



2025

Boys Lacrosse Handbook

\*Subject to changes

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## 2025 BOYS LACROSSE CALENDAR

First Practice.....	March 17
First Scrimmage/contest .....	after 6 team / 6 individual practices
Rosters entered into MaxPreps and emailed to MMHSAA.....	by first game
ALL-American forms deadline.....	May 1
Quarterfinals.....	May 14, 2025
Semifinals .....	May 16
Finals.....	May 18
CHSAA States in NYC...Semifinals.....	May 23
CHSAA States in NYC...finals.....	May 24

## DEFINITION OF A SCRIMMAGE

A scrimmage is a practice that is a SIMULATED CONTEST. In scrimmages,

- both squads use the same field simultaneously with both coaches making corrections and giving instructions
- GAME RULES MUST BE ALTERED (SEE SPORT-SPECIFIC REQUIREMENTS NYSCHSAA Handbook)
- no official score is kept
- time(s) are defined in the Sport Standards section of the NYSCHSAA Handbook
- no admission is charged
- The use of officials would be permitted and encouraged whenever possible for instruction regarding the rules and proper application of rules. For lacrosse,

A lacrosse scrimmage must have modified time periods and include one or more of the following:

- Alternate possessions
- Start the scrimmage with either a draw (girls) or a face-off (boys)
- Include the following game situations:
  - Face-Off/Draws - Boys/Girls
  - Clears and Rides - Boys/Girls
  - Extra Man and Man-Down – Boys/Girls
  - Fast Breaks - Boys/Girls

NOTE: Scrimmages are allowed only 90 minutes of real time.

## 2025 NFHS Boys Lacrosse Rule Changes

1-9-1a — Clarified chin strap is to be worn on the chin, not under.

4-3-1 — Returned to previous language to ensure clarity.

4-16 — Rewritten for clarity.

4-22-4 — Clarified that on every restart near the substitution area, the ball must be moved into the field of play 5 yards.

4-24-7 — Clarifies that a whistle shall be blown on the loss of any mandatory equipment in the scrimmage area.

5-4-5 — Distinguishes intentional versus unintentional checks involving the head or neck.

5-4-7 — Provided an editorial change to the situation changing fight to flight.

5-5-h — Rewritten for clarity and understanding.

7-8-3 — A slow whistle will be implemented on a personal foul during a pass or shot.

7-13-3 — Clarifies how a restart will take place in the event of an inadvertent whistle before a faceoff has ended. Conforms to other situations as to why a reface will take place.

## 2025 Boys Lacrosse Points of Emphasis

1. Eyeshade
2. Properly Worn Mandatory Equipment
3. Scrimmage Area
4. New Field Diagram
5. Unintentional vs. Intentional Checks Involving the Head/Neck

## STANDARDS OF CONDUCT

1. All coaches must be aware that they are primarily responsible for controlling athletes during pre-gamesessions, in locker rooms, on the playing field, on buses, or any other time they are representing their school. The conduct of athletes on and off the field is expected to be sportsmanlike. Actions such as taunting, jibes, vulgar language, and disrespectful attitudes are not acceptable at any time.
2. The conduct of coaches and school personnel on and off the field is expected to be sportsmanlike. Actions such as taunting, jibes, vulgar language, and disrespectful attitudes are unacceptable.
3. Wherever physically possible, all spectator areas are to be separated from player benches and the playing field. This could be as simple as roping off an area.
4. The shaking of hands is strongly encouraged at the end of every contest.
5. Any athlete who is expelled from a contest for unsportsmanlike conduct will be subject to NYSCHSAA penalty.

6. In the case of fighting, the player will be automatically expelled from the contest and will not be allowed to participate in the next scheduled contest, as well. This rule applies to playoff games and sectional games. In the event that the foul occurs in the last game of the season, the offending player or players will not play in the first game of his next sports season.
  7. Officials and coaches shall notify the Athletic Director and section chairperson as soon as possible after the event.
  8. It is expected that all coaches will take a responsible attitude in not intentionally running up scores.
  9. The announcing of any home contest is expected to be unbiased. It is expected that all officials be skilled in the art of officiating and understand and enforce the league rule regarding unsportsmanlike conduct.
  10. Penalties imposed by the league may be considered minimal, but they do not prevent schools from imposing their own penalties. Penalties may range from warnings to actions such as censure, removal from competition, or, in more severe cases, expulsion from league competition for the season.
- \*NOTE: In lacrosse, any expulsion foul shall result in that player missing the next scheduled game.

