



Schalmont Athletic Placement Process (APP)

ATHLETIC PLACEMENT PROCESS FOR INTER SCHOOL ATHLETIC PROGRAMS



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The New York State Education Department Office of Curriculum and Instruction
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PREFACE

The Athletic Placement Process (APP) is a program for evaluating students who want to participate in sports at higher or lower levels, as approved by the Board of Regents as a part of the school eligibility rules in 1980, and is aligned with Learning Standards 1 and 2.

Commissioner's Regulation Section 135.4(c)(7)(ii)(a)(4)states:

A Board of Education may permit pupils in grades no lower than seventh to compete on any senior high school team, or permit senior high pupils to compete on any teams in grades no lower than seventh, provided the pupils are placed at levels of competition appropriate to their physiological maturity, physical fitness, and skills in relationship to other pupils on those teams in accordance with standards established by the Commissioner.

These standards state that students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, maintain personal health, and acquire both the knowledge and ability to create and maintain a safe and healthy environment.

The New York State Education Department (NYSED) has collaborated with the New York State Athletic Administrators Association (NYSAAA), the New York State Public High School Athletic Association (NYSPHSAA), the Statewide School Health Services Center (SSHSC), district directors of school health services (commonly referred to as medical directors and previously known as school medical officers), and directors of physical education/athletics to promote physical education and inter school athletic competition statewide. This guide to the Athletic Placement Process is the result of that collaboration.

This document represents the shared belief of the NYSAAA, the NYSPHSAA, medical directors, directors of physical education/athletics, and the NYSED that physical education and interscholastic athletic competition are important to the development of the whole child, and that students benefit when they can participate in such activities at a pace that is consistent with their physical and emotional maturity, size, fitness level, and athletic skill.

Schools, both public and private, competing in interscholastic sports under the jurisdiction of the Commissioner's Regulations may choose whether or not to adopt a policy that permits students in the 7th and 8th grades to try out for a high school team, or that permits high school students to play at the modified level. If schools choose to have such a policy, the process outlined in this document is to be followed.

Normally, a student is eligible for senior high athletic competition in a sport during each of four consecutive seasons, beginning with entry into the ninth grade. However, by satisfying the requirements of the APP, a student may receive extended eligibility that permits:

- a) participation during five consecutive seasons in the approved sport, after entry into the eighth grade; or
- b) participation during six consecutive seasons in the approved sport, after entry into the seventh grade.



THE INTENT OF THE APP IS TO PROVIDE A PROTOCOL FOR THOSE DISTRICTS THAT CHOOSE TO ALLOW STUDENTS IN GRADES 7 AND 8 TO MOVE UP; OR FOR STUDENTS IN GRADES 9-12 TO MOVE DOWN, ALLOWING THEM TO PARTICIPATE SAFELY AT AN APPROPRIATE LEVEL OF COMPETITION BASED UPON PHYSICAL AND EMOTIONAL READINESS AND ATHLETIC ABILITY RATHER THAN AGE AND GRADE ALONE.

Students do not mature at the same rate, and there can be tremendous developmental differences between students of the same age. **The APP is not to be used to fill positions on teams, provide additional experience, provide an opportunity for middle school or junior high students when no modified program is offered, or to reward a student.** Instead, it is aimed at the few, select students who can benefit from such placement because of their level of readiness.

Effective July 1, 2017, Commissioner's regulation §135.4(c)(7)(ii)(a) was amended to clarify the conditions under which K-8 public school districts may employ the APP protocol to allow the opportunity for exceptional student athletes to participate in interscholastic sports at the high school(s) with which the K-8 school district contracts for the education of its high school students, when such students are bona fide students of the K-8 school district.

Commissioner's regulation §135.4(c)(7)(ii)(a)(4) was amended as follows, effective July 1, 2017:

(ii) Nothing in this subclause shall prohibit a bona fide seventh or eighth grade student, as defined by subdivision (g) of section 135.1, who is regularly enrolled in a public school district organized for pupils in kindergarten through eighth grade that contracts with a neighboring school district or districts on a tuition basis for the education of its high school students pursuant to Education Law sections 2040 and 2045 and section 174.4 of this Title, from seeking to participate in a high school team, in accordance with the standards described in item (i) of this subclause, provided that the boards of education of the sending school district (as such term is defined in section 174.4(a)(1) of this Title) and the receiving school district(s) (as such term is defined in section 174.4(a)(2) of this Title) adopt a resolution to permit such participation. In the case of seventh and eighth grade students attending a public school district organized for pupils in kindergarten through eighth grade that contracts with more than one neighboring school district for the education of its high school students, any such seventh or eighth grade student who participates in high school athletics pursuant to this subclause may select only one high school in which to compete during their seventh and eighth grade participation; if, following participation in a high school team during seventh and/or eighth grade, such student chooses to attend a different high school with which the student's kindergarten through eighth grade school district contracts for the education of its high school students, such student shall be ineligible to participate in any interscholastic athletic contest in a particular sport for a period of one year.

