

DELPHIC MIDDLE SCHOOL BOYS' LACROSSE RULES - 2026 SEASON

The official rule book shall be the 2026 NFHS boys' lacrosse rule book, except where noted below:

2. Schools hosting games are responsible for the following:

- * Scorer's table**
- * Scorekeeper/timekeeper**
- * Clock, horn, game balls (16+ NOCSAE approved), and ball chasers at each end**
- * Field markings – circle around goal, hash marks and sidelines**
- * Portable Goals are acceptable, as long as they are sturdy, regulation size, and well secured.**

3. Time:

- * 4 Quarters of 8 minutes with clock stopping when ball goes out of play**
- * 10 minute halftime**
- * One 5 min overtime (Sudden Death) during the regular season.**

4. Rules:

- * Mandatory foul-out from game after 5 minutes worth of personal penalties**
- * 2 time-outs per half (2 min each)**
- * Mercy Rule: If a team has an 8 goal lead at any time in the second half, running time will be used until the lead goes below 8 goals**
- * Clearing counts (20 seconds to get the ball over the midline, 10 seconds to get the ball into the attack area) will be enforced. The four-second count for keeper possession in the crease will be enforced.**
- * Per NFHS rule change for 2026, the goalkeeper no longer has five seconds to re-enter the crease before a restart**
- * The "over and back" rule will be enforced. The officials will verbally and/or visually indicate when the attacking team has entered the goal (attack) area, after which the over and back will be enforced for that play.**
- * There are no mandatory stall warnings, including for the leading team during the final two minutes of play in the 4th quarter. However, the officials may impose a stall warning if they feel a team is making no effort to attack the goal for an excessive period of time.**
- * Stick checks: Officials may conduct stick and equipment checks at their discretion.**
- * All ongoing NFHS stick requirements will be enforced. Coaches may request a stick check of an opposing player, subject to possible loss of a time out or turnover specified in NFHS rules for second or later requests that do not result in adverse findings for the player or stick being checked.**

5. Playoffs:

- * The top four teams will meet in semifinals hosted by the higher seeded team (1 vs. 4 and 2 vs. 3)**
- * Overtime will be 5 minute periods, golden goal. First team to score wins.**