SOUTH SUBURBAN PARKS & RECREATION

GIRL'S LACROSSE LEAGUE RULES & REGULATIONS

SPORTS DOME 2024 - 2025 RULES:

- 1. All NFHS rules will govern play unless otherwise cited in this document.
- 2. <u>Timing:</u> Games will be (2) 20-minute running halves, 2 minute half time.
 - a) One (1-minute) timeout per half. (Clock stops for 1 minute only)
 - b) If score is still tied at the end of regulation, a tie will be denoted as the result of the game.
- 3. Penalties: Penalty time will be stopped during dead ball. (Starts when play restarts and offending player is in the penalty box).
 - a) Disqualifications are for a specified game or number of games. Ejections disqualify for the remainder of the game and next full game.
 - b) If any player receives 2 unsportsmanlike penalties in a single game, the player will be ejected.
 - c) If any player receives 4 unsportsmanlike penalties during a season, the player will be disqualified for the remainder of the season.
 - d) Any taunting or offensive language/gestures to players, coaches, officials, or spectators will result in unsportsmanlike penalties or ejections based on the official's discretion. Future disqualifications are reviewable under elastic power of League Coordinator.
 - e) Unnecessary rough and dangerous play and/or fighting will result in ejections based on the official's discretion.
- 4. Mercy Rule: If one team is winning by 8 goals or more, the team that is behind will receive the ball in place of a draw after any goals. The coach may decline the ball and continue with draws. If the score comes within five the draw will be reinstated.
- 5. <u>Forfeits:</u> If less than 10 players are present within 5 minutes after game time, the opposing team has the option of accepting an immediate forfeit.
- 6. <u>Uniform:</u> Each player must wear a similar colored jersey. Home team will wear dark, Away team will wear light.
- 7. <u>Protests and complaints:</u> Must be submitted to Hannah Krats at hkrats@ssprd.org.

 All protests and complaints must have the rule and section, the date, time and place of the game and all details pertaining to the issue. The League Coordinator has elastic power in determining action regarding protests.

Weather Hotline: 303-219-1150 x5

Weather App:

- 1 Download RainoutLine.com 2017 App
 - a Android Market
 - **b** Apple App Store
 - c Amazon Appstore for Android
- 2 Search for SSPRD and "star" as a favorite.
- 3 Using the app you can view the status of all of the programs for South Suburban



GIRL'S LACROSSE LEAGUE RULES & REGULATIONS

High School Modifications:

- 1. To set up a draw only 3 players from each team in the midfield area. Offense and defense players will set up behind the grey indicated lines until possession is determined by the officials. Other than draw control set ups the restraining line that will be used is the halfway red line. Allowing 7 field players from each team on the offensive/defensive zone.
- 2. If there is a draw that does not go over each player's head and it was not called an "illegal draw" alternate possession will decide who starts with the ball rather than resetting the draw.
- 1. First Alternate Possession will go to the team listed as "home" on the schedule if no captains meeting occurs.



Krats Lacrosse Recreation