## SOUTH SUBURBAN PARKS & RECREATION

## **BOY'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. <u>Penalties:</u> 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, he 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.
    - i SPORTS DOME RULE: Body checking between the restraining lines and along the sideline will be ruled unnecessarily rough and dangerous play. Players may own their space to force the ball carries path towards the boundary but the may not push the player through the boundary to the walls, lights, and spectators.
- 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 face-off after any goals. The coach may decline the ball and continue with face-offs. If the score comes within five the face-off 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. Uniform: Each player must wear a similarly 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 <a href="https://hkrats@ssprd.org">hkrats@ssprd.org</a>.

  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.

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