

ATHLETIC PLACEMENT PROCESS  
FOR  
INTERSCHOOL ATHLETIC PROGRAMS



The University of the State of New York  
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 shall establish standards for participation in school team sports in senior high school, provided the pupils are placed at levels of competition appropriate to their physical 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. A Board of Education shall establish standards for participation in school team sports in senior high school, provided the pupils are placed at levels of competition appropriate to their physical maturity, physical fitness and skills in relationship to other pupils on those teams in accordance with standards established by the Commissioner.

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.

#### 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 ( )Tj Tf /LBod2 0 Td (eP 0 Tw 1.0902 -10.337 0 Td ( )Tj EMC /LBody <</MCI6 3

## 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.

Transition from Selection Classification to Athletic Placement Process for 2014-2015

- × Beginning in 2015-2016 school year, the APP will be used to advance students to the high school athletic program.
- × Students in 7<sup>th</sup> grade will be evaluated through the APP.
- × Students in 8<sup>th</sup> grade who have not been Selectively Classified for a sport in the previous year will be processed through the APP.
- × Students in 8<sup>th</sup> grade who had been advanced to a higher level through the Selection Classification process in the previous year will not need to be re-evaluated if they remain at the same level of athletic competition in the same sport. If a student changes levels of the sport, the APP will be followed.

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 September 1, 2015, APP 3.88-2(al).6(f)-1

In conclusion, the district medical director and the director of physical education/athletics and ultimately the board of education ensure compliance with the APP.



# ATHLETIC PLACEMENT PROCESS

PHYSICAL EDUCATION DIRECTOR AND/OR ATHLETIC DIRECTOR



to the other athletes he/she would compete with. This allows for a medical director to use their professional judgment taking development when determining whether or not the student's physical maturity in relation to the other athletes they wish to compete with. These changes to the Classification Process were made to lessen, but not eliminate, the chances of injury for a young athlete competing with more mature students.

The Tanner scores on (chart H found in the APP document) are no longer used to determine a student's physical maturity level. This is done to ensure that the student has attained a certain level of physical development at which the chances of growth plate injury are minimized. The most vulnerable area of the growth plate is the weak point where the tendons that connect bones to other bones and muscles attach. While growth plate injuries are usually caused by an acute event such as a fall or trauma to a limb, they can also result from overuse such as when a gymnast practices for hours on end or a baseball pitcher spends hours perfecting a pitch. Growth plate trauma and other overuse injuries may occur in competitive sports such as football, basketball, softball, track & field, and golf. The likelihood increases when students are doing year-round activities without adequate rest. Caution must be exercised in determining the physical maturity of students at this age level. Developmental risks of injury to a young athlete are eliminated for developmentally mature students. Care must be exercised in determining the physical maturity of athletes. The size of the student in relation to the other athletes is a critical component in determining the risk of injury. It is always best to err on the side of caution and keep a student at the age-appropriate level of play in order to be many more years for the student to advance in athletics, and success is more likely if he or she does not suffer from permanent injuries.

For the medical director, determining a student's physical maturity level is an important step in the APP process. This is done to ensure that the student has attained a certain level of physical development at which the chances of growth plate injury are minimized. The most vulnerable area of the growth plate is the weak point where the tendons that connect bones to other bones and muscles attach. While growth plate injuries are usually caused by an acute event such as a fall or trauma to a limb, they can also result from overuse such as when a gymnast practices for hours on end or a baseball pitcher spends hours perfecting a pitch. Growth plate trauma and other overuse injuries may occur in competitive sports such as football, basketball, softball, track & field, and golf. The likelihood increases when students are doing year-round activities without adequate rest. Caution must be exercised in determining the physical maturity of students at this age level. Developmental risks of injury to a young athlete are eliminated for developmentally mature students. Care must be exercised in determining the physical maturity of athletes. The size of the student in relation to the other athletes is a critical component in determining the risk of injury. It is always best to err on the side of caution and keep a student at the age-appropriate level of play in order to be many more years for the student to advance in athletics, and success is more likely if he or she does not suffer from permanent injuries.

**Step 5 Sport Skill Evaluation:** The sport coach will rely on past personal observations and may consider input from the student's former coaches to complete the evaluation. If the coach is unfamiliar with the student, the sport coach may wish to observe the student in a physical education class (see Appendix D).