## LEAGUE STRUCTURE

### League Play

Each participating team will play league opponents twice (home and away) during the regular season. Non-league games will count in regular overall season records. League records will be used to determine league standing.

## Officiating

### Number of officials

- Two-man official system for all JV league games
- Three-man official system for all varsity league games
- Three-man official system for all playoff games

## ASSIGNMENT OF OFFICIALS

Officials shall be assigned via the MMHSAA Executive Director. Assigning agents shall distribute a complete list of assigned officials to all schools involved prior to the beginning of the season per the Arbiter.

## DETERMINATION OF A CHAMPION

### League standing and playoff seeding

In the event of a tie in the standings, both teams will be awarded the position. The following tie breakers will be used for seeding purposes only and include all league games:

- Tie Breakers

- Head to head
- wins over a common opponent in our league
  - o Tied teams start with the top of the regular season standings, and work their way down the standings until there is a difference in record against a team.
  - o Once there is a difference, the team with the better record becomes the higher seed.
- Goal differential between the teams that are tied
- If the above tie-breakers fail to break the tie, it will be broken by the flip of a coin by the league designee.
- In the event of a 3-way (or more) tie, the above procedure will be applied using only the games played between the tied teams
- Once a tie is broken by the above system, remaining tied teams will be broken by starting again at step 1.

## Playoffs

The playoffs will be bracketed. The 3 v 6 and 4 v 5 place teams will play a quarterfinal game. The home team must wear white jerseys and provide a score/timekeeper/trainer for the playoffs. The winner will advance to the state championship competition after the Monsignor Martin Playoffs.

## Playoffs for Boys Lacrosse

Quarter Final game - May 14, 2025

Semi-Finals - May 16, 2025

Final - May 18, 2025

## COMPLETION OF SCHEDULE

Each school in this association assisted in the development of the schedule and formally approved the final schedules; therefore, all schools must, unless there is some dire emergency, keep their commitments for the duration of the entire schedule or forfeit all remaining games.

## PLAQUES

MMHSAA shall supply plaques or trophies for the champion of the league as determined by the outcome of the league standings. Plaques will be presented to the winner of the MMHSAA championship game. There are no JV awards.

## REPORTING RESULTS

All coaches are required to report their scores and statistics in a manner that is approved by the league. Scores will be reported using the [MMHSAA Scores reporting form](#). Scores must be reported by the home team immediately following the game. All coaches must report their scores for non-league and tournament games regardless of location.

Athletic directors will be notified of delinquent statistical reporting. Failure to report scores and/or statistics will result in the following:

- First offense – warning to the athletic director and to the coach

- Second offense - \$100 fine and 24-hour notice to bring your stats up to date
- Third offense - \$250 fine and suspension of coach

We will also be using MaxPreps to track league records and statistics.

[MaxPreps Support](#)

## ADDITIONAL INFORMATION

All home teams must provide a table at the center of the field. You must have an official timer (this is not to be done by referees). You must also have a horn to blow in the subs. If the home team cannot provide these things, the game will be forfeited.

## PLAYER MOVEMENT IN MMHSAA

Players may be moved between JV and varsity rosters until the following dates:

- Fall - third Friday in September
- Winter - January 1
- Spring - Friday, April 25, 2025

After the above dates, rosters are frozen. Any additions after this point will become permanent members of the varsity. It is recommended that each team submit a final varsity roster by each of these dates.

Following the varsity roster date listed above, a JV member may move up to varsity temporarily under the following circumstances:

- If a varsity squad has fewer than the designated number required for that sport due to reasons for ineligibility, illness, or injury, with the approval of the Executive Committee
  - Must be a different player for each occurrence
- The sport chairperson of each division and the team you are playing are notified prior to the players participating
- The JV player moves down when the original player comes back

Once the above dates have been passed, no varsity player may move down to JV.

