

## **MODIFIED CROSS COUNTRY BOYS AND GIRLS 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 scheduled & must pass the athletic placement process
- 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 by the determined ECIC start date
- No practice with JV or Varsity (see tryout above)
- 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:**

- Must have 6 practices before first scrimmage/meet
- Limited to 3 scrimmages per season
- Need 2 nights rest between scrimmages/meet

### **Games:**

- Must have 6 practices before first game
- Need 2 nights rest between games (contests may not be played with only 1 night's rest, even for rescheduling purposes)
- Maximum of 10 games
- 1 run per day

### **Special Rules:**

- NFHS Rules
- Maximum distance shall be 1-1.5 miles in the half of the season and may increase to 2 miles in the second half of the season