

## **ECIC MODIFIED SWIMMING- BOYS & 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 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:

- 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

### Matches:

- Must have 6 practices before first meet
- Need (2) two night's rest between meets
- Maximum of 14 meets
- One (1) meet per day can be played
- 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
- No tournaments
- Swimmers may compete in a maximum of three events (1 relay and 2 individual, or 2 relay and 1 individual)
- Order of events is:
  - 200 yard medley relay
  - 200 yard freestyle
  - 100 yard individual medley
  - 50 yard freestyle
  - 50 yard butterfly
  - 100 yard freestyle
  - 50 yard backstroke
  - 50 yard breaststroke
  - 200 yard freestyle relay

### Special Rules:

- NFHS Rules
- A swimmer is permitted one false start before disqualification. The use of the no re-call false start rule shall not be utilized
- We organize our heats with the "faster" swimmers competing in the 1<sup>st</sup> several heats, and finish with any swimmer who is scheduled to swim that event