



# Fore Kicks 10v10 Men's Lacrosse Game Rules

Rev 3/8/2012

## A. General Rules – All Fields

1. **NFHS School Rules** will be in effect e.g. –
  - a. 10 second count to clear defensive end
  - b. Face off commands are 1)Down 2)Set 3)Whistle
  - c. Jumping the face off is loss of possession not leaving the field.

### The following are exceptions to High School rules specific to Fore Kicks Lacrosse League:

2. Each team is allowed 4 long sticks on the field at one time.
3. Indoor soccer shoes, sneakers, turf shoes, or molded cleats (no screw-in type)
4. Timeouts – each team is allowed 1 time out per half.
  - a. Timeouts are 30 seconds long
  - b. Timeouts do not stop the game clock
  - c. No timeouts allowed within the last 2 minutes of the game.
5. League Games: 25 minute halves – running time, 3 minute half time.  
Playoff Games: 25-50 minute games TBD for each section.  
Running time for all games including no stoppage of clock for injuries. All games must start on time. Fore Kicks reserves the right to shorten game times accordingly to end before next game start time. Teams not ready to play within 10 minutes of scheduled time will forfeit game.
6. Rosters cannot exceed 22 players and must include a goalkeeper. Maximum 18 dressed players on bench for any game. Minimum 10 dressed players needed to start or continue play of game.
7. In the limited situation where a goalkeeper is unavailable or injured, as an option, a goal cover may be utilized to continue play. **Flipping of goals** will not be allowed.
8. 8 goal maximum differential to be displayed at anytime on scoreboard and counted in standings.
  - a. Mercy Rule – Team losing by 6 or more goals will get free clear from the center X.
9. Tie breaker for final standings: head to head, most wins, fewest goals allowed, most shutouts, goal differential (5 max. per game), coin toss
10. Substitutions must be made “on the fly” once player coming off is within 5 feet of bench area. Note: application of this rule is at the discretion of the referee only who determines if infraction has affected play. Advantage rule applied when appropriate.
11. **Format of play is 10v10** (3 attack, 3 mid, 3 defense, 1 goalkeeper) with full size regulation goals.
12. **Fore Kicks Lacrosse League is NO BODY CHECKING.**
13. **Penalties:** Teams are man-up on time served penalties
  - a. **Technical Penalties:** Any player, except the Goalie, shall be ruled off the field for one (1) minute.
  - b. **Minor Penalties:** any player, except the Goalie, shall be ruled off the field for one (1) minute.
  - c. **Match/Major Penalties:** the offender shall be suspended for the balance of the game and be subject to further suspension from the league as determined by the Fore Kicks competition committee. The offender's team will also serve a 1-3 minute locked in penalty during which no substitute shall be permitted. The duration of such penalty shall be determined by the referees.
    - i. **Fighting – THERE IS TO BE NO FIGHTING.** Any player or team who fights shall be expelled from the league. No refund shall be awarded.
    - ii. **Conduct/Language** – There will be no swearing or taunting of other players permitted. Players demonstrating such conduct will be suspended from play for the balance of the game and possibly from all further play pending review by Fore Kicks competition committee.
    - iii. **Fore Kicks Zero Tolerance Policy** is in effect for all players, spectators and coaches. Policy can be downloaded from website for reference
    - iv. **Mouthpieces** – Are required for all players. Failure to properly wear mouthpiece will result in a 1 minute locked in penalty.
  - d. **Possession After Penalties:** Possession goes to the team fouled, unless the penalty occurs prior to the start of the half or overtime period or after the whistle has sounded denoting the scoring of a goal. If the penalties are simultaneous, possession shall be awarded to the team with the lesser penalty time, or, if penalty times are equal, ball shall remain with the team in possession.
  - e. **2 Unsporting behaviors** will result in ejection from the game and possible further suspension as warranted by Fore Kicks competition committee.
14. **NO SPITTING in facility on any surface at any time-** Infraction is a “Technical Penalty” as unsporting behavior.
15. **ALL PROTECTIVE EQUIPMENT must be worn while playing.**