

7v7 RULEBOOK

Center Hash Lax and the Bay State Bullets have established this rulebook to provide a competitive playing experience for participating in the Last Stop. It is expected that each participating team will stress good sportsmanship as well as the rules of play. Good sportsmanship on the part of all players, coaches and spectators is always the expectation of Center Hash Lax. Center Hash Lax and the Bay State Bullets are dedicated to complying with all rules of US Lacrosse.

Goalie Equipment:

- Goalies must wear shin guards, padded pants, chest protector, helmet, mouth and throat guard, and goalie gloves.
- Helmets & chest protectors must be NOCSAE Certified.
- Goal face blockers or rejectors are not allowed during tournament games. Blockers/rejectors create an unfair advantage to the defensive team. Additionally, the use of such equipment fails to create an authentic game-like situation for both teams. If a team does not have a goalie, they are encouraged to arrange to have a field player play in goal.
- An extra set of goalie equipment will be provided in case a teams goalie is not present. A field player will be asked to dress.

Checking:

- 2030/2031 - No Checking (7v7)

Draw: The start of every game will begin with a draw. After each goal, teams will reset for a draw.

Timing of game:

- All games will operate on a central horn.
- All time is running time.
- (1) 30-minute running time game.
- All games must start on time
- 15-minute break between games
- Teams will “share” sidelines because of the three back to back fields. Parents are not permitted to be on the turf. All parents need to stay outside the turf. Along the track is okay!

Time outs: There are no timeouts.

Game personnel change: The deputy is not allowed. All substitutions must be made at the 50-yard line through the substitution area.

8 Meters: Can be played out at the end of a half/end of the game.

SPORTSMANSHIP and RESPECT:

- Good sportsmanship is at the foundation by which we operate.
- Regarding rules of the game, encourage players to respect the spirit of the game and the rules by which it is played.
- Coaches are asked to respect the rules and not bend the rules to win.
- A worthy opponent is a benefit that forces us to play to our highest potential. Coaches and players are asked to respect all opponents and the opportunity they provide in playing the game.
- We treat officials with respect even when we disagree.
- We live up to our own highest standards regardless of what others do. In doing so, we pay respect to the game, to ourselves, our teammates and our opponents.

Score reporting and standings: Scores will be kept at the midline of all fields. Coaches will sign off at the end of the game.