

MODIFIED GIRLS LACROSSE

Game Conditions:

Sport	# of Practices Prior to First Scrimmage Team/ Individual	Number of Practices Prior to First Contest Team/ Individual	Team and Individual Maximum No. Contests	Minimum Time Between Contests*	Individual Limitations per Day	Rules	Time and Distance Limits
Lacrosse-Girls	10/8	10/8	12	2 Nights	1 Game	NFHS/ US Lacrosse	25 Minute

Game Rules:

1. NFHS/ US Lacrosse Rule Book

2. Halves shall consist of 25 minutes, maximum.

3. Equipment–

- Properly fitted equipment of good quality is mandatory for safe participation in lacrosse.
- All field players are required to wear lacrosse goggles which meet ASTM standards.
- 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.
- All players must wear mouthpieces.
- Goalkeepers must wear the following equipment: 1) Helmet with facemask, 2) Mouthpiece, 3) Throat protector. 4) Padding on hands, arms, legs, shoulders and chest to conform to US Lacrosse rules (padding does not excessively increase the size of these body parts, maximum thickness is one inch).

4. Modified stick-checking in modified girls' lacrosse, as outlined in the NFHS/ US Lacrosse Rulebook under the Girls' Youth Rules – Level A, must be used.

5. A time out may be called when the ball is not in play. One time out per team, per half will be allowed. Duration of the time out will be two minutes.

6. If both schools agree they may waive the NFHS rule and allow the game to be played with only one official (January 2017).