
 - If a game is to be played against a team from different official's board, please remember that a neutral board will be used for officials.
 - It is the responsibility of each coach to review the game procedures with the officials prior to the start of the contest, particularly the procedures for those games ending in a tie.
 - Three officials will be assigned in all finals.
- All overtime periods will be 15 minute sudden victory.
- At each game it is the responsibility of the Home School's Site Chairman to:
 - Make provisions for ball people, timer, horn, clock, tables, chairs, AED and Spalding game balls.
 - Make provisions for dressing and shower facilities whenever possible.
 - Make provisions for the lining of fields and the availability of corner flags.
- Admission to Sectional Soccer games: Admission charges for rounds up to the Semi-Finals is at the host schools discretion, the host school will be responsible for all expenses of these games.
 - All ticket sales are digital and online through "Go Fan"
 - No cash accepted
 - Admission \$6.25 (Go Fan) for Finals held at Section IV facility
 - Admission \$7.30 (Go Fan) for all games held at a college, stadium or municipal field
 - Admission \$9.40 (Go Fan) for Regional (Hosted in Section IV)
 - Children 10 years of age and under when accompanied by an adult will be admitted free to a contest hosted by Section IV; this does not include State Semi-Final or Championship games.
 - Send financial report with receipts for soccer finals and regionals to:

Janet McWeeney, Treasurer
 Section IV Athletic Association
 276 State Highway 7
 Sidney, New York 13818

- For sectional finals both teams must bring 3 Spalding game balls and at least 2 ball persons to the game. The Higher Seeded Team is responsible for providing an AED, but this does not remove the visiting team's legal obligation.
- The Site Chairman will also establish a protest committee prior to each sectional game. All protests must be made and resolved immediately. (Protests may be upheld, denied, or denied with recommendation.)
 - The Protest Committee shall be made up of the site chairman, an official and third person chosen by the site chairman. Both the home and away teams should be represented in the absence of impartial observers
 - Only the misinterpretation or misapplication of a rule may be protested. The judgment of the referee may not be called into question.
- During the course of the season each coach must file a game report for each game played. The report will provide an evaluation of the officials and other pertinent seeding information. Failure to do so will influence both the school's seed and the officials assigned to post-season play. Game reports are available online at the Section IV webpage.
 - The game report forms must be sent back following each game. It is necessary that both coaches report all red and yellow cards on these forms with explanations and observations regarding the incidents.
 - Final game assignments of time, day and field will not be made until all Boy's and Girl's Semi- Finals are completed. Assignments will be determined by distance to travel, number of teams involved, and instructional time missed. The cooperation of all schools is, both, necessary and expected.

HEAT STRESS AND ATHLETIC PARTICIPATION

Early fall football, cross country, soccer, and field hockey practices are conducted in very hot and humid weather in many parts of the United States. Due to the equipment and uniform needed in football, most of the heat problems have been associated with football. Under such conditions the athlete is subject to the following:

HEAT CRAMPS - painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating.

HEAT SYNCOPE - weakness, fatigue, and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heat stroke.

HEAT EXHAUSTION (WATER DEPLETION) - Excessive weight loss, reduced sweating, elevated skin and deep body temperature, excessive thirst, weakness, and sometimes unconsciousness.

HEAT EXHAUSTION (SALT DEPLETION) - exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.

HEAT STROKE - an acute medical emergency related to thermo-regulatory failure. Associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and hot dry skin (heat stroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above-mentioned heat stress problems can be controlled provided certain precautions are taken. According to the American Academy of Pediatrics Committee on Sports Medicine, heat related illnesses are all preventable. (Sports Medicine: Health Care for Young Athletes, American Academy of Pediatrics, 1991) The following practices and precautions are recommended:

