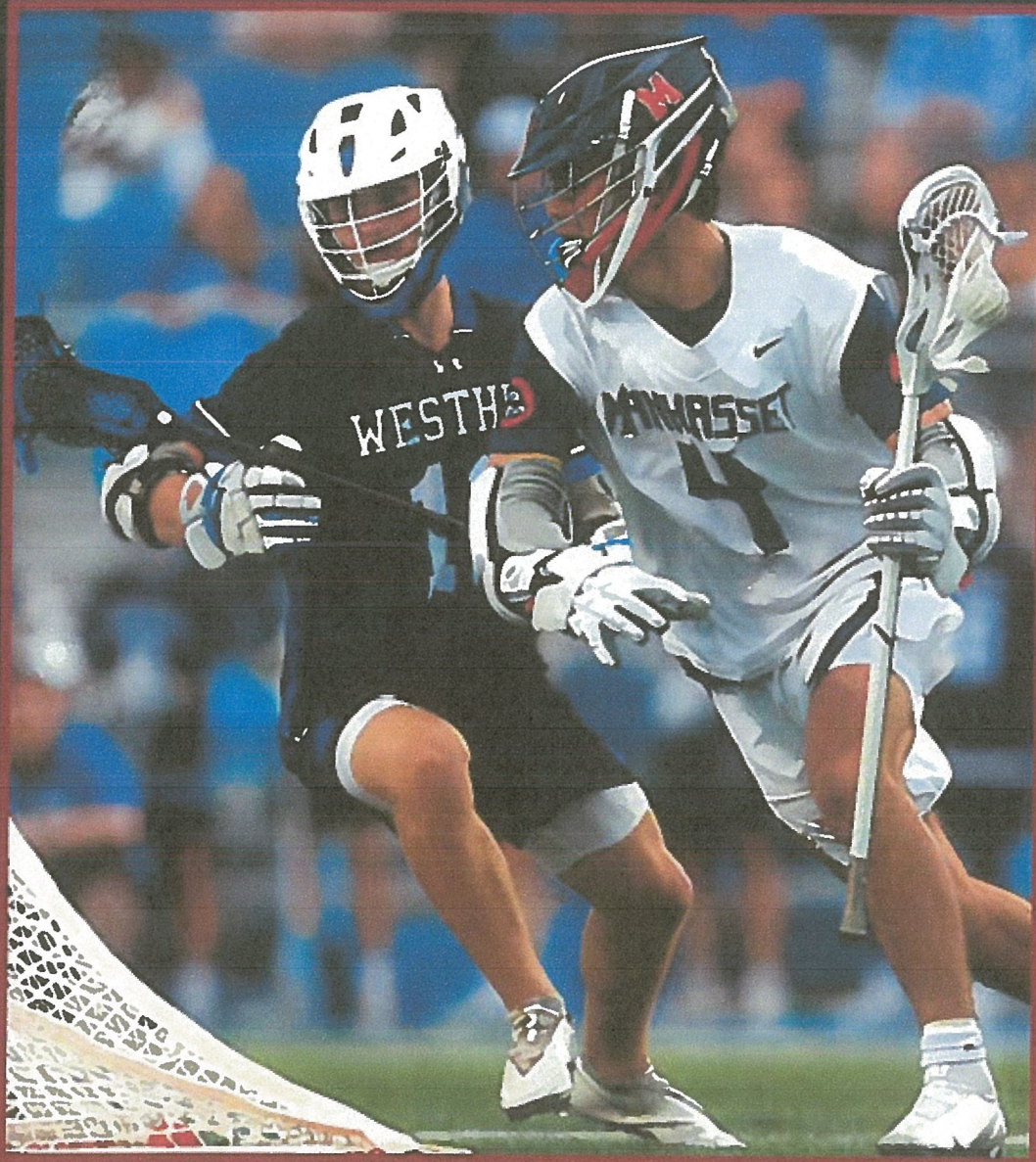


BOYS LACROSSE

EFFORT



SPORTSMANSHIP

RESPECT

2023



NYSPHSAA/Section VIII Boys Lacrosse



Jim Amen Jr.

