



Utah Lacrosse Association  
Youth Lacrosse  
League Policy

Updated: March 2014

## I. Player Eligibility

- A. Only players who comply with the rules of eligibility are allowed to participate in games and practices. No Youth Players (8<sup>th</sup> grade or below) are eligible to participate with a high school program. A violation of these policies may result in a forfeit of all games in which an ineligible player participated. If a coach knowingly allows an ineligible player to participate in practices, or games, the coach will be suspended for a minimum of the next scheduled game. The rules of eligibility are as follows:
- i. Junior Division ó Players that are currently enrolled in 7<sup>th</sup> and 8<sup>th</sup> grade are eligible to participate as a player on a Junior Division team.
  - ii. Thunder Division ó Players that are currently enrolled in 5<sup>th</sup> and 6<sup>th</sup> grade are eligible to participate as a player on a Thunder Division team.
  - iii. Lightning Division ó Players that are currently enrolled in 3<sup>rd</sup> and 4<sup>th</sup> grade are eligible to participate as a player on a Lightning Division team.
  - iv. Storm Division ó Players that are currently enrolled in Kindergarten through 2<sup>nd</sup> grade are eligible to participate as a player on a Storm Division team.
- B. Players cannot play for multiple teams, i.e., a program with multiple teams cannot allow any players to play on more than one team. If a team has fewer than 13 players (Boys), or 15 Players (Girls) at the start of any game, they can borrow from their own program to get to 13, or 15 only if the following criteria is met:
- i. The borrowed player is in the same, or lower division as the team he/she would be playing on. (Division 1 cannot play down to Division 2 or 3; Division 2 cannot play down to Division 3.)
  - ii. The borrowed player's name and reversible number must be provided to the ULA, Field Coordinator, and the other team prior to the start of the game.
  - iii. Players can participate in no more than 1 extra game per season.
  - iv. Borrowing players for the Playoffs and Championship games are not allowed under any circumstance; only the players on the original roster are permitted to play in the Playoffs and Championship games.
- C. Players must play for the division based on what grade they are currently in. If there are no teams for the division they are in, the player must wait until there is a team for their grade in the proper division.
- D. Girls (Kindergarten to 4<sup>th</sup> grade) may play for a boys Storm or Lightning team if their program does not field a girls team at their age level; ULA program director must be contacted in order to register. Every effort will be made to place the participant on a girls team at the next closest program if available.

## II. Team Structure

- A. A minimum of 16 players in an entire program are required to have a team. For a program to have two teams the entire program must have a minimum of 32 players, three teams a minimum of 48, four teams a minimum of 64. The number of players is to be determined by the head coach, however, each team cannot have a total difference in players of more than 2, i.e., team A has 16; team B can have no more than 18. Team A has 20; team B can have no more than 22, and no less than 18. Teams are to be split based on the following:
- i. Boys League
    - a. Junior Division ó The Junior Division is divided into the following divisions.
      1. Division I (Championship) ó (Multi-team programs) this division should include your top players, and most experienced players. (Championship is played in the spring season only)

