

## SOUTH SUBURBAN GIRLS LACROSSE 2025 RULES:

1. All NFHS rules will govern play unless otherwise cited in this document.
2. Timing: Games will be (2) 20-minute running halves, 3-minute half time.
  - a) One (1-minute) timeout per game.
  - 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, 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 6 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. Forfeits: If less than 12 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](mailto: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 x1

Weather App: 1 Download RainoutLine.com 2017 App

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- 2 Search for SSPRD and "star" as a favorite. Using the app you can view the status of all of the programs for South Suburban

**K/1<sup>st</sup> Modifications:**

1. 4 v4 (no goalie)
2. Field set up 2 midfield 1d, 1 attack
3. Reduced field, smaller 4x4 goals
4. Modified pocket permitted. Girls stick required.
5. No Checking (3 sec Closely Guarded applies)
6. Coaches remain in coaching areas
7. Jewelry is highly recommended be removed, earrings can be taped

**2<sup>nd</sup>/3<sup>rd</sup>/4<sup>th</sup> Modifications:**

1. 8v8 (1 goalie, 2 defense, 2 attack, 3 midfield)
2. Restraining line is the "50" line. 5 forward, 2 back.
3. No Time Serving Cards, Player subbed out
4. One attempted pass must be made before a team can score (officials monitor)
5. No Checking (3 sec Closely Guarded applies)
6. Modified pocket permitted. Girls stick required.
7. Coaches remain in coaching areas
8. Jewelry is highly recommended be removed, earrings can be taped

**5<sup>th</sup>/6<sup>th</sup> Modifications:**

1. 12v12 (1 goalie, 4 defense, 3 midfield, 4 attack)
2. Restraining line at the 30 yard lines. 6 forward, 3 back.
3. Modified Checking (3 sec Closely Guarded Above the Shoulder): Modified checking is an attempt to dislodge the ball from an opponent's cross in which the checking cross movement solely occurs below the shoulder of the player with the ball. The check must be down and away from the body)
4. Jewelry is highly recommended be removed, earrings can be taped

**7<sup>th</sup>/8<sup>th</sup> Modifications:**

1. 12v12 (1 goalie, 4 defense, 3 midfield, 4 attack)
2. Restraining line at the 30 yard lines. 7 forward, 4 back.
3. Modified Checking: (3 sec Closely Guarded Above the Shoulder): Modified checking is an attempt to dislodge the ball from an opponent's cross in which the checking cross movement solely occurs below the shoulder of the player with the ball. The check must be down and away from the body)
4. Jewelry is highly recommended be removed, earrings can be taped