



Lacrosse

Sport Manual

2025-26 Edition

4.9 Lacrosse

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4.9.1 Regular Season Procedures

4.9.1.1 Rules of Competition

4.9.1.1.1 Competition Rules. NFHS Boys Lacrosse Rules and U.S. Lacrosse Women's Rules, as modified or amended by the FHSAA, are the official rules for all regular season games as well as FHSAA Lacrosse Florida High School State Championship Series games. The following modifications or amendments have been adopted by the FHSAA.

Girls Lacrosse

- **Rule 2-1 The Ball.** Each home team shall supply a minimum of twelve (12) yellow lacrosse balls bearing the NFHS-approved authenticating mark: "Meets NOCSAE Standard. NFHS".
- **Rule 3 Ball Retrieval.** If the home team chooses to provide ball retrievers on the end line, the ball retrievers shall (1) wear a lacrosse helmet, (2) be dressed so their uniform colors do not blend with those of participating teams and (3) not be permitted to stand directly behind the goal. In addition, the home team is required to train, protect, and provide for the safety of the ball retrievers.
- **Rule 2-7-3 Mandatory Equipment.** All girls lacrosse players are required to wear protective headgear that meets the current ASTM standard for women's lacrosse (ASTMF3137) during all competitions. More information regarding the required headgear can be found on the FHSAA website.
- **Rule 2-7** Artificial Limbs are permitted which are no more dangerous to players than the corresponding human limb and do not place the opponent at a disadvantage. Written permission must be obtained from the FHSAA Office.
- **Rule 2-7** A hearing instrument may be used to enhance the efficiency of a required aid prescribed by a licensed medical physician, provided it is not dangerous to the wearer or any other player. Written permission must be obtained from the FHSAA Office.
- **Rule 4-1-1 Duration of Play.** Sub-varsity games shall be forty (40) minutes divided into four (4) quarters unless otherwise stated in the game contract.
- **Rule 4 Duration of Play.** The length of games at the varsity level cannot be adjusted or changed, unless an emergency situation would cause both head coaches to mutually agree to shorten the game.
- **Rule 4-4 Suspended/Interrupted Game.** A lacrosse game that has completed one-half or more of play is an official game. A game that has been called because of weather or darkness prior to the first half being completed is a suspended game and, if played, shall restart from the point of suspension. (See also FHSAA Policy 32: Policy on Inclement Weather.)

Boys Lacrosse

- **1-5.** Each home team shall supply a minimum of thirteen (13) white lacrosse balls bearing the NFHS-approved authenticating mark: "Meets NOCSAE Standard. NFHS".
- **3-1-1** Sub-varsity games shall be played in four (4) ten (10) minute quarters unless otherwise stated in the game contract.
- **3-5 A lacrosse game that has completed two quarters or more of play is an official game.** A game that has been called because of weather or darkness prior to the second quarter being completed is a suspended game and, if played, shall restart from the point of suspension. (See also FHSAA Policy 32: Policy on Inclement Weather.)
- **5-12 PEN; 7-12 delete** "The ejected player ... shall be removed from the premises if there is authorized school personnel present to supervise the ejected student."

4.9.1.1.2 Jewelry. Jewelry shall not be worn, except for religious or medical medals. A religious medal must be taped and worn under the uniform. A medical alert must be taped and may be visible.

4.9.1.1.3 Healthcare Personnel. Each host member school shall have a healthcare provider present and readily available for each boys lacrosse game, as required in Policy 43.5.

4.9.2 Florida High School State Championship Series Procedures

4.9.2.1 District Meeting

4.9.2.1.1 Meeting Agenda. See Administrative Procedure 3.4.1



4.9.2.2 Florida High School State Championship Series Structure and Time Schedule

4.9.2.2.1 District Tournaments. All schools will be competing in the district tournament.

- (a) **Tournament Structure.** Each district bracket and seeding will be determined by the FHSAA office, based on the latest FHSAA MaxPreps Ranking.
- (b) **Time Schedule.** Each district will determine the time schedule for its tournament at the district meeting.
- (c) **Site.** Each district will determine a site for its tournament at the district meeting.

Once determined, no local manager is authorized to change the dates, times or order of games as determined by the FHSAA Office without written authorization.

4.9.2.2.1.1 Additional Hosting Requirements

- (a) **Scorer/timer.** The district tournament host and regional game host must provide an adult scorer and an adult timer for all games.
- (b) **Clocks/Horns.** The district tournament host and regional game host must provide clocks and horns for each game.
- (c) **Ball Persons.** Each boy's team is responsible to provide two ball persons (who must wear protective equipment including a lacrosse helmet).

4.9.2.2.2 Regional Tournaments

- (a) **Complexes.** Competition will be conducted in four regional complexes in each classification as follows:
 - (1) **All Classes.** Districts 1-4 will comprise the Region 1 complex, Districts 5-8 will comprise the Region 2 complex, Districts 9-12 will comprise the Region 3 complex, and Districts 13-16 will comprise the Region 4 complex. The champion in each of the 4 district tournaments in each region complex and the next 4 highest-ranked teams in each of the 4 region complexes shall advance to one of the 4 regional tournaments in each classification to which they are assigned. One tournament will be conducted in each regional complex.
- (b) **Time Schedule.** Times for all regional tournament games must be 7:00 PM local time, unless approved by the FHSAA Office.

