

2025 SOUTH SOUND LACROSSE (SSL) GAME TABLE INFORMATION SHEET

(This must be posted at the game table for the duration of every game)

SSL SANCTIONED GAME- All SSL sanctioned games will have at least **1 Referee** from WALOA. Referees MUST sign the HOME scorebook to have a record for payment.

EMERGENCIES- The score table must have for every game:

- A properly stocked first aid kit
- Emergency contact list for all players
- Cell phone on the sidelines for emergencies
- The address of the location

SCORER'S TABLE-

- Must be staffed by 3 adults from the HOME team and 2 adults from the AWAY team. No extra people are allowed.
- Bench staff is part of the Officiating Crew and is a neutral party. **No openly cheering, celebrating, or giving commentary to the coaches or players.**

ELIGIBILITY / SWING PLAYERS-

- Team Picture Roster must be in team score book
- Swing Player allowed- 5/6 and 7/8 is less than 13 players, no more than 13 total players for the game. 3 /4 if less than 10 players, no more than 10 total players for the game.
- Playing down- IS NOT ALLOWED.
- Notify other Coach and Scorer's table if swing player is used.

HOME TEAM-

- Is responsible to make sure they do not have the same color jerseys as their opponents.
- Will provide good quality game-balls and end-line/side-line balls.

EACH TEAM-

- Responsible for conduct of their own coaches, players, and spectators.
- **Only 4 approved adults allowed** in the bench area during the game.
- Coaches are not permitted on the field- must stay in the coach's box.
- Only the head coach addressed the referees.
- Responsible to provide a Field Marshal that is easily identifiable with reflective vest.
- Parents/spectators sit on the opposite side of the bench.

EQUIPMENT-

- Field players – NOCSAE certified: lacrosse helmet, EKG chest protector, elbow pads, gloves, intra-oral mouth protector, stick, and athletic cup. In addition, Goalies need a NOCSAE certified: throat protector, goalie stick and EKG chest protector designed for goalies.

REMINDER: Email the final score, any referee no show or other issues to exec@southsoundlax.com

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5/6 & 7/8

GAME LENGTH- Four 10-minutes stop clock quarters. 2 stop clock timeouts are permitted per half. 5-minute halftime.

- Overtime- 4-minute stop clock sudden victory overtime. A second overtime used if still tied. After two overtime attempts, if agreed and time allows, an additional overtime can be used. One stop clock timeout per overtime.

FIELD SIZE - 110 x 60yds - 6'x6' goals - 9' crease radius. Goal line is 20yds from the end line. Substitution box is 20 yds wide.

PLAYING RULES- USA Lacrosse 10U, 12U, 14U rules with the following exceptions and clarifications:

- Will serve time in the penalty box and play Man-down. Referees will use Slow Whistle technique.
- Personal Fouls are non-releasable, technical fouls are releasable.
- If a player receives 3 personal fouls or 5 minutes of personal foul time, they are disqualified from the current game.
- Body checking is permitted at 7/8 grade ONLY, no take-out checks with the intent to knock a player to the ground. Body checking is NOT permitted for 5/6.
- No 1-handed stick checks allowed.
- Playing the man instead of the ball within 3yds of the ball is ok at all age levels.
- All players will wear chest protection that is EKG certified. In addition, goalies will wear throat protection.
- Clearing the 20 second midfield limit and 10 seconds touch of the box limit are enforced.
- The team in lead must keep position in box last 2 Minutes of game. Offensive Stalling also may be enforced.
- Mercy Rule – When a 5-point lead, the trailing team can be given the ball in lieu of a face-off - unless waived by coach of trailing team.
- Mercy Rule- When a 12 point game, clock automatically goes to running clock- unless waived by the Coach of the trailing team
- Referees will conduct stick checks at the end of the 1st and 3rd quarters

CONDUCT/PERSONAL FOULS & EJECTION-

- Any player or coach using derogatory language or taunts, a player, coach, or referee will receive a warning: Referee may enforce a Warning and up to and including expulsion from the game which include expulsion from the following game.
- Ejection of a player, coach, or spectator by an Official or Field Manager will expel them from the next scheduled game as well.