**Step 6 Physical Fitness Testing:** This must be done by a certified physical education teacher who is not a coach of the sport for which the student will be trying out. The President's Physical Fitness Test has been selected as the test for this process, and the student must meet the 85<sup>th</sup> percentile level for their age in 4 out of 5 test components (see Appendix E, I, and J). For students trying out for swimming, see Appendix J for an alternate fitness test to the 1 mile walk/run- students trying out for swimming may choose to either do the 1 mile walk/ run or the 500 yard swim.

**Physical fitness test requirement:** Students trying out for bowling or other sports where off teams are not required to complete the physical fitness test.

**Step 7 Qualification Determination:** The results of the three evaluations will be sent to the director of physical education/athletics. Only students who pass all parts of the APP are permitted to try out.

Step 8 Try Outs: The student is allowed to try out for the sport and level requested or the student must return to the modified level of competition. For students trying out for bowling or golf, see instructions for try outs for these sports in Appendix G.

Step 9 Records: The physical education director and/or athletic director must maintain all records of students who have successfully completed the APP. Items to be kept in the student's file are: Parent/Guardian Permission and Result letters; Maturity Evaluation and Medical Director Form; Physical Fitness results; Coach's Sport Skill Evaluation.

Step 10 Notifications: A Notification List (see Appendix F) of the scores of all athletes who have successfully completed the process and have been approved through the APP after the try-out period has been completed must be sent to:

The physical education director and/or athletic director of competitor schools  
Athletic governing board or section office

DIRECTOR OF PHYSICAL EDUCATION AND/OR ATHLETIC DIRECTOR  
ATHLETIC PLACEMENT PROCESS CHECKLIST

STUDENT NAME: \_\_\_\_\_ GRADE: \_\_\_\_\_

PARENTS/GUARDIANS

Correspondence sent out	DATE _____
Discussions took place	DATE _____
Permission slip returned	DATE _____
Final determination letter sent out	DATE _____

DISTRICT MEDICAL DIRECTOR (SMD)

Physical Maturity form sent out	DATE _____
Evaluation returned	DATE _____

Process stops if student is not approved by the medical director

COACH'S SPORT SKILL EVALUATION

Correspondence sent out	DATE _____
Evaluation returned	DATE _____

Process stops if desired sport skill level is not considered for desired level of competition

PHYSICAL FITNESS TEST

Correspondence sent out	DATE _____
Test results returned	DATE _____

Process stops if student fails more than a component of the fitness test

# ATHLETIC PLACEMENT PROCESS

DISTRICT MEDICAL DIRECTOR



For physical size comparability, the medical director should have access to the current



## Resources Used to Develop Guidance for Medical Directors

- Aaltonen, S., Karjalainen, H., Parkkari, J., Kujala, U. (2007). Prevention of Sports Injuries, Systematic Review of Randomized Controlled Trials. *Archives of Internal Medicine*, 167(12), 1585-1592.
- Biru, F., Greenspan, L., Galvez, M.(2012). Pubertal Girls in the 21<sup>st</sup> Century. *Journal of Pediatric and Adolescent Gynecology*, 25(5), 289-294.
- Biru, F., McMahon, R., Striegel-Moore, R., Crawford, P., Obarzanek, E., Morrison, J., Barton, B., Falkner, F. (2001). Impact of Timing of Pubertal Maturation on Growth in Black and White Female Adolescents: The National Heart, Lung, and Blood Institute Growth and Health Study. *Journal of Pediatrics*, 139(5), 636-643.







