

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 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:

- May start Aug 26, 2019
- 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
- Limited to 3 scrimmages though a contest can be played as a scrimmage if no officials
- Need 2 nights rest between scrimmages

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
- The Section Athletic Council shall determine the date for the mid-season crossover