

Modified Girls Lacrosse:

SPORT	# of practices for Student-Athletes to Represent their school (Feb. 2019)	Team and Individual Maximum Number of Contests	Min. Time Between Contests or Scrimmages	Individual Contest Limitations Per Day	RULES	Time and Distance limitations
Lacrosse	6	12	2 nights	1 contest	NFHS/US Lacrosse	50 min. game *see duration of play

**This is a combination of NFHS/US Lacrosse, Section III and NYSPHSAA rules and requirements.*

Equipment

1. Goals-same as Varsity
2. Balls-same as Varsity
3. Sticks-must use regulation Women's Crosse with regular women's pocket.
4. All field players are required to wear lacrosse goggles which meet ASTM standards.
5. All players must wear mouthpieces.
6. Goalkeepers must wear the following equipment:
 - a. Helmet with facemask
 - b. Mouthpiece
 - c. Throat protector
 - d. Padding on hands, arms, legs, shoulders and chest to conform to US Lacrosse rules (padding does not excessively increase the size of these body parts, maximum thickness is one inch). Thigh padding needs to be shorts or pants manufactured with integrated protective padding (professionally produced and sewn in) Rule 2-6, Art. 1 (pg. 17).
 - e. Shoulder pad/chest protectors must be certified to the NOCSAE commotio cordis protective device (Jan. 2022)

***Game cannot be played without the proper equipment on the goalie.*

Playing Area

1. Desirable field length is 100 yards between the goal lines, 10 yards behind each goal, and 70 yards wide. Field should be marked according to US Lacrosse guidelines including the restraining line.

Coaching Area

1. Coaches may move along the full boundary line on the bench/table side of the field, except directly in front of the opposing team's bench, the timer/scorekeeper's table, or either team's substitution area.
2. Coaches must remain behind the level of the scorer's table extended.
3. Coaches may not stand or speak near the opposing team's area.
4. Modified coaches are granted this waiver for the purpose of instructional players.
5. Coaches should not discuss/argue rules or calls with officials during the game. Violation of this rule is a misconduct foul.

Start of the Game

1. The procedure for the start of the game is a draw, with the following modification: a free position will be taken at the center by the team with fewer goals if a four or more goal differential exists. The team down by 4 goals or more have a choice to start with the ball or draw.

Duration of Play

1. 50 minutes of play (running time): split into (2)-25-minute halves OR (4)-12.5-minute quarters OR a mixture of both
2. Self-start—continuous play—may continue the course of play without waiting for a restart whistle
3. Teams change ends at halftime.
4. Do not stop the clock after goals.
5. Stop the clock for any excessive delays.
6. Clock will stop after every whistle in the last 2 minutes of a 25-minute period or in the last 1-minute of a 12:30 quarter unless the 10 goal differential is in effect.
7. There will be up to a 2-minute break between quarters, and a 5-minute halftime.
8. Overtime procedures are the same as Varsity. *If time still exists after the first overtime (two three-minute periods) the game will be considered a tie and no further play shall be conducted.*
9. 4 goal differential (team down by 4 or more goals will have choice of draw or ball at the time of the draw)

Section III Guidelines

1. Coaches exchange rosters prior to the start of the game, identifying A and B players.
2. Every player must play at least 12:30 minutes of each game.
3. Officials do not monitor the substitution of A or B players.
4. All goals count toward the final score.

Section III Playing Periods (Quarters)

A. **Four playing periods (quarters): teams with less than 25 players**

- a. 1st period: 12:30 minutes; A players only
- b. 2nd period: 12:30 minutes; B players only
- c. 3rd period: 12:30 minutes; A or B players
- d. 4th period: 12:30 minutes; A or B players

B. **Five playing periods: both teams with 26 or more players**

- a. 1st period: 12:30 minutes; A players only
- b. 2nd period: 12:30 minutes; B players only
- c. 3rd period: 12:30 minutes; A or B players
- d. 4th period: 12:30 minutes; A or B players
- e. 5th period: 12:30 minutes; A or B players
- f. Each team must have 2 goalies.
- g. No player can play in more than 4 periods.
- h. If the game is tied after the 5th period, overtime can be played if both teams agree.

Time Outs

Time out procedure is the same as the Varsity level. Each team is allowed 2-timeouts per game. Duration of the timeout will be 2-minutes.

Substitution

Each team may substitute an unlimited number of players at any time during play, after every goal, and at halftime. Before a substitute may enter the game, she must report to the scorer's table. If a substitution occurs during play, it must take place through the substitution area by the scorer's table, with the player coming off the field before her substitute may go on the field (this includes the goalkeeper). For substitution after a goal, the horn will sound, and substitutes enter the playing field taking their teammates place.

Fouls

Fouls shall be the same as those outlined in Rule 18 of the US Lacrosse Rules with the following modifications:

1. Transitional Checking:

There are two specific criteria for the transitional check:

- *one is a 12-inch sphere around the ball carrier's head*
- *the second is that checks cannot be across the body (both shoulders) of the ball carrier. The new 12" sphere at the youth level was adopted for safety reasons to protect players' heads from stick contact and to emphasize for the women's game community the importance of the sphere to the integrity of the game.*

- This definition would prohibit defensive players from checking a crosse when a cradle is within 12 inches of a player's head.

- Check to the head and a slash are mandatory cards.

1. No holding the ball in your crosse above shoulder height for more than 3 seconds when closely guarded/marked by a defender that is in position and ready to make a legal check. (Official will give audible 3-second count.)
 - a. If the player with the ball takes the stick to the other side of her body and away from the defender, making a legal check impossible, the 3-second count would be over.
 - b. This 3-second violation is considered a minor foul with the closest defender to the ball carrier being awarded the ball.
2. No deputy allowed. (Only the goalkeeper is allowed in the goal circle.)

Updated: March 2026

***Authorized by email memo
from Caitlin Byrne***