

ECIC MODIFIED GIRLS' 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 3rd 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 the 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 16th 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/US Lacrosse.
- Halves shall consist of 25 minutes – running time.
- NO Overtime procedures.
- A time out may be called when the ball is not in play. One time out per team, per half will be allowed. Duration of the time out will be two minutes.
- Transitional stick-checking in modified girls' lacrosse, as outlined in the US Lacrosse Rulebook under the Girls' US Lacrosse 14U Rules must be used.

Equipment:

- Properly fitted equipment of good quality is mandatory for safe participation in lacrosse. All field players are required to wear lacrosse goggles which meet ASTM standards.
- Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any modified sport.
- All players must wear colored mouthpieces. No clear mouthpieces are allowed.
- Goalkeepers must wear the following equipment: 1) Helmet with facemask, 2) Mouthpiece, 3) Throat protector. 4) Padding on hands, arms, legs, shoulders and chest to conform to US Lacrosse rules (padding does not excessively increase the size of these body parts, maximum thickness is one inch). Chest protectors, designed for lacrosse, must meet the NOCSAE ND200 lacrosse standard at time of manufacture.

Game Conditions: See MS chart

Please see the Section VI handbook for procedures for lightning. Aside from specific dates it doesn't change significantly and this year's hasn't been released yet. US Lacrosse Girl's HS rules for JV and Varsity.

* Modified plays with modified rules that are also covered under US Lacrosse 14U rules.

Please reference the US Lacrosse Rule Book.

There is one NYSPHAA Women's Lacrosse rule change:

Goalies may substitute at the end of the field rather than at midfield as specified by US Lacrosse.