

SOUTH SUBURBAN YOUTH BOYS LACROSSE 2024 RULES:

1. All NFHS rules will govern play unless otherwise cited in this document.
2. Timing: Games will be (4) 10-minute running quarters, 3-minute half time.
 - a) One (1-minute) timeout per half.
 - b) If score is within two (2) points, stop-time will take place for the last two (2) minutes of half 2.
 - c) 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, 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.
4. Mercy Rule: If one team is winning by 6 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. Forfeits: If less than 7 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 South Suburban issued jersey. Home team will wear white, Away team will wear dark.**
7. Protests and complaints: Must be submitted to Hannah Krats at hkrats@ssprd.org.

All protests and complaints must cite the rule in NFHS or this rule document, 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 x1

Weather App:

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K/1 Rules Modifications

1. Modified field reduced restraining line is the "midfield line"
2. 4v4 (no goalie)
3. Coaches must remain in coaching area
4. Mercy rule 6 goal differential (trailing team chooses to use or waive)
5. Minimum pass rule 1 pass in the offensive zone (attacking half of the field)
6. No body checking
7. Over and back with ball resets the 1 pass rule
8. Substitutions are permitted on dead balls – do not abuse and excessively substitute.

2nd Grade Rules Modifications

1. Any 1 handed check will be considered a slash regardless of if contact is made.
2. Coaches must remain in coaching area
3. No body checking of any kind is permitted.
4. A modified field with 6 field players and 1 goalie
5. Penalties will not be time serving but require a substitution.
6. One pass must be made in order to score after change of possession.
7. No timers for advancing the ball.
8. Substitutions are permitted on dead balls – do not abuse and excessively substitute.
9. Stick length 37" - 42"

3rd/4th Grade Rules Modifications

1. Any 1 handed check will be considered a slash regardless of if contact is made.
2. No body checking of any kind is permitted.
3. One pass rule in place. 1 pass attempted over the 50 or a completed pass from the goalie from behind the line over the 50 is excepted.
4. No timers for advancing the ball.
5. Stick length 40" – 42" or 47" – 54"

5/6 Grade Rules Modifications

1. Any 1 handed check will be considered a slash regardless of if contact is made.
2. No body checking of any kind is permitted.
3. No timers for advancing the ball.
4. Stick length 40" – 42" or 52" – 72"

7/8 Grade Rules Modifications

1. 1 handed check must hit crosse or gloved hand on crosse