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GENERAL RULES:

- 2025: Teams and under must play U.S. Lacrosse Youth Level A rules
 - Modified checking
 - The 4 goal rule will NOT be used
 - The 1 pass rule will NOT be used
 - Red Card(Flagrant) - the player will be required to sit out their next game
- 2024-2022: Teams may elect to play regular U.S. Lacrosse Women's Rules
 - Full Checking
 - Red Card(Flagrant) - the player will be required to sit out their next game
- All Grades – Yellow Card 2 minute penalty – Teams must play a man down for the duration of the penalty.
- Over time Rule:
 - Play to first goal wins
- **PLAYOFF Tie Breaker (2 Teams): Points, Head-to-head (if teams played each other), Goals Against, Coin Flip**
- **PLAYOFF Tie Breaker (3+ Teams): Points, Goals Against, Coin Flip**
- Referee will keep penalty time

DURATION OF PLAY:

- Regulation Size Fields
- 2 – 22 Min running time halves
- 4 Min half time
- One time out per game and not at the last 5 minutes of the game
- Free position are taken after the horn sounds
- During an injury time out, clock will run
- No jewelry, no band aids covering the jewelry
- Goalies must wear all equipment
- Alternate position will be awarded to home team first
- If a coach is issued a yellow card it counts as a team foul and the team must remove a player from the field.

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