

SAGEBRUSH OLYMPIC SIXES LACROSSE LEAGUE

Official League Rulebook

Season Rules & Regulations

1. League Overview

This league is operated as an Olympic Sixes Lacrosse League.

Eligibility: Participants must be USA Lacrosse Members and agree to all Sagebrush Lacrosse LLC terms and conditions.

2. Game Format

Games are played 6v6 (5 field players and 1 goalie).

Only faceoffs to start quarters/halves, instances of alternate possession. All other play resumes with a goalie clear after goals.

Substitutions occur on the fly.

3. Game Length

Two (2) 25-minute running halves.

Five-minute halftime.

Only one, 30-second timeout permitted per half.

Clock stops only for injuries, official stoppages, or last two minutes of a close game.

4. Field & Equipment

Standard lacrosse goals on a reduced-size field.

All necessary NFHS and NCAA gear required.

5. Penalties & Discipline

NFHS rules according to play will be enforced.

Fighting or abuse of officials results in immediate ejection.

Alcohol or drