



Outdoor Lacrosse League Boys HS Division

Team Size and Coaches: 7 per side including goalie. Two attackman, two midfields, two defensemen and a goalie. (see OFF SIDES towards the end of the rules sheet). Only substitute players and coaches are allowed in the bench area during games.

Equipment: Same as required field equipment. Mouth guards are required equipment.

Game Start Times and Length: Teams can take the field when prior game ends. Length of games will be two 25 minute halves with a 3 minute half-time.

Time Outs: No time-outs except if referee deems necessary due to conduct

Overtime: No score should end in tie. Teams will be play untimed sudden victory.

Face-Offs: Face offs will start the game, half and OT.

Goalie 5 Second Rule: When a goal is scored, the official will blow the whistle to resume play. This should be a "quick whistle" and if the opposing team's goalie is not in his crease, he will not be given 5 seconds to return to his crease.

Other players are not permitted to cover the goal when the goalie is out of the crease. As a matter of safety, officials are to stop play if any player other than a properly equipped goalie is covering the goal when a shot is imminent.

Free Clear: Once a team is losing by 10 goals, the team will get a free clear at the mid-line after a goal is scored against them. This is not optional.

Substitutions: All subbing is to be done on the fly or at a stoppage of play that is acknowledged by the referee.

Clears When a team gains possession in the defensive end of the field, they have 10 seconds to clear the ball or there is a loss of possession. The 10 second count will start each time the team moves the ball into the defensive half. Note: The over and back rule no longer applies. Once the ball is cleared, all players in the defensive half must drop back to goal-line extended.

Off Sides: Three players (usually the goalie and two defensemen) must stay in the defensive end of the field at all times. Two players (usually the two attackman) must stay in the offensive end of the field at all times.

Keep It In: In the last 2 minutes, the winning team must keep the ball in their offensive half of the field.

Fouls: Same as boys field rules except for body checking. Contact “cannot” be made if more than one step is taken. A player can “box another player out” for a loose ball or “hold and push” another player when playing one-on-one defense. The contact rule will be strictly enforced.

Penalties: Technical fouls will be 30 seconds. Personal fouls will be 60 seconds. Referees, at their discretion, may increase penalty time up to 3 minutes. A player who commits five penalties in one game will be ejected from that game. When a team scores in a flag-down situation, they will be awarded the ball.

Conduct: Coaches, players and/or parents that demonstrate unsportsmanlike conduct and/or conduct considered inappropriate will be subject to immediate suspension from game and/or league play.

Forfeits: If a team fails to show for a game, or if a team does not have enough players, the game is considered a forfeit. A team can play one-person shorthanded only if the opposing team agrees to the situation.

To “play-out” a game, a shorthanded team can use registered players from another NH Tomahawks Team from the same division if the opposing team agrees. However, the game will be considered a forfeit.

*Any team using a “shot blocker” in place of a goalie will forfeit the game.

All forfeits will be recorded as 1-0 loss for the forfeiting team.

Body Checking: For High school, ONLY 1 step is permitted before contact AND contact is ONLY permitted against a player in possession of the ball. NO take out checks are permitted by any player at any level. DEFINITION A take out check occurs when a player lowers his head or shoulder with the force and intent to take out (put on the ground/injure) the other player. NO head shots. The referee has the discretion to eject any player in violation.

At completion of game, teams must clean up the bench.