



TEAM FORMAT 10 vs 10 9 field players + 1 goalie	POSITIONS 3 Attack 3 Midfielders 3 Defense 1 Goalie	GAME LENGTH Two 25-minute halves Running Clock 2-minute halftime	SHOT CLOCK 45 seconds to shoot. (Shot clock is always in effect)	EQUIPMENT See equipment requirements below. Goalie wears all required equipment.
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THE FIELDS & POSITIONS

GRADES 3-5
 FIELD SIZE: 60 YARDS x 32 YARDS

GRADES 6-8
 FIELD SIZE: 70 YARDS x 45 YARDS

16 MINIMUM
20 MAXIMUM

- Minimum Team Roster: 16 players
- Maximum Team Roster: 20 players
- Teams may play with fewer than 16 players if necessary.
- FPSD may add individual players to rosters with fewer than 16 players.
- A maximum of 6 players from each team may be in either offensive or defensive zone at one time.
- Teams should strive for balanced substitution and playing time.

NO LONG POLES
 No long poles allowed in any grade division.

GAME FLOW & STARTS

- Faceoff only to start the game.
- After a goal, the goalie inbounds (restarts) the ball.
 - All three opposing midfielders must retreat behind the 1/2 way line until the ball is in play.
- Once the ball is in play, the team has **10 seconds** to advance the ball across the 1/2 way line.
 - Failure to do so = turnover.
- After successfully crossing midfield, the ball cannot be intentionally brought back across the 1/2 way line (over and back) = turnover.
- Second half – the team that is losing starts with possession. If tied, the team that did not start the game with the ball will start the second half.

★ KEY POINTS TO REMEMBER

- ✓ Faceoff only to start the game.
- ✓ Goalie restarts after every goal.
- ✓ 10 seconds to cross midfield.
- ✓ 45 seconds to shoot.
- ✓ Keep it moving – play fast!
- ✓ Play with respect – give 100% effort!

SCORING

- Goal = 1 point

SHOT CLOCK

- 45 seconds to shoot.
- Shot clock begins with possession and continues through the clear.
- Shot clock violation = turnover.

CLEARING (10-SECOND RULE)

- Once the ball is in play on a defensive restart, the team has 10 seconds to advance the ball across the 1/2 way line.
- The 10 seconds are part of the 45-second shot clock.
- Failure to clear in 10 seconds = turnover.

OUT OF BOUNDS

- Possession goes to the team that did not touch the ball last.
- There is no closest-to-the-shot backup.

SUBSTITUTIONS

- On-the-fly substitutions.
- Use the designated substitution area on the sideline.
- Substitutions may be made at any time during play.

RULES OF PLAY

- Modified checking is allowed.
- No excessive checking.
- Men's field lacrosse NFHS rules apply.
- Play is contact.
- Work hard, play fair.

PENALTIES

- Penalties result in man-up / man-down situations.
- Time-served penalties.
- Major penalties may result in ejection at the referee's discretion.

TIMEOUTS

- One 30-second timeout per team, per half.
- No timeouts permitted in the last 5 minutes of either half.

EQUIPMENT (ALL PLAYERS)

- Helmet (NOCSAE certified)
- Mouthguard (mandatory)
- Shoulder pads / chest protector
- Arm pads / elbow pads
- Gloves
- Cleats or turf shoes
- No jewelry
- Stick (boys)

GOALIE EQUIPMENT

- Helmet with face mask
- Throat protector
- Chest protector
- Arm pads
- Goalie gloves
- All other required equipment

CHECKING (MODIFIED)

- Modified checking is allowed.
- No excessive checking.**
Excessive checking will result in suspension.

VIOLATIONS & MISCONDUCT

- Unsportsmanlike conduct = warning or penalty.
- Repeated violations may result in ejection.
- Officials' decisions are final.

DEAD BALLS

- Ball out of bounds
- Goal
- Timeout
- Injury
- Official's whistle
- End of half / game

SPORTSMANSHIP

- Respect teammates, opponents, coaches and officials.
- No taunting, trash talk or unsportsmanlike conduct.
- Celebrate the game—the right way.
- Represent FPSD with pride!

TEAM & REGISTRATION INFO

- Minimum Team Roster: 16 players
- Maximum Team Roster: 18-20 players
- Grade Divisions: 3/4, 5/6, 7/8
- Registration Fee: Posted on website
- Uniform: Required FPSD reversible pinnie (included with registration)
- Guaranteed Games: Regular season plus playoffs for all divisions
- Rosters are due prior to the start of the season.

GRADE DIVISIONS

All grades will have their own division. If we do not have enough teams in a grade, grades may be combined to ensure competitive play. Divisions may be adjusted based on enrollment.

REFEREE SIGNALS (QUICK REFERENCE)

Goal	Arm raised
Timeout	T formed with hands
Out of Bounds	Point to area
Shot Clock Warning (15 sec)	Open hand raised
Shot Clock Violation	Arms crossed
Offside	Point across midfield
Fail to Clear (10 sec)	Arm raised with open hand
Over and Back	Wave arm across midfield
Turnover	Point in direction of possession.