



2026 GIRLS LACROSSE HIGH SCHOOL TIME FACTORS/PROCEDURES

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.

PLAYING TIME FOR VARSITY AND SUBVARSITY: For all levels (subvarsity and varsity) of play, the maximum regulation playing time is 48 minutes divided into four 12-minute quarters, with two minutes between quarters. Halftime will be 10 minutes but may be less if agreed upon by the coaches prior to the start of the game. Players must change ends between each quarter.

In all games, the clock is to be stopped on the official's whistle and arm signal after each goal during the entire game and when a foul is called in the critical scoring area during the last **minute of each quarter**.

If a team is leading by 10 or more goals, the clock will continue to run after goals and when there is a foul called in the critical scoring area during the **last minute of each quarter**. If time runs out prior to the complete administration of a free position, then it shall not be administered. If the difference becomes less than 10 goals, the clock will resume stopping for fouls in the critical scoring area.

Given the rule, four 12-minute quarters 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.

OVERTIME PROCEDURES: The MHSAA Girls Lacrosse Committee did not adopt the Sudden Victory overtime rule and the previous overtime procedures will be retained. (The alternate 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, both teams will have a 5-minute rest and toss a coin for choice of ends. Six minutes (two 3-minute halves) of overtime will be played. The clock stops on official time-outs or fouls in the critical scoring area. 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" 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" overtime periods of six minutes in length (two 3-minute halves) with 3 minutes in between and change of ends until a winning goal is scored.

SUSPENDED/INTERRUPTED GAME: Once play begins the officials shall have the authority to interrupt or suspend the game due to dangerous weather or field conditions. The official's decision is final. A game is considered legal and complete if 75 percent of playing time has elapsed. An interrupted game continued on the same day shall be restarted from its point of interruption.

If a suspended game (one in which less than 75 percent of playing time has elapsed) is replayed on another day, it must be played 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.

GIRLS LACROSSE REGULATIONS: A student or team shall participate in no more than five quarters in a day, in no more than three games and/or interscholastic scrimmages of lacrosse in one week (Monday through Sunday), including regular and MHSAA tournament play. An individual team is limited to one game per school day. 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 apply:

- a. A student or team shall participate in no more than two (boys)/three (girls) 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 can be played, with no overtimes permitted; the games shall end in a tie. Clock stops for injuries with one time-out allowed per team per half. For girls, two regulation 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. 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 “fifth 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.

GIRLS LACROSSE JUNIOR HIGH/MIDDLE SCHOOL REGULATIONS: The season shall be a maximum of 13 consecutive weeks during which a student or team shall participate in no more than 12 girls games. A student or team shall participate in no more than three games Monday through Sunday, but only two of the three games may 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 participate 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. 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, the games shall end in a tie.
- e. If a student or team participates in a multi-team tournament, that student or team shall participate in no more than two regular games or scrimmages that week, Monday through Sunday, in addition to the multi-team tournament.