

ECIC MODIFIED BASKETBALL STANDARDS – GIRLS

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 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 16th birthday is reached though he/she may finish the season

Practices:

- Practice may start Nov 18
- Modified teams shall not practice with JV or Varsity Teams
- Limited to one practice per day.
- No more than 6 calendar days per week can teams practice
- Practice times are limited to 2 hours maximum (45 minutes minimum)
- Boys and Girls teams may Not practice/compete against one another.

Scrimmages:

- Teams must have 6 practices before first scrimmage

Games:

- Must have 6 practices before first game
- Need (2) two night's rest between games
- Maximum of 14 games
- NYS recommends 2 days of competition per week. There shall be no more than 3 days of competition per week and Never 3 days in a row

Special Rules:

- NCAA Women's Rules.
- The maximum length of the quarter shall be 7 minutes
- If a game is tied at the end of regulation play, there will be one (1) overtime period of four (4) minutes in duration. If it is still tied following the overtime period, the game will end in a tie.
- Free substitution is facilitated by permitting substitutions on:
 - Any dead ball
 - Any violation
- The 3-point shot is allowed.
- The first time you face a team, you must play man to man defense and you are not allowed to press.