Section VIII Boys Lacrosse Modified and High School Coordinator

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MODIFIED BOY'S LACROSSE

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IMPORTANT INFORMATION

Sport Season-Spring

START DATE: Monday March 27, 2023

END DATE: Saturday June 3, 2023

REQUIRED NUMBER OF PRACTICES: 6

MAXIMUM # OF CONTESTS: 9 (10 MINUTE Quarters)

4 Quarter Contest

10-minute quarters = 40 Minutes

5 Period Contest

10-minute periods = 50 Minutes

4 Quarter Extended Play-----Minimum of 14 Players

11 Minute Quarters = 44 Minutes

**** Exceptions: In boys' and girls' lacrosse, girls' field hockey and boys & girls' soccer,
If a team has only one goalkeeper that goal keeper may play in all periods of 4 Quarter Extended Play or in all periods
of 5 Period Play.***



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SCRIMMAGES ALLOWED: A school is limited to three (3) interschool practice sessions/scrimmages which, if conducted, may be held at any time after minimum practice requirements and previous to the last scheduled contest.

NIGHTS REST REQUIRED: 2

ORGANIZATION OF YOUR TEAM: *Configure your team into two equal groups of players. No player other than the goalkeeper can play in more than 3 quarters. (See Extended Play Guidelines)*

NYSPHSAA BOYS LACROSSE RULES:

BOYS LACROSSE Game Conditions: See Modified Sports Standards Chart 1. NYSPHSAA HANDBOOK

Equipment- • *The essential protective equipment must include a lacrosse helmet with a face mask, lacrosse arm guards, lacrosse shoulder pads, lacrosse gloves, and a mouthpiece. Goalkeepers must wear a chest protector and throat protection. • Face masks for lacrosse competition must have a center bar.*

• *Modified lacrosse players are exempt from the uniform outer clothing and helmet color regulations (Rule 1, Section 9, article 1a and 2c).*

Game Rules:

- 1. The length of quarters shall be 10 minutes.*
- 2. One sudden victory overtime period of 4 minutes is to be played in the event the game is a tie. (Feb. 2020)*
- 3. 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.*
- 4. There is no such call as a “Brush” in the Modified Program. Contact between Crosse and helmet is a personal foul.*
- 5. In a 5-period lacrosse game the mercy rule shall be in effect at the end of the third period of play.*
- 6. Substitutes are permitted when the ball goes out of bounds. Substitutions during live play shall be permitted on the fly. (July 2019)*
- 7. When a goalkeeper gets a penalty, the in-home player may serve the penalty if a second goalkeeper is unavailable.*
- 8. A goal will be disallowed after the horn sounds to indicate the end of the period. (July 2019)*



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OFFICIALS RATINGS:

This year there are no "Rating Cards".

Officials should give you a card with their name(s) on the card for your INFORMATION.

There is a sheet attached in this packet which can be utilized **NC High School Athletic Association SECTION VIII OFFICIATING REPORT FORM**

Please use this form to help evaluate an official(s) performance. Excellent, Good, or Poor but please explain within this form.

2023 BOYS LACROSSE MODIFIED RULES

Follow NFHS 2023 Rules including the *2023 Rule Changes*

WITH THE FOLLOWING EXCEPTIONS

Game Rules:

1. The length of quarters, including a fifth quarter, shall be 10 minutes.
2. In the event of a tie, there shall be one 4-minute sudden victory overtime.
3. 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.
4. There shall be no such thing as a "brush" in the modified program. Contact between the crosse and helmet is a personal foul.
5. In a five-period lacrosse game, the "mercy rule" shall be in effect at the end of the third period. Subject to local modifications.
6. Substitutes are permitted whenever the ball goes out of bounds. (Horn allowed) Or may take place during live play according to Rule 4-21 Art.
7. When a goalie gets a penalty, the in-home player may serve the penalty if a second goalkeeper is unavailable.
8. A goal will be disallowed after the horn sounds to indicate the end of the period.
9. For all restarts, ALL players shall be 5 yards or more away from the players in possession of the ball. No running restart.
10. Jersey, Shorts, Under-jerseys, Compression Wear & Sweatpants shall be the same dominant color for all teammates but are not restricted by number size/location/inserts or trim specifications or measurements or manufacturer logos.
11. When there is an existing flag down foul by a team and they commit a second foul under the slow whistle, the officials shall stop play immediately and assess both penalties.

**** 2023 NFHS Rule Additions****

Equipment and Uniform Changes - Effective January 1, 2022

*** All players must be properly equipped according to the 2022 NFHS rules. ***
It is not the officials responsibility to check the players equipment. * During
pregame coaches certification, the officials will ask the head coach:

“Coach, do you verify all your players are legally equipped by rule for the equipment that is under your responsibility?”

This question MUST be answered Yes or No. If the coach replies NO the game should not be played until the coach can confirm compliance with the equipment rule.

Running Time

After the first half, any time the score differential reaches 12 goals or more, starting with the whistle resuming play, the clock will only be stopped for a team time-out, official's time-out, or an injury time-out. No longer will normal play resume if the goal differential is reduced to fewer than 12 goals.

Penalty Time will also be running time once the official restarts the play after assessing the penalty.

Faceoff

*** Once the players are down they are to move into their faceoff position as quickly as possible. **Players may not place a knee on the ground as they get into position for the faceoff until the whistle sounds starting play.****

*** The crosses and gloves shall rest on the ground along the centerline, parallel to each other up to, but not touching the center line.**

***All fingers of both hands shall be gloved and wrapped around the crosse.**

*** The crosse head and the gloved hands shall be touching the ground.**

***The hand closest to the throat shall be in a palm up position.**

- *All fingers of both hands shall be gloved and wrapped around the crosse.**
- * The crosse head and the gloved hands shall be touching the ground.**
- *The hand closest to the throat shall be in a palm up position.**

Rule practices for 2023 Season:

- 1. 2 timeouts per half.**
- 2. All stick sizes must meet 2023 NFHS Rules.**
- 3. Body contact restricted to only the player in possession of the ball.**
- 4. Offense can play loose ball inside the opponent's crease.**
- 5. On a flag down we will use the Extended Flag Down procedure.**
- 6. For advancing the ball, the offensive has 20 seconds to advance the ball over midline and 10 seconds to get the ball in the box according to the 2022 NFHS rules.**
- 7. Goalies do not have to wear arm pads.**

2023 Points of Emphasis •

Sportsmanship: Keep the lines of communication with coaches and site administrators positive and open. Avoid negative engagement with spectators. Defer to school administrators to handle unruly spectators.

- **Player Safety:** Continued emphasis is needed on players wearing the helmet securely.... have chin straps buckled.

- **Eyeshades: Solid stroke and may not include words numbers, logos or other symbols. Review with coach during pre- game. If seen during game warn and instruct player to leave field and remove...second time for team will result in UNS penalty.**

- Faceoffs: Review with FO players during pre-game. Play the ball first, may clamp with back of stick but must be moved and raked or directed immediately. A player may not lie on the ball or trap it with the crosse longer than necessary to control the ball and pick it up in one continuous motion. A player may not use his crosse to hold or pin down his opponents crosse. •

Running Clock Penalty: Under a running clock when a penalty expires during a faceoff period, the player may not enter the game until the Faceoff is completed.

PROPERLY LINED FIELD FOR BOYS LACROSSE

1-2-1: ART. 1 . . . PENALTY: Failure to have a clearly marked center line that runs the entire width of the field, and continuous side and end lines is illegal procedure assessed against the home team. Rationale: Logos running through the endzone of many football fields are often placed on the endline for lacrosse. The endline for lacrosse is just as important as the midline. The penalty for not having a solid endline or sideline is illegal procedure. If the home team cannot fix the situation prior to the start of the game, the home team will be assessed a one - time technical foul by awarding possession at the start of the game.



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Lacrosse Scrimmage Rules: as per NYSPHSAA

1. A lacrosse scrimmage must have modified time periods. Scrimmages must also include one or more of the following:
2. Alternate possessions.
3. Start the scrimmage with either a Draw (girls) or a Face-off (boys).
4. 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

NOTE: A COMBINED PRACTICE WITH ANOTHER TEAM BEFORE THE FIRST 6 DAYS IS NOT ALLOWED



Nassau County High School Athletic Association Section VIII Officiating Report Form

This report is to be completed and submitted by coaches and/or athletic directors within 48 hours of the game/contest.

Sport: _____ Level: _____ Date of Event: _____

Home School: _____ Away School: _____

Official's Name: _____

Description of Officials Performance

Any Specific Examples of Officiating Mechanics (Attach/Send if Needed)

Person Completing Form: _____ Title: _____ Phone Number: _____

Athletic Director: _____ Signature: _____

Please complete form and email to Patrick Pizzarelli at ppizzarelli@nasboces.org