



2026

Boys Lacrosse Handbook

*Subject to changes

[Boys Lacrosse Comments on the Rules - 2026](#)

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2026 BOYS LACROSSE CALENDAR

First Practice.....	March 9
First Scrimmage/contest	after 6 team / 6 individual practices
Rosters entered into MaxPreps and emailed to MMHSAA.....	by first game
Quarterfinals.....	May 15, 2026
Semifinals	May 17
Finals.....	May 19
CHSAA States in Buffalo...finals.....	May 23

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.

2026 NFHS Boys Lacrosse Rule Changes

1-2-12d: Requires a cone be placed at the corner of the coaches area and the team area to clearly mark the team area.

Rationale: Adding a cone to clearly mark the team area in situations where lines are not required, assists in keeping the players within the designated team area without requiring additional field markings.

1-9-1b(4 & 5): Eliminates the restrictions on color and prohibits items attached to the tooth and mouth protector that do not support the function of protecting the teeth and/or mouth.

Rationale: Aligns tooth and mouth protector rules with other NFHS sport rules requiring tooth and mouth protectors.

1-9-1h(3): Modifies uniform number size on the back of the jersey by decreasing the minimum height to eight inches – matching the minimum height requirement on the front of the jersey.

Rationale: Aligns with other NFHS sport rules for number sizing while maintaining appropriate visibility for officials.

1-12: Requires a working horn be accessible at the sideline table.

Rationale: Allows a coach to call for a double horn from the field without delayed communication to the press box.

3-5-1 & 2 (NEW): Establishes that an interrupted game that cannot be resumed on the same day is considered complete if 75% of playing time has elapsed.

Rationale: Provides a procedure for interrupted play to assist host management while allowing state associations to develop modifications to game-ending procedures.

4-3-3e: Allows an official to assess a delay of game penalty if player positioning on the face off must be adjusted repeatedly.

Rationale: Clarifies the current practice of penalizing faceoff players who need to be repeatedly adjusted.

4-8: Clarifies that a goal is scored if the ball is or becomes loose behind the plane regardless of who caused the ball to cross the line.

Rationale: Creates consistency in awarding a goal when the ball becomes loose behind the plane and when a ball is loose and crosses the plane of the goal line.

4-18-4 PENALTY; 5-6-2 (NEW): Reclassifies the foul for a player, other than the properly equipped goalkeeper, that enters the crease with the intent to block a shot as a personal foul for illegal equipment.

Rationale: Minimizes risk by discouraging players from acting as a goalkeeper by making the penalty more severe and removing the official's responsibility to remember if it was the first occurrence or subsequent attempts.

4-22-1c: Eliminates the five seconds awarded to a goalkeeper to re-enter the crease on any restart.

Rationale: Aligns treatment of the goalkeeper as a field player when it comes to injury or equipment issues while outside the crease while discouraging goalkeepers from leaving the crease and eliminating the need for an official to judge whether a goalkeeper has left the crease in an attempt to delay the game or for a legitimate purpose.

6-3-2c: Adds hooking, lifting, or pinning an opponent's body with the crosse in describing illegal actions related to holding.

Rationale: Additional descriptors help define holding and create a clearer understanding of illegal actions trending in the game.

6-5-2y: Establishes that the loss of a helmet is an illegal procedure.

Rationale: Minimizes risk by increasing the penalty for a player losing a helmet during play encouraging players to ensure chin straps are properly worn and helmets are secure during play.

7-3: Establishes consistency in penalty administration by moving the restart to laterally outside the goal area when the ball crosses the end line before or after the penalty occurs.

Rationale: Simplifies all restarts after penalties by administering them at the same restart point, regardless of any conditions.

2026 Boys Lacrosse Major Editorial Changes

1-2-9: Requires all equipment to be kept in the bench area at least 6 yards away from the sideline.

1-3-2, 1-4: Recommends a flat-iron goal for all surfaces keeping up with trends in equipment and minimizing risk of injury.

1-7-3 thru 6: Reorganizes crosse construction rules by clearly identifying what is illegal and what must be fixed without penalty.

