



GIRLS LACROSSE 2019 HIGH SCHOOL TIME FACTORS/PROCEDURES

1. Minimum amount of time for warm-up:

Teams may warm up on their half of the field for a minimum of 15 minutes to the maximum allowed by the home team and/or league and conference. The designated time is usually 20 minutes; however 15 minutes is the minimum.

Therefore, if the first game runs late, the minimum amount of time for warm up is 15 minutes. In terms of the second contest, the contest should start at the stated time, unless the first game runs late.

2. Playing time for varsity and subvarsity:

For all levels (subvarsity and varsity) of play, the maximum regulation playing time is 50 minutes – divided into two halves. Halftime will be 10 minutes (but may be less than 10 minutes if agreed upon by the coaches prior to the start of the game.)

In all games (varsity and subvarsity), the clock is to be stopped on the umpire's whistle and arm signal after each goal during the entire game, and on every whistle (to stop play) in the last 2 minutes of each half. The only exception to this is when the league/conference indicates prior to the game (or through league/conference regulations) that the subvarsity (i.e. freshman or junior varsity) will play with a running clock after goals. The clock will still then be stopped on every whistle (to stop play) in the last 2 minutes of each half. If a team is leading by 10 or more goals, the clock will continue to run after goals and within the last 2 minutes of playing each half (no stop clock). If the difference becomes less than 10 goals, the stop clock is reinstated.

Given the rule, 25 minute halves shall be the prescribed time used for varsity and subvarsity (HS) teams. The only case that this would change is by league and conference determination. In addition, the clock is to be stopped after each goal unless determined through the league and conference.

3. Overtime procedures:

The MHSAA Girls Lacrosse Committee did not adopt the Sudden Victory overtime rule and the previous overtime procedures will be retained. (The alternative possession shall continue from regulation and is continuous through any overtime period.)

Overtime procedures are in place and should be used in all levels of high school competition (varsity and subvarsity) unless prescribed by the league and conference.

When the score is tied at the end of regular playing time and overtime is to be played, both teams will have a 5-minute rest and toss a coin (visiting captain calls) for choice of ends. Six minutes (two 3-minute periods) of stop clock overtime will be played. The clock will be stopped after 3 minutes of play in order for teams to change ends with no delay for coaching. The game will be restarted by a center draw. The team which is ahead at the end of six minutes wins the game.

If the teams are still tied after six minutes have elapsed, the teams will have a 3-minute rest and change ends. The winner will then be decided on a "sudden victory" stop-clock overtime of no more than six minutes in length with the teams changing ends after 3 minutes. The game will be restarted by a center draw. The team scoring the first goal wins the game. Play will continue with "sudden victory" stop-clock overtime periods of six minutes in length with 3 minutes in between and change of ends until a winning goal is scored.

4. Suspended/Interrupted game:

If a suspended game (one in which less than 80% of playing time has elapsed) is replayed on another day, it will be continued from the point of interruption. A suspended game may be terminated and considered complete by mutual agreement of the opposing coaches. The score at the point of termination will be the official score of the game.

5. Additional MHSAA Girls Lacrosse regulations:

A student or team shall compete in no more than three games and/or scrimmages of lacrosse in one week (Monday through Sunday), including regular and MHSAA tournament play. An individual is limited to one game per school day. A student shall compete in no more than four scrimmages and in no more than 18 games, exclusive of the MHSAA tournament.

6. High School Multi-team tournaments:

A student or team may compete in a multi-team tournament in which the total allowable playing time for any team is no more than 150 running time minutes and the event counts as one of the 18 regular-season contest (and one of three dates, Monday-Sunday). The following provisions would apply:

- a. A girl's lacrosse team would be allowed a maximum of three multi-team tournaments in its regular-season schedule.
- b. No more than 25 minute running time halves can be played. The clock stops for injuries with one time out allowed per team per half. For girls, two regular games may be played (no overtimes permitted).
- c. Multi-team tournaments may only be held on non-school days or days not followed by school.
- d. In multi-team tournaments, there are no overtimes permitted and the games end in a tie.
- e. If a student or team participates in a multi-team tournament, that student or team shall compete in no more than two regulation games or interscholastic scrimmages that week, Monday through Sunday, in addition to the multi-team tournament.

2019 JUNIOR HIGH/MIDDLE SCHOOL GIRLS LACROSSE VARIATIONS

- The season shall be a maximum of 13 consecutive weeks during which a student or team shall participate in no more than **12 games**.
- A student or team shall participate in no more than three games Monday through Sunday, but only two of the three games shall occur on a day or night before a school day.
- A student or team shall participate in no more than one game of interscholastic lacrosse per school day.
- A student or team may compete in a multi-team tournament in which the total allowable playing time for any student or team is no more than 150 running time minutes and the event counts as one of the 12 regular season contests. The following provisions would apply:
 - a. A student or team shall participate in no more than four multi-team tournaments in its regular-season schedule, each tournament counting as one of the 12 games of allowed competition.
 - b. No more than 25 minute running time halves could have been played. Clock stops for injuries with one time out allowed per team per half. For girls, two regular games may be played (no overtimes permitted).
 - c. Multi-team tournaments may only be held on non-school days or days not followed by school.
 - d. There are no overtimes permitted in multi-team tournaments, the games end in a tie.
 - e. If a student or team participates in a multi-team tournament, that student or team shall compete in no more than two regulation games or scrimmages that week, Monday through Sunday, in addition to the multi-team tournament.