

## INDEPENDENT SCHOOL LEAGUE (ISL)

### MIDDLE SCHOOL RULES – 2026

The ISL girls' youth lacrosse will follow the 2026 NFHS rules with the following modifications:

- 2 time-outs per team per game
- 4 – 10 minutes quarters - running clock after goals
- **CLOCK ONLY STOPS IN LAST MINUTE OF EACH 4TH QUARTER ON FOULS IN THE CRITICAL SCORING AREA OR FOR AN OFFICIAL'S TIMEOUT SIGNAL.**
- 2 min break between 1st and 2nd and 3rd and 4th quarters. Halftime is 5 minutes or less as determined by coaches.
- **A LEVEL – FULL CHECK; B LEVEL – MODIFIED CHECKING WITH 3-SECOND GOOD DEFENSE**
- Substantial advantage will be 7-goal difference.
- Follow-through allowed at all levels.
- Deputies are allowed.
- Card count – when a team is given its 4th yellow card, it will play down for the rest of the game. Each subsequent card results in a lose of a field player for remainder of the game.
- No extra field player if team does not have a goalie.
- Games can end in a tie. NO OVERTIME!

***Please note:***

- Games need to begin on time and stay on schedule to ensure official meeting next game assignment. Playing time/games must conclude in one hour from designated start time