NOTE: Seniors may not play on a JV team without permission of the Athletic Council for that division; the only exception is bowling.

## ROSTER SIZE

All rosters are unlimited in size for the MMHSAA. Please note: if your team qualifies for the CHSAA State or NYS Federation Tournament, their regulations may limit your roster size.

## SPORTSMANSHIP POLICY

### RESPONSIBILITY OF ATHLETIC DIRECTOR/COACH



The development of good sportsmanship depends largely on the goals and philosophy of the sports program and that of the school administration. Coaches are in a position to greatly influence the attitudes and values of the athletes. If the coach follows the rules of the sport and stresses fair play and honesty, the athletes are more likely to develop these values. It is essential that all coaches adhere to the Monsignor Martin Sportsmanship Policy.

1. Any coach excluded by a certified official from an inter school competition for unsportsmanlike conduct is ineligible to coach any inter school competition in that sport until after the next previously-scheduled contest at the same level (e.g., junior varsity, varsity, etc.) has been completed. The coach may not be present at the game site. NOTE: Not being physically present at the site means the disqualified coach is not to be present in the locker room, on the sidelines, or in the stands or site area before, during, or after the game/meet.
2. A coach who strikes, shoves, kicks, or makes other physical contact with the intent to do so to another person (e.g., official, another coach, player, or fan) shall be expelled immediately and banned from further participation in all sports for one year from the date of the offense.

## PLAYERS

Participation in athletics is an integral part of a student's educational experience. Such participation is a privilege that carries with it responsibilities to the school, league, team, student body, community, and student himself. In his play and in his conduct, he represents all these groups. Therefore, he has a responsibility to uphold the ideals of good manners and sportsmanship. His experiences while participating in athletics contribute to his knowledge, skill, and emotional patterns.

1. Any member of a squad ruled out of a contest for unsportsmanlike conduct or a flagrant foul shall not participate in that sport in the next previously-scheduled contest with a member school or in NYSCHSAA tournament play. Disqualifications from one season carry over to the next season of participation.
2. Any member of a squad who strikes, shoves, kicks, or makes other physical contact with the intent to do so to an official shall be expelled from the game immediately and banned from further participation in all sports for one year from the date of the offense. NOTE: Members of the squad include players, managers, scorekeepers, timers, and statisticians.

## OFFICIALS

Unprofessional conduct on the part of the official, including but not limited to, taunting, baiting, or use of profanity, shall be reported by a school administrator from the aggrieved school to the section executive director. A request will be made to the appropriate sport official's chapter to investigate the incident and to report their action to the section in a timely manner.

## VIOLATIONS

Unsportsmanlike conduct includes but is not limited to

1. Offensive language and/or gestures by the player, coach, or spectators

2. Intentional injury to another player
3. Flagrant misconduct, such as fighting
4. Destruction of another school's property by spray painting, egg tossing, or general trashing of the grounds. These infractions do not include "technical violations" related to a specific sport that result in disqualification.

## PENALTIES

Any one of the following penalties may be imposed against an offending player, coach, team, or school. The Penalty will depend on the severity of the infraction.

- LEVEL I - Reprimand and Probation
  - A letter will be sent from the grievance committee to the principal, athletic director, and coach (if applicable) and will include a description of the infraction.
  - A response from the offending school is to be sent to the grievance committee within three school days and must include the action that will be taken against the offender. With the written reprimand, a probationary status will be imposed on the team or individual for the remainder of the season. Probation does not limit eligibility for competition.
- LEVEL II - Suspension and Forfeiture
  - Forfeiture - will be imposed for team infractions. Forfeiture of a specific contest does not limit eligibility from further competition.
  - Suspension - involves an individual player or coach being suspended from competition for a minimum of one game. After the suspension has been served, the player or coach is eligible to return to competition.
- LEVEL III - Disqualification
  - Disqualification of a player or coach from competition is the final step taken after other options have been exhausted. The player or coach will be disqualified for the remainder of the season. Any person removed from a contest for unsportsmanlike reasons will be subject to a committee review of the incident.
  - If any school's team members are found guilty of destroying another school's property, that team will be disqualified for the remainder of the season, or, if after the season, will be disqualified from postseason play for the following school year. In addition, no player from the offending school will be eligible for league awards. If damage has been done to a school by non-athletes, a letter will be sent to the school involved with a request for a response within three days.

