

- c) high jump
 - d) long jump
 - e) pole vault
 - f) triple jump
13. In facilities with tracks other than 200m in length appropriate modifications in distances are acceptable.

MODIFIED ATHLETIC COUNCIL STANDARDS OF COMPETITION

MODIFIED VOLLEYBALL STANDARDS

1. **SEE HANDBOOK FOR GOVERNING RULES** (p. 137)
2. All matches **MUST** consist of at least three (3) games, (2) games for "B" squads
3. The height of the net will be seven (7) feet.
4. Rally scoring to 25
5. The let serve will be used and the player may use two tosses per turn
6. The service line can be moved in (1) meter
7. No libero player will be used

***NEW* - Meet with the team representatives for ground rules and coin toss. The clock for the warm-up period will not begin until the team representatives are released. Check local board policy for the total time to be set on the clock. There is no hitting or serving during shared court time.**

Girls' Protocol: Set clock 23 minutes

23-19 minutes shared court
19-15 - 4 minutes visitors court
15-11 - 4 minutes home court
11-6 - 5 minutes visitors court
6-1 - 5 minutes home court
1-0 Run clock no whistle/horn

Boys' Protocol: Set clock 25 minutes

25-20 minutes shared court
20-15 - 5 minutes visitors court
15-10 - 5 minutes home court
10-5 - 5 minutes visitor court
5-0 - 5 minutes home court

Warning whistles are blown at 15 seconds for each segment of time. The horn will terminate each segment (exception: the final minute for girls will have no warning whistle or horn).

MODIFIED WRESTLING STANDARDS

1. See Handbook for Governing Rules (p.137).
2. All scales will be checked and certified annually.
3. Weigh-ins are on the honor system. Follow Game Rules.
4. Each bout will be scored individually. Team score will not be kept.
5. Five 10 second time-outs will be allowed during the match to assist new wrestlers.
6. Coaches must contact the host coach to discuss match procedures.
7. All teams must follow same weight classes as the Varsity and Junior Varsity, if used.
8. A contestant or team may participate in competitions not to exceed 10 points.
 - a) 1-point meets are any competitions where a wrestler or wrestlers compete in 3 bouts