

**NYSPHSAA, Inc.**  
**MODIFIED GAME RULES AND**  
**GAME CONDITIONS**

**2013**

**BOYS LACROSSE**

1. Equipment—

- a) All players, including the goalkeeper, shall wear all protective equipment.
- b) Properly fitted equipment of good quality is mandatory for safe participation in lacrosse.
- c) 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.
- d) Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any modified sport.
- e) Face masks for lacrosse competition must have a center bar.
- f) With the exception of the goalie's stick, there shall be no rule restriction on the length of the stick in modified lacrosse if the stick falls between 40-72 inches.
- g) 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 9 minutes.
2. Two overtime periods of 2 minutes are to be played in the event the game is a tie; and no sudden death period is to be allowed.
3. A team shall be permitted 3 time-out periods per half. The time-outs cannot be accrued in the course of the game.
4. 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.
5. There is no such call as a "Brush" in the Modified Program. Contact between crosse and helmet is a personal foul.
6. Contact with the ball is disallowed by any offensive players when the ball is loose in the crease.
7. Body checking is allowed ONLY against a player who is in possession of the ball.
8. The ten second rule is eliminated.
9. In a 5 period lacrosse game the mercy rule shall be in effect at the end of the third period of play.
10. Substitutes are permitted whenever the ball goes out of bounds.
11. When a goalkeeper gets a penalty, the in home player will serve the penalty if a second goalkeeper is unavailable.