1. Each athlete should have a physical examination with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State high school associations recommendations should be followed.
2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the PHYSICAL CONDITION of their athletes and set practice schedules accordingly.
3. Along with physical conditioning the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for GRADUAL ACCLIMATIZATION TO HOT WEATHER. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used, and that 80% acclimatization can be expected to occur after the first 7-10 days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.
4. The old idea that water should be withheld from athletes during workouts has NO SCIENTIFIC FOUNDATION. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum 10-minute water break be scheduled for every half hour of heavy exercise in the heat. Athletes should rest in a shaded area during the break. WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES. Check and be sure athletes are drinking the water. Cold water is preferable. Drinking ample water before practice or games has also been found to aid performance in the heat.
5. Salt should be replaced daily. Modest salting of foods after practice or games will accomplish this purpose. Salt tablets are not recommended. ATTENTION MUST BE DIRECTED TO REPLACING WATER - FLUID REPLACEMENT IS ESSENTIAL.
6. Know both the TEMPERATURE and HUMIDITY. The greater the humidity the more difficult it is for the body to cool itself. Test the air prior to practice or game using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat, and air movement. The following precautions are recommended when using the WBGT Index: (ACSM's Guidelines for the Team Physician, 1991)

Below 64	Unlimited activity
65-72	Moderate risk
74-82	High risk
82 plus	Very high risk

There is also a weather guide for activities that last 30 minutes or more (Fox and Matthews, 1981) which involves knowing the relative humidity and air temperature.

<i>AIR TEMP</i>	<i>DANGER ZONE</i>	<i>CRITICAL ZONE</i>
<i>70 F</i>	<i>80% RH</i>	<i>100 % RH</i>
<i>75 F</i>	<i>70% RH</i>	<i>100% RH</i>
<i>80 F</i>	<i>50% RH</i>	<i>80% RH</i>
<i>85 F</i>	<i>40% RH</i>	<i>68% RH</i>
<i>90 F</i>	<i>30% RH</i>	<i>55% RH</i>
<i>95 F</i>	<i>20% RH</i>	<i>40% RH</i>
<i>100 F</i>	<i>10% RH</i>	<i>30% RH</i>

RH - Relative Humidity

One other method of measuring the relative humidity is the use of a sling psychrometer, which measures wet bulb temperature. The wet bulb temperature should be measured prior to practice and the intensity and duration of practice adjusted accordingly. Recommendations are as follows:

<i>Under 65 F</i>	<i>Safe but always observe athletes</i>
<i>61-65 F</i>	<i>Observe players carefully</i>
<i>66-70 F</i>	<i>Caution</i>
<i>71-75 F</i>	<i>Shorter practice sessions and more frequent water and rest breaks</i>
<i>75 + F</i>	<i>Danger level and extreme caution</i>

- 7. Cooling by evaporation is proportional to the area of the skin exposed. In extremely hot and humid weather, reduce the amount of clothing covering the body as much as possible. NEVER USE RUBBERIZED CLOTHING.*
- 8. Athletes should weigh each day before and after practice and WEIGHT CHARTS CHECKED. Generally, a 3% weight loss through sweating is safe and over a 3% weight loss is in the danger zone. Over a 3% weight loss the athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions.*
- 9. Observe athletes carefully for signs of trouble, particularly athletes who lose much weight and the eager athlete who constantly competes at his/her capacity. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance, and unsteadiness.*
- 10. Teams that encounter hot weather during the season through travel or following an unseasonable cool period, should be physically fit but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.*
- 11. Know what to do in case of an emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practice and pre-arranged procedures for obtaining medical care, including ambulance service.*

HEAT STROKE: *This is a MEDICAL EMERGENCY - DELAY COULD BE FATAL! Immediately cool body while waiting for transfer to a hospital. Remove clothing and use cool water on the body. An increasing number of medical personnel are now using a treatment for heat illness that involves applying either alcohol or cool water to the victim's skin and vigorously fanning the body. The fanning causes evaporation and cooling. (Source - The First Aider - September 1987)*

HEAT EXHAUSTION: *OBTAIN MEDICAL CARE AT ONCE! Cool body as you would for heat stroke while waiting for transfer to a hospital. Give fluids if athlete is able to swallow and is conscious.*

SUMMARY: *The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete unrestricted access to water. Water breaks two or three times every hour is better than one break an hour. The small amount of salt lost in sweat is adequately replaced by salting food at meals. Talk to your medical personnel concerning emergency treatment plans.*



HEAT INDEX PROCEDURES

Administration of Heat Index Procedures:

