



## Girls High School Lacrosse Rules

US Lacrosse rules apply with the following exceptions:

1. 7 v 7 including goalies.
2. NO Boarding (Can result in an immediate red card)
3. Balls can be played off of boards and netting
4. Balls that go into soccer goals go to the goalie
5. Good sportsmanship at all times. Taunting or poor behavior will not be tolerated
6. Must have two players behind restraining lines
7. Time is two 25 minute halves. Clocks will start at game time.
8. All players must have proper protective equipment. This includes mouth guard that cover molars, goggles, US Lacrosse approved headgear is OPTIONAL and goalies must wear all required equipment, including shin guards
9. No Jewelry
10. All yellow cards are 2 minutes. We play short if there is a yellow card. Red cards are 4 minutes and immediate disqualification. (Play short for four minutes) You cannot play the following week if a Red card has been earned.
11. Teams must have an adult 18 years old or older on bench.
12. Goalie clear after all goals.
13. Most importantly-HAVE FUN!!!!

Please call or e-mail the director with any questions or concerns

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