



# Lacrosse League Rules

FOLLOWING U.S. LACROSSE/PIAA GUIDELINES

## Player & Team Regulations

- **Rosters:** Players are permitted to be rostered for *one* team only, with the exceptions of goalies and guest players.
- **Emergency Goalie:** If a guest goalie is unavailable, a 4'x4' shot blocker may be used.
- **Substitutions:** Substitute entry is permitted when players are off the field.
- **Illegal Players:** Teams using an illegal player without notifying the referee will forfeit the game and will be ineligible for playoffs.
- **Team Composition:** Each team will consist of 6 field players and 1 goalie on the field at one time.

## Gameplay Rules

- **Crease Play:** If a live ball comes to rest in the crease, a defending team player may enter the crease as a 'deputy' for possession of the ball for a clear. Defenders entering the crease before the ball is at rest will be penalized with a crease violation.
- **Restraining Line:** The restraining line is the half field line. Each team must keep two offensive players and three defensive players, including the goalie, behind the restraining line.
- **Draw:** Individual game halves start with a draw. Each team will place one field player behind each sideline. Remaining players will line up behind the goal line extended.
- **Goalie Clear:** After a goal is scored, the game resumes with a goalie clear. The back curtains are the end lines.
- **Outs:** 'Outs' occur when the ball or players touch the curtain.

## Game Management

- **Benches:** Players and teams must use benches opposite from the spectator bleachers.
- **Game Balls:** Both teams must supply a game ball.

- **Halftime:** Halftime will be 1 minute, and the game clock will start promptly. No time will be added for a late start or extended halftime.
- **Conduct:** Spitting is not permitted and will result in a yellow card.

## Authority & Disciplinary Actions

- **Referee Authority:** Referees can handle any situations involving them, players, coaches, or spectators, whether during gameplay or elsewhere in the facility.
- **Dome Management:** Dome management and staff can issue suspensions in place of a red card to the same degree as a referee/umpire.

## Summary

This document outlines the key rules and regulations for our lacrosse league, which adheres to U.S. Lacrosse/PIAA High School guidelines. It covers player eligibility, gameplay rules, game management procedures, and disciplinary actions. All participants are expected to understand and abide by these rules to ensure fair play and a positive experience for everyone involved.