## NOTIFICATION

The coach of each team will notify their respective school's athletic director. The two athletic directors will then investigate the situation, discuss it with each other, and notify the Executive Director. The director will then take it to the sportsmanship committee, if necessary. The policy must be enforced whether it is a league or non-league contest.

## RIGHT TO APPEAL

A right to be heard must be claimed to the office of the Executive Director in writing within 24 hours of the incident (next working day). A school has a right to make an appeal of all decisions and this must be submitted to the Executive Director in writing within 24 hours of the decision being announced (next working day).

## SPECTATORS/PARENTS

Spectators and parents are guests at our athletic competitions; as such, they have a responsibility to abide by our school and league philosophy. Therefore, it is expected that good sportsmanship will prevail for the duration of the contest.

## SUMMARY

The Monsignor Martin High School Athletic Association believes that good sportsmanship is essential for all participating teams. The league encourages positive displays of sportsmanship and pledges to lead by example, in teaching and playing, in the hopes of shaping the future of our league.

## International Games

National Federation sanctions are necessary for international competition. Forms for requesting this sanction are available from the Executive Director of MMHSAA, and they must be filed 60 days prior to the event.

## Professional Tryouts

No tryouts for professional teams are approved except during the summer vacation. A student who participates in such a tryout is ineligible to represent the school.

## Athletic Events

### School's Responsibilities

1. Athletic Directors (or their designees) of participating schools are responsible for assigning adequate faculty supervision for all their students. The financial responsibility of these assignments lies with the participating schools.
2. Athletic Directors (or their designees) shall instruct their faculty supervisors and students that the following items are NOT ALLOWED at any game:
  - Sirens, noisemakers, whistles, megaphones, or any other distracting device
  - Confetti, streamers, etc

NOTE: THESE REGULATIONS WILL BE STRICTLY ENFORCED! Violators will be asked to leave, and the home school will be responsible for that person.

### Coach's Responsibilities

1. The coach is the official representative and leader of each team.

2. It is not his/her responsibility to demonstrate against officials or to intimidate them. This is a rule infraction in lacrosse, and, as the team leader, the coach should set a good example for spectators by acting with good sportsmanship at all times.

3. Recommendations for all coaches are listed below, and it is the intent of the Executive Committee that they be honored:

- Dress - Each coach is encouraged to dress appropriately.
- Appearance - Each coach shall be neat, clean, and well groomed.
- Speech - Each coach shall address everyone, including officials, with respect, courtesy, and understanding.
- Decisions - Coaches will not attempt to influence the decisions of officials.
- Acting - Each coach must be careful of his/her gestures and mannerisms so as not to incite the crowd.
- Sportsmanship - Coaches and players are requested to meet on the field directly after the game to exchange congratulations. This creates a good image.
- Supervision - The coaches must be on hand to supervise players.
- Valuables - Each coach is to make definite arrangements for care of team valuables during a contest. Valuables are not to be left unprotected.
- Postponement - Games will be postponed only if the participating school is officially closed due to weather or illness.

## MMHSAA Thunder and Lightning Policy

Thunder and lightning necessitates that all contests be suspended. The occurrence of thunder and lightning is not subject to interpretation or discussion; thunder is thunder, and lightning is lightning. If lightning and/or thunder are observed, all outdoor activities will be suspended immediately. Players and spectators shall be directed to report to a shelter, a building normally occupied by the public, or, if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g., bus, van, car). The officials and responsible authorities shall make every reasonable effort to resume and complete the contest, with full consideration of the weather and site conditions (as they affect safety and playing conditions). The officials/coaches shall wait 30 minutes from the time the last boom is heard, and/or the last strike is seen before starting or resuming play.

