

**ATHLETIC COUNCIL MEETING March 24, 2010 – Agenda item 4.5 (b)**  
**SCRIMMAGES**

**BOYS SOCCER:**

1. The duration of a scrimmage should not exceed a total of 100 minutes, as this is the maximum allowed for a regular season contest under NFHS rules.
2. The length of time for periods of play in a scrimmage are to be determined by the coaches, not to exceed 40 minutes in any one period: halves, three periods or quarters.
3. No Score shall be kept.
4. No uniforms are to be worn.
5. Scoreboards may be used for timekeeping only.
6. Each period of play shall start with either team's goalie controlling the ball and putting it into play.
7. Substitutions are allowed at any time during a period of play. Substitutions are unlimited in number and substitutions may be made while play is continuing, when there is not be a deadball. ("on the fly")
8. Coaches should stop play and restart with various set pieces during the duration of play.

**FIELD HOCKEY:**

A scrimmage is differentiated from a game by **using any or all** of the following guidelines:

1. Start with a sideline or 16 yd. hit
2. Use a running clock, and or modified periods
3. Incorporate all or part of the Overtime Procedure into the scrimmage
4. Each team will take 5 offensive corners, playing until:
  - a. a goal is scored
  - b. the ball goes out of bounds
  - c. or crosses the 25yd line.

**WRESTLING:**

A scrimmage is an interschool practice session. In practice sessions/scrimmages:

1. Both squads use the same practice room simultaneously with both coaches making corrections and giving instructions to players as they would during their own practice.
2. No official score is kept.
3. No definite time is set for scrimmage matches/periods.
4. No admission is charged.
5. No spectators are permitted unless such is the usual plan whenever the squad has a practice.
6. The use of officials would be permitted and encouraged whenever possible for the purpose of instruction regarding the rules and proper application of.
7. No team uniforms will be worn.
8. Can't have a dual meet vs another team and call it a scrimmage (so it doesn't count for individual points)

**ICE HOCKEY:**

1. A scrimmage would be divided into 2 halves - time to be determined by teams.
2. It is permissible to use the time clock and penalty clocks but no score is kept.
3. Coaches are allowed on the ice for instructional purposes.
4. Certified officials are allowed and encouraged.
5. No admission fee is charged.

**GIRLS LACROSSE:**

Will be governed by the following

1. No official score kept.
  2. Play modified time periods.
  3. Alternate possessions.
  4. Start the game at different times w/ a draw.
  5. Unlimited time outs
  6. Coaching on the field to re-set up a play.
- \*\*It is recommended that 3 of the 6 are done at every scrimmage.

**BOYS' LACROSSE:**

A scrimmage is defined as: see pp. 96 & 97 #12 of the handbook and include a, b, c, & d and under football scrimmage a, b, c, d including different game situations such as: face-offs, clears & rides, fast breaks, extra man and man down and also e, f, j, and k.

**GIRLS GOLF:**

During a scrimmage players are to use:

1. Different tees
2. Multiple shots
3. Play 2 or three balls
4. Change in format: match play, Ryder cup, or best ball format,
5. No scoring
6. Multiple putts

**SOFTBALL:**

Scrimmage will include free substitutions; will not include scorekeeping or lineup exchange and must include at least one of these options:

1. Six (6) outs (3 outs clear the field/ 3 more outs) per inning,
2. All players in batting order,
3. Start with runners on base in even innings.

**GIRLS SOCCER**

A scrimmage will consist of the following:

1. 4 or 5 – 20 minute running time quarters with a designated stoppage of play at the end of each quarter. Play a maximum of 100 minutes
2. Play will begin with goalie having possession of the ball at the beginning of each quarter. (alternate possession)
3. When a goal is scored –the play will continue with goalie possession. The goalie can start play with a Goal kick, Goalie Throw or Goalie punt.