

**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.