- Feels Like Temperature (Heat index) or THI using a Wet Bulb indicator on the field will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 80 degrees (Fahrenheit) or higher.
- Download WeatherBug app to your phone or log into www.weatherbug.com. Schools may also use a Wet Bulb indicator on the field that will be used.
- Enter zip code or city and state in the location section of the app or on-line or determine the THI by using a Wet Bulb indicator.
- If the Feels Like temperature (heat index) or the Wet Bulb Indicator is 90 degrees or above, the athletic trainer, athletic director, or school designee must re-check the Feels Like temperature (heat index) or Wet Bulb indicator at halftime or midway point of the contest. If the Feels Like temperature (heat index) or Wet Bulb indicator is 96 degrees (Fahrenheit) or more, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	Feels Like Temp(Heat Index) or Wet Bulb indicator under 79 degrees	Full activity. No restrictions
R E C O M M E N D E D	Heat Index Caution: Feels Like Temp (Heat Index) or Wet Bulb indicator 80 degrees to 85 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch: Feels Like Temp (Heat Index) or Wet Bulb indicator 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider postponing practice to a time when Feels Like temp is lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).
	Heat Index Warning: Feels Like Temp (Heat Index) or Wet Bulb Indicator 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness. Consider postponing practice to a time when Feels Like temp is much lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time). Light weight and loose fitting clothes should be worn. For Practices only Football Helmets should be worn. No other protective equipment should be worn.
REQUIRED	Heat Index Alert: Feels Like Temp (Heat Index) or Wet Bulb indicator 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.

Approved May 1, 2010
Updated July 27, 2016

Please refer to the following chart when using Wet Bulb Globe Temperature Indicator, to take the appropriate actions:

Cat 3	Cat 2	Cat 1	Activity Guidelines
< 82.0°F <27.8°C	< 79.7°F <26.5°C	< 76.1°F <24.5°C	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.2 - 86.9°F 27.9-30.5°C	79.9 - 84.6°F 26.6-29.2°C	76.3 - 81.0°F 24.6-27.2°C	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
87.1 - 90.0°F 30.6-32.2°C	84.7 - 87.6°F 29.3-30.9°C	81.1 - 84.0°F 27.3-28.9°C	Maximum practice time is 2 h. <u>For Football</u> : players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. <u>For All Sports</u> : Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
90.1 - 91.9°F 32.2-33.3°C	87.8 - 89.6°F 31.0-32.0°C	84.2 - 86.0°F 29.0-30.0°C	Maximum practice time is 1 h. <u>For Football</u> : No protective equipment may be worn during practice, and there may be no conditioning activities. <u>For All Sports</u> : There must be 20 min of rest breaks distributed throughout the hour of practice.
≥ 92.1°F ≥ 33.4°C	≥ 89.8°F ≥32.1°C	≥ 86.2°F ≥30.1°C	No outdoor workouts. Delay practice until a cooler WBGT is reached.



Fig. 2. Heat safety regions.

Use this link to determine the category of your location.

Link: <http://www.castlewilliams.com/wbgt-regions.html>

Approved May 1, 2010
Updated May 3, 2023



WIND CHILL PROCEDURES

Administration of Wind Chill Procedures:

- Feels Like Temperature (Wind Chill) will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 39 degrees (Fahrenheit) or lower.
- Download WeatherBug app to your phone or log into www.weatherbug.com.
- Enter zip code or city and state in the location section of the app or on-line.
- If the Feels Like temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or school designee must re-check the Feels Like (wind chill) at halftime or midway point of the contest. If the Feels Like (wind chill) temperature is -11 degrees (Fahrenheit) or lower, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	Feels Like Temp (wind chill) above 40 degrees	Full activity. No restrictions
R E C O M M E N D E D	Wind Chill Caution: Feels Like Temp (wind chill) 39 degrees to 20 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing.
	Wind Chill Watch: Feels Like Temp (wind chill) 19 degrees to 10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss.
	Wind Chill Warning: Feels Like Temp (wind chill) 9 degrees to -10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss. Consider postponing practice to a time when the Feels Like temp is much higher. Consider reducing the amount of time for an outdoor practice session.
REQUIRED	Wind Chill Alert: Feels Like Temp (wind chill) -11 degrees or lower	No outside activity, practice or contest, should be held.

Special Note: Alpine Skiing will be exempt from this policy and will follow the regulations of the host ski center where the practice or event is being held.

