



LIGHTHOUSE LACROSSE WINTER LEAGUE RULES

LIGHTHOUSE LACROSSE RESERVES THE RIGHT TO
MODIFY THE RULES AT ANY POINT IN TIME.

1. RUNNING TIME - TWO 22-MINUTE 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 HALF
3. NO ONE-HANDED CHECKS OR OVER THE HEAD CHECKS FOR 2ND-6TH GRADE DIVISIONS (ALL STICK CHECKS MUST BE UNDER CONTROL)
4. NO MAN-BALL FOR 2ND-4TH GRADERS
5. BODY CHECKS WILL CONSIST OF 1-STEP CHECKS AND MUST BE UNDER CONTROL FOR 5TH GRADERS - VARSITY
6. 4-SECOND CREASE COUNT
7. ALL TIME-SERVING PENALTIES WILL BE SERVED AS A FASTBREAK
8. ALL PLAYERS COMMITTING A PERSONAL/TIME SERVING FOUL MUST BE SUBSTITUTED OUT OF THE GAME AND CAN RETURN AFTER THE PLAY RESUMES
9. PLAYERS WHO COMMIT 4 PERSONAL FOULS IN A SINGLE GAME WILL BE EJECTED FOR THE REMAINDER OF THE GAME
10. THE REFEREE HAS THE DISCRETION TO CANCEL OR STOP PLAY AT ANY TIME OF THE GAME
11. ALL PLAY-ON CALLS AND VIOLATIONS WILL RESULT IN A CHANGE OF POSSESSION
12. FACEOFFS WILL BE TAKEN AFTER EACH GOAL (NO MERCY RULE)
13. *** 5 GOAL RULE - THE TEAM THAT IS AHEAD BY 5 GOALS HAS TO KEEP THE BALL UNDER THE RESTRAINING LINE AND SIDELINE TO SIDELINE ON THE OFFENSIVE SIDE OF THE FIELD
14. *** 7 GOAL RULE - THE TEAM THAT IS AHEAD BY 7 GOALS HAS TO KEEP THE BALL INSIDE OF THE RESTRAINING BOX ON THE OFFENSIVE SIDE OF THE FIELD
15. *** THE WINNING TEAM MUST KEEP IT IN THE RESTRAINING BOX IN LAST 2 MINUTES OF THE GAME
16. PLAYERS SHALL NOT TALK BACK TO OFFICIALS
17. OFFICIALS WILL ADDRESS COACHES CONCERNS
18. RESPECT MUST BE SHOWN TO OFFICIALS, PARENTS, PLAYERS, & COACHES AT ALL TIMES
19. CROWD CONTROL IS THE RESPONSIBILITY OF EACH TEAM'S HEAD COACH
20. A TEAM MAY HAVE UP TO 3 COACHES ON THE SIDELINES DURING A GAME
21. FIGHTING IS AN AUTOMATIC EJECTION FROM THE LEAGUE FOR BOTH PLAYERS
22. BEFORE THE FIRST GAME OF THE SEASON, ALL COACHES MUST PAY ANY OUTSTANDING BALANCE, SUBMIT ALL TEAM ROSTERS AND WAIVER FORMS

THESE RULES ARE IN EFFECT FOR SAFETY, CONSISTENCY, SPORTSMANSHIP, AND RESPECT FOR THE GAME AND EACH OTHER. PLEASE ALWAYS REMEMBER THAT WE PLAY LACROSSE BECAUSE IT IS FUN SO LET'S KEEP IT THAT WAY!

*** REGARDING A "KEEP IT IN" SITUATION, IF THE OFFENSIVE PLAYERS STEPS OUT OF THE BOX OR RESTRAINING LINE WITH POSSESSION THERE WILL BE AN AUTOMATIC WHISTLE WITH A CHANGE OF POSSESSION. HOWEVER; IT WILL ONLY BE A PLAY-ON SITUATION IF THE OFFENSIVE PLAYER LOSES POSSESSION OF THE BALL WHILE INSIDE THE BOX OR RESTRAINING LINE AND THE BALL ROLLS OUTSIDE OF THE BOX OR RESTRAINING LINE. IF THE BALL IS LOST INSIDE OF THE BOX OR RESTRAINING LINE THE BALL WILL BE A LOOSE BALL AND CAN BE RECOVERED BY THE OFFENSE.