

LEAGUE RULES

The league follows the **2022 US Lacrosse Box/Indoor Lacrosse Rulebook**.

Rules of note:

- *Bicep and Rib Pads are required*
- *30-second shot clock.*
- *NOCSAE approved field lacrosse helmets only, no hockey-style box lacrosse helmets*
- *12U division: 4v4*
- *Teams can have substitute players from other teams play on their team up to 8 total runners (substitute players cannot be older than the division they are subbing for)*