Approved May 1, 2010
Updated July 27, 2016

NYSPPHSAA THUNDER & LIGHTNING POLICY

*(Effective 10/25/04)
(Revised October 20, 2008)*

Applies to all regular season through NYSPPHSAA finals:

- 1) Thunder and lightning necessitates that contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation of discussion - thunder is thunder, lightning is lightning.
 - a) With your site administrator, set up a plan for shelter prior to the start of any contest.
- 2) When thunder is heard and/or when lightning is seen, the following procedures should be adhered to:
 - a) Suspend play and direct participants to go to shelter, a building normally occupied by the public or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, car).
 - b) Do not permit people to stand under or near a tree; and have all stay away from poles, antennas, towers and underground watering systems.
 - c) After thunder and/or lightning have left the area, wait 30 minutes after the last boom is heard or strike is seen before resuming play or competition.



Tornado Policy

- Tornado Watch-indicates tornados are possible. Event staff must continue to monitor the situation.
- Tornado Warning-Tornado siren sounds signaling tornado sighted or tornado indicated by radar

GUIDELINES/PROCEDURES

- If a tornado warning is initiated, immediate event delay shall be implemented, and all participants, spectators and athletic staff shall seek shelter immediately. Once inside a secure location, tune to local weather alert radio to be informed of the storm location, path and duration of tornado warning.
- Warning may be extended, or a new warning issued at any time, so continue to monitor.
- Safe shelter from tornado inside lowest building level, away from exterior walls/windows, with windows closed.

All Clear-tornado warning will expire after duration specified by the National Weather Service and the site director will notify all involved that the warning has ended, and the event may resume.

July 2022

******* Warning about the Inherent Dangers of Soccer *******

Student athletes and parents should be aware that Soccer, like all sports, will always have inherent dangers. Although rare, death or catastrophic injury can result from participation in this sport, and care should be taken by all concerned to minimize such dangers through the use of appropriate equipment, proper training methods and common sense.

The NFHS encourages student athletes in all sports, and their parents, to discuss risks and risk minimization with coaches, school administrators and state high school association officials.

Dominic Murray Sudden Cardiac Arrest Prevention Act

Signs or symptoms of Cardiac Arrest

1. Fainting or seizure, especially during or right after exercise or with excitement or startle
2. Racing heart, palpitations, or irregular heartbeat
3. Dizziness, lightheadedness, or extreme fatigue with exercise
4. Chest pain or discomfort with exercise
5. Excessive shortness of breath during exercise
6. Excessive, unexpected fatigue during or after exercise

*******Concussion Management*******

The **Concussion Management and Awareness Act** went into effect on July 1, 2012, for all public schools and charter schools. The items listed below are required for school districts to comply with the law. Some of the items are specifically spelled out in the law and others have been recommended by the State Education Department and the Department of Health and approved by the State Board of Regents.

Requirements of School Districts

Education:

Each school coach, physical education teacher, nurse, and athletic trainer will have to complete an approved course on concussion management on a biennial basis, starting with the 2012-2013 school year.

- School coaches and physical education teachers must complete the CDC or NFHS course.
(www.cdc.gov/concussion/Heads-up/online_training.html)
- School nurses and certified athletic trainers must complete the concussion course.
([Http://preventingconcussions.org](http://preventingconcussions.org))

Information:

Provide concussion management information and sign off with any parental permission form. **The NYSPHSAA will provide a pamphlet to member schools on the concussion management information for parents.**

The concussion management and awareness information on the State Education Department's website must be made available on the school website, if one exists.

Removal from athletics:

Require the immediate removal from athletic activities of any pupil that has or is believed to have sustained a mild traumatic brain injury.

No pupils will be allowed to resume athletic activity until they have been symptom free for 24 hours and have been evaluated by and received written and signed authorization from a licensed physician. For interscholastic athletics, clearance must come from the school medical director.

