

PLAYING REGULATION 10 - FIELD LACROSSE

1. **SAFETY GUIDELINES**: Each HSSAA member school shall insure that the current physical education safety guidelines-secondary inter school module, outline according to the following critical components: EQUIPMENT, CLOTHING/ FOOTWEAR, FACULTIES, SPECIAL RULES/INSTRUCTION, AND SUPERVISION be adhered to at all times. Specific details on the critical components will be provided at the Pre-Season Coaches Meeting.
2. **AGES**: As governed by HSSAA constitution [Article VI, Section III](#)
3. **EVENTS**: Field lacrosse shall be aligned into two divisions (Volpe/Richardson) for league play provided there are enough teams. Mini-tournaments may be used to facilitate scheduling. There will be competition for one age HSSAA team champion at the conclusion of league play.
4. **ELIGIBILITY**: As governed by HSSAA Constitution [Article VI](#).
5. **ENTRIES**: Each HSSAA member school may enter one team.

6. RULEBOOK:

All participating teams must provide a timer/scorer and a ball boy for each game in which it participates.

The current ILF (International Lacrosse Federation) rulebook shall govern HSSAA competition with the following exceptions:

Playing time

Pool, round robin or preliminary games: These games will consist of four ten or twelve minute quarters with the last one minute being stopped time. Over time, if necessary, they will go to successive sudden victory four minute periods with no rest interval until a winner is declared. Teams shall change ends at the end of each period.

Championship game:

These games will be four 12 or 15 minute quarters with the last 3 minutes of the fourth quarter being stopped time. Overtime, if necessary, will be as per the ILF rule book. All games will allow for a 10 minute warm up period. All games will have the following intervals between periods; 2 minutes between the first and second quarters, 5 minutes at half time, and 3 minutes between the 3rd and 4th quarters. Teams who are not ready by this time shall be assessed an "avoidable lateness" technical foul to start the game. Teams that are more than 10 minutes late will forfeit the match at the discretion of the league Convenor.

Teams will be allowed two one minute timeouts per half regardless of the timing format. A game which has completed the 3rd quarter is deemed complete if the play has stopped by the referee at or beyond this point. Any game that is stopped prior the end of the 3rd quarter will be considered a "suspended game" and will be continued from the point that the game was stopped once play can resume. The time remaining, score, penalties, game sheet etc. will all continue from the point the game was suspended.

(A) Roster Limits

There will be no roster limit for the tournament, however only 30 medals will be given to each team as applicable. Each team shall submit an eligibility list of players who shall be eligible to play in the tournament. Teams will be allowed to dress 25 players per game. These designated players must be properly listed on the game sheet. All other players must be in an alternate strip or tracksuits if they are in the bench area.

(B) TIE BREAKING PROCEDURE:

Refer to [Article XVI, Section III](#)- Application of Sport Specific Tiebreakers

(C) Player Equipment

All players must wear:

- (i) CSA approved helmet and mask with chinstrap properly fastened on both sides
- (i) Full fit interior mouth guard at all times when on the field of play
- (ii) Gloves with fingers fully encased
- (iii) Shoulder pads
- (iv) Arm pads

Goalies must wear a throat guard and chest protector

All offending equipment must be repaired or removed subject to the referee's discretion

(D) Suspensions and Ejections:

- (i) Any player given intent to injure penalty (including off-the-ball leg slashes, and pulling the face mask) will be ejected from the League play.
- (ii) The third man into an off-play altercation will be ejected from the League and Festival play.
- (iii) Players who accumulate four(4) minutes in personal fouls will be suspended for the duration of the match.
- (iv) Any expulsion penalty must be reported to both the Referee-in-Chief and the Convenor, and will result in suspension for the remainder of League play.
- (v) Goaltenders receiving a penalty shall serve their own penalty provided that the team has a second goaltender dressed. Where a team has only one goaltender dressed, they must declare a "designated defender" prior to the game, who shall serve all goaltender time and serve penalties other than expulsion.

7. **OFFICIALS:** Each referee must be certified to officiate Field Lacrosse. Each game will be officiated by a minimum of two officials.

8. **AWARDS:** A trophy/plaque will be given to the winning team.

9. **UNIFORMS AND EQUIPMENT:**

All teams must wear matching shirts and shorts. Shirts must have a minimum of 8" numbers on the front and minimum 10" numbers on the back. No duplicate numbers shall be permitted on the same team. Track suit trousers or leggings may be worn by any player but, for a particular team, they must be of the same colour. In cases where the teams have similar coloured jerseys, it is the requirement of the home teams to wear contrasting jerseys/pinnies. Where no home team is identified, the team named first on the schedule will be required to wear contrasting jerseys/pinnies.

All competitors are expected to dress in uniforms that are neat, clean and which maintain the integrity of the school's/Association's name, colours and logos.

Any knee braces must be approved by the head official at the coaches meeting prior to the start of the Festival.

All games will be played on cut and clearly lined fields marked by 7 pylons as per the ILF rulebook. The penalty areas will have a table, 3 stop watches, four chairs and an official score sheet. Any football, rugby, or soccer goal posts that are in play shall be sufficiently padded.

10. **GHAC REPRESENTATION:** As governed by HSSAA Constitution [Article XVI, Section XI](#)