

2019 BOYS LACROSSE MODIFIED RULES

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:

IN ALMOST ALL CASES WE FOLLOW NFHS RULES WITH SOME EXCEPTIONS. Including this year's 2019 NFHS Rule Additions

Rule 4-5-9: A shot can only be made when the ball is parallel to or above the goal line extended

Rule 6-3-2a : A player shall not use the portion of the handle that is between his hands, to hold his opponent when his hands are more than shoulders width apart.

Rule 6-3-3e: Holding is permitted if a player uses the portion of the handle that is between his hands , which are no more than shoulder- width- apart ,to hold an opponent on the torso with no more than equal pressure and no thrusting motion.

Rule 6-11-2: A player in possession of the ball with both hands on his crosse shall not use his hand or arm to push the body of the player applying the check. Note Illegal body checks such as spearing and unnecessary roughness will be enforced as personal fouls.

EXCEPTIONS- HORNS MAY BE USED AND THERE IS NO TIME REQUIREMENT FOR ADVANCING THE BALL.

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 **SHOT** WILL BE **DISALLOWED** AFTER THE HORN SOUNDS TO INDICATE THE END OF THE PERIOD.
12. **SLOW WHISTLE TECHNIQUE:** IF A DEFENDING PLAYER COMMITS A FOUL AGAINST AN OFFENSIVE PLAYER AND ATTACKING PLAYER HAS POSSESSION OF BALL, **FLAG DOWN**, WHEN BALL HITS THE GROUND (**NOT ON SHOT**), THE SLOW WHISTLE IS TERMINATED.