- Such authorization must be kept in the pupil's permanent health record.
- Schools shall follow directives issued by the pupil's treating physician

State Education Department's Guidance for Concussion Management

Schools are advised to develop a written concussion management policy. A sample policy is available on the NYSPHSAA website at www.nysphsaa.org. The policy should include:

- A commitment to reduce the risk of head injuries.
- A procedure and treatment plan developed by the district medical director.
- A procedure to ensure proper education for school nurses, certified athletic trainers, physical education teachers, and coaches.
- A procedure for a coordinated communication plan among appropriate staff.
- A procedure for periodic review of the concussion management program.
- Post-Concussion Management

1. **Cognitive rest** requires the student avoid participation in, or exposure to, activities that require concentration or mental stimulation.
2. **Physical rest** includes getting adequate sleep, taking frequent rest periods, and avoiding physical activity that requires exertion.
3. **Return to school activities** may begin once a medical provider clears the student and may recommend a graduated return to activities, after the student has been symptom free for 24 hours. For physical activities, please refer to Zurich Guidelines which can be found at www.nysphsaa.org.

Schools may develop a **Concussion Management Team** to help guide and implement the program.

- The team may include, but is not limited to, students, parents/guardians, school administrators, medical director, private medical provider, school nurse, director of PE, certified athletic trainer, physical education teachers, coaches, and regular education teachers.

Soccer Rules Changes - 2026-27

4-1-4c: Clarifies that dark socks must be worn by the home team.

Rationale: The two teams must wear colors that distinguish them from each other. The addition of the word dark in the home team sock clarifies that only the visiting team may wear white socks.

4-2-7d,e (NEW): Offers guidance on appropriate tooth and mouth protector elements.

Rationale: The overall purpose and function of the tooth and mouth protector is to protect the teeth, the mouth, and lips if it has a lip guard. Items that are added or included on the tooth and mouth protector that do not serve a purpose or function in the protection of the teeth or mouth should not be allowed. Also, items that are a part of the tooth and mouth protector that are a health risk to the individual wearing it should not be allowed.

4-2-11a thru c NOTE 2 (NEW): Prohibits players from wearing audio or video devices while participating in a match.

Rationale: No athlete participating in a match is permitted to wear any type of audio or video device to record, transmit, or live stream. This language aligns with other NFHS rules books. The use of electronic communication devices with players on the field is still prohibited. State associations may further restrict electronic devices.

5-3-1f-j: Change updates the officiating procedures for issuing yellow and red cards by removing the term carded in favor of consistent terminology already used in the rules book; cautioned and ejected.

Rationale: This aligns terminology by removing the term “carded” and using language found within the rules book. Explicitly defining that cautions correspond to yellow cards and ejections correspond to red cards provide clarity. Repeated or redundant language has been reorganized into new sub articles to improve readability and consistency across the rule. Additionally, the revision clarifies that any player who is shown a card, yellow or red, must still leave the field of play and that officials are responsible for directing the player to do so.

8-1-2: Clarifies when a kickoff should be retaken, specifically when not all players are on their half of the field.

Rationale: This change provides clarity on the differing restarts regarding kickoff offenses. This change explicitly addresses situations when the kickoff should be retaken because players were not properly positioned on their half of the field.

12-1-2c: Emphasizes the importance of goalkeeper safety when in possession of the ball and improves clarity for consistent officiating purposes.

Rationale: Overall, this change aligns the rule with consistent officiating practice, removes redundancies and improves clarity without materially altering when a charge is or is not permitted. The change consolidates language referring to the goalkeeper controlling the ball with their hands, where the simplified language refers to the full, shared definition referenced in a later section. This change emphasizes the core safety concept that remains unchanged: the goalkeeper in possession of the ball with their hands cannot be charged or challenged.

12-2-3: Adds biting to direct free kick fouls.

Rationale: Incorporates biting into direct free kick fouls.

Soccer Rules Changes - 2026-27 (continued)

12-3-1 thru 3: Extends goalkeeper possession limit and adjusts the penalty when the time limit is exceeded.

Rationale: Reorganizes goalkeeper restrictions, extends goalkeeper possession limit from six to eight seconds and changes the penalty from indirect free kick at the point of infraction to a corner kick. It brings the rule in line with the spirit of the game and gives officials clearer authority and makes the punishment less severe when the goalkeeper clearly exceeds the time limit.

12-3-5: Clarifies considerations of dangerous play.

Rationale: Adds clarifying language to the considerations for dangerous play that include actions that prevent a nearby opponent from playing the ball for fear of injury.

12-3-6 & 7 (NEW): Offers flexibility for officials when addressing verbal offenses by categorizing them as indirect free kick fouls.