2. Division II (Championship) ó (Single team & multi-team programs) this division should include your best players that did not make your division I team. (Championship is played in the spring season only)
  3. Division III (All-Star) ó (Multi-team programs) all remaining teams will be placed in this division. All players in this division should be players who are still developing their skills, and need a less competitive atmosphere. (All-Star game is played in the spring season only)
- b. Thunder Division ó Teams in the Thunder Division should split their teams according to player skill level. All players with equal skill level should be put on the same team. The number of divisions will be determined each season based on the number of teams.
1. Thunder Division I (Championship) ó Most Experienced players. (Championship played in the spring season only.)
  2. Thunder Division II (Championship: top 2 teams) ó This division should include your best players who did not make your division I team. Single teams can play in this division. (Championship played in spring season only.)
  3. Thunder Division III ó (All-Star) All players in this division should be players who are not ready for the competitive nature of division I or II and have the skills of a first or second year players. (All-Star game is played in the spring season only.)
- c. Lightning & Storm Division ó Teams in the Lightning and Storm Divisions should split their teams evenly. All teams within a program should have equal skill level.
- d. Lightning & Storm divisions will be clinic based depending on the number of teams and location of the registered players.
- e. Team division assignments in the Junior and Thunder Divisions will be determined by the League Commissioners. Division assignments can be changed with a request in writing to the Youth Council. Request must be submitted no later than 21 days prior to the first game. Request made after this time will be subject to denial.
- ii. Girls League
- a. Junior Division ó (Championship and All-Star games) Teams in the girlsøJunior division should be split evenly, all teams should have an equal skill level. (Championships and All-Star games spring season only.)
  - b. Thunder Division ó (All-Star) Teams in the girlsøThunder division should be split evenly. (All-Star game is played in the spring season only.)
  - c. Lightning & Storm Division ó Teams in the Lightning and Storm Divisions should split their teams evenly. All teams within a program should have equal skill level.
  - d. Lightning & Storm divisions will be clinic based depending on the number of teams and location of the registered players.
  - e. Team division assignments in the Junior and Thunder Divisions will be determined by the League Commissioners. Division assignments can be changed with a request in writing to the Youth Council. Request must be submitted no later than 21 days prior to the first game. Request made after this time will be subject to denial.
- B. Combining teams; the ULA Youth Council and the ULA staff may combine players from multiple programs, if there are not enough players to field a team from one or more programs. This process will be conducted in a way that best suits the player, and league. The council will take the following into consideration when combining teams:
- i. Proximity of other teams
  - ii. Which teams need players
  - iii. Availability of coaches.
- C. All players are required to register for the high school boundary they live in, or for the private high school they will attend, provided those teams exist. In the event there is a boundary issue the ULA Youth Council will make the decision where the player will participate. Out of boundary request must be submitted in writing to the ULA Staff or Youth Council prior to the player participating with either team.

### III. Team Responsibility

- A. Each program is responsible for locating, scheduling, and lining their own field(s) for practice, and for managing their own finances. There are grants available for new teams. This information can be found on the ULA website ([www.utahlax.org](http://www.utahlax.org))
- B. Each team is encouraged to provide and use their own Culture Keeper for each game in order to minimize harmful, offensive, or unsportsmanlike conduct amongst their own fans. Each team's Culture Keeper (and ultimately the coach) will only deal with their own fans, and not the fans of the opposing team.
- C. The following team equipment may be checked out and borrowed from the ULA for the season:
  - i. Goalie equipment (chest protector, throat protector, and goalie stick for every team. Girls teams may also add shin guards/gloves/ helmet /padded pants). All equipment must comply with all regulations as set forth by US Lacrosse.
  - ii. First Aid Kit.
- D. If your program is hosting games and does not have the equipment needed (see section VII B) they may be checked out from the ULA office.
- E. The ULA will give the following to each team before the season:
  - i. 3 dozen balls (4 dozen balls if no field paint)
  - ii. 1 case of field paint
- F. Players participating are required to provide their own individual equipment. The minimum equipment required for individual players are as follows:

Boys Field Player Equipment	Boys Goalie Equipment	Girls Field Player Equipment	Girls Goalie Equipment
Lacrosse Stick	Goalie Stick	Lacrosse Stick	Goalie Stick
Helmet: NOCSAE Certified	Helmet: NOCSAE Certified	Protective Eye Wear	Helmet: NOCSAE Certified
Mouth Guard (not clear or white)	Mouth Guard (not clear or white)	Mouth Guard (not clear or white)	Mouth Guard (not clear or white)
Gloves	Gloves		Shin Guards
Elbow Pads	Elbow Pads		Padded Pants
Shoulder Pads	Chest Protector		Gloves
Protective Cup	Throat Guard		Chest Protector
	Protective Cup		Throat Guard

### IV. League Structure

- A. The ULA Youth Council will determine the league structure. The ULA Youth Council may change the structure of the league prior to each season as needed depending on growth. Changes will be published prior to the start of the season. The league structure will be as follow:
  - i. Boys League
    - a. Juniors Division
      - 1. Division 1 (Championship) ó Any program having 2 or more teams must field a team in this division. (Championship is played in the spring season only. See section B for Junior Division playoff structure)
      - 2. Division 2 (Championship) ó Programs with 1 single team must field a team in this division. Programs with 3 or more teams will have their 2<sup>nd</sup> team placed in this division. (Championship is played in the spring season only. See section B for Junior Division playoff structure)
      - 3. Division 3 (All-Star) ó All remaining teams will be placed in this division. (All-Star game is played in the spring season only)
      - 4. Team division assignments in the Junior Division can be changed with a request in writing to the Youth Council. Request must be submitted no later than 21 days prior to the first game. Request made after this time will be subject to denial.
        - a. Example 1: A program has 2 teams. Team A plays in Division 1, Team B plays in Division 3.
        - b. Example 2: A program has 3 teams. Team A plays in Division 1, Team B plays in Division 2, Team C plays in Division 3.
        - c. Example 3: A program has 1 team. Their team plays in Division 2.
    - b. Thunder Division

