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2024 FALL LEAGUE RULES

Last Update: 9/16/2024

- Two **22** minute halves; 4 minute half-time; teams change field direction in the 2nd half. Running time, officials will start and end the game on their own clock, as there is no central horn for start and stop of play.
- Penalty time kept by officials on the field and is running time, beginning with the re-start of play.
 - Technical Fouls – 45 seconds
 - Personal Fouls – 90+ seconds
- Timeouts: One 30 second timeout per team per half, which can be used at any time. Officials will stop the clock during timeouts
- 2024 National Federation High School Rules are in effect. In addition, approved changes for the 2025 season will also be used.
- Youth teams will use current US Lacrosse age-appropriate rules.
- Games can end in a tie; no overtime will be played.