Rationale: By including "other verbal offenses" as an indirect free kick foul, this also gives more flexibility for officials when disciplining verbal offenses: they are now considered fouls at a minimum and may rise to the level of misconduct depending on the circumstances. New Article 7 then addresses any other reason for which play is stopped for misconduct; play is restarted with an indirect free kick.

12-6-1b (1-4) (NEW): Adds language to provide additional guidance regarding DOGSO.

Rationale: This change clarifies and simplifies the language surrounding DOGSO ejections by removing redundant wording, eliminating references to "attempted" DOGSO, since intent is not part of the decision, and aligns with previous rule wording within Rule 12. The updated structure provides four clear categories for denying a goal or obvious opportunity.

13-1 thru 3: Reorganizes free kick restart procedures into distinct categories, clarifying when, where, and how free kicks are awarded and taken, while incorporating guidance for situations involving outside agents, off-field offenses, thrown objects, and unauthorized field entry or exit.

Rationale: The revision of Rule 13 clarifies the procedures for restarts on free kicks by breaking the rule into distinct categories, outlining when and where free kicks are awarded, and detailing how they should be taken. It also specifies the correct restart locations and provides guidance for officials on managing these situations. Additionally, the update incorporates restart procedures for scenarios involving outside agents, offenses occurring off the field, thrown objects, individuals entering the field illegally, players leaving the field without permission, and offenses that occur outside the field of play.

Rule 14: Encroachment is now penalized only when it clearly impacts the kick outcome, and goalkeepers receive a warning for a first offense rather than an immediate caution. Deceptive movements and stutter-stepping remain permitted during the run-up, but feinting after the approach is completed is prohibited.

Rationale: The rewrite ensures that encroachment is now only penalized if the offense has a clear impact on the penalty kick. Goalkeepers will now receive a warning for a first offense rather than an immediate caution, acknowledging that such infractions often stem from mis-anticipation. Regarding the kicker, the revisions continue to allow for deceptive movements and stutter-stepping during the run-up; however, the change strictly prohibits feinting once the approach to the ball is completed. Finally, in rare instances where both the kicker and goalkeeper offend simultaneously, the kicker is penalized, as their illegal feinting is typically the catalyst for the goalkeeper's infraction. The penalty chart is also updated and reformatted for clarity.

OVERTIME PROCEDURES

The overtime procedures for boys and girls soccer are as follows:

- Regular Season Games - two ten-minute sudden victory periods
- Regular Season Tournaments - two ten-minute sudden victory periods, PKs if still tied.
- Post Season (Beginning with the first sectional contest) - Two 15-minute sudden victory periods, PKs if still tied, co-champions in the state final.
- A section may choose not to play overtimes at all in the regular season. (Section VIII boys)

There has been a language change to the NYSPHSAA Handbook, under Eligibility Standard #27 – Sportsmanship.

Sportsmanship Policy

In May 2009, the NYSPHSAA Executive Committee voted to approve a language change in the Sportsmanship Standard, which will now read as follows, “A coach or player who receives a disqualification penalty during a contest shall not participate in the next regularly scheduled contest”. The same language change was made for #2 and #3 of the Sportsmanship Standard.

The rationale for the recommendation by the Sportsmanship Committee was to address the situations where a coach or student athlete may receive more than one disqualification penalty in the same game. The committee does not intend to change the rules, or the proper protocols established by the sport rule book. The expectation is that officials will continue to handle unsportsmanlike behavior in a manner established by the rule book, approved by the NYSPHSAA for each sport.

Scrimmage Definition

There is a new definition for a scrimmage (May 2010)

A Varsity or Junior Varsity soccer scrimmage may not exceed a total of 100 minutes per team per day. Unlimited substitutions are permitted. The length of time for the periods of play is to be determined by the coaches, not to exceed 40 minutes in any one period: halves, three periods or quarters. Scoreboards may be used for timekeeping only. The clock will begin with the goalkeeper in possession of the ball. When a goal is scored, play will be restarted with goalie possession. The goalie may restart play with a goal kick, goalie throw or goalie punt.

MODIFIED RULES

Presently the section in the NYSPHSAA handbook pertaining to Modified Soccer reads as follows.