1. Division 1 (Championship) ó Experienced players, competitive division (See section C below for playoff structure.)
  2. Division 2 ó (Championship) ó Single teams, less experienced players, less competitive division. (See section C below for Championship game structure.)
  3. Division 3 ó (All-Star) ó Developmental inexperienced players
- c. Lightning & Storm Division - Teams in the Lightning and Storm Divisions should split their teams evenly. All teams within a program should have equal skill level.
- ii. Girls League
- a. Juniors Division ó Girls Juniors division will be divided in to multiple divisions, however crossover games will be played with other divisions, and teams should be split equally for this reason
  - b. Thunder, Lightning & Storm Division - Teams in the Lightning and Storm Divisions should split their teams evenly. All teams within a program should have equal skill level.
- B. Junior Playoff Structure (Junior Division spring season only). The playoff structure will be determined by the ULA Youth Council. The playoff structure may be adjusted at the start of each season depending on the number of teams in each division. The playoff structure is as follows:
- i. Boys League
- a. The top eight teams in each division will compete in the playoffs. The top 2 teams in each division (DI & DII) will have a first round bye. Playoff spots will be determined in the following order:
    1. Division Record
    2. Head to Head play
    3. Goals against
    4. Coin Flip
    5. Goals for **do not** factor into any tie break scenario
  - b. Championships will be played in the Boys Juniors Divisions, Division 1 and Division 2.
- ii. Girls League
- a. The top two teams in each Conference will compete in the playoffs. Playoff sports will be determined in the following order:
    1. Division Record
    2. Head to Head play
    3. Goals against
    4. Coin flip
    5. Goals for **do not** factor into any tie break scenario
- C. Thunder Playoff Structure (Thunder Division spring season only). The playoff structure will be determined by the ULA Youth Council. The playoff structure may be adjusted at the start of each season depending on the number of teams in each division. The playoff structure is as follows:
- i. Boys League
- a. The top four teams in division 1 will compete in the playoffs. The top two teams in Thunder Division 2 will compete in a Championship game. Playoff spots will be determined in the following order:
    1. Division Record
    2. Head to Head play
    3. Goals against
    4. Coin Flip
    5. Goals for **do not** factor into any tie break scenario
  - b. No playoffs will be played in the Boys Lightning or Storm Leagues
- ii. Girls League
- a. No playoffs will be played in the Girls Thunder, Lightning or Storm Leagues

## V. Coach/Team Dead Period

- A. The ULA provides a date (usually three weeks prior to the start of games) when teams may begin practices, and when the season ends. (See important dates on the ULA website for exact dates.) Any events held outside of the season schedule as outlined on the important dates page of the website are done so at the risk and liability of the program hosting the event.
- B. Clinics are allowed for the purpose of introducing new potential players to the sport. Only individual skills are to be taught.

## VI. Team/Player Registration

- A. The ULA will determine player registration fees and dates
- B. Player registration is done online, has a late registration period with an increase fee of \$25.
- C. Coaches registration is done online, and must be done to be linked to their team page, and to be included on the Cleared Coaches Matrix. (See Section XIII)

