

Nassau County Lacrosse Officials Organization

NYS Middle School Modified Lacrosse Rules 2005

Equipment: (All equipment must be manufactured for lacrosse).

1. *All players must wear – Helmet, Lacrosse Arm and Shoulder Pads, Mouthpiece, Gloves, **Molded Rubber Sole Shoes** and Jersey.
2. * Goalies must wear – Shoulder and Arm Pads, Chest Protector, Hemet with Throat Protector, (Goalie can also **wear shin guards, football pants with or without pads**).

Length of Game:

1. * The game consists of 4 – 9 minute quarters.
2. Overtime: Two overtime periods each of two minutes in length.
3. Both overtime periods must be played to conclusion.
4. **There will be no sudden death periods.**
5. Check rules for 5-quarter game.

Playing Rules:

1. *A one-arm swing with a crosse, whether or not contact is made, shall be considered a personal foul (Slashing). This includes the over-the-head check, and one or two hand check.
2. *There is no such call as a “**BRUSH**” in the modified program. Contact between the crosse and the helmet is a personal foul (Slashing).
3. *The offensive player may not reach into the crease with his crosse while the ball is in the crease.
4. *Body checking is permitted (intent) **ONLY** against a player who is in possession of the ball. There is no man-ball.
5. **Subbing is allowed on the end line** (Horn on end line).
6. *3 Time-outs per half per team.
7. *No 10 second count.
8. *The team who is ahead must keep the ball in the box in the **LAST TWO (2)** minutes of the game.
9. *The goalie does not serve penalties unless it is an unsportsmanlike foul. The In-Home serves his penalty.

Mercy Rule:

1. If a team is ahead by 10 goals in a 4-quarter game the clock will run in the second half or until the goal differential falls below 10.
2. In a 5-quarter game the mercy rule will go into effect after the 3rd quarter. The clock will run until the goal differential falls below 10 goals.
3. The clock and penalty times stop on a time out and injuries.

Note: All other rules will be 2005 Federation Rules