INTERSCHOOL PRACTICE SESSIONS/SCRIMMAGES: A school is limited to three (3) interschool practice sessions/scrimmages which, if conducted, may be held at any time after minimum practice requirements and previous to the last scheduled contest. By sectional approval, in cases where officials' are not available for contests and all avenues of obtaining certified official have been exhausted, additional scrimmages are permissible as replacements to the scheduled contests. Interschool practice sessions/scrimmages are governed by the same hours to elapse between such sessions/scrimmages as for regularly scheduled contests with the exception of football

NOTE: In practice sessions/scrimmages:

1. Both squads use the same Neild simultaneously with both coaches making corrections and giving instruction to players as they would do during their own practice.
2. No official score is kept.
3. No admission is charged.
4. No spectators are permitted unless such is the usual plan whenever the squad

Game Rules:

1. NFHS Rules
2. Free substitution is permitted when the ball goes over the sideline or end line.
3. Equipment—An all-purpose type of foam helmet may be worn, and a mouthpiece may be worn by the soccer goalie for protective purposes.
4. One-time out period per half (including each overtime period) may be called whenever the ball is dead. The coach is permitted on the field during the time out period to instruct the players.
5. Corner flag posts must be flexible in nature (wood, plastic or plastic foam) and conform to the NFHS rule standard of not being less than 5 feet high. Plastic traffic cones may be substituted in place of corner flags.
6. There shall be two overtime periods of four minutes when the regulation game ends in a tie. A coin shall be flipped prior to the first overtime period. If time still exists after the second overtime, no further play shall be conducted.
7. In the event of a disqualification of a player, a substitution must be made for that disqualified player. If a team has no eligible substitute, the team may continue to play shorthanded.
8. The NFHS regulation that the boys' and girls' soccer goalie uniform jersey be numbered, and all white away uniforms shall be waived at the modified level.

Girls All-State/All-American Nominations

Each year there are many questions in regard to All-State and All-American candidates. Hopefully this information may help.

ALL-STATE picks are compiled and selected by The New York State Sportswriters & Coaches Organization for Girls Sports. This Newsletter, founded in 1990, helps promote girl's high schools sports in New York. Newsletters are published the first Tuesday of each month and include features, rankings, articles, All-State lists, and etc. Members are encouraged to submit articles/info. To become a member, you can contact NYSSCOGS Perry Novak-editor, 3350 Rt. 28, Herkimer, NY 13350 or phone/e-mail. 315-866-6661(home/fax), nysscogs@yahoo.com. Membership fees are \$30 a year.

How does one get selected to an ALL-STATE Team?

Each classification (AAA-D), from our section, has a given fixed number of players who are selected. Each classification has an allotted number of players selected due to number teams in our section. Committee members in our area, provide information of players to Perry Novak, who then compiles it and makes the final teams. Your school or coach does not have to be a member of the Newsletter for a player to get selected. However, a certificate of recognition of ALL-STATE status is only provided to membership readers.

ALL-AMERICAN SELECTIONS

First and foremost, very few players receive the honors of ALL REGION or ALL-AMERICAN. In order for a player to be considered and selected the coach must belong to the United Soccer Coaches Association. Coaches may register online and become a member. Nominations for this team takes place each year at the Girls State Championship games.

Please submit all nominations to:

Rich Turnbull-Section IV Girls Soccer Coordinator:

rturnbull@norwichcsd.org 607-316-2280

**UNITED SOCCER COACHES
BOYS
ALL-N.Y. STATE/ALL REGION/ALL-AMERICAN SOCCER TEAM MEMBER
INFORMATION FORM**

******Only a coach who is a member of the USCA may nominate one of their own players for consideration to the All-State teams****.**

Player's Name: _____

Player's Home Address: _____
street city state zip code

Player's Present Home Phone: | _____

School or Club Name: _____

School or Club Address: _____

School or Club Phone: City _____ County _____ State _____ Zip Code _____

Player's Position: _____ Grade _____

Area Selection Committee Chairman: _____ Section _____

Name of Coach: _____

Coach's Home Address: _____
street city state zip code

Coach's Phone: Home _____ Business _____

USCA Membership Number: _____

- The coach or school must be a member of the USCA! The soccer candidates are not to be made aware of the fact that they are being considered, much less be allowed to fill out the forms!!!
- The Athlete must have been chosen first team All-League or All Star for the regular season.

Note: Outstanding achievements and honors of player may be placed on the back of this sheet.

