



## SCRIMMAGES

Approved MAY 2010

**INTERSCHOOL SCRIMMAGES:** A scrimmage is a practice that is a **SIMULATED CONTEST**. In scrimmages: (a) both squads use the same field simultaneously with both coaches making corrections and giving instructions, (b) **GAME RULES MUST BE ALTERED – SEE SPORT SPECIFIC REQUIREMENTS (p.111-113)**, (c) no official score is kept, (d) time period(s) are defined in the Sport Standards section of the NYSPHSAA Handbook, (e) no admission is charged. The use of officials would be permitted and encouraged whenever possible for the purpose of instruction regarding the rules and proper application of rules.

### **BASEBALL**

A baseball scrimmage must include free substitutions and lineup cards will not be exchanged. Scrimmages must also include **one or more** of the following:

1. Play six (6) outs per half inning (example - 3 outs clear the field/ 3 more outs).
2. Batting order must be altered or modified to include more batters than rules permit.
3. Start with a runner(s) on base with a predetermined situation for at least two (2) full innings.

### **BASKETBALL**

A basketball scrimmage must include 10 minute time periods with running time (except time-outs) and unlimited time outs. The score will be cleared at the end of the time period and the time will be reset. Scrimmages must also include **one or more** of the following:

1. Optional shot clock
2. Shoot only fouls against the shooter with free throws awarded in a one plus one.
3. At the end of the 1st and 3rd quarters, each team will run five (5) special plays. Example: out-of-bounds play underneath the basket; sideline out-of-bounds.

### **BOWLING**

In a bowling scrimmage any format may be used and substitutions may be made at any time. No official scores may be kept; therefore, scores may not be used in calculating season average or for qualifying for sectional or state tournaments. Scores may not be used toward league or non league standing.

### **FIELD HOCKEY:**

A field hockey scrimmage must start with a sideline or 16 yard hit and includes **one or more** of the following:

1. A running clock and/or modified periods
2. Incorporate all or part of the Overtime Procedure into the scrimmage
3. Each team will take 5 offensive corners, playing until either a goal is scored; ball goes out of bounds or crosses the 25yd line.

### **FOOTBALL:**

Football scrimmages shall be governed by the following: (a) no official score is kept, (b) no definite time is set or kept, (c) coaches are permitted on the field to provide instruction and make corrections, (d) different configurations governing possession time and down and distance situations (than those normally used in a game) may be used to govern play, (e) unlimited time-outs and stoppages of play are permitted and encouraged for the purpose of both providing instruction and adequate rest periods, (f) the use of officials would be permitted and encouraged whenever possible for the purpose of instruction regarding the rules and proper application of rules, (g) no kickoffs are permitted, (h) punts and extra point kick attempts may involve live play until the ball is kicked. Punts may not be advanced and all fumbled punts and muffs will be blown dead immediately, (i) the total number of plays should be recorded to prevent an individual player from being involved in more than a maximum of 90 live contact plays during the entire scrimmage, (j) no admission may be charged, (k) the participation of student support groups such as cheerleaders, bands, kicklines, etc. are prohibited.

### **GOLF:**

A golf scrimmage must include **one or more** of the following:

1. Use different tees
2. Play multiple shots and multiple putts
3. Play two (2) or three (3) balls
4. Alter playing format: match play, Ryder cup, or best ball format

### **ICE HOCKEY:**

An ice hockey scrimmage shall be divided into two (2) halves with the time to be determined by coaches. The time clock and penalty clocks may be used for time keeping only but no score may be kept. During the scrimmage **one or more** of the following must be included:

1. Each team must play short-handed in predefined situations.
2. Use of half (1/2) ice situations

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**LACROSSE:** A lacrosse scrimmage must have modified time periods and include **one or more** of the following:

1. Alternate possessions.
2. Start the scrimmage with either a Draw (girls) or a Face-Off (boys)
3. Include the following game situations:
  - a. Face-Off/Draws - Boys/Girls
  - b. Clears and Rides - Boys/Girls
  - c. Extra Man and Man-Down – Boys/Girls
  - d. Fast Breaks - Boys/Girls

### **SKIING**

A skiing scrimmage will consist of one (1) or more runs of slalom, giant slalom and/or Nordic. Electronic timing and officials may be used for instructional purposes only.

### **SOCCER:**

A soccer scrimmage may not exceed a total of 100 minutes and 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 goal keeper in possession of the ball. When a goal is scored, play will be restarted with goalie possession. The goalie can restart play with a goal kick, goalie throw or goalie punt.

### **SOFTBALL**

A softball scrimmage must include free substitutions and lineup cards will not be exchanged. Scrimmages must also include **one or more** of the following:

4. Play six (6) outs per half inning (example - 3 outs clear the field/ 3 more outs).
5. Batting order must be altered or modified to include more batters than rules permit.
6. Start with a runner(s) on base with a predetermined situation for at least two (2) full innings.

### **SWIMMING**

In a swimming scrimmage no official times or scores will be kept. Times may not be used to meet the qualifying standard. More than one heat per event is permitted.

### **TENNIS**

A tennis scrimmage must alter format so it does not follow the regular competition format for league/sectional play. Suggested formats include but are not limited to:

1. Teams use tie breaks only
2. 5 game pro-sets with a tie break at 5-5
3. An 8 game pro-set – 1<sup>st</sup> one to 3 points.
4. Modified 8 game pro set – 1<sup>st</sup> players to 3 points completes the scrimmage.
5. Teams compete using an 8 game pro-set rather than 2 out of 3 sets with tie breakers at 6-6.

### **TRACK AND FIELD**

A track and field scrimmage must conform to the following:

1. No Scoring – no official results or place finishers recorded.
2. No performance may be used to meet the qualifying standard or be considered a record.
3. Competitors and events must adhere to the limitations of the NFHS.

### **VOLLEYBALL**

A volleyball scrimmage must include **one or more** of the following:

1. Each server shall serve 3-5 consecutive serves regardless if the point was scored before the other team would get the ball. (rotate)
2. Games would start at point 4 all and end at point 25 **or** a game could be timed with no point cap

### **WRESTLING:**

A wrestling scrimmage must include **one or more** of the following:

1. Must wrestle in predefined situations such as pinning, takedowns, turns, etc.
2. Must wrestle in neutral position. If a takedown occurs would go back to the neutral position.
3. Must wrestle in the referee's position using both styles. If a pin occurs, restart in the referees position.