



2026 Rules and Regulations

GAME FORMAT: Games will be scheduled on 50 minute time blocks. Two 23 minute halves with a 4 minute halftime. Five minutes before each game.

RULES: The league will follow National Federation of State High School Associations 2026 Boys Lacrosse Rules.

- Only change: Clearing will only be 20 seconds to get the ball over the mid-line (no touch in the box needed). Over and back applies once the 20 second count has concluded.

PENALTIES: All penalties are time and a half. Penalties will begin on the next whistle and run through stoppages.

TIMEOUTS: There are no timeouts permitted during the game.

LONG POLES: Long poles are allowed in all age groups.

OVERTIME: No overtime will be played in games ending in a tie.

EJECTIONS/DISPUTES: If a referee determines that anyone's safety is in jeopardy, he reserves the right to eject anyone from a game, including players, coaches or any other person associated with the team (parents included). All ejections will be reviewed by league directors to determine if further disciplinary action is required.

AGE CUT-OFF: All players must fall within the US Lacrosse 15-month age window for their class (See link below). Club directors should contact a league director, before challenging a player's eligibility. -

<https://www.usalacrosse.com/sites/default/files/documents/Games/USAL-AgeGroupChart-15mo-24-25.pdf>