

Boys & Girls Lacrosse Scrimmage Guidelines

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

1. Alternate possessions
2. Start the scrimmage with either a Draw (girls) or a Face-off (boys)
3. Include the following game situations:
 - a. Face-off/Draws – Boys/Girls
 - b. Clears and Rides – Boys/Girls
 - c. Extra Man and Man-Down – Boys/Girls
 - d. Fast Breaks – Boys/Girls