

NFHS Boys Lacrosse Rule 3 – Time Factors

Section 1: Length of game

- Varsity Game – Four (4) 12-minute quarters [overtime if tied at end of regulation]
- Sub Varsity – Four (4) 10-minute quarters [no overtime]
- Middle School – Four (4) 10-minute quarters [overtime if tied]

Clock starts & stops on every whistle (Runs during dynamic play, stops at all dead ball situations – time outs, out of bounds, penalty adjudication, etc.)

For all levels: running clock in 2nd half if score differential is 12 goals or more. Stop clock on timeouts (team, official, injury). Penalty time is running. Revert back to regular timing if score goes back under 12.

Section 2: Intervals

- Two minutes between 1st & 3rd periods
- Two minutes between 4th & overtime periods (conduct coin toss for choice of goal)
- Two minutes between all OT periods
- Halftime is 10 minutes long– Blast horn at 4 minutes remaining (coaches conference at 4 minutes BOTH COACHES MUST BE PRESENT)

Section 3: Final Two Minutes Of Regulation Play

Offensive-stalling rule is automatic – Team that is leading must “keep It In”

Section 4: Sudden-Victory Overtime

- 4-minute OT periods
- Switch ends after each OT period
- 1 team time out per OT period
- First/next goal wins game (game over – no equipment checks)

Section 5: Interruption Of Game

- Circumstances beyond officials’ control (prolonged lightening delay, weather, worsening field conditions, loss of daylight, etc.)
- Periods or game may be shortened by officials if BOTH coaches agree

Section 6: Forfeits

- Score stands if offended team is winning
- Final score will be 1-0 if offended team is trailing or if the offending team is a no-show