



2023 GIRLS RULES

Long Ireland Lacrosse will follow US Lacrosse Rules

Please remember- Long Ireland Lacrosse is all about equitable competition and having fun- No team wants to lose by a wide margin!

Be respectful of your opponents.

1. All games will be (2) 20 minute running time halves- 2 minute half time.
2. One time out per game- clock does not stop no timeouts last 5 minutes of the game
-All players must wear goggles and mouth guards
3. Goalie must wear a chest protector, helmet and shinguards must be worn by players 2028-2033
 - Each team is guaranteed 3 games
4. Any player, coach, or fan ejected from a game for any reason is automatically ejected for the remainder of the event and must leave the venue.
5. 2026 and 2027 will follow high school rules
6. 2028- 2033 will follow PAL rules based on their age.
7. Passes are required as noted in PAL rules for 2030-2033, Passes will not be required for 2026-2029 as noted in PAL rules.
8. Coaches are not permitted on the field Be a good sport. Please don't run up the score.
9. Any fighting or disrespect towards an official will result in IMMEDIATE expulsion from the tournament- NO EXCEPTIONS, NO REFUNDS.

Championship Rules

Championship Format for the top 2 teams in the division championship:

1. A win is 3 points; tie is one point, 0 for a loss
2. In the event of a tie for the top 2 teams the tiebreaker will be:
 - head to head,
 - goals against,
 - Goal Differential (Max +8 per game)
3. There will be overtime in the championship game until we get a winner.