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3/4

GAME LENGTH - Four 8-min stop clock quarters, 1 stop clock timeout is permitted per half, 5 min halftime.

- Overtime - 4-minute running clock sudden victory overtime. A second overtime used if still tied. After two overtimes, if agreed and time allows, additional overtimes can be used. One stop clock timeout per overtime.

FIELD SIZE - 60 x 35yds - 6'x6' goals - 9' crease radius. Goal line is 10yds from the end line. Substitution box is 16 yds wide.

NUMBER OF PLAYERS - 7v7 - 1 goalie, 2 defenders, 2 midfielders, 2 attack - must have a minimum of 5 players on the field to start or continue a game.

PLAYING RULES- USA Lacrosse 10U rules with the following exceptions and clarifications:

- Sticks must be between 37 to 42 inches; no long sticks are allowed.
- Will serve time in penalty box with and play Man-down. Referees will use Slow Whistle technique.
- Personal Fouls are non-releasable, technical fouls are releasable.
- If a player receives 3 personal fouls or 5 minutes of personal foul time, they are disqualified from the current game.
- No body checking permitted at 3/4. No 1-handed stick checks allowed.
- Playing the man instead of the ball within 3yds of the ball is ok at all age levels.
- Mercy Rule – When a 5-point lead, trailing team can be given the ball in lieu of a face-off - unless waived by coach of trailing team.
- Mercy Rule- When a 12 point game, clock automatically goes to running clock- unless waived by the Coach of the trailing team.
- Referees will conduct stick checks at the end of the 1st and 3rd quarters.

FACE OFF POSITION AND PENALTIES-

- One midfielder at the center X to take the face off - the second midfielder is out of bounds on the player sideline between the substitution cones with the side line acting as the wing line - defenders are located behind their GLE - attack are located behind the oppositions GLE - goalie is confined to the crease.
- At the whistle, the wing midfielders are released - All other players are confined to their areas until possession of the ball is called by the Referee, ball goes out of bounds, the ball crosses the goal line extended or a whistle stops play.
- After possession of the ball off a face off, offensive team MUST attempt 2 passes prior to shooting on goal. If less than 2 pass it is a Technical Foul, and a change of possession from the spot the shot was taken from on the field. If there is a face off violation, penalty or procedure call that creates a dead ball, the referees will give the ball to the

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offense (follow restart rules) and possession is granted, releasing the defenders from GLE, the 2-pass rule is not required. If the face off continues and possession is gained from the face off then the 2-pass rule is in force.

- Players will serve penalties: 1 Man Down, no wing midfielder allowed, 2 Man Down, no midfielders, a defender can take the face off, but must stay onside.

OFFSIDES-

- Technical Foul - change of position
- More than 4 players in the offensive half of the field including players in the penalty box.
- More than 5 players in the defensive half of the field including players in the penalty box.

BODY CONTACT ALLOWED - NO BODY CHECKS - Legal to push with like pressure when within 3 yds of the ball - Incidental Contact

STICK CHECKS ALLOWED - Only stick checks permitted are lift checks, poke checks, and downward stick checks - checks are to sticks and gloves ONLY and, on a check, the head of the stick cannot come above the shoulders of the player.

SUBSTITUTIONS- Same as 5/6 and 7/8 - on the fly, at a dead ball - do not need to substitute the whole team at once.

RESTARTS - Ball will start from the nearest spot from where play was stopped. If that point is within 15yds of the goal, the ball will be placed laterally five yards from the nearest sideline since there is no offensive box to start outside of on the field.

SCRUM SITUATIONS - If a loose ball is not pick up quickly and there are two or more players in the "scrum", or "stuck ball" the official can/may stop play and award the ball to a team using the Alternating Possession Rules.