

2025 FIELD LACROSSE RULES:

1. All 'Club' rules will govern play unless otherwise cited in this document.
 - a) Limit 5 long crosses in the game. (No limit for either team when a team has less than 4 short crosses at field of play)
 - b) No 10 second counts for clearing or entering the offensive zone.
 - c) No over-and-back
2. Timing: Games will be (4) 12-minute running quarters, 1-minute between quarters 1 & 2 and 3 & 4, 2-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 quarter 4.
3. Overtime: One 4-minute Sudden Victory overtime.
 - a) One (1) "possession" timeout per team (time outs do not carry from regulation).
 - b) Stopped clock last minute. Game is recorded as a tie, if score is still tied at the end of overtime.
4. 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, officials, or spectators may 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. Future disqualifications are reviewable under elastic power of League Coordinator.
 - f) Players are limited to 3 personal fouls per game upon receiving a third personal foul the player will be disqualified for the game.
5. Forfeits: 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. Substitute/fill-in players: It is up to the opposing team manager to question player eligibility prior to start of the 2nd period of play. Once the team manager approves of a player not rostered with the referee, he loses his right to protest the game or accept mandatory forfeit from the other team.
7. Uniform: Each player must wear a numbered jersey and similar team color. Players who cannot meet the uniform requirement are not qualified to play in that game.
8. Protests and complaints: Must be submitted to Hannah Krats at hkrats@ssprd.org.

All protests and complaints must cite the rule, 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.

REGULATIONS:

1. Register online at www.southsuburbansports.com.
2. All deposit fees must be received before team will be included on schedule.
3. Rosters must be completed via TeamSideline (www.southsuburbansports.com).
 - a No player may play on two teams in the same division, unless approved by league coordinator.
 - b Players must play in 2 regular season games to be eligible for playoffs
4. Schedules will be available online at www.southsuburbansports.com/schedules

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