



## **Sandpoint Lacrosse Seven Summer Series June 27 - July 25, 2023**

### **7x7 Official Game Rules and Regulations:**

#### **PROGRAM AND GAME DETAILS:**

- Games will be held on Tuesday of each week (except July 4th)
- Game times will be held at:
  - 6pm and 6:50pm
- Games consist of two-20 minute halves and include a 5-minute half-time.
- Games will be held at Great Northern Field.
- All teams play in a five-team round robin schedule with a championship game.
  - Each team will be guaranteed four games.
- We will have a four-week regular season. Teams will play each team once.

#### **CHAMPIONSHIP GAME:**

- A Championship game will be held on Tuesday, July 25.
  - Regular season record determines seed
  - Seed 1 vs Seed 2; Seed 3 vs Seed 4. *The 5th seed will not play.*
  - Seed based on record and goal differential.

#### **OVERVIEW:**

- 65x40 Yard Field
- Goal line is 10 yds from the end line. No restraining box.
- No horns.
- All substitutions are on the fly
- Two 15-minute halves, 5-minute halftime, 5-minutes to set up/warm up for next games
- Penalties: 30 sec or 1 min
- Timeouts:
  - Each team is permitted one timeout per half
  - Each timeout is a maximum of one-minute in length
  - Timeouts are not permitted in the last two-minutes of the half or game.
- If a team scores with a flag down, they get the ball back at the mid-line, man up.
- Sudden Death overtime decides a game that ends in a tie with four-minute periods.



## TEAMS:

Rosters will be randomly selected but having equal numbers of poles, high school players, alumni, middies and attacks, as best as possible. Ideally fielding teams with:

- 2 - Attackman
- 2 - Middies
- 2 - Defense
- 1 - Goalie

*Each team is allowed a maximum of two long poles.*

## FACEOFF

There is a face off at the start of each half. Defense, Attack, and Goalie players must stay behind Goal Line Extended until possession is earned. Wing middle stands to the left of the Faceoff player, with foot on the sideline.

## BODY CHECKING

No Excessive body checking, as players must always play the ball. There is no reason for excessive body checking; should excessive body checking occur, the offending players' team will receive a penalty for unnecessary roughness.

## OFFSIDES

Only four players from the offense and five from the defense (this includes the goalie) will be allowed inside the restraining line. If the field is only lined with a mid-line and no restraining lines, the mid-line will be used as the offsides line. Two players from each team are required to be behind the restraining line at all times.