## VII. Game Procedure

- A. Game Personnel ó The Team
  - i. Each team must have at least nine (boys), ten (girls) players to start a game. If a team does not have enough players at the start of the game that team can start man-down.
  - ii. All head coaches must be at least 21 years of age on or before August 31<sup>st</sup> of the current season.
  - iii. No more than 4 coaches per team are permitted to be in the team box at a time.
- B. Hosting Program Responsibility (Equipment can be borrowed and checked out from the ULA office if needed)
  - i. Table and Chairs
  - ii. Score Flip Chart
  - iii. Lining the field(s), two goals, and cones.
  - iv. NOCSAE game balls
  - v. Have field set up 30 minutes prior to the start time of the first game.
- C. Home Team Responsibility
  - i. Arrive at least 30 minutes prior to the game start time
  - ii. Designate person for keeping time and score
  - iii. First Aid Kit
  - iv. Wears White side of reversible
  - v. Game clock or stopwatch and horn
  - vi. Pick up all trash left by your team and fans before leaving the field
  - vii. Report Junior & Thunder Division game scores online within 24 hours.
- D. Away team Responsibility
  - i. Arrive at least 30 minutes prior to the game start time.
  - ii. Designate a person for the score table to assist in keeping game time and score
  - iii. First Aid Kit
  - iv. Wears dark side of reversible
  - v. Pick up all trash left by your team and fans before leaving the field
- E. Game Rescheduling Procedure
  - i. All games must be played unless inclement weather has caused the playing field to be unsafe, or if lightning is present (See lightning policy section VIII). Games can be played in rain, snow, wind, light hail, etc. as long as the field remains safe. Inclement weather is defined as excessive rain that causes standing water on the field, snow that covers the field markers. Fields may also be closed due to weather by the facility that governs the property.
  - ii. An official may cancel a game at the field if the conditions exist prior to the game, or during the game. A game is considered legal or complete if 80% of playing time has elapsed.
  - iii. Teams that have to reschedule a game must contact the other team, ULA office, and the officials assigner first by phone and then by email. All parties must agree to the rescheduled date and/or time, or the game must be played as originally scheduled. Coachesócontact and officialó assigner information can be found on the ULA website.

## VIII. Lightning Policy

- A. Lightning is a serious hazard and storms can move quickly in the region. If you observe a lightning flash that is followed by a thunder bang in less than 30 seconds, suspend the game and instruct teams to seek shelter off the field. Warn spectators as

well. Wait a minimum of 30 minutes for the storm to pass then consult with the coaches. With the agreement of both coaches, and the official, you can then resume the game. Remember ðclear the fieldö means ðclear the fieldö no one is to be on the field for any reason.

## **IX. Mandatory Coaches Meeting**

- A. A mandatory coaches meeting will be held prior to the start of each season. At least one member of the coaching staff for each division must be present at this meeting. Mandatory coaches meeting will be determined by the ULA Youth Council, with the date, time, and location to be announced before the start of the season. Programs that do not have a coach from each division in attendance will forfeit the head coach's stipend. Dates can be found in the important dates section of the ULA website. ([www.utahlax.org](http://www.utahlax.org))

## **X. Incident/Accident Reports**

- A. All incident and/or accidents must be reported to the ULA office by filling out the Incident/Accident Account Form and faxing it into the ULA office. This form can be found on the ULA website under the forms tab. This form is for the ULA use and is not used when filing an insurance claim with US Lacrosse.

## **XI. Scholarships**

- A. Each team has the option to apply for one player scholarship for the ULA player registration fee. Scholarship applications are available and must be turned in to the ULA office during the early player registration period. After the early registration date, all unused scholarships will be given out on a first come, first serve basis. If a player applies for a scholarship before the late registration time period and is not awarded a scholarship the late fee will be waived. Players are responsible for their US Lacrosse membership. A team may receive no more than two scholarships.

## **XII. Background Checks**

- A. All coaches both head and assistants must have a background check completed before the start of the season. Coaches will be given ID badges that must be worn during all games. The ULA will provide two free background checks per team. Additional background checks can be done for a fee of \$25. If a coach does not have a background check, they will not be allowed on the sidelines for games, and should not participate in practice until a check is completed. The head coach and lead parent representative have the responsibility to ensure that all members of the coaching staff and/or any other person necessary have submitted the proper information for the criminal background check and have been issued the proper badge for the current season. Badges cannot be picked up until the coach has been cleared on the Cleared Coaches Matrix. (See Section XIII)

## **XIII. Cleared Coaches Matrix**

- A. All coaches must be cleared on the Coaches Matrix (found at [www.utahlax.org](http://www.utahlax.org)) before they are permitted to coach in a game. The following items must be completed before a coach is considered cleared:
  - i. Coaches online registration
  - ii. Background Check
  - iii. PCA ó Positive Coaching Alliance (Head Coach only, 1 time class)
  - iv. Mandatory coaches meeting (Representative for each division)

## **XIV. Required Forms/Membership**

- A. US Lacrosse memberships are required for all coaches and players
- B. Coaches must complete the online coaches' registration, and fill out required forms, which include W-9, and Personal Service Agreement before the beginning of the season. The W-9 and Personal Service Agreement forms only need to be updated after coaches first season, if there has been a change of information.
- C. Coaches' pay for the season will be determined by the ULA. Parent representatives of each program must submit a Coaches Pay Request for to the ULA within 45 days of the last game of the season, to determine stipend breakdown between all coaches.
- D. Player Contracts, Parent Contracts, and Medical Release forms are provided by the ULA as a mandatory resource and must be kept by the program and brought to each game (recommended to be kept in a 3-ring binder).

