

BOYS LACROSSE MODIFIED RULES (2026)

Follow NFHS 2026 Rules including the 2026 Rules Changes **WITH THE FOLLOWING EXCEPTIONS:**

1. The length of quarters, including a fifth quarter, shall be 10 minutes.
2. In the event of a tie, there shall be one 4-minute sudden victory overtime.
3. There shall be no such thing as a “brush” in the modified program.
Contact between the cross and helmet is a personal foul.
4. In a five-period lacrosse game, the “mercy rule” shall be in effect at the end of the third period. Subject to local modifications.
5. Substitutes are permitted whenever the ball goes out of bounds. (Horn allowed) Or may take place during live play according to Rule 4-21 Art. 1
6. When a goalie gets a penalty, the in-home player may serve the penalty if a second goalkeeper is unavailable.
7. A goal will be disallowed after the horn sounds to indicate the end of the period.
8. For all restarts, ALL players shall be 5 yards or more away from the players in possession of the ball. No running restart.
9. Jersey, Shorts, Under-jerseys, Compression Wear & Sweatpants shall be the same dominant color for all teammates but are not restricted by number size/location/inserts or trim specifications or measurements or manufacturer.
10. When there is an existing flag down foul by a team and they commit a second foul under the slow whistle, the officials shall stop play immediately and assess both penalties.

Removed from the Modified Exceptions (2024)

A one-arm swing with a cross, whether contact is made or not, shall be considered a personal foul--slashing. This includes the “over-the-head” check.