1-9-2a(1): Allows undergarments on the top or bottom to be white, gray, black or one of the team's official colors.

2-5-2: Updates the recommended officials' uniform.

4-3-1 EXCEPTION NOTE (NEW): Adds new note to rule exception for a faceoff clarifying where the ball is awarded when the offended team has three players serving penalty time.

4-19-1: Clarifies that a goal will be disallowed if a player jumps without possession, catches a pass, shoots and lands in the crease.

4-24: Restructures language for clarity.

7-6: Restructures language for clarity.

Official Lacrosse Signals: Adds new signal for Check Involving the Head/Neck or Defenseless Player.

2026 Boys Lacrosse Editorial Changes

1-2-7; 1-5; 1-6-3; 1-7-1; 1-9-1e; 1-9-1g; 1-9-1h NOTE; 1-9-1h(9); 1-10-1c; 2-10-2; 4-3-3b; 4-3-3l, m, n; 4-6- 2 thru 4; 4-13e; 5-4-1 & 2; 5-4-5; 5-4-6; 5-4-7 PENALTY; 5-5 NOTE; 5-6; 5-8; 5-10 PENALTY; 6-5-2t; 6-6-2; 6-12; 7-2e; 7-2f

2026 Boys Lacrosse Points of Emphasis

1. Properly Wearing Equipment
2. Personal Foul – Contact with the Head/Neck
3. Sportsmanship and Role of Head Coach
4. Pregame Responsibilities

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 4 v 5 place teams will play a quarterfinal game if the 5th place team has won at least 1 league 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 15, 2026

1. In order for a 5th place team to qualify for a quarter final game they must have won at least 1 league game.

Semi-Finals - May 17, 2026

Final - May 19, 2026

States - May 23, 2026 at the Buffalo

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 24, 2026

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.

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.

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.

TIMEKEEPERS

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

NYS 2026 Shot Clock Procedures

Clearing Count

- A 20-second clearing count begins when possession is gained inside the defensive half of the field, consistent with current practice.

70 Second Shot Clock

The 70-second shot clock shall begin when a team:

- Crosses the center line with possession
- Initially gains possession in the offensive half of the field
- Regains possession in the offensive half of the field following a defensive possession

Faceoffs

- Possession gained in the defensive half → 20-second clearing count begins
- Possession gained in the offensive half → 70-second shot clock begins

Over and Back

- Once the shot clock begins, when it runs from 70 seconds down to 60 seconds, the ball must be in the offensive half of the field.
- The ball shall not return to the defensive half through actions of the offensive team except on a valid offensive shot.
- Enforcement follows current NFHS over-and-back mechanics.

Official's Mechanic

- At 60 seconds, officials will point forward and verbally call "OVER."

Resets/Restarts/Play-On

- Shot clock resets to 70 seconds
- Over-and-back requirement again applies at 60 seconds

Flag Down Situations

- The shot clock continues to run during a flag-down situation.

2026 Quick Guide for the NYS 70 Shot Clock

Start or reset the shot clock to **70 seconds** when the offense:

- Crosses the center line with possession
- Initially gains possession in the offensive half of the field
- Regains possession in the offensive area following a defensive possession
- Takes a **valid shot** that hits the goalkeeper or the goal pipes
- Is awarded possession following a **live-ball technical foul** by the defense
- Resumes play after administration of a **defensive penalty**

End the shot clock when:

1. The **defense gains possession**
2. A **goal** is scored
3. The shot clock **expires without a valid shot**
4. A **valid shot** returns the ball to the defensive half and the offense regains possession
5. The **period ends, except** during an extra-man situation

The shot clock **continues to run** when:

- There is a **flag-down foul on the defense** and possession has not changed
- The ball returns to the defensive half **as a result of defensive action**

Stop the shot clock for: *(Restart with the game clock at point of stoppage)*

- Ball out of bounds **without** a change of possession or violation
- Team timeout
- Officials' timeout
- Injury
- Equipment issue
- Inadvertent whistle or flag
- Extra-player situation at the end of a period **with defensive possession**

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
- 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.
- 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 school designee 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.