

## ECIC MODIFIED BOYS' LACROSSE SPORTS STANDARDS

### Tryouts:

- If student athlete passes Athletic Placement Process, they may try out for higher level (JV or Varsity), 3 of the first 5 days of the high school season. Any student practicing with higher level after their 3<sup>rd</sup> day MAY NOT return to the modified level.

### Player Movement:

- No player may be advanced to a higher level of competition after completion of 50% of their modified schedule
- If a player competes against a JV or Varsity performer, he/she may not return to the modified program that season in that sport
- A player is ineligible when his/her 16<sup>th</sup> birthday is reached though he/she may finish the season

### Practices:

- May start per ECIC Schedule
- No practice with JV or Varsity
- One (1) practice per day
- No more than 6 calendar days per week (not 7 days in a row)
- Limited to 2 hours maximum (45 minutes minimum)

### Scrimmages:

- Team and individuals must have 6 practices before first scrimmage
- A school is limited to three (3) interschool practice sessions/scrimmages which, if conducted, may be held at any time after maximum practice requirements and previous to the last scheduled contest.

### Games:

- Team and individuals must have 6 practices before first game
- Two (2) nights of rest between games
- Maximum of 12 games
- Maximum of 1 game per day

### Game Rules:

- NFHS rules
- Four 10-minute quarters shall be utilized for all games
- One sudden victory overtime period of 4 minutes is to be played in the event the game is a tie
- A one-arm swing with a Crosse whether contact is made or not, shall be considered a personal foul-slashing. This includes over-the-head check.
- There is no such call as a "Brush" in the Modified Program. Contact between Crosse and helmet is a personal foul.
- Substitutes are permitted when the ball goes out of bounds. Substitutions during live play shall be permitted on the fly.
- When a goalkeeper gets a penalty, the in-home player may serve the penalty if a second goalkeeper is unavailable.
- A goal will be disallowed after the horn sounds to indicate the end of the period.