

# K2

**GAME LENGTH** - Four 10-minute running quarters, no timeout is permitted, 4 min halftime. No overtime play.

**SCORING** - No scoreboard at this level.

**FIELD SIZE** - 60 x 35 yds - 4v4 goals - 9' crease radius. Goal line (GLE) is 10 yds from the end line. Substitution box is 16 yds wide.

**NUMBER OF PLAYERS** – 4v4 – no goalie.

**PLAYING RULES**- USA Lacrosse 8U rules with the following exceptions and clarifications specific to SSL:

- Players are eligible to move between rosters in their assigned club throughout the season. Rosters will become locked for the End of the Season Tournament.
- Sticks must be 42 inches or shorter, smaller sticks recommended; no long sticks are allowed.
- Standard NOCSAE ND049 lacrosse ball will be used for game play.
- Games to be officiated by coaches and not governed by WALOA.
  - Coaches to use penalty flags to indicate when a foul occurs. (Recommend that coaches use this as many fouls occur that don't result in a change of possession. This improves teaching moments for parents and players).
  - No penalty box served. Players that commit infractions shall be sent off the playing surface. No man down.
- **Rabil Rule**- Any player that scores three goals in any one game is no longer eligible to score. If the player scores again, the goal is waived off, the opposing team shall then retain the ball on the GLE, and play will resume.
- If a team has a considerable competitive advantage it is encouraged that the coach of such team adjusts to a 2 pass rule for their team to maintain a competitive environment for both teams during the game.
- One pass attempt must be made prior to a scoring attempt. This includes off of a faceoff or with a change of possession.
  - If a team has already attempted one pass and a dead ball occurs without change of possession, then the team in possession will remain green when play resumes.

**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 all ages- 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 15 yds 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 picked 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.

#### **FACE OFF POSITION AND CHANGE OF POSSESSION-**

- 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 sideline acting as the wing line - 1 defender is located behind their GLE - 1 attack is located behind the opposition's GLE.
- 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 (coaches), ball goes out of bounds, the ball crosses the GLE or a whistle stops play.
- After possession of the ball off a face off, the offensive team MUST attempt 1 pass prior to shooting on goal. If less than 1 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, the referee will reset the faceoff and give a warning. If the violation continues, the referees will give the ball to the offense (follow restart rules) and possession is granted, releasing the defenders from GLE, the 1-pass rule is still required.
- Offsides not enforced.