The APP protocol contained within this guidance document in determining a student's eligibility for APP is applicable to 13 public school districts in the State that operate to serve students in grades K-8 only, and contract for the education of their high school students with



other public school districts pursuant to the provisions of Education Law §§2040, 2045 and Commissioner's regulation §174.4. However, NYSED recognizes that such school districts will face unique administrative challenges when employing the APP with the contracting district. The regulation requires the boards of education of the sending school district and the receiving school district(s) to adopt a resolution to permit such participation. In order to safely and appropriately implement the APP, the following considerations should be resolved and included in each board's resolution to employ the APP. This list is not intended to be exclusive and each district may find additional administrative considerations that they wish to include in the NYSED Athletic Placement Process Last Updated December 2017 3 resolution; those included below are simply a sampling of the issues that should be considered. Please note, that both school districts remain obligated to ensure compliance with the Commissioner's regulations.

Administrative Considerations:

- **APP Eligibility**

The resolutions should include a nomination from the **varsity coach** of that sport recommending approval for a student to begin the APP eligibility process, as well as including the administration of the sport skill evaluation, and the physical fitness test.

- **Medical Director**

The resolutions should either designate which district's medical director will be responsible for approval for the student to go through the APP, or how the two medical directors will cooperate to make such decisions.

- **Transportation**

The resolutions should include a policy addressing whether APP students will be eligible for transportation to practices or games, to the extent that such transportation is provided for such teams.

- **Communication**

It is recommended that each district engages in continuous communication about the administration of the APP, including among the boards of education and parents.



How to Use This Guide

The APP is a program that may be implemented at the discretion of local school districts. It is not mandated.

The APP is intended for use by student athletes in grades 7 - 12, and directly relates to specific interschool sport categories and levels of competition as follows:

Intermediate

- Grades 7 - 8

Commencement

- Grades 9 - 12

Athletic Competition Levels:

- Modified
- Freshman
- Junior Varsity
- Varsity

The main body of this document is organized to assist the medical director and the physical education director and/or athletic director in administering all aspects of the APP.

There is great diversity among student athletes throughout New York State. The APP was revised to assess a student's physical and emotional maturation, physical fitness, and sport skill, so that a student may be placed at a level of competition that should result in increased opportunity, a fairer competitive environment, minimized risk, and greater personal satisfaction. In districts that allow the program, safety must be of paramount importance.

The APP is to be used only when an individual athlete's athletic skills warrant moving to the commencement or intermediate sport competition level, and therefore, ideally, *it should be initiated by the district's physical education director and/or athletic director and physical education staff, who recognize the student's skill.* The APP may be used either prior to the beginning of the season, so that the student athlete can participate in the try-out period, or within the timelines specified by the NYSPHSAA Promotion Rule.

GENERAL INFORMATION

Physical education teachers, coaches, students, or parents/guardians may ask the physical education director and/or athletic director to evaluate a student, using the APP. Students will not be processed through the evaluation procedures *without a request from the physical education director and/or athletic director and parent/guardian written permission.* It is not the intent to evaluate all modified students, and evaluation should be considered only for those students with the appropriate physical and emotional readiness, and whose athletic abilities are outside of those of their age-related peers.



After the fall season of 2015, the following should be implemented:

If a student in grade 7 or 8 has reached the chronological age of 15 years old prior to July 1, he or she is eligible to participate on high school athletics without undergoing the APP; only medical approval by the district medical director is required, as these students are already at an advanced age and would otherwise lose eligibility due to aging out.

A student who has undergone the APP does not need the procedure repeated if he/she achieved the required scores for fitness, maturity, and comparable physical size for the desired sport and level, regardless of the school year in which the testing was completed.

If a student has undergone the APP evaluation procedure and participated in the 7th grade, the process would not have to be repeated in the 8th grade *provided they remain at the same level of athletic competition in the same sport*. If the student changes levels or sports, the student's scores should be reviewed to see if they meet the requirements for the desired level and sport. APP evaluation procedures must be repeated only if the scores do not meet the requirements for the desired level and sport.

