

TRUE PA GIRLS FALL LEAGUE RULES 2016



All games will be played in accordance with US Lacrosse Rules according to age level with the Following modifications:

- A. All games will be 40 minutes running clock (2-20 minute halves), 2 min. halftime
- B. Players on the field at one time (7 Field Players + 1 Goalie)
- C. 3 players must stay back in the Defensive Zone at all times (2 field players and Goalie)
- D. Each game will begin with a draw
- E. After each goal, the opposing goalie will be given the ball within the goal circle - standard 10-second time limit will apply
- F. All subbing is done on the fly. Subbing early for offensive advantage will result in a change of possession.
- G. Cards (man down/man up rule is in effect)

-A player receiving a yellow card must leave the game for 1 minute (*Please note 1 min. mod.).

- A player receiving a red card must sit the remainder of the game. The team may substitute a player in after 2 minutes.

-A player receiving a second red card during the any game will be ineligible for the remainder of the league and will not be issued a refund.

The intent of all of the rules is to keep our athletes safe, while promoting athletic and effective play, the highest level of sportsmanship, and advance the skill and athletic level of all our athletes as lacrosse players.