



**South Suburban**  
PARKS AND RECREATION

**MEN'S LACROSSE LEAGUE RULES & REGULATIONS**

**RULES:**

1. All games will be played at the Sports Dome. Playing field is 86 x 44 yards.
2. All 'Club' rules will govern play. No limit of defensive sticks on the field.
3. All players must have a copy of a **PHOTO ID** on file prior to participation.
4. All players must check-in **EACH WEEK** with a **PHOTO ID** at the front desk to participate.
5. **Timing:** Games will be (2) 25-minute running halves, 3-minute half time, one timeout per half. Clock shall stop on each whistle for the last two minutes of **second half, if score is within 2 goals**.
6. **Overtime:** 4-minute Sudden Victory overtime with one timeout per team, (time outs do not accumulate from regulation). Stopped clock last minute. Game is recorded as a tie, if score is still tied at the end of overtime.
7. Players are limited to 3 personal fouls per game- then ejection from that game.  
Penalty time will be stopped during dead ball time. (Starts when player enters the penalty box).
8. **Forfeits:** Game time is forfeit time. Must have 9 players on the field to start the game. If less than 8 players at game time, the team with the legal amount to start has the option of accepting an immediate forfeit or giving the opposing team 10 minutes to field a team. The 10 minutes does count towards game time. If after 10 minutes there is still not a full legal team, the game is then a forfeit. Score of a forfeited game will be recorded as 7-0.
9. **Penalties:** If any player receives 2 unsportsmanlike penalties in a single game or a total of 3 during season play, he will be banned from league play for the remainder of the season. No trash talk or taunting. Fighting will not be tolerated. Players involved will be ejected immediately and suspended for their next scheduled game. Discretion of League Coordinator.
10. **Season Length:** 7 games will be played and then position round to determine seeding in single elimination end of season tournament.
11. **Tie Breaking Procedures:**
  - a) Winning Percentage
  - b) Head-to-Group
  - c) Head-to-Group Differential
  - d) Total Goals Differential
12. **Awards:** 1<sup>st</sup> place team in each division will receive individual awards.
13. **Uniform:** Each player must wear a numbered jersey and similar team color.  
Penalty = not allowed to play in that game.
14. **Illegal players:** It is up to the opposing team manager to question player eligibility. Once the team manager approves of an unrostered player, he loses his right to protest the game. The team manager must follow the procedures in Rule #14. The team manager need only file intent to protest with Sports Dome staff at the time. The game will resume play under protest.

15. **Protests:** Must be submitted in writing to the Sports Dome, 6959 S. Peoria St. Centennial, CO 80112.

Protests that shall be received and considered must concern matters of the following types:

- a) Misinterpretation of a playing rule
- b) Failure of official to apply the correct rule to a given situation
- c) Failure of official to impose the correct penalty for a given violation
- d) Questions regarding eligibility of a player

All written protests must have the rule and section, the date, time and place of the game and all details pertaining to the issue. All protests must be documented with the Sports Dome staff at the time the incident occurs or before the game has ended. If it is the last play of the game, the protest time is extended until the Sports Dome staff can write it down as intent to protest.

The League Coordinator has elastic power in determining action regarding protests. No action can or will be taken involving personal judgment calls of the officials.

#### **REGULATIONS:**

1. Register online at [www.sspr.org/domeleagues](http://www.sspr.org/domeleagues), in person or over the phone.
2. Registration deposit of \$250 (non-refundable) is required to be included on the schedule.
3. All fees are due by Week 3. Teams will automatically forfeit all games and not be able to play all games until all fees are paid.
4. There is no roster limit. Players may be added up until the last game of the season. No players may be added for the playoffs. No player may play on two teams in the same division, unless other team verbally accepts use of substitute player. **Penalty = game forfeit.**
5. Schedules are available online at [www.teamsideline.com/sspr](http://www.teamsideline.com/sspr).
6. Sports Dome - Phone #: 303-754-0541