



Shooterz Lacrosse
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WINTER LEAGUE RULES

Regular NFHS (National Federation High School) Rules apply with the following exceptions that are listed below.

Team/ Players/ Equipment:

- Each team is drafted by each coach and is comprised up to 20 players, includes a goalie
- Every player MUST wear issued jersey in order to be eligible for game stats and to play
- Every player MUST wear all required equipment by NFHS Rule Book
Girls rules- to see more of the rules in detail click on the link below
<http://www.uslacrosse.org/LinkClick.aspx?fileticket=pq0qTENfoSk%3d&tabid=2459>
Boys rules- to see more of the rules in detail click on the link below
http://apps.uslacrosse.org/store/product_info.php?cPath=24_53&products_id=828
- 1 random stick check form each team at halftime done by officials discretion

Game Time Management/ Penalty Enforcement:

- 2 25 minute running halves (subject to change)
- Face off/ draw after each goal and halftime
- 1 timeout per game (clock runs)
- Technical Penalty 45 seconds, Personal Penalty 90 seconds (minimum) Penalty time begins when the official blows the whistle to resume play
- 3 minute halftime
- ALL games must start on time. Whether teams are ready or not the clock starts running
- Game ejections due to fighting or vicious maligning must leave Town Center Community Athletic Facility immediately and is suspended for 1 game. Any player ejected 2 times during the season is ejected from league with NO REFUND and may risk the opportunity not to participate in future events
- 10sec inbox 20sec clear counts are in affect
- Last 2 minutes, team that is winning must keep it in their offensive half.

The Field/ Facility:

- 10 field players, includes 1 goalie per team on field. Due to personal availability, field positions maybe adjusted.
- 6'x6' goals
- Players waiting their turn to play MUST wait in the spectator side or underneath the awning. NO PLAYER or parent is allowed in the TEAM Bench area
- Absolutely NO FOOD, Sunflower seeds, gum, or sports drinks allowed on the turf field. Water only...
- Food and other drinks are permitted underneath the covered bench areas

The verbal abuse towards an OFFICIAL, COACH, FAN or ANOTHER PLAYER is unacceptable...

It's Ok not to like a call or to boo, but it is NOT OK to maliciously malign the official, coach and or player/s. It is deemed in ones eye that a call maybe a terrible one and/ or missed, but it's with the integrity, its safety, its rulings and honor of the game. Any person maligning the Official, coach or another player will be given a bench/ technical foul. If repeated then that person/s will be ejected and suspended for 1 game. The Official's/ Shooterz Staff word is final. Questioning a call is could be considered maligning and will be dealt with accordingly. Abusive fans or parents will be asked to leave the Town Center Community Facility. Game play will not resume until the fan/s is removed.

Play of Game

- Forfeits will only occur if not enough players cannot field enough for a team. Players maybe borrowed up to 15 in order to play the game. If player/s from the team that show up, then that amount of the borrowed player/s must leave. Goalies are the only players to play for other teams without that team forfeiting
- ALL games must start on time and/or the clock starts running if teams are not ready by game time
- ABSOLUTELY NO BODY CHECKING (take out checks), but controlled appropriate body contact for defensive play is allowed
- Officials reserve the right to eject any player for conduct, dangerous play and/or fighting
- No horns for substituting, it's done on the fly, Hockey style

Lets have fun, play safe and play hard...