



# LIGHTHOUSE LACROSSE WINTER LEAGUE RULES

1. RUNNING TIME - TWO 22 MINUTE TIME HALVES WITH A TWO MINUTE HALFTIME
2. ONE 30 SECOND RUNNING TIME OUT PER GAME; NO TIME OUTS IN THE LAST TWO MINUTES OF EACH HALVE
3. NO ONE-HANDED CHECKS OR OVER THE HEAD CHECKS FOR 5TH/6TH GRADE DIVISIONS (ALL STICK CHECKS MUST BE UNDER CONTROL)
4. BODY CHECKS WILL CONSIST OF 1-STEP CHECKS AND MUST BE UNDER CONTROL
5. YELLOW BOUNDARY LINES ARE FIELD LINES
6. FIGHTING IS AUTOMATIC EJECTION FROM THE LEAGUE FOR BOTH PLAYERS
7. THE ONLY COUNT WILL BE A 4 SECOND CREASE COUNT
8. ALL TIME-SERVING PENALTIES WILL BE SERVED AS FAST BREAKS
9. ALL PLAY-ON CALLS AND VIOLATIONS WILL RESULT IN A CHANGE OF POSSESSION
10. FACEOFFS WILL BE TAKEN AFTER EACH GOAL (NO MERCY RULE)
11. PLAYERS SHALL NOT TALK BACK TO OFFICIALS
12. OFFICIALS WILL ADDRESS COACHES CONCERNS
13. RESPECT MUST BE SHOWN TO OFFICIALS, PARENTS, PLAYERS, & COACHES AT ALL TIMES
14. CROWD CONTROL IS THE RESPONSIBILITY OF EACH TEAM'S HEAD COACH

THESE RULES ARE IN EFFECT FOR CONSISTENCY, SPORTSMANSHIP AND RESPECT FOR THE GAME AND EACH OTHER. WE ARE HERE TO HAVE FUN!

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