



CAAC Game Sheet

Lacrosse – Boys

(Established: February 2022)

(Updated: April 2024)

Start Times:

- Time schedule will be as follows:
 - Lights – JV at 5:30 p.m. & Varsity at 7:00 p.m.
 - No Lights – JV at 4:30 p.m. & Varsity at 6:00 p.m.

Pre-Game Warm-up:

- The field shall be available 45 minutes prior to the start of the JV game but teams must be considerate of other sports/teams sharing the facility
- Varsity will have at least 25 minutes of on-field warm-up time; warm-up time may be reduced if agreed upon in advance by both teams
- Teams will warm up at their bench end of the field and not cross their respective 45-yard line
- Game clock should be set to run out 10 minutes before game time
 - Format for pregame (No Lights):
 - JV / Varsity Games
 - 4:20 & 5:50 p.m. 0:00 on Game Clock
 - 4:20 & 5:50 p.m. Meet Captains & Stick Checks
 - 4:24 & 5:54 p.m. Introductions
 - 4:27 & 5:57 p.m. National Anthem (Varsity Only)
 - 4:30 & 6:00 p.m. Game Begins
 - Format for pregame (with Lights):
 - JV & Varsity Games
 - 5:20 & 6:50 p.m. 0:00 on Game Clock
 - 5:20 & 6:50 p.m. Meet with Captains & Stick Checks
 - 5:24 & 6:54 p.m. Introductions
 - 5:27 & 6:57 p.m. National Anthem (Varsity Only)
 - 5:30 & 7:00 p.m. Game Begins

Game Format:

- Games will be 4 quarters
- Each quarter shall be 12:00 in length
 - Time between quarters shall be 2:00 in length
- Clock will start and stop on all whistles
- Halftime will be 10 minutes but may be shortened if agreed upon in advance by both teams
- Running clock shall occur if either team is ahead by 12 or more goals (in the second half) and will continue as a running clock if the goal differential is by less than 12 at any point in the second half
 - Clock stops on all injuries, team timeouts, and official's timeout (indicated by a whistle and the official crossing their arms above their head)
- By mutual agreement of the opposing coaches, and approval of the referee, any period may be shortened or the game terminated
- The game will end when an 18-goal margin is reached any time after the third quarter is completed (this is a league rule and MHSAA Tournament rule; it is not an NFHS rule)

Game Format (continued):

- **Overtime Procedures**

- Overtime procedure is for varsity only; JV will not play overtime
- When the score is tied at the end of regulation both teams will have a 2-minute intermission and coin toss for choice of ends; visiting captain calls
- All sudden-victory overtime periods shall be started with a faceoff (unless a penalty determines possession of the ball at the end of the game or overtime period)
- Play will proceed for a 4:00 period or until a goal is scored
- At the end of the four-minute period, there will be a two-minute intermission, and the teams shall change goals
- Four-minute periods shall be continued in this manner until a goal is scored
- Each team is entitled to one time-out per sudden-victory period

- **Weather Policies & Suspensions**

- Once a game begins, the decision to suspend lies with officials; resumption of play will be determined by host school management
 - The game is legal and complete after 3 quarters
 - If three quarters of play have not been completed, play shall resume from the point of suspension
- In compliance with MHSAA guidelines, once thunder is heard or lightning seen, whichever comes first, all teams are to seek immediate safe shelter
 - When lightning is observed or thunder is heard and the contest is suspended, participants shall not return to the playing field until lightning has been absent from the local sky and thunder has not been heard for 30 minutes
- Delays for contests scheduled prior to 3:00 p.m. must not exceed 3 hours; delays for contests scheduled for 3:00 p.m. or later must not exceed 1.5 hours
- Delays on nights not followed by school for all the competing teams may be longer by mutual agreement of participating schools
- If a game is suspended (meaning 3 quarters have not been completed) and played on another day, it must be played from the point of interruption; all stats from a suspended game (goals, team cards, etc.) shall carry over from one part of a game to another even if played on a separate day; cards shall be recorded in the official book
 - A suspended game may be terminated and considered complete by mutual agreement of the opposing coaches; the score at the point of termination will be the official score