***Official Rules 7v7 Summer League***

* After every game the clock will be reset to 30:00 minutes, giving teams a five minute warm up. All games will start when the Tucci Stadium scoreboard clock is at 25:00 and end at 00:00.
* The clock will immediately be reset to 30:00 following each game.
* Games will consist of one 25-minute running time; 5 minutes between games. No halftime.
* There will be space for teams to stretch and warm up adjacent to the field
* All players MUST wear matching team pinnies
* Each player MUST have all equipment including mouthpiece, helmet, gloves, arm pads and

shoulder pads. Each team MUST have a legally equipped goalie to start the game, all according to US Lacrosse regulations.

* ***NO TAKE OUT CHECKS: contact is allowed, but unnecessary roughness will be strictly enforced to keep the players healthy. If a player repeatedly violates this rule, they will be asked to leave a game and/or league, without refund***
* There are NO time-outs.
* Goalies must be in their crease during the faceoff.
* All other US Lacrosse rules apply.
* Face-off to start game only. Wing players will line up to the left of face-off man using SIDELINE as wingline. Other players will stay behind GLE until official has blown whistle to start game.
* Offsides - A team may have no more than 4 players in the offensive side of the field and no more than 5 players in their defensive side of the field at any time.
* Teams will compete in five 25 minute running clock games.
* There are NO OVERTIMES. Games can end in TIES.
* There is no OVER AND BACK.
* Field of Play – The field of play will consist of 2- Attack, 2-Midfielders, 2-Defenders and 1-Goalie. A maximum of three (3) long-sticks.
* Teams will play 4v4 on either half of the field. Substitutions are made on the fly through the designated substitution box, which will be 10 yards wide.
* Face-offs will be eliminated after goals allowing for the ball to be put into play as soon as the ball is taken out of the net. The play will begin on the whistle, after the ball is possessed by the goalie of the team just scored on.
* If a penalty is called, the faulted player must sub off the field, but play will continue while he is making a substitution creating a short man-up opportunity.
* Each field is lined for a modified 7v7 competition. 35 yards wide x 60-65 yards long.