### CLARIFICATION PRIOR TO CONTEST

If thunder/lightning is observed at the site of an outdoor contest by the officials/coaches 30 or fewer minutes prior to the scheduled start of that contest, the official/coaches and responsible school authorities shall not permit the contest to begin. Before the contest can begin, a 30-minute period void of any strike or boom must be observed.

### DURING THE CONTEST

If the officials observe thunder/lightning at the site of an outdoor contest during the playing of the contest, the officials/coaches shall immediately cease play for 30 minutes. Play may not resume until there has been a period of at least 30 minutes in which a boom or strike has not been observed. The rules of the sport shall determine whether the contest is "official" or must be resumed later.

## MMHSAA JEWELRY RULE

New (August 2022)

Students will now be permitted to wear jewelry in cross country, track & field, swimming & diving, tennis, softball, baseball and volleyball (stud earrings). As in previous years, the wearing of a medical alert with the alert visible continues and is encouraged for purposes of risk minimization. Rationale: The wearing of jewelry ordinarily presents little risk of injury to either the competitor or opponents. Elimination of the rule allows officials to focus on meet administration directly related to competition. Coaches continue to have the obligation to see that competitors are properly equipped.

Soft, pliable barrettes are permissible, body gems are not. The use of metal hair fasteners to secure hair is permissible in Girls Gymnastics. NOTE: The sports of Bowling and Golf are exempt from this rule. Wristwatches are permitted in cross country and in practice only for track and field. Hair restraints, to control a competitor's hair, are permitted in track and field and cross country. (Dec. 2010)

## SPORTSMANSHIP

1. We believe that interscholastic athletics is an important part of education and supports the ideals and values embodied in good sportsmanship.
2. We believe that sportsmanlike behavior is essential if interscholastic competition is to contribute useful and constructively to the broad goals of education and to the quality of life of those involved.
3. We pledge ourselves individually and collectively to encourage and support the development and maintenance of a sportsmanlike atmosphere for athletic competition.

### Code of Conduct

1. A genuine interest in and enjoyment of interscholastic competition requires conduct that reflects the understanding that contests, as part of an overall school program, are intended to be enjoyed. Behavior that reflects a winning-at-all-costs attitude violates this standard.
2. Interscholastic competition provides valuable lessons and learning experiences that are not possible in the regular classroom setting. All involved must support the need to develop the ability to compete with enthusiasm and to accept winning with grace and losing with dignity.
3. Coaches, players, and fans should know that participation is an honor and privilege which requires them to conduct themselves in a manner that brings honor and pride to their school and community.
4. Respect for the cultural and ethnic diversity of one's opponents, their school, and community is a fundamental tenet of wholesome athletic competition. This standard suggests that planned activity is needed to demonstrate a warm and friendly welcome, mutual respect, and genuine readiness to participate in a sportsmanlike manner.
5. Players should demonstrate both knowledge of the rules and respect for game officials and their decisions. Coaches and school officials have the responsibility to teach and encourage these attributes.

## Sportsmanship Pledge

The New York State Catholic High School Athletic Association and the Monsignor Martin High School Athletic Association requires that game administrators, school administrations and officials enforce a ZERO TOLERANCE POLICY for athletes, coaches, and spectators. They will not tolerate negative statements or actions between opposing players, especially abusive language, trash talking, taunting, or baiting of opponents. If such comments are heard or actions seen, a penalty will be assessed immediately.

Spectators are reminded that "being in attendance today nor the fee paid to gain admission to this Monsignor Martin High School Athletic Association event does not entitle you to:

- a. berates officials;
- b. question the coach;
- c. make negative comments toward either team;
- d. display inappropriate behavior

The playing field is an extension of the classroom. Please practice good sportsmanship."

This announcement stands as the official warning of our ZERO TOLERANCE POLICY. Any violation of this policy will result in an ejection from the game. Let today's contest reflect mutual respect between all participants and spectators.

## TIMEKEEPERS

It is recommended that an adult be used as the timekeeper for all contests.