If a student has attained an appropriate level of physical maturity, and has a height and weight that are comparable to those of the proposed team members as determined by the medical director, they may proceed to the next level of skills assessment by the athletic/physical education director. If the medical director does not approve the student to participate in the desired sport and level, **he or she may not proceed any further in the evaluation process.** **Medical directors should not be pressured to change their decision.** If a student is approved by the medical director, but fails to meet **more than one** of the physical fitness test standards, or if a student fails to meet an appropriate sport skill level as determined by the coach, **he or she may not proceed any further in the evaluation process.**

In conclusion, the district medical director and the director of physical education/athletics and ultimately the board of education ensure compliance with the APP. It is intended only for the student who is truly at a level of physical and emotional maturity, comparable physical size, fitness, and sport skill that is commensurate with the level of competition that they wish to pursue. Whenever there is disagreement between a private health care provider and the district medical director, efforts should be made by both parties to come to an agreement for the health and safety of the student athlete. In these cases, the primary concern should be allowing an athlete to participate to the fullest level of his or her potential safely, and neither the demands of parents, athletes, administrators, or coaches should confound that concern.



Athletic Placement Process (APP)

For a middle school aged athlete to participate at a High School level they must go through the Athletic Placement Process (APP). The APP consists of a maturity screening, a sport skill evaluation, and parent permission. The Physical Maturity form is attached to this packet and must be filled out by the student athlete's doctor. Not only is this to ensure the student athlete is healthy enough to compete but to make sure their body is mature enough to be successful at the high school level. Your Primary Care Physician will use the Tanner Scale to determine the level of development the student athlete is at currently. Next the student athlete will need to get their Sport Skill Evaluation filled out by their Physical Education teacher. These tests are done during PE class every year; Student athletes wishing to compete at the high school level need to complete 4 out of 5 of these competencies at the 85th percentile or better for their age. If the student athlete does not meet the standards for their age group, they will have to schedule time with their PE teacher to retest prior to submitting their APP packet for approval. Finally, Permission slips need to be filled out by the parent or legal guardian.

All APP packets have to be reviewed by the school doctor and signed off on before the student athlete is allowed to participate.

- The School Nurse will meet with the School Medical Director prior to the start of High School sports to have the APP packets reviewed and approved.
- Packets that are not completed may not be approved by the start of High School sports.
- Extensions of tryouts will all be at the coach's discretion.

APP Packet must be completed before Tryout

1. Parent Permission (Form B)
2. Physical Maturity Form (Form C)
 - Section 1- filled out by Parent/Guardian
 - Section 2- filled out by Coach
 - Section 3- filled out by Primary Care Physician
 - Section 4- filled out by the School Medical Director
3. Coach's Sport Evaluation (Form D)
4. Physical fitness testing (Form E)
5. Physical Maturity Chart (Form H) *Recommend tanner score for Athletic Placement Process
6. Physical Fitness Chart (Form J) *Required for Athletic Placement Process

With questions about the Athletic Placement Process please contact:
Kathleen Russell: krussell@schalmont.net 518-355-6110 Ext. 3251



ATHLETIC PLACEMENT PROCESS PARENT/GUARDIAN PERMISSION pg. 1 of 1 (Form B):

Dear Parent/Guardian:

There is a New York State Education Department (NYSED) program that permits physically and emotionally appropriate students to try out for an athletic team that is outside of their grade placement. It is called the Athletic Placement Process (APP).

Your child (name): _____ may be eligible to participate in the sport of _____ outside of his or her normal grade level. In order to establish the appropriate eligibility, we must have your permission to begin the APP.

This evaluation is a comprehensive evaluation of your child's emotional and physical maturity (including height and weight); as well as athletic abilities, physical fitness, and sport-specific athletic skill in relationship to other student athletes at that level. Physical maturity is determined by the district medical director during a physical exam, using the Tanner Scale. The Tanner Scale requires the inspection of the entire body, including the breasts and genitals. The district does/does not accept Tanner ratings from private medical providers.

The district does/does not accept a history of menarche for girls in place of a physical examination. Upon approval of the district medical director, the student may proceed to the physical fitness and skill assessments. Students must pass all levels in order to meet the requirements of the APP.

If your child successfully meets the requirements of the APP, he/she will be allowed to try out for competitive high school athletics during 7th and/or 8th grade(s), or compete at the modified level if in grades 9-12. Under normal circumstances, a student is eligible for senior high school athletic competition in a sport for only four consecutive seasons, beginning with the student's entry into the ninth grade. However, by meeting the Athletic Placement Process requirements established by NYSED, your child's eligibility can be extended to permit:

a) participation during five consecutive seasons in the approved sport after entry into the eighth grade; or

b) participation during six consecutive seasons in the approved sport after entry into the seventh grade.

