



Game Format

- 25 minute running time games
- 8 players on the field (2 attack, 2 defense, 3 middies & goalie)
- No more than 2 long poles on field at anytime
- One 1-minute timeout per game - clock does not stop. No timeouts in the last 3 minutes.
- All substitutions on the fly
- One face off per game
- Controlled clear (on referees whistle) after each goal is scored
- Penalty: all penalties will result in a structured fast break from mid-field, Offending player will come off the field. Attack/Defense at GLE
- Player with 4 personal Fouls in a game (Cross checks, Slash, Unsportsmanlike play) will be removed
- Unless modified by preceding statements, we will follow standard rules as stated in 2021 US Lacrosse Rules book