- E. Scholarship forms are required for players in need of financial assistance to pay for ULA player registration fees. Forms are available online at the ULA website. ([www.utahlax.org](http://www.utahlax.org))
- F. The new Concussion Form will have to be signed by ALL players before playing in a game. This form is mandatory as required by state law and can be found on the ULA website. ([www.utahlax.org](http://www.utahlax.org))

## **XV. Grievance Policy**

- A. Grievances will be address in the following order:
  - i. Youth Council
  - ii. ULA Executive Committee

## **XVI. Discipline**

- A. All discipline will be determined by the ULA Youth Council with the use of the ULA High School Policy as a guide.

## **XVII. Appendix**

- A. Boys Rules Matrix (difference between US Lacrosse Rules and Utah Lacrosse)
- B. Girls Rules Matrix (difference between US Lacrosse Rules and Utah Lacrosse)



RULE	Juniors (U15)	Thunder (U13)	Lightning (U11)	Storm (U9)
1-2 Field Size	Should be regulation size, but may be adjusted if BOTH coaches agree			Smaller per field space available See utahlax.org
1-6 Crosse Length	NFHS Rules Short: 40"-42" Long: 52"-72"	NFHS Rules Short: 40"-42" Long: 52"-72"	Short: 37"-42" Long: 47" - 54"	Short: 37"-42" No Long Poles
1-9 Equipment	GOALIES REQUIRED TO WEAR ARM PADS AT ALL LEVELS PROTECTIVE CUPS REQUIRED AT ALL LEVELS			
1-9 Jersey colors	NFHS Rule on uniform colors not strictly enforced Teams MUST wear ULA issued reversibles			
1-12 Spectators	Up in the stands or far side of the field w/ Limit Lines			
1-12 Sideline Manager	Recommended	Recommended	Recommended	Recommended
3-1 Length of Game (intent to keep games 1hr)	12 minute running time quarters, stop time last 2 minutes of the game	12 minute running time quarters, stop time last 2 minutes of the game	10 minute running quarters	10 minute running quarters
3-1 Length of Game - Overtime	Two 4 minute Overtime periods. Then ends in a Tie. Unless playoff game, then a winner is required to be determined.	Two 4 minute Overtime periods. Then ends in a Tie. Unless playoff game, then a winner is required to be determined.	Ends in Tie, UNLESS tournament play winner determined requires	
3-3 Auto Stall - Final 2 minutes of game	Enforced	Enforced	Waived	Waived
4-3 Faceoff Mercy Rule	6 goal lead if both coaches agree and the officials ask * Modified USL Rule by ULA	6 goal lead if both coaches agree and the officials ask * Modified USL Rule by ULA	If team has a 4 goal lead, team that is behind will be given ball at midfield (in lieu of faceoff) until margin is under 4 goals, losing coach can waive this	
4-14, 4-15 Advancing The Ball	NFHS Rules 20 and 10 Counts	NFHS Rules 20 and 10 Counts	NO COUNTS	NO COUNTS
4-27 Officials Time outs	If player in possession loses ANY piece of required equipment, stop play IMMEDIATELY, regardless of proximity of opposing players			
4-17, 5-3 6-3, 6-9 3 Yard Rule	All legal checks, legal holds and legal pushes must be on a player in possession of the ball or within 3 yards of a loose ball			
4-25 Team Time-Outs	Two (2) team timeouts - of a maximum duration of two minutes each - are permitted per team per half			
Switch Sides	Teams switch sides at the end of each quarter as stated in NFHS rules			
4-34 "Get It In - Keep It In"	NFHS Rules Under 2 minutes in game	NFHS Rules Under 2 minutes in game	Waived	Waived
5-3 Illegal Body Checks	NO TAKE OUT CHECKS ARE ALLOWED AT ANY LEVEL (no lowering shoulder, no excessive aggression, no blindside checks, no checks against an opponent in a defenseless position)			
5-3 Body Checks	Limited body checking as permitted - Checks should be generally upright, No lowered head or shoulder checks		NO BODY CHECKING (loose ball boxing out allowed)	
5-4 Checks to Head/Neck	No players shall initiate contact to opponents head or neck with cross check or any part of their body No player shall initiate a slash to the head/neck No player (offensive or defensive) shall block an opponent with their head (Spearing)			
5-4 PENALTY for checks to Head/Neck	2-3 minute(s) NON-RELEASABLE foul			
5-6 Slashing	No one-handed checks ** New USL Rule 2014	No one-handed checks		
5-9 Unnecessary Roughness	Any penalty for Unnecessary Roughness will be NON-RELEASABLE			
5-10 Unsportsmanlike Conduct Profanity	1st foul; 1-3 min non releasable, 2nd foul 3 min non releasable and ejection			
5-11 Fouling Out	4 PERSONAL fouls OR 5 minutes of regular time Personal foul penalty time		3 PERSONAL fouls OR 5 minutes of regular time Personal foul penalty time	
6-10 Stalling	NFHS Rules	NFHS Rules	2 minutes left in game - waived, BUT if official detects stall in either defensive clearing or outside the offensive goal area, can give verbal "advance the ball" and start a 5 second count to get gall in the box)	
7-1, 7-2, 7-3 Time Serving Penalties	NFHS Rules Players serve their penalty Team penalty served by In-home	NFHS Rules Players serve their penalty Team penalty served by In-home	NFHS Rules Players serve their penalty Team penalty served by In-home	Sub-out only but the player serves the time, team does NOT play man down
7-1, 7-2, 7-3 Time Serving Penalties - Running Time Games	Due to running time in ALL levels, then penalty time is running, penalty time starts on the next whistle All penalties will be time and a half, example: 30 seconds = 45 seconds, 60 seconds = 90 seconds * Penalties in the last 2 minutes of JR and TH (stopped time) should be stopped time as well			Sub-out only but the player serves the time, team does NOT play man down
ULA Complete Game	Games will not be rescheduled if %80 of the game has been played (after the 4th quarter has started)			





