

Sports Dome Youth Lacrosse Rules

Revised- December 2010

Contact Information

- Sports Dome direct line: 303-754-0541
- Schedules are available on-line at www.teamsideline.com/sspr or www.sspr.org

Rosters and Fees

- All team fees must be paid before the first game. The team roster with parent signatures must be completed before the first game. Players may play for ONE TEAM per night only. Roster additions or changes may be made throughout the season. Injured players may be replaced with approval of Sports Dome staff. Team rosters will be kept at the front desk.
- Team managers or coaches are responsible for: having team present and ready to play at scheduled time, informing players of league and facility rules, and promoting good sportsmanship among team members and spectators.

Timing & Scoring

- It is recommended that teams arrive at least 10 minutes prior to game time and check in with the front desk. The referee will start the clock at the scheduled game time.
- Full field games: two 23-minute halves with a running clock, 2 minute halftime, 1 timeout per half.
- Half field games: two 20-minute halves with a running clock, 1 minute halftime, 1 timeout per half.
- No overtime is played in case of a tie.

Equipment

- Required equipment:
 - Boys: same colored jerseys, shoes (molded cleats, turf or tennis shoes), helmet, mouth guard, gloves, elbow and shoulder pads.
 - Girls: same colored jerseys, eye protection, shoes (molded cleats, turf or tennis shoes), and mouth guard.
 - Goalies must wear protective equipment.
- Prohibited equipment: jewelry, any unyielding or dangerous equipment, metal cleats.

The Game

- Games will be played according to NFHS/USWLA rules with the following modifications.
- Full field games: 83 yards x 44 yards
 - Boys: 10 v 10, minimum of 9 to play.
 - Girls: 12 v 12, minimum of 9 to play.
- Half field games: 44 yards x 40 yards, 7 v 7, minimum of 6 to play.
- Substitutions may be made 'on the fly' (without a dead ball) within the substitution lines.
- Checking:
 - Boys: half field- 3 step checking rules, full field- NFHS checking rules.
 - Girls: USWLA checking rules

Fouls & Misconduct

- Referees determine incidental contact, which may occur during normal play.
- The team manager or coach is the only person allowed to approach the referee with questions or concerns. Team managers/coaches are responsible for the behavior of their players and spectators.
- Offsides will be called in full and half field games.
- Penalty Modifications: boys only
 - 1 minute penalty = 90 seconds
 - 30 second penalty = 45 seconds
 - 3 minute penalty = 5 minutes
 - Any player receiving 3 personal fouls in one game is disqualified.
- NO SPITTING: Spitting on the field is not allowed.
- FIGHTING: Any form of fighting or physical altercation will result in immediate ejection from the facility and suspension up to and including lifetime suspension and/or legal charges.
 - Striking, punching or kicking an opponent with the fist, hands, arms, legs or feet
 - Attempting to strike, punch or kick an opponent regardless of whether contact is made
 - Instigating a fight by committing an unsportsmanlike act toward an opponent that causes the opponent to retaliate by fighting
- **ELASTIC POWER:** The South Suburban Sports Dome staff reserves the right to establish guidelines for any and all rules or infractions not covered in the league rules and to refuse participation to any individual or coach if they do not obey the rules and regulations and keep within the spirit of sportsmanship.

Sportsmanship Policy

Each team is responsible for the actions of its members during competition. Unsportsmanlike conduct, including intimidation and infliction or threat of bodily harm, will not be tolerated and will result in ejection from competition and/or facilities. Additional sanctions may be added at the discretion of the Sports Dome staff.

No game is important enough to warrant physical or verbal abuse of officials, participants or spectators. Please remember that these games are not professional sporting events. No one's job is on the line. The officials are doing the best they can, just like the players. Please make the utmost effort to win with class, lose with dignity, and treat the game officials with respect.

Unsportsmanlike Behaviors

*Fighting
Obscene Cheering
Verbal Abuse of Officials, Opponents, Spectators
Racial or Ethnic Slurs
Profanity/Obscene Gestures
Flagrant/Violent Fouls
Taunting/Trash Talking
Throwing/Abusing Equipment
Physical Intimidation of Officials, Opponents, Spectators
Unauthorized Leaving of the Team Bench Area*

Sportsmanlike Behaviors

*Clapping for Introduction of Opposing Players
Respecting the National Anthem
Demonstrating Concern for Injured Athletes
Handshakes after Games
Positive Cheering for One's Own Team
Creating Equal Competitive Environment for Opponents
Being Respectful of Children in Attendance
Helping Opponent Up Off the Ground
Welcoming Opposing Fans
Thanking Officials at the End of the Game*



South Suburban
PARKS AND RECREATION