

2026 RBWLO Modified Girls Lacrosse Officials Guidelines

Protocols for Contests

- All game officials and scorers will meet with both coaches prior to starting the game to get acquainted and agree on all protocols, procedures and playing time procedures.
- Coaches must adhere to agree upon match-ups during the game (see MCPSAC Game Formats below). If a problem arises, stop the game and straighten it out. All games will be completed unless the time restrictions prevail.

Rules

1. NFHS/USA Lacrosse Rules
2. Four quarters running clock
 - a. 12.5-minute quarters for teams of 10-15 players
 - b. 15-minute quarters for teams of 16+ players (+\$10 extra time)
3. Modified stick checking
 - a. Checking below the shoulders is permitted.
 - b. Any check above the shoulders or into the sphere or forcing the opponents stick into the sphere constitutes an illegal check.
 - c. Check to the head and a slash are mandatory cards. 2-minute penalty, team plays down.
4. Time Outs
 - a. One per team per half
 - b. 2-minute duration
 - c. May be called when ball is NOT in play
5. One pass rule
 - a. In transition from defense to offense (regardless if there has been a shot on goal), there must be at least one pass attempted (before half field), excluding an outlet pass from the goalie, before a shot on goal.
 - b. The same is true after a draw. There must be at least one pass attempted before a shot on goal.
6. Shooting Space and Defense 3-seconds
7. Offense 3-second rule when defense is in legal marking position



MODIFIED SPORTS HANDBOOK

Spring 2025

Sports Liaison - Lacrosse - Girls - Brian Donohue - brian.donohue@hflcsd.org

Program Goals

It is expected that all modified athletics will be conducted in a positive environment. Characteristics of such an environment are:

1. All athletes will be treated, and treat each other, in a respectful manner.
2. Basic skills, fundamentals and good athletic attitudes are to be stressed above all else.
3. Adult participation and supervision must be positive and supportive at all times.
4. Self-discipline and teamwork must be stressed.
5. Abide by all rules and procedures set forth in this handbook.
6. Winning is kept in perspective and not over-emphasized.
7. Officials and opponents must always be treated with respect.
8. Parents should be oriented as to their proper role.
9. Safety is a major point of emphasis.
10. If you have had fun, you have won!!!

Protocol for Contests

1. Each team will receive ample time to warm-up upon arrival.
2. Coaches will meet prior to the game to review contest protocols and procedures.
3. Coaches will confirm contest protocols and procedures with all officials and anyone working to score the event.
4. Coaches and players will model good sportsmanship at all times with officials, opponents, parents, and teammates/players.
5. Coaches must adhere to agreed upon protocols and procedures during the contests. If a problem arises, stop the contest and straighten it out. All contests will be completed in full unless weather or other unforeseen issues arise.
6. Players and coaches will line up and shake hands with opposing team members and coaches after every contest.

7. Coaches are expected to silence unsportsmanlike conduct or rude parents (from their home school). Stop it right away!
8. All concerns must be reported to your athletic administrator as soon as possible after the concern arises in order to help investigate the concern.
9. All schools are expected to complete their full contest schedule provided by the league. That may include rescheduling contests to later dates as needed to help ensure everyone in the league is able to complete their full schedule. All scheduled contests should be played, and no attempts to shorten a season should be performed.

Game Rules

1. NFHS/US Lacrosse Rules
2. Four quarters running time
 - a. 12.5-minute quarters for teams of 10-15 players
 - b. 15-minute quarters for teams of 16+ players (+\$10 extra time)
3. Equipment
 - a. Properly fitted equipment of good quality is mandatory for safe participation in lacrosse. All field players are required to wear lacrosse goggles which meet ASTM standards.
 - b. The safety committee approved the use of any type of cleat/spike in the sport of lacrosse.
 - c. All players must wear mouthpieces.
 - d. Goalkeepers must wear the following equipment: 1. Helmet with face mask, 2. Mouthpiece, 3. Throat protector, 4. Padding on hands, arms, legs, shoulders and chest to conform with USWLA rules (padding does not excessively increase the size of these body parts - maximum thickness one inch).
4. Modified stick checking in modified lacrosse.
 - a. Checking below the shoulders is permitted.
 - b. Any check above the shoulders or into the sphere or forcing the opponents stick into the sphere constitutes an illegal check.
 - c. Check to the head and a slash are mandatory cards.
5. A time out may be called when the ball is not in play. One time out per team, per half will be allowed. Duration of the time out will be two minutes.
6. One pass rule
 - a. In the transition from defense to offense (regardless if there has been a shot on goal) in your defensive end, there must be at least one pass attempted (before half field), excluding an outlet pass from the goalie, before a shot on goal.
 - b. The same is true after a draw. There must be at least one pass attempted before a shot on goal.
7. Understand Shooting Space and the 3-second rule pertaining to playing good defense.

MCPSAC Inc. Game Formats and Game Rules

1. Playing Philosophy
 - a. Quarter 1 - Strongest Players
 - b. Quarter 2 - Developmental Players
 - i. Strongest players, regardless of position, should not play during this quarter
 - ii. Example- if there are 12 players on a basketball team, each player should be numbered from #1-#12, (#1 being the strongest and #12 being the weakest), # 1-5 should not play in Quarter 2.
 - c. Quarters 3 & 4 – Coaches decision based on competitiveness of the contest.
2. If the minimum number of players needed for a 4 Quarter Extended Play period is met, the number of minutes for each quarter will be increased (see above chart).
3. No player may play more than 3 quarters. Entry into each quarter rather than actual playing time shall constitute “participation” in the quarter.
4. If a player is injured during a contest, and the minimum number of participants is no longer met, the game must go back to the regulation 4 quarter time limits.

Miscellaneous Rules

- Only one practice per day. At least 45 minutes, no more than 2 hours.
- Practice must be connected to the sport (skill and exercise). Chalk talks **do not** count for qualifying practices.
- Can only practice six (6) days in a row.

Officials

1. Until county officials are available, the home team is responsible for the official.
2. Make sure the official knows the rules. The official's obligation is to keep the game safe. Both coaches should meet together with the official previous to the start of the contest.

Equipment

1. Mouthpiece
2. Goggles
3. Goalie Equipment: helmet w/face mask, mouthpiece, Throat Protector, padding on hands, arms, legs, shoulders, and chest protector (conform w/ USWLA)

Communication

1. Home team provides pennies if both teams have the same color
2. Host team responsible for rescheduling a cancelled game.
3. Call or email if you have any questions or concerns.

Scrimmage Conditions.

A Lacrosse scrimmage must have modified time periods and include *one or more* of the following:

1. Alternate possessions.
2. Start the scrimmage with either a Draw (girls) or a Face-Off (boys).
3. Include the following game situations.
 - a. Face-Off/Draws – Boys/Girls
 - b. Clears and Rides –Boys/Girls
 - c. Extra Man and Man-Down – Boys/Girls
 - d. Fast Breaks – Boys/Girls