(Copy Letter onto District Letterhead)  
**ATHLETIC PLACEMENT PROCESS**  
PARENT/GUARDIAN PERMISSION

(Page 1 of 2)

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,



ATHLETIC PLACEMENT PROCESS

PHYSICAL MATURITY FORM

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 Date Received \_\_\_\_\_

Desired Level: Varsity Jr. Varsity Frosh Modified

Desired Sport: \_\_\_\_\_ \*Recommended Tanner Rating for this sport and level \_\_\_\_\_ \*S

SCREENING PROCEDURES- THIS SECTION TO BE COMPLETED BY THE DISTRICT MEDICAL DIRECTOR (OR BY PRIVATE ME

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

District Medical Director

Private Medical Provider

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 5

C. HEIGHT \_\_\_\_\_ WEIGHT \_\_\_\_\_

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

Student is approved not approved for the sport of: \_\_\_\_\_

at the following level: Modified Freshman Junior Varsity Varsity

SIGNED \_\_\_\_\_ DATE \_\_\_\_/\_\_\_\_/\_\_\_\_ District Medical Director







# ATHLETIC PLACEMENT PROCESS

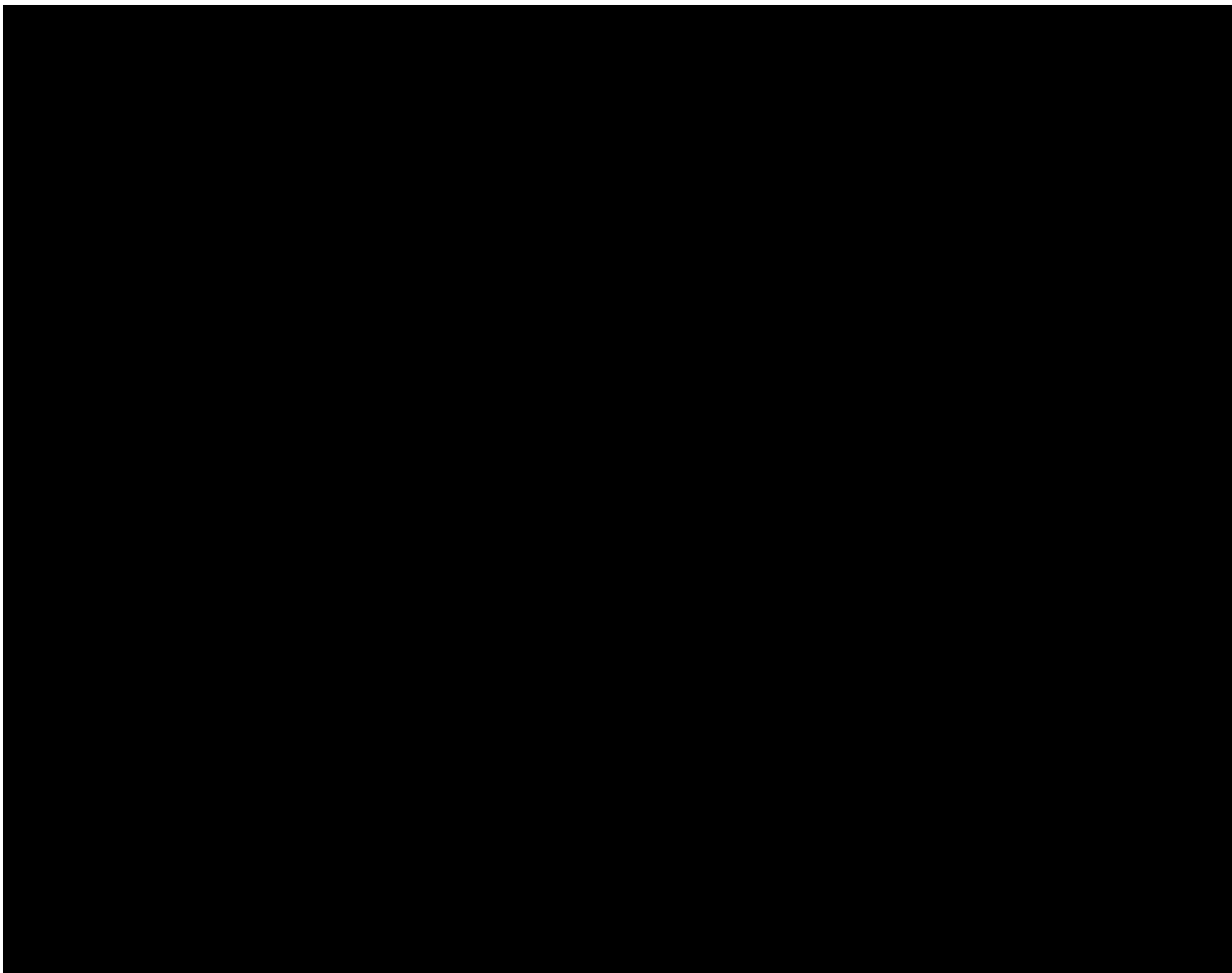
## PHYSICAL FITNESS TESTING : SCORE FORM

