

# Boys Lacrosse NFHS Scrimmage

## Rules

**Scrimmages:** 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 games situations:
  - a. Face-Off/Draw – Boys/Girls
  - b. Clears and Rides – Boys/Girls
  - c. Extra Man and Man – Down – Boys/Girls
  - d. Fast Breaks – Boys/Girls

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**\*\* IT IS PERMISSABLE TO DRILL ONLY WITH ANOTHER TEAM BEFORE SCRIMMAGE DATE. ONLY STICK WORK DRILLS CAN BE DONE. Absolutely No Offense/Defense; Only Individual Drills Are Allowed.**