4.9.2.2.3 Florida High School State Championship Finals.

- (a) **Schedule.** The finals schedule will be posted on the FHSAA Website.
- (b) **Bracketing.** See Administrative Procedure 3.3.3.
- (c) **Coaches Packet.** A coaches packet will be available on the FHSAA Website. The head coach of each participating team is required to view the information prior to their scheduled semifinal game.

4.9.2.2.4 Advancement of Winners.

- (a) **District to Regional.** The champion of the 16 district tournaments and the next 4 highest-ranked teams in each of the 4 regions shall advance to one of the four regional tournaments in each classification to which they are assigned. See Administrative Procedure 3 for additional details.
- (b) **Regional to State Semifinal.** The champion from each of the four regional tournaments in each classification shall advance to the State Semifinals. See Administrative Procedure 3 for additional details.
- (c) **State Semifinals to Florida High School State Championship Series.** The two champions of the State Semifinals will advance to the Florida High School State Championship Series.

4.9.2.3 Tournament Regulations

4.9.2.3.1 Squad Size. A school participating in the FHSAA State Lacrosse Series may dress up to thirty-five (35) players in uniform and eight (8) team personnel on the team bench. Credentials, or complimentary admission, shall be provided to participating school personnel as follows:

- (a) Eligible players in uniform – 35
- (b) Team support (coaches, administration, managers, athletic trainers, etc.) – 8
- (c) School-based media - 2
 - During the State Championship Tournament only, two (2) credentials per team will be available at the pass gate for pickup by the qualifying team's Athletic Director.

4.9.2.3.2 Pre-game Warm-up and Procedures

- (a) Lacrosse Florida State Championship Series: This pre-game time schedule shall be followed in all Florida State Championship Series lacrosse games:

First Game of Session

| Time to Start | Protocol | Game Clock |
|---------------|---|------------|
| 30:00 | Set game clock to 20 minutes and start; both teams permitted on game field for warm up. | 20:00 |
| 11:00 | Sound horn alerting teams to 1 minute remaining in pre-game warm-up. | 1:00 |
| 10:00 | Sound horn; clear field; teams report to bench areas. | 0:00 |
| | Officials may conduct pre-game stick check. | |
| | Public-address announcer begins pre-game script; teams lineup in front of their respective benches for introductions. | --- |
| | Introduction of visiting team (non-starters, starters, assistant coaches, head coach). | --- |
| | Introduction of home team (non-starters, starters, assistant coaches, head coach). | --- |
| | Introduction of game officials. | --- |
| 5:00 | Opening Remarks/Moment of Reflection. | --- |
| 3:00 | National Anthem. | --- |
| 1:00 | Final team huddle. | --- |
| 0:00 | Reset game clock to begin game. | |

Subsequent Games of Session

| Time to Start | Protocol | Game Clock |
|---------------|---|------------|
| 28:00 | Set game clock to 20 minutes and start; both teams permitted on game field for warm-up. | 20:00 |
| 9:00 | Sound horn alerting teams to 1 minute remaining in pre-game warm-up. | 1:00 |
| 8:00 | Sound horn; clear field; teams report to bench areas. | 0:00 |
| | Officials conduct pre-game stick check. | |
| | Public-address announcer begins pre-game script; teams lineup in front of their respective benches for introductions. | --- |
| | Introduction of visiting team (non-starters, starters, assistant coaches, head coach). | --- |
| | Introduction of home team (non-starters, starters, assistant coaches, head coach). | --- |
| | Introduction of game officials. | --- |
| 3:00 | Opening Remarks/Moment of Reflection | --- |
| 1:00 | Final team huddle. | --- |
| 0:00 | Reset game clock to begin game. | |

Unless both participating teams mutually agree for additional warm-up times prior to the respective contest, no participating team, other than the host school's team, shall be permitted on the competition field for practice outside of the 20-minute warm-up period, during the week of the respective Florida High School State Championship Series contest. During the State Championship Tournament, the FHSAA office will establish appropriate pre-game warm-up schedule for the State Championship Tournament.



4.9.3 Team Information and Up-to-Date Statistics on MaxPreps and Media Information

4.9.3.1 Team Information and Up-to-Date Statistics on MaxPreps. As per Administrative Procedure 3.9.1, schools that advance to the regional round in the Florida High School State Championship Series must update team information and have up-to-date cumulative statistics on MaxPreps or the FHSAA's designated official scores and statistics provider. The deadline for completion is no later than noon EDT the day of the game for each round participating in the Florida High School State Championship Series.

4.9.3.2 Media Information Form. As per Administrative Procedure 3.9.2, schools whose teams qualify to advance to the Florida High School State Championship Series state semifinals and/or state finals event(s) must report by noon EDT on the Monday following the team's qualifying victory, up-to-date cumulative statistics through the end of the regional tournament and additional information by completing the "Media Information Form".