Please Submit to:

Large School (Class AA, AA and A) Contact:

Derek Hamilton

308 Larchmont Road

Elmira, NY 14905

(607) 425-2709

Dehamilton@elmiracityschools.com

Small School (class B, C and D) Contact:

Rick Tallman 607-345-8170

tallmanr2@yahoo.com

or Jason Hodge 607-316-4195

JHodge@tburg.K12.ny.us

NYSPHSAA Sport Standards

SOCCER – (NYSPHSAA sport standards of the NYSPHSAA handbook)

- An individual must have had 6 practices before participating in a scrimmage or game.
- A team may only participate in 16 regular season games.
- There must be a minimum of one night between games or scrimmages. An individual may compete in only one game or scrimmage per day.
- All games and scrimmages will follow the rules for soccer as published by NFHS.

By State Association Adoption: (May 2008)

Length of Period:

- The game will be played in two equal halves of 40 minutes each.
- Shorten Periods: By mutual agreement or in any emergency, by agreement of coaches or ordered by the head referee, provided it is determined to shorten the periods before the game or before the second half begins and all remaining periods are the same length.

Suspended Game:

- If less than one-half of the game has been completed, the game will be restarted from the point of interruption. If one half has been completed the game is over.

Time on Field:

- Time may be kept on the field by the head referee.

Score on Field:

- The official score may be kept by the head referee.

Reserve Official:

- The reserve official may assume the duties of the Scorer and Timer.

Yellow Card Accumulation Policy

It is the intention of the NYSPHSAA Sportsmanship Committee to address the issue of the accumulation of Yellow Cards during the soccer season by an individual player or coach. All situations regarding Red Cards are dealt with directly under the NYSPHSAA Guidelines for Sportsmanship and Misconducts outlined in the State Handbook for all sports. The consequences for the accumulation of excessive Yellow Cards will be as follows:

1. Five Yellow Cards accumulated by a single player or coach in the regular season will result in a one game suspension. Disqualifications due to an accumulation of five yellow cards occurring in the last game of the season will carry over into the next season of participation, if the team does not enter postseason play.
2. The continued accumulation of three Yellow Cards by the same individual or coach will result in a one game suspension and thereafter a one game suspension per additional Yellow Card.
3. In the event that the player or coach receives two Yellow Cards in the same game, resulting in a Red Card, the two Yellow Cards will not count toward the season total, since the player or coach will receive a one game suspension as a result of the misconduct and ejection.
4. The accumulation card total is for regular season play only and the process will start over again for postseason play. However, any penalties awarded as a result of the last regular season game will carry over into the post season.
5. The postseason policy will provide a one game suspension after three Yellow Cards and a one game suspension for each additional card received through the State Final. A one game suspension resulting from a yellow card in a team's last postseason game will carry over into the next season of participation.
6. The **COACH of the CARDED PLAYER** is to report all Yellow Cards to their League and Section by means of Mail, E-mail or Fax for tabulation. The officials should report to their boards concerning games in which cards are given and the reasons for issuance of the card. Board policy will determine the method of notification to the League and Section. A final end of the year report including data on disqualifications shall be sent to the NYSPHSAA Sportsmanship Coordinator.
7. Refusing to report, or failing to report infractions and allowing players to continue play under these circumstances will result in the forfeiture of all games in which the individual in question participated.
8. Coaches who fail to report Yellow/Red Cards will be given one reminder and subsequent violations may result in postseason suspension by the Section IV Executive Director.

Soccer Clarification (August 2008)

If a coach is ejected for unsportsmanlike conduct (including the penalty for improperly equipped players) and the games cannot continue due to the lack of a certified coach appointed by the board of education to coach soccer, the game will be deemed a forfeit.

Player equipment (2007)

There has been a subtle but significant change in the administration of the soccer match; in that, the Head Coach will be responsible for ensuring that each of his/her players is properly equipped, the officials will no longer check equipment prior to the start of the game. If a player is sent off the field as not being properly equipped it will result in a yellow card for the Head Coach, if a second player is then sent off for the same reason the player will be issued a yellow card. A second yellow card to the coach would result in a Red Card being issued. The Head Coach would be ejected from the game and would not be able to coach the next scheduled contest. It is very important that each Coach be aware of this change and the adverse effects it could have.