

Nassau County Lacrosse Officials Organization
NYS Middle School Modified Lacrosse Rules 2010

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.
 - a. Minimum # of players per team – **22**.
 - b. No player can play more than 4 quarters including the goalie.
 - 1) **4 quarter play**
 - a) **Periods** – 9 min each
 - b) **Length of game** – 36 min.
 - c) **No. of players** – Under 22
 - d) **One goal tender**
 - e) **No player BUT goalie can play in all 4 quarters.**
 - 2) **5 quarter play**
 - a) **Periods** – 9 min. each
 - b) **Length of game** – 45 min.
 - c) **No. of players** – 22 or more
 - d) **Two goal tenders**
 - e) **A/B roster form. Two equal rosters.**
 - 3) **4 quarter extended play**
 - a) **Periods** – 11 min. each
 - b) **Length of game** – 44 min.
 - c) **No. of players** – 14-21
 - d) **Two goal tenders**
 - e) **No player can play more than 2 quarters.**
 - c. The 5th quarter is considered part of the game and points accrued during the 5th quarter is counted toward the final score of the 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. *In a 5-quarter game half time occurs after the 3rd quarter.
8. *No 10 second or 20 second clearing counts.
9. *The team who is ahead must keep the ball in the box during the **LAST TWO** (2) minutes of the game.
10. *The goalie does not serve penalties unless it is an unsportsmanlike conduct foul. The In-Home serves his penalty.

Mercy Rule:

1. If a team is ahead by **12** goals in a 4-quarter game the clock will run in the second half or until the goal differential falls below **12**.
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 **12** goals.
3. The clock and penalty times stop on a time out and injuries.

Note: All other rules will be 2010 Federation Rules

Stalling:

1. In a 4-quarter game when one team is ahead, the automatic stalling warning occurs during the last 2 minutes of the game.
2. If the game is tied at the end of a 4-quarter game, there are two 2-minute over-time periods. **There is no automatic stalling situation during overtime.** If the officials, however, feel that the team who scored is stalling, they can issue the warning to 'keep it in'.
3. **Note:** In a 5-quarter game, the 5th quarter is considered a part of the game and the score is still kept. The automatic stalling warning occurs during the last 2-minutes of the 5th quarter and **when the 5th quarter is over, there is no overtime.**