

IMPORTANT DATES/TIMES IN GIRLS LACROSSE 2026

Starting Schedules/Times:

1. **Online Rules Meeting: Monday, February 9 – Thursday, April 16, 2026**
2. **Practice begins (including tryouts) – Monday, March 9, 2026**
3. **First contest date (after 7 team practices) – Wednesday, March 18, 2026**
4. **Maximum number of contests for team and individuals – 18**
5. **Only one level (Freshman, JV or Varsity) and one game per school day.**
6. **Number of scrimmages allowed – 4**

Tournament Dates:

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| 1. Pre-Regional: | May 14-16 & 18, 2026 |
| 2. Regional First Round: | May 20-22, 2026 |
| 3. Regional Semifinals: | May 26 or May 27, 2026 |
| 4. Regional Finals: | May 29 or May 30, 2026 |
| 5. Semifinals: | June 2 or 3, 2026 |
| 6. Finals: | June 5 or 6, 2026 |

Limitations of Competition (Grades 9 – 12) – GIRLS LACROSSE

A student or team shall compete 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 is limited to one game per school day. A student or team shall compete in no more than four interscholastic scrimmages and in no more than 18 games, exclusive of the MHSAA tournament.

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 would 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. OR For girls, two regulation games may be played (no overtimes permitted). OR For boys, two regulation games may be played with one sudden-victory overtime 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.**

Limitations of Competition (Junior High/Middle School) – GIRLS LACROSSE

The season shall be a maximum of 13 consecutive weeks during which a student or team shall compete in no more than 12 games. A student or team shall compete 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 compete 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.**