

GNULL Running-Time HS League Rules

Games will be conducted using the current calendar year's NFHS rules. *This means that 2019 NFHS Boys Lacrosse rules become the base rule set on January 1, 2019.* The following modifications will be used:

Pregame

- No coin toss (the home team picks goal to defend; away gets AP).
- There will be a *brief* lineup.
- Home team = white, away team = dark.

Time factors

- Games consist of four 12-minute quarters.
- Quarters may be shortened if needed to keep the games on schedule.
- Halftime will be 4 minutes (or shorter if need be to keep on schedule).
- The clock begins running at the scheduled start time for the game regardless of whether the teams are ready to play.
- No on-field time is allotted for warm-ups.
- The clock stops only between periods, for team timeouts, and for an official's timeout.
- If a team is not on the field and ready to play at the scheduled start time, a delay-of-game foul will be assessed.

Time-outs

- Each team is allowed one 1-minute time-out per game. Clock stops.
- Time-outs may be called in accordance with standard rules.

Penalties

- All penalties will be running time.
- Penalties time starts when the player is in the penalty area on a knee and the whistle has blown to restart play.
- If a penalty expires during a dead ball, the player is not released until play restarts.
- Penalty time does not run when the game clock is not running.

Equipment

- All standard equipment rules apply **including** mouth guard requirements.

- Officials will perform random equipment inspections at least once per half.
- Coaches may call for equipment checks prior to the last three minutes of the game.

“Braveheart” tiebreaker

- Used if regulation ends *at least 3 minutes* before scheduled start of next game.
- Each team has a goalie and a field player.
- Officials may inspect crosses before tiebreaker; no coach-requested checks.
- Teams defend same goal they defended in second half and must use the goalies on the field at the end of regulation.
- The field players face off at center.
- Goalies must be behind their restraining lines during the faceoff.
- The goalies may not cross midfield.
- The first team to score a goal wins.
- There are no timeouts/substitutions except in the case of injury (in which case the opponent may also sub a player).
- If a team commits what would normally be a timeserving penalty, play is restarted with the offending player in his defensive half (for a technical) or defensive restraining area (for a personal) and the offended team's field player in possession just outside the attack area.
- Other standard rules apply (e.g., counts).

Suspensions

- If a player or coach is ejected, there will be an automatic suspension for the first offense and longer suspensions for subsequent offenses.
- Suspensions for ejected coaches will run *at least* for the remainder of the current league.
- The league reserves the right to suspend or expel from the league any player or coach without refund.