It is important for you and your child to understand that, once the requirements are met and if he/she is accepted as a member of the team, he/she cannot return to a lower-level team (modified) in that sport in that season. Remember, at the higher level of play your child will be exposed to the social atmosphere that is common among older students in a high school environment. Therefore, it is important to take into account your child's ability to handle the additional demands.

Please feel free to contact me regarding this program or to discuss any aspect of your child's athletic placement. If you agree to allow your child's participation in this program, please sign and return the parental permission form to my office.

Sincerely,

Kathleen H. Russell



Director of Physical Education, Health & Athletics

ATHLETIC PLACEMENT PROCESS PARENT/GUARDIAN PERMISSION pg. 2 of 2 (Form B):

ATHLETIC PLACEMENT PROCESS PARENT/GUARDIAN PERMISSION PARENT/GUARDIAN STATEMENT I have read the attached letter and I understand the purpose and eligibility implications of the Athletic Placement Process. My son/daughter (name):

_____ has my permission to undergo the evaluation process and to participate in this program. I understand that the determination of physical maturity is a private examination involving inspection of breasts and genitals and will be done by a licensed school health professional, and I give my permission for the examination. Upon approval of the district medical director, he/she may proceed to the physical fitness and skill assessments. I understand that passing the evaluation process does not guarantee my child a position on a team, but only permits them to try out.

Parent/ Guardian Signature

Date



ATHLETIC PLACEMENT PROCESS PHYSICAL MATURITY FORM (Form C)

THIS SECTION TO BE COMPLETED BY THE DIRECTOR OF PHYSICAL EDUCATION AND/OR ATHLETIC DIRECTOR:

Student's Name _____ **Grade** _____

Home Address _____

Date of Birth / / **Age** _____ **Gender:** Male Female

Parental/Guardian Permission Form Received: Yes No

Date Received _____

Desired Level: Varsity Jr. Varsity Frosh Modified (circle one)

Desired Sport: *Recommended Tanner Rating for this sport and level _____.*
(See Appendix H)

ATHLETIC PLACEMENT PROCESS PHYSICAL MATURITY FORM (Form C)

SCREENING PROCEDURES- THIS SECTION TO BE COMPLETED BY THE DISTRICT MEDICAL DIRECTOR (OR BY PRIVATE MEDICAL PROVIDER FOR REVIEW BY THE DISTRICT MEDICAL DIRECTOR IF PERMITTED).

A. TANNER SCORE AND HEIGHT/WEIGHT ASSESSMENT COMPLETED BY:

District Medical Director **Private Medical Provider** (circle one)

EXAM DATE: _____

PROVIDER NAME _____

CIRCLE THE CURRENT DEVELOPMENTAL STAGE OF THE STUDENT, USING THE TANNER SCALE:

1

2

3

4

5



B. ALTERNATIVE TO TANNER EXAMINATION FOR FEMALES ONLY (If accepted by district):

Onset of Menarche = Tanner Stage

C. HEIGHT _____ WEIGHT _____

D. CHECK APPROPRIATE BOXES BELOW AND RETURN FORM TO THE DIRECTOR OF PHYSICAL EDUCATION/ATHLETICS. (See Appendix H)

Student is approved/not approved (circle one) for the sport of: _____

at the following level: Modified Freshman Junior Varsity Varsity

SIGNED _____ DATE __ / __ /

District Medical Director



ATHLETIC PLACEMENT PROCESS
COACH'S SPORT SKILL EVALUATION Page 1 of 2 (Form D)

INSTRUCTIONS FOR THE COACH

Coach _____ Sport & Level _____ / _____

Student's Name _____ Gender: M F Age _____

The above-named student has requested evaluation through the Athletic Placement Process. As the coach of the team for which they want to try out, your complete assessment of his/her skill level is an important factor in this process. Please complete and return this form as soon as possible to the Director of Physical Education and /or Athletic Director.

NOTE: The number of students who are allowed to compete outside of their grade levels should be few and far between. The program is intended only for the athlete who has the physical maturity, physical fitness, and sport skills to be placed with other athletes outside of his/her grade level. Abuses in the program by decision makers who seek to satisfy the needs of the team, rather than considering the well-being of the student cannot be condoned. There are many potential physical and social/emotional pitfalls that must be avoided, and once a student is elevated, the decision is irreversible. Please keep in mind that, until you are notified by the director of physical education's office that the student has successfully completed the entire Interscholastic Athletic Placement Process, that student may not attend any practices.

If you are familiar with the candidate, please write an evaluation of his/her skill level on the back of this sheet. Supporting information would be helpful in determining proper placement, so be specific. If you are not familiar with the candidate, you may wish to contact his/her former coaches for further assessment and/or schedule time to observe the student in a physical education class.

