

## Saturday Night Lights Fall 2021 Rules

2021 USA Lacrosse rules will be used

Points of Emphasis that will be enforced during S.N.L. for all ages.

- Checks to the head or neck -
  - Accidental or not, no contact will be tolerated. If an incident occurs, the player(s) will get an immediate **yellow card**.
- Dangerous Contact
  - Accidental or not, no contact will be tolerated. If an incident occurs, the player(s) will get an immediate **yellow card**.
- Self Starts
  - Officials will not blow the whistle to initiate play or give verbal cues. Players must know when to self start.
- NO Jewelry
  - If seen, the player will get an immediate **green card**. If the jewelry is for medical or religious purposes it must be taped to the player's body.

These points of emphasis are to enforce safety. This is *off-season* lacrosse. We are here for the players to progress their skills in a fun and safe environment.

## **VARSITY**

1. Full field
2. Each half will be 25 minutes running clock with 5-minute halftime.
3. No jewelry allowed on players, unless for medical purposes, which must be disclosed prior to game start.
4. All protective equipment must meet NOCSAE standards
5. Goalies must wear protected pants
6. Score will be kept at the table by a field marshal and reported to the main tent at the conclusion of the game.
7. Each half will be 25 minutes with 5-minute halftime.
8. Coaches may not call timeouts.
9. Officials may stop on field play for any reason he/she feels fit, examples include: serious injury, game equipment issues, sideline problems, etc. During an injury timeout, the clock will run and the trainer will be called immediately.
10. If a shot is taken at the end of a half prior to the horn and the ball scores the goal WILL stand.
11. 8 –Meter Shots: WILL NOT be played if the horn sounds for the end of the game or half.
12. Alternate possession – The team listed first on the schedule receives the first alternate possession. After the initial possession is awarded, the possession will then alternate.

We will be setting up the field and following foul procedures in an Olympic 6's format. This format has been proposed to the Olympic committee for lacrosse. These fouling procedures are different than standard USA Lacrosse that you have seen before, but this will assist in keeping the game speed up.

## **JUNIOR VARSITY**

1. Half Field - Olympic 6's format
  - a. The restraining line will be the mid-field line. Goalies may not cross over the restraining line. All field players may move across the field freely.
2. Games will be 10 minute quarters. 2 min break between the first two quarters, then followed by a 5 minute half time, then a second 2 min break between the last 2 quarters.
3. Alternate possession – The team listed first on the schedule receives the first alternate possession. After the initial possession is awarded, the possession will then alternate.
4. Each quarter will start with a draw
5. Teams will alternate sides after halftime.
6. After a goal the game shall continue play
7. All minor fouls will result in a player getting a 30 second penalty where the player must come off the field to serve the foul
8. All major fouls will result in a player getting a 1 minute penalty where the player comes off the field
  - a. If a player gets 5 major fouls they are done for the game
9. All yellow cards will result in a 2 minute penalty where the player must come off the field to serve the foul
  - a. If a player gets 2 yellows cards they are done for the game
10. After immediate change of possession the player will self start. There will be no whistle starts unless a card has been issued or after an injury timeout.

We will be setting up the field and following foul procedures in an Olympic 6's format. This format has been proposed to the Olympic committee for lacrosse. These fouling procedures are different than standard USA Lacrosse that you have seen before, but this will assist in keeping the game speed up.

## **MIDDLE SCHOOL**

1. Half Field - Olympic 6's format
  - a. The restraining line will be the mid-field line. Goalies may not cross over the restraining line. All field players may move across the field freely.
2. Games will be 10 minute quarters. 2 min break between the first two quarters, then followed by a 5 minute half time, then a second 2 min break between the last 2 quarters.
3. Alternate possession – The team listed first on the schedule receives the first alternate possession. After the initial possession is awarded, the possession will then alternate.
4. Each quarter will start with a draw
5. Teams will alternate sides after halftime.
6. After a goal the game shall continue play
7. All minor fouls will result in a player getting a 30 second penalty where the player must come off the field to serve the foul
8. All major fouls will result in a player getting a 1 minute penalty where the player comes off the field
  - a. If a player gets 5 major fouls they are done for the game
9. All yellow cards will result in a 2 minute penalty where the player must come off the field to serve the foul
  - a. If a player gets 2 yellows cards they are done for the game
10. After immediate change of possession the player will self start. There will be no whistle starts unless a card has been issued or after an injury timeout.

## Saturday Night Lights Fall 2021 Rules

### **For Parents**

1. Parents must adhere to all Stafford County Parks and Rec. guidelines and rules.
  - a. Social Distancing is highly encouraged to all when possible.
2. No negative verbal will be tolerated towards any players, coaches, officials or FXBG staff. If heard you will be asked to leave the premises at once.
3. Parents are not allowed behind player benches or officials' scores table.
4. Please download the Sports Engine app
  - a. Follow your child's team to stay updated with all current information
5. Injuries are to be taken seriously. Please follow all doctors instructions
  - a. This is heavily emphasized with concussion, please remind your child that these are serious and must be treated that way

We are here to keep the stick in the ladies hands in the off-season, let them grow as players and most importantly to keep it fun for everyone.