## SENIOR ALL-STAR AND OUTSIDE AGENCY CONTESTS

1. All Senior All-Star and Outside Agency contests MUST be approved by MMHSAA. In addition, Senior All-Star contests must be approved by the NYSCHSAA or the NYSPHSAA.
2. All Senior All-Star and Outside Agency contests must be conducted within the season dates approved by the MMHSAA or the Section VI Athletic Council for that sport. The calendar of approved seasons dates for all sports is posted on the section website\*.
3. Only seniors who have completed their secondary school eligibility in that sport may compete in these contests. A contestant may participate in any approved senior all-star athlete contest in the same sport during the school year. NOTE: A Senior All-Star contest by NYSCHSAA standards is one in which an athlete's participation is based solely on outstanding performance as a member of a high school team. If open tryouts are held, the contest is NOT a NYSCHSAA All-Star contest.

## MMHSAA AED Policy

Although the New York State legislature may have not gone so far as to make Education Law Section 917 applicable to nonpublic schools, the MMHSAA believes that its member schools should observe the law requirements as a “best practice” and therefore strongly encourages them to do so. For events that the MMHSAA hosts, schools will be asked to provide AED equipment as well as people who know how to operate the equipment. For competitions hosted by member schools, it will be the independent responsibility of each school to ensure whether and how the school will observe these best practices relating to AED’s.

#### All-Catholic Procedure

Coaches will be informed of the process. The All-Catholic selection process is confidential. All-Catholics selections are not to be announced prior to the announcement by the MMHSAA. Any school/coach releasing selections prior to the official announcement will be fined \$100 per athlete announced.

## NYS 2025 Shot Clock Situations and Rulings

A 60-second shot clock will be started when the ball has been advanced into the goal area with possession or after Team A gains possession and the 10-second count has been satisfied.

If the shot clock expires without a valid shot, the ball is awarded to the defensive team.

Rule 4.14. Advancing the ball into the goal area within 10 seconds will include:

- a. After crossing the center with possession.
- b. After initially gaining possession in the offensive half of the field.
- c. After regaining possession in the offensive half of the field following a defensive possession
- d. When the ball touches anything within the goal area or a player with possession touches the line or is inside the goal area.

Note: The over and back rule will apply if the 10 second count is satisfied or possession gained in the goal area.

#### Shot Clock Resets will occur:

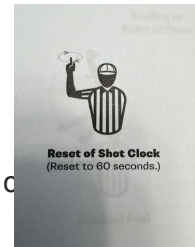
1. After regaining possession in the goal area offensive following a defensive possession.
2. After a valid shot is taken that hits the goalkeeper or goal pipe and possession is regained by the offense.
3. After a loose ball play-on situation the offensive team regains possession. The shot clock stops. Reset when possession is gained and official signals (twirls)
4. After adjudication of a defensive foul. Reset (New 60-seconds)

Note: Officials will signal the shot clock to start or reset with one hand raised in a twirling motion. Shot Clock is off, until Team A player has clear possession.

### Shot Clock Procedures and Situations

#### A Valid Shot:

Is an attempt to score that is taken above the goal line extended (GLE) that makes contact with the goalkeeper, his equipment, hits the goal pipe or scores a goal.



During a shot clock Team A shoots and the ball hits the goal pipe or the goalkeeper, The shot clock stops. A reset will occur when Team A regains possession.

Note: The official shall raise an arm to stop the shot clock with a wave off. If offense regains possession, the official twirls for a reset.

#### Shot Clock Technical Foul:

During a shot clock a loose ball technical foul occurs by defense, the shot clock stops. If the offended player gains possession or the whistle is blown and the ball is awarded to the team that was fouled, the shot clock will reset.

#### Flag Down During Shot Clock:

During a shot clock, a flag-down foul committed by defense. The shot clock continues. After adjudication of the penalty, the shot clock will be reset when play resumes.

#### A Shot That Returns to Defensive Half of Field:

During a shot clock, a valid shot hits the goalkeeper or the goal pipe, and the ball returns to the defensive half of the field. **The shot clock turns off.**

If Team A gains possession they have 20-seconds to advance the ball beyond midline and then 10 seconds to advance into goal area

If Team B gains possession they have 10-seconds advance the ball

#### Over & Back:

**During a shot clock** If the offense causes the ball to cross back over the centerline. An over and back violation has occurred.