### 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. F

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## ATHLETIC PLACEMENT PROCESS

### SPECIAL TRY-OUT PROCESSES

#### BOWLING

Any 7<sup>th</sup> or 8<sup>th</sup> grade student may be given the opportunity to try out for a junior varsity or varsity bowling team. At the completion of the try-out sessions, which must include nine games bowled over a three-day period, if the individual's bowling average puts him/her in the top eight of your bowlers, he/she is eligible for the team.

#### GOLF

Any 7<sup>th</sup> or 8<sup>th</sup> grade student may be given the opportunity to try out for a junior varsity or varsity golf team. At the completion of the tryout sessions, which must include 18 holes golfed over a three-day period (the first three days of the individual's tryout when the course is accessible), if the individual's golf average puts him/her in the top 8 of your golfers, he/she is eligible for the team.

# ATHLETIC PLACEMENT PROCESS

## PHYSICAL MATURITY CHART

Recommended Tanner Scores for the Athletic Placement Process

Approved Sports	MALES			FEMALES		
	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 *		3	3	3	4	4



# ATHLETIC PLACEMENT PROCESS

## PHYSICAL FITNESS TEST: INSTRUCTIONS

### Curl -ups

This activity measures abdominal strength and endurance.

#### Curl-ups Testing

Here's what you do:

- x Have the student lie on a cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. A partner holds the feet.
- x Make sure the arms are crossed with hands placed on opposite shoulders and elbows held close to chest.
- x Keeping this arm position, the student raises the trunk, curling up to touch elbows to thighs, and then lowers the back to the floor so that the scapulas (shoulder blades) touch the floor, for one curl-up.
- x To start, a timer calls out the signal "Ready? Go!" and begins timing the student for one minute. The student stops on the word "Stop."

#### Curl-ups Tip

Instruct helpers to count aloud the number of repetitions.

#### Curl-ups Scoring

"Bouncing" off the floor is not permitted. The curl-up should be counted only if performed correctly.

### Shuttle Run

This activity measures speed and agility.

## Testing

Here's what you do:

- x Mark two parallel lines 30 feet apart and place two blocks of wood or similar objects behind one of the lines.
- x Student starts behind the opposite line. On the signal "Ready? Go!" the student runs to th





Pull-ups should be done in a smooth rather than jerky motion. Kicking or bending the legs is not permitted and the body must not swing during the movement.

## Right Angle Push-ups Testing

Here's what you do:

- x The student starts in push-up position, with hands under shoulders, arms straight, fingers pointed forward, and legs straight, parallel, and slightly apart (approximately 2-4 inches) with the toes supporting the feet.
- x Keeping the back and knees straight, the student then lowers the body until there is a 90-degree angle formed at the elbows, with upper arms parallel to the floor. A partner holds her/his hands at the point of the 90-degree angle so that the student being tested goes down only until her/his shoulders touch the partner's hand, then back up.
- x The push-ups are done to a metronome (or audio tape, clapping, drums) with one complete push-up every three seconds, and are continued until the student can do no more at the required pace. The student should remain in motion during the entire three second interval.



x You'll need a specialty constructed box with a measuring scale marked in centimeters, with 23 centimeters at the level of the feet.

x The student removes shoes and sits on floor with knees fully extended, feet shoulder-width apart and soles of the feet held flat against the end of the box.

x With hands on top of each other, palms down, and legs held flat, student reaches along the measuring line as far as possible. After three practice reaches, the fourth reach is held while the distance is recorded.

#### Sit and Reach Tip

Participants are most flexible after a warm-up run. Best results may occur immediately after performing the endurance run.

#### Sit and Reach Rules

Legs must remain straight, soles of feet against box, and fingertips of both hands should reach evenly along the measuring line. Scores are recorded to the nearest centimeter.

# ATHLETIC PLACEMENT PROCESS

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	Sit & Reach in centimeters	1 Mile- Walk/Run	Pull-Ups
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