

# UPPER NINETY ° LACROSSE

**RULES PAGE**  
**UPPER 90 LACROSSE**  
**WINTER 2009-2010**

**ALL PARTICIPANTS OF UPPER 90 LACROSSE WILL BE EXPECTED TO BE RESPECTFUL OF EACH OTHER AND WILL CONDUCT THEMSELVES IN A SPORTSMANLIKE MANNER AT ALL TIMES. THIS INCLUDES, PARENTS, FANS, PLAYERS, COACHES AND OFFICIALS. ANYONE WHO DOES NOT ABIDE BY THIS POLICY WILL BE GIVEN A WARNING ON THEIR FIRST OFFENSE AND WILL BE NO LONGER ABLE TO PARTICIPATE IN THE PROGRAM AFTER A REPEAT OFFENSE OCCURS. THIS INCLUDES *CURSING, PROFANITY, ILLEGAL BODY OR STICK CHECKS AND FIGHTING.* NONE OF WHICH WILL BE TOLERATED AT ANY TIME.**

**INDOOR LACROSSE: NO BODY CHECKS, NO CROSS CHECKS, STICK CHECKS ONLY.**

**Aggressive and reckless players will first be given a warning if they need to be spoken to again they will be instructed to leave the game for the day or possibly the entire season.**

**Current NFHS Rules will apply to each Game.**

**Games will consist of two (2), twenty two (22) minute halves, and a running clock.  
8 v 8 lacrosse**

**1 Time out is permitted per half.**

**During Regular season play a tie game will be decided by a "*Brave heart.*"**

**During playoffs a 5 minute sudden death Over Time will decide a tie game.**

**In regular season play any player is permitted to participate with any team who chooses to pick them up or to any team who needs assistance in order to have at least Eight (8) field players in order to conduct the start of the game.**

**During Playoffs and the Championship games ALL PLAYERS ARE REQUIRED TO PARTICIPATE WITH THEIR RESPECTIVE TEAM ONLY. The team you were originally placed on.**

**If any team can not present at least Eight (8) field players at the start of the game they will have to forfeit the game in the record books. Teams may borrow players from the other team in order to play the game.**

**Goalie Equipment is always readily available for any player to borrow for any game.**

**Also, a “Hector the Rejecter” is also available for any team to utilize if a goalie can not be found. When the “Hector the Rejecter” is in effect a mandatory two (2) pass rule is in effect at all times during play for the team who is shooting on the Goal which has “Hector the Rejecter.” If a team chooses to share the goalie and elects to switch goals with the opposing team at halftime they may choose shoot on their own goalie in the second half of play. Any team that has to use the “Hector the Rejecter” will then be given an automatic forfeit for that particular game. NO SHOT THAT IS A ROLLING SHOT ON THE GROUND UNDERNEATH THE “HECTOR THE REJECTER” WILL NOT BE RECOGNIZED, AND COUNTED AS A LEGITIMATE GOAL IN GAME PLAY.**

**During Playoffs and the Championship games any Team must be able to present a minimum of at least Eight (8) field players at the scheduled start time. If a team is not able to do so they will be given an automatic forfeit.**

**The team who has earned the top record or earned the top seed in the playoffs rankings will be awarded a first round bye in the playoffs.**

**To participate in any regular season, playoff or championship game(s) all players must be registered participants of Upper90 Lacrosse. No other persons who are not registered with Upper90 Lacrosse will be permitted to participate in any event.**

**The Championship Team OF WINTER 2008 SEASON will be AWARDED AN UNDER ARMOUR PRODUCT.**