If a loose ball that leaves the offensive half of the field caused by the defense, the shot clock will continue to run.

If team A gains possession, they may use the entire field of play for the remaining time on the shot clock. Once the ball returns to offensive half, then over & back is in force. (No Reset)



**Shot clock is off** and the 10 second count has been satisfied. If the offense causes the ball to cross back over the centerline. An over and back violation has occurred.

#### Shot Clock Violation:

The shot clock expires while the offensive team has possession or was the last team to have possession during a loose ball. Defensive team shall be awarded the ball nearest the spot of violation.

Note: The official shall tap the top of his head to indicate the shot clock has expired resulting in a turnover.



#### Shot Clock Situations

##### Goal Counted or Not Counted:

A Goal shall be disallowed when the ball is released after the period has ended or the shot clock has expired.

If the ball was released prior to the shot clock expiring, the Goal shall be allowed.

##### Shot Clock Stops and will restart at the point of the stoppage when:

- Game Clock Stops
- Team or Officials Timeout or Injuries
- Equipment Situations
- Inadvertent flag and/or inadvertent whistle

NOTE: During the 12-goal score differential the 2nd half the shot clock will run and be stopped during time outs or injuries.

##### Shot Clock Operator Error:

When the shot clock does not start within 5-seconds of the official's signal to start play or reset the shot clock, the official's should stop play and adjust the shot clock.

NOTE: In the event of an imminent scoring opportunity, officials shall allow the play to continue.

#### Period Ends During a Shot Clock

If the period ends during the shot clock and either team has an extra player situation in progress, the team in possession of the ball shall start with the ball to begin the next period.

- The shot clock will restart at the point of the stoppage.
- A defensive penalty at the end of a period will reset shot clock
- The shot clock may be turned off or reset if additional penalties or violations occur between periods or possession changes
- Shot clock is turned off if a face-off is pending.

#### Procedure for Shot Clock Malfunctions or Not Available

- Have a digital handheld timer with the ability to count down
- Refer to the game clock.

It must be monitored by the table area shot clock operator and verbally communicated with 10 seconds remaining to the officials and coaches.

A horn should be sounded either by the actual clock or table timer at the expiration of the shot clock.

When referring to a game clock, it is recommended that the shot clock operator maintain written notation of when the shot clock will expire.

#### Shot Clock Operators

- The home coach shall provide two trained clock operators: one for the shot clock and one for the game clock.
- A shot clock shall be located at each end of the field visible to players, coaches and game officials. If only one clock is available, it shall be located at the midfield opposite the table.
- If the shot clock is not operated at field level, two-way communication should be available between the table and the clock operators.

Note: A separate shot clock procedure document is available

<https://docs.google.com/document/d/1qmiKpxnRAhvq2nCHeDsjouxXRjidOUc3k5pyLvCDHg/e/dit?usp=sharing>

#### Other Rules Affected

Rule 3, Section 2 Art 2 and Section 3 Situation 3.3

Rule 4, Section 14, Article 3

Rule 6, Section 10, Articles 1,2,3

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## Quick Guide for NYS Shot Clock 25

### Initiate a shot clock

1. Possession inside goal area

2. Possession after the 10-second count is satisfied

Reset a shot clock to 60-seconds after offense regains possession

1. In the goal area following a defensive possession (if outside goal area 10-second count)
2. A valid shot hits goalkeeper or goal pipe
3. A play-on technical foul on defense
4. The resumption of play after administration for a defensive penalty
5. An inadvertent horn with offense in possession or entitled to possession

Shot clock turns off

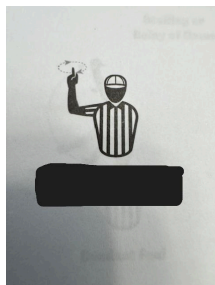
1. A valid shot
2. Defense gains possession
3. Goal
4. 60 seconds expires without a valid shot
5. A valid shot returns to defensive half of the field
6. End of period unless an extra-player situation
7. During a play-on violation on defense

