

2018 BOYS LACROSSE MODIFIED RULES

Sport	# of Practices Prior to First Scrimmage Team/ Individual	Number of Practices Prior to First Contest Team/ Individual	Team and Individual Maximum No. Contests	Minimum Time Between Contests*	Individual Limitations per Day	Rules	Time and Distance Limits
Lacrosse-Boys	10/8	12/10	12	2 Nights	1 Game	NFHS	9 Minute Quarters

EQUIPMENT:

- a) ALL PLAYERS, INCLUDING THE GOALKEEPER, SHALL WEAR PROPERLY FITTED PROTECTIVE EQUIPMENT DESIGNED FOR LACROSSE.
- b) THE ESSENTIAL EQUIPMENT MUST INCLUDE **HELMET DESIGNED FOR LACROSSE**, **LACROSSE** ARM GUARDS, **LACROSSE** SHOULDER PADS, **LACROSSE** GLOVES, AND A MOUTHPIECE. GOALKEEPERS **MUST** WEAR A CHEST PROTECTOR , A THROAT PROTECTOR AND ARM PADS.
- c) **ONLY** SNEAKERS OR SHOES WITH MOLDED SOLES AND MOLDED CLEATS ARE PERMITTED IN THE PROGRAM. SHOE WITH METAL POSTS OR SPIKES ARE **NOT** PERMITTED IN ANY MODIFIED SPORT.
- d) WITH THE **EXCEPTION** OF THE GOALTENDER'S STICK, THERE SHALL BE NO RULE RESTRICTION ON THE LENGTH OF THE STICK IN MODIFIED LACROSSE IF THE STICK FALLS BETWEEN 40-72 INCHES.
- e) MODIFIED LACROSSE PLAYERS ARE **EXEMPT** FROM THE UNIFORM OUTER CLOTHING AND HELMET COLOR REGULATION (REFER TO NFHS RULE BOOK FOR BOYS LACROSSE)

GAME RULES:

FOLLOW ALL NFHS RULES FOR BOYS LACROSSE!! Including this year's 2018 NFHS Rule Additions:

Rule 4-3-3 For FACE OFFS: A CONTRASTING COLOR BETWEEN THE HEAD AND THE TOP OF THE GLOVE MUST BE VISIBLE ON THE SHAFT AT FACEOFFS. THE CIRCUMFERENCE OF THE SHAFT SHALL NOT EXCEED 3.5 INCHES. NOTE: This can be accomplished with the original shaft color, paint, a single wrap of tape or other material.

Rule 1-6 Art 1 THE HEAD OF THE CROSSE AT ITS WIDEST POINT SHALL MEASURE BETWEEN 6 AND 10 INCHES INSIDE MEASUREMENT AT THE TOP AND BOTTOM OF THE WALL. Note: Only the top of the crosse at its widest point shall be measured.

1. THE LENGTH OF QUARTERS SHALL BE 9 MINUTES.
2. **TWO** OVERTIMES PERIODS OF 2 MINUTES ARE TO BE PLAYED IN THE EVENT THE GAME IS A TIE; AND **NO** SUDDEN VICTORY PERIOD IS TO BE ALLOWED.
3. A TEAM SHALL BE PERMITTED **3** TIME-OUT PERIODS PER HALF. THE TIME-OUTS **CANNOT** BE ACCRUED IN THE COURSE OF THE GAME.
4. A **ONE**-ARM SWING WITH A CROSSE, WHETHER CONTACT IS MADE OR NOT, SHALL BE CONSIDERED A PERSONAL FOUL-SLASHING. THIS INCLUDES THE OVER-THE-HEAD CHECK.
5. THERE IS **NO** SUCH THING AS A "BRUSH" IN THE MODIFIED PROGRAM. CONTACT BETWEEN THE CROSSE AND HELMET IS A PERSONAL FOUL.
6. CONTACT WITH THE BALL IS DISALLOWED BY ANY OFFENSIVE PLAYERS WHEN THE BALL IS LOOSE IN THE CREASE.
7. BODY CHECKING IS ALLOWED **ONLY** AGAINST A PLAYER WHO IS IN POSSESSION OF THE BALL.
8. IN A FIVE (5) PERIOD LACROSSE GAME **THE MERCY RULE** SHALL BE IN EFFECT AT THE END OF THE THIRD PERIOD OF PLAY.
9. SUBSTITUTES **ARE PERMITTED** WHENEVER THE BALL GOES OUT OF BOUNDS.
10. WHEN A GOALTENDER GETS A PENALTY, THE IN HOME PLAYER WILL SERVE THE PENALTY IF A SECOND GOALTENDER IS UNAVAILABLE.
11. A GOAL WILL BE DISALLOWED AFTER THE HORN SOUNDS TO INDICATE THE END OF THE PERIOD.