

GAME RULES

LACROSSE OUTDOOR – WOMEN'S 8v8

Updated 7/8/2024 10:09 AM

EQUIPMENT

- 1) BSSC will provide each team player with a team t-shirt of a designated color. Each player is required to wear that shirt or a shirt of the same color to each game. If the opposing team captain does not approve of the color of the shirt then that player must change shirts, or will not be allowed to play. The game official must be involved in this decision. **ALWAYS BRING AN EXTRA WHITE T-SHIRT IN CASE YOU PLAY A TEAM WITH A SIMILAR SHIRT COLOR.**
- 2) BSSC will provide the game balls and goal target if a team does not have a goalie.
- 3) Players are responsible for all other equipment including: a lacrosse stick, **protective eyewear and mouth guard (both are mandatory)**. Sneakers, turf shoes and cleats are allowed. No metal spiked cleats allowed.
- 4) Goalies must wear **all required** protective equipment: stick, helmet w/ face mask, throat protector (can be part of the helmet or separate), padded gloves, mouth guard, and chest protector. Recommended equipment: pads on arms, legs, shoulders.
- 5) Players are not allowed to wear jewelry.

PLAYERS

- 1) There can be any number of players on a team roster. For Women's Lacrosse, the rosters are open only to players who identify as women ("female players").
- 2) A team on the field shall consist of not more than **8 players (7 field players + 1 goalie)**. If a team does not have a goalie, the referee will put a shooting target on the net.
- 3) Rosters are open throughout the entire regular season. Any player that plays on your team, even if just a sub, needs to be listed on the online roster. We have moved to a single pricing model and no longer require membership or the non-member fees for the players on your roster.
- 4) All players must be listed on and have signed the online digital waiver in order to be eligible to play.
- 5) **PROTESTING.** If your team thinks that an illegal player was used, the opponent picked up too many people, and/or neglected to inform you & the referee, you must bring it to the attention of the referee **BEFORE** the game is over. The referee will note the protest and talk to the opposing team after the game. The referee will **NOT** make a decision on the protest but will gather information and forward to BSSC, so the Program Manager can determine the appropriate action.

DURATION OF GAME

- 1) **Regular Season**
 - a) Two 25-minute halves, running clock. **No Grace Period.** Games start and end on time. The clock will start whether teams are ready or not. Be dressed and warmed up at least 15 minutes before scheduled game.
 - b) **Halftime:** Not more than five minutes and no less than one minute.
 - c) No time outs in either regular season or playoffs.
 - d) Regular season games ending in a tie will remain a tie. Sudden death overtime is used only in Playoffs.
- 2) **Playoffs**
 - a) Two 25-minute halves, running clock.
 - b) **Halftime:** Not more than five minutes and no less than one minute.
 - c) No time outs.
 - d) Games ending in a tie will result in sudden death overtime.

RULES

All rules will be according to the [NCAA rules](#) with the following "small field" exceptions:

- 1) **OFFSIDES.** The midfield line is the "restraining line." 2 field players must stay behind the midfield line. Only 5 field players can cross in to the attacking zone. Otherwise, it is offsides.
- 2) **ONE PASS RULE.** When possession is turned over in the defensive-end, that team must make one pass once over the **Midfield** line.
- 3) **GOALIE TARGET.** If a team does not have their goalie present, then the referee will place a shooting target on the net. Goals only count when they go through the sides and top openings. Goals will not be counted if shots go



through the bottom opening of the target (it cannot be shot or rolled under the target).

PLAYOFFS

- 1) All players must be listed on and have signed their team's official roster in order to be eligible to play. **No picking up players during playoffs.**
- 2) To be eligible for the playoffs, player must have played in at least 2 regular season games.
- 3) Please treat opponents and refs with respect.
- 4) Games ending in a tie will result in sudden death overtime.

TIE BREAKER POLICY TO DETERMINE PLAYOFF SEEDING

The following criteria will be used to determine seeding for playoffs (within each conference) in case of a tie in record (division ties are not always broken this way due to the fact that divisions can have different numbers of teams):

- 1) Any team with a forfeit is automatically seeded lower.
- 1) Head to Head (only if all tied teams played each other and equal number of times).
- 2) Record against common opponent.
- 3) Strength of schedule (total winning percentage of all teams played against, cannot be used if all teams play ALL the same teams)
- 4) Record against each common opponent starting at the top, one team at a time.
- 5) Coin toss

If multiple teams are tied, go through criteria until one team is determined stronger (or weaker) than the rest, and then start at the top again with the "new" tied teams.

DISPUTES & FEEDBACK

In the absence of the Program Manager, any "game-time" decisions regarding any issue should be discussed with the following people present: the referee and both team captains (or a team rep if the captain is not present at the game). The referee will have the final say on any issue that arises before a game.

Any player or team that wishes to file a formal complaint, protest, or feedback must email the Program Manager within 24 hours of the incident. The Program Manager will respond as soon as possible after receiving it.

Boston Ski & Sports Club reserves the right to add, delete or modify any rule at any time.