



MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION

2022-23 Boys Lacrosse – 5-Quarter Rule

On December 2, 2022, the Representative Council approved a 5-quarter allowance for the sport of Boys Lacrosse with the intent to allow programs with LIMITED PARTICIPATION NUMBERS to have some players participate in both JV and Varsity games on the same night so EACH team can play with a safer number of players.

Like the Football and Basketball five-quarter rule, students may now play in both a JV and varsity contest on the same day but may NOT participate in more than five quarters in a day. It may help to think of this as playing five quarters in a day counts one of the 18 allowable regular season contests.

Overtime is considered an extension of the fourth quarter – overtime would not count as an additional quarter played.

For the purposes of this rule, playing one second of a quarter counts the same as playing for the entire 12 minutes. There are no exceptions for faceoff specialists and goalies. If a player is in the game for any amount of time, that quarter counts towards their five quarters allowed on that day.

For multi-team tournaments, if two school teams are at the same event, a player may participate in no more halves or quarters than what is being played by the school's highest team level that day. For example: if the varsity team is playing three 25-minute half games for a total of six halves, a player participating in both JV and Varsity on the same day can play in six TOTAL halves that day.

There is no change to the number of allowable regular season contests or the restrictions for multi-team tournaments. Students and teams may still only participate in 4 scrimmages, 18 contests, and two multi-team tournament events. If using the multi-team tournament allowance, teams may still only play a maximum of 150 running time minutes (maximum 25-minute running halves), or two regularly timed games.

It is the responsibility of the coach to track participation. Teams must have a method of tracking who has played to ensure players do not exceed the five quarter maximum.

If a player exceeds the 5-quarter limit, the contest during which the violation took place (varsity or subvarsity contest) will be forfeited, and the head coach of record during the contest where the violation occurred is suspended for the next day of competition.

Updated MHSAA Handbook language regarding limits of competition for Boys Lacrosse and penalties for violations of those limits are highlighted below:

Regulation II, Section 10-LIMITATIONS OF COMPETITION

10. Lacrosse (Boys)

A student or team shall participate in **no more than five quarters in a day and** in no more than three games and/or interscholastic scrimmages of lacrosse in one week (Monday through Sunday), including regular and MHSAA tournament play. A student or team shall participate in no more than four interscholastic scrimmages and in no more than 18 games, exclusive of the MHSAA tournament.

Overtime is considered an extension of the fourth quarter insofar as this section is concerned.

A student or team may participate 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 contests (and one of three dates, Monday-Sunday). The following provisions would apply:

- a. A student or team shall participate in no more than two (boys) multi-team tournaments in its regular-season schedule, each tournament must be held on a single day, counting as one of the 18 games of competition allowed.
- 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. Two regular timed games may be played with one sudden-victory overtime permitted.
- c. Multi-team tournaments must be held on the same day and could only be held on non-school days or days not followed by school.
- d. If a student or team participates in a multi-team tournament, that student or team shall participate in no more than two regulation games or interscholastic scrimmages that week, Monday through Sunday, in addition to the multi-team tournament.
- e. **For purposes of the "5 quarter" rule: if two teams from one school are at the same event, allow participation in no more halves or quarters than what is being played by the school's highest team level that day. For example, if the varsity team is playing three 25-minute half games for a total of six halves, a player playing both JV and varsity on the same day can play in six total halves that day.**

Regulation V, Section 4-VIOLATIONS AND PENALTIES

SECTION 4 (D)—If a contestant or team competes in a meet, match, or tournament in violation of any of the limitations of competition of Regulations II and IV, the entire meet or contest is forfeited. Individual students or teams which participate in excess of the season limitations for a sport as stipulated in Regulation II, Section 11 (A) shall not be permitted to participate in that season's MHSAA tournament in that sport. Students or teams exceeding the maximum number of contests/days of competition allowed during the regular season shall forfeit the contests in excess of the season maximum and not be allowed to enter or advance in the MHSAA team or individual tournament. **Teams in violation of the "fifth quarter" regulation will forfeit the contest during which the violation took place (varsity or subvarsity contest). The head coach of record during the contest where a violation of the "fifth quarter" regulation occurs is also ineligible for the next day of competition at that level as defined in Regulation V.**