RULE	Juniors (U15)	Thunder (U13)	Lightning (U11)
Field Size	Regulation size field with all appropriate markings		Between 60-70 yards in length and between 30-40 yards in width. The field markings shall include: Goal circle and goal line, 8m arc, centerline only.
The Crosse (stick)	Regulation Stick and Pocket  Minimum: 35.5" Maximum: 43.25"		Regulation stick with or without a modified pocket and may be cut to fit comfortably along the length of the player's arm. No mesh pockets.
Goals	Regulation lacrosse goal cages		Regulation lacrosse goal cages with a shooting net
Jersey colors	Teams MUST wear ULA issued reversibles Home team wears the light side and away team the dark side		
Spectators	Up in the stands or far side of the field		
Sideline Manager	Recommended	Recommended	Recommended
Length of Game <small>(intent to keep games 1hr)</small>	20 minute running halves	20 minute running halves	20 minute running halves
Length of Game - Overtime	Both teams have a 5 minute rest and a coin toss will occur for choice of ends. 3-minute sudden victory periods of running clock overtime will be played until a team scores. The team scoring the first goal wins the game. The clock will be stopped after 3 minutes of play in order for teams to change ends with no delay for coaching. (fall season no overtime is played)	games may end in tie	games may end in tie
Game Personnel	11 field players, one goalkeeper	11 field players, one goalkeeper	6 field players - no goalkeeper
Draw Mercy Rule	None	If team has a 4 goal lead, team that is behind will be given ball at midfield (in lieu of draw) until margin is under 4 goals, losing coach can waive this	
Fouls	<b>Full-checking</b> any check to the head is a mandatory red card	<b>Modified checking</b> any check to the head is a mandatory yellow card	<b>No Checking</b>
Fouls	No follow through into the goal circle on a shot		
Fouls	No Deputy		
Team Time-Outs	Each team shall have 2 - two minute timeouts during regulation game time that do not carry over into overtime. Each team is permitted one timeout during the entire duration of overtime. A timeout may be called after a goal or when your team has clear possession of the ball.	Each team shall have 2 - two minute timeouts during regulation game time. A timeout may be called after a goal or when your team has clear possession of the ball.	
Switch Sides	Teams switch sides at the end of each half		
Cards	Same rules apply as are stated in the US Lacrosse Rule Book		Carded player leaves the field and enters the penalty area for 2 (yellow) or 4 (red) minutes. A substitute must take her place.