Allow a shot clock to continue to run

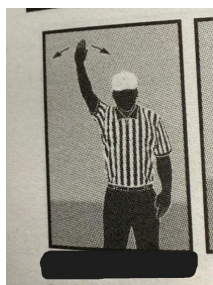
1. During a flag down foul on defense and possession has not changed
2. A ball that returns to defensive half of the field caused by the defense
3. During the 12 goal score differential in the 2nd half

Shot clock will stop. Then restart with game clock from the point of stoppage

1. The ball or a shot goes out of bounds, no change of possession or violation
2. Team timeout
3. Officials timeout
4. Injury
5. Equipment issues
6. Inadvertent whistle or flag
7. Extra-player situations at end of period with a team in possession



Initiate, Start or Reset



Shot Clock Off



Shot Clock Violation

## Heat Index Procedures

### Administration of Heat Index Procedures:

- Feels Like Temperature (Heat index) will be checked one hour before the contest/practice
- by a certified athletic trainer, athletic director, or school designee when the air temperature
- is 80 degrees (Fahrenheit) or higher.
- Download the WeatherBug app to your phone or log into [www.weatherbug.com](http://www.weatherbug.com)
- Enter the zip code or city and state in the location section of the app or online.
- If the Feels Like temperature (heat index) is 90 degrees or above, the athletic trainer,
- athletic director, or school designee must re-check the Feels Like temperature (heat index) at halftime or midway point of the contest. If the Feels Like temperature (heat index) temperature is 96 degrees (Fahrenheit) or more, the contest will be suspended.
- **Please refer to the following chart to take the appropriate actions:**

	Feels Like Temp (HeatIndex) under 79degrees	Full activity. No restrictions
RECOMMENDED	Heat Index Caution:Feels Like Temp(Heat Index) 80 degrees to 85 degrees	Provide ample water and multiple water breaks.Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch:Feels Like Temp(Heat Index) 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness.Consider postponing practice to a time when Feels Like temp is lower. Consider Reducing the amount of time for the practice session.1 hour of recovery time for every hour of practice (e.g., 2hr practice = 2hrrecovery time).
	Heat Index Warning:Feels Like Temp(Heat Index) 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness.Consider postponing practice to a time when Feels Like temp is much lower.Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (e.g., 2hr practice = 2hr recovery time.) Lightweight and loose-fitting clothes should be worn. For Practices only: Football Helmets should be worn. No other protective equipment should be worn.
REQUIRED	Heat Index Alert:Feels Like Temp(Heat Index) 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should be held only if air conditioned. Approved May 1, 2010; Updated, July 27, 2017

## Wind Chill Procedures

### Administration of Wind Chill Procedures:

- Feels Like Temperature (Wind Chill) will be checked 1 hour before the contest/practice by a
- certified athletic trainer, athletic director, or school designee when the air temperature is 39 degrees (Fahrenheit) or lower.
- Download WeatherBug app to your phone or log into [www.weatherbug.com](http://www.weatherbug.com).
- Enter zip code or city and state in the location section of the app or online.
- If the Feels Like temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or schooldesignee must re-check the Feels Like (wind chill) at halftime or midway point of the contest. If the Feels Like (wind chill) temperature is -11 degrees (Fahrenheit) or lower, the contest will be suspended.
- Please refer to the following chart to take the appropriate actions:

	Feels Like Temp (windchill) above 40 degrees	Full activity. No restrictions
RECOMMENDED	Wind Chill Caution: Feels Like Temp (wind chill) 3 degrees to 20 degrees	Stay adequately hydrated. Notify coaches of the threat of cold-related illnesses. Have students and coaches dress in layers of clothing.
	Wind Chill Watch: Feels Like Temp (wind chill) 1 degrees to 10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold-related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss.
	Wind Chill Warning: Feels Like Temp (wind chill) 9 degrees to 10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold-related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss. Consider postponing practice to a time when the Feels Like temp is much higher. Consider reducing the amount of time for an outdoor practice session.
REQUIRED	Wind Chill Alert: Feels Like Temp (wind chill) -11 degrees or lower	No outside activity, practice or contest, should be held. Approved May 1, 2010; Updated July 27, 2017

Note: Alpine Skiing will be exempt from this policy and will follow the regulations of the host ski center where the practice or event is being held.