Which level team is the student trying out for? Modified Freshman Junior Varsity Varsity

Which level of play would you recommend for this student? Modified Freshman Junior Varsity Varsity

Compare this student's skills relative to other members of the team that the student is trying out for: Below Average Average Above Average Superior

What percentage of playing time would you estimate he/she would receive at that level?
_____ %



ATHLETIC PLACEMENT PROCESS PHYSICAL FITNESS TESTING: SCORE FORM (E)

INSTRUCTIONS FOR THE TESTER

The student listed below has been approved to take the Physical Fitness Test. Please proceed with the testing as described in the Physical Fitness Test Descriptions & Directions in Appendix I of this document

1. Read the instructions for administering the five items carefully. If you are the coach of the sport that the athlete wants to participate in, you may not be the tester. Notify the Director of Physical Education and/or Athletic Director that a new tester must be assigned.
2. The test can be given in any time frame and in any order. Any of the five items may be retested up to the number of times defined by your APP district policy. Only the best scores should be recorded. For Swimming see, Appendix J page 2, for an alternative portion of the fitness test. For bowling and golf, students are not required to complete a physical fitness test.
3. Encourage the student to do his/her best on each test item. Before commencing with the test, inform the student of the minimum qualification requirement for each component. They **MUST** score in the 85th percentile for their age in 4 out of 5 test components.
4. Return this score sheet to the Physical Education and/or Athletic Director's office as soon as the test is completed.

PHYSICAL FITNESS TEST SCORES:

Student's Name _____ Gender: M F Age _____

Desired Sport _____ Desired Level _____

Test Administered By _____ Date _____

SHUTTLE RUN (nearest tenth) 1/10 seconds _____

V-SIT REACH Or SIT & REACH (feet and inches to nearest inch) _____

PULL UPS (# completed) Or RIGHT ANGLE PUSH UPS _____

STOMACH CURLS (one for each completed movement) number _____

ONE MILE RUN/500 YARD SWIM (minutes and nearest second) _____

Final Assessment: Student passed did not pass at or better than the 85th percentile

Signature _____ Date _____



ATHLETIC PLACEMENT PROCESS PHYSICAL MATURITY CHART (Form H)

Recommended Tanner Scores for the Athletic Placement Process

MALES

FEMALES

Approved Sports	Freshman	JV	Varsity		Freshman	JV	Varsity
Archery *	2	2	2		2	2	2
Badminton *	2	2	2		2	2	2
Baseball +	2	3	3		3	4	4
Basketball !	2	3	4		3	4	5
Bowling *	2	2	2		2	2	2
Competitive Cheerleading !	2	3	4		3	4	5
Cross Country *	2	3	3		3	4	4
Fencing +	2	2	2		2	2	2
Field Hockey !	2	3	4		3	4	5
Football !	2	3	4		3	4	5
Golf *	2	2	2		2	2	2
Gymnastics !	2	3	3		3	4	4
Ice Hockey !	2	3	4		3	4	5
Lacrosse !	2	3	4		3	4	5
Rifle *	2	2	2		2	2	2
Skiing (downhill) !	2	3	4		3	4	5
Soccer !	2	3	4		3	4	5
Softball +	2	3	3		3	4	4
Swim/Diving !	2	3	3		3	4	4
Tennis *	2	3	3		3	4	4
Track & Field *	2	3	3		3	4	4
Volleyball +	2	3	3		3	4	4
Wrestling !	2	3	4		3	4	5

Classification of Sports according to Contact (APP)

* = Non-Contact

+ = Limited Contact



! = Contact

Athletic Placement Process (Form J)

Physical Fitness: Scores

Required for the Athletic Placement Process

SEX	AGE	Curl-Ups # in one minute	Shuttle Run in seconds	V-Sit Reach in inches	OR	Sit & Reach in centimeters	1 Mile Walk/Run min/sec	Pull-Ups # completed	OR	Right Angle Push-Ups # every 3 sec
MALES	11	47	10.0	4.0		31	7:32	6		26
	12	50	9.8	4.0		31	7:11	7		30
	13	53	9.5	3.5		31	6:50	7		35
	14	56	9.1	4.5		33	6:26	10		37
	15	57	9.0	5.0		36	6:20	11		40
FEMALES	11	42	10.5	6.5		34	9:02	3		19
	12	45	10.4	7.0		36	8:23	2		20
	13	46	10.2	7.0		38	8:13	2		21
	14	47	10.1	8.0		40	7:59	2		20
	15	48	10.0	8.0		43	8:08	2		20