

# *SECTION VIII*



## MODIFIED GIRLS LACROSSE HANDBOOK

2023

SECTION VIII – NASSAU BOCES

## **CONTACT INFORMATION**

### **Girls Lacrosse Sports Coordinator**

John Kostkowicz Valley Stream South HS  
1-516-791-0307  
[kostkowj@vschsd.org](mailto:kostkowj@vschsd.org)

### **Girls Lacrosse Officials Association**

Danny Haas, President  
[djhaas16@gmail.com](mailto:djhaas16@gmail.com)

### **Modified Athletic Council President**

Cathleen Dnyprowsky, Great Neck  
516-441-4668  
[cdnyprowsky@greatneck.k12.ny.us](mailto:cdnyprowsky@greatneck.k12.ny.us)

## **IMPORTANT INFORMATION**

**Sport Season**---March 27<sup>th</sup>- June 3rd

**Required Number of Practices**---6

**Rules Governing Body**---All games will be contested under the National Federation of High Schools (NFHS) Rule Book, with Modified exceptions.

All games shall be played according to the rules of US Lacrosse Standards (girls) with all approved changes and interpretations as established by NYSPHSAA Lacrosse Committee. In girls' lacrosse field players are required to wear lacrosse goggles that meet NEW ASTM Standard F3077 on the SEI website. Lacrosse balls used for practices, scrimmages & games can be yellow, lime green or bright orange in color all must specify that the ball meets NOCSAE standards pg. 18. A lacrosse ball in the previously mentioned colors that is slightly textured may be used as well see NOCSAE standard attached. \*\*US Lacrosse Rule Manual should be purchased and reviewed closely. Waivers/Modifications: Girls Lacrosse: NYSPHSAA approved a waiver of the NFHS/US Lacrosse rule to allow schools that mutually agree in the event two officials are not available, to conduct a game with one official at both the JV and Modified level in Girls Lacrosse effective Spring 2017

**Additional Information:**

**Modified Game Play Options:**

- Optional Plan for use at the league or Section level. If a team has fewer than the minimum number of players to play the 5-period concept the following game rules will apply.
- A 4-quarter game will be played with the number of minutes being increased for each quarter (see chart); however, no player may play more than 3 quarters (\*See exception).
- This will apply provided the team has a sufficient number of players so as not to exceed the NYSPHSAA regulated playing time allocation for each sport (see following chart).
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<b>Sport Girls Lacrosse</b>	
<b>MINIMUM # OF PLAYERS REQUIRED For 4 Quarter Extended Play</b>	16 Player
<b>MINIMUM # OF PLAYERS REQUIRED For 5 Period Play</b>	25+ Players
<b>Time limits of Two Halves</b>	25 minutes Per Half
<b>Time limits of Four Quarters</b>	15 Minutes Per Quarter
<b>Time limits of Five Periods</b>	12 Minutes Per Period

\*In boys and girls lacrosse and girls field hockey, if a team has only one goalkeeper that goalkeeper may play in all periods of 4 Quarter Extended Play or in all periods of 5 period play. Except for the goalkeeper, the “time” allocated for the game will not be extended. All players except for the goalkeeper will follow the 4 quarter or 5 periods extended playing time format and are therefore only eligible to play 3 periods.

**Modified Coaching Philosophy:**

COACHES: The most important factor in the program is the coach. One must adapt coaching to the age level and the abilities of the junior high youngsters, but teach the fundamentals of the games and avoid the intricacies of more advanced programs. Real patience and a knowledge of the youngsters at this age level is necessary. An understanding of all program policies and game rules and conditions is essential. Relations with opposing coaches should be one of cooperativeness and good sportsmanship yet teaching and coaching the team to be the best of one's ability, realizing that the chief obligations are to the pupils and their proper sports education.

**Sportsmanship:**

Sportsmanship is essential at this age. The Association recognizes and appreciates that the influence and responsibility of the school administration with regard to good sportsmanship extends to all levels of competition. However, it must also be seen that the NYPHSAA has been vested with the responsibility to ensure that all contests under its jurisdiction are conducted satisfactorily. This standard applies to all regular season games.

**Official Ratings:** Speak with your AD.

## **Stick Stringing Specifications Overview**

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- Sticks that are currently legal as per US Lacrosse will remain legal
- Stringing may start to look different because mesh can now be part of the pocket
- The on-field pregame stick check will now look at depth and movement on both the front and back facing side of the pocket.
- Shooting string rules haven't changed- they must be attached directly to the sidewall
- Also remaining the same, the pocket depth must allow a portion of the ball to be seen above the sidewall (front and back) and no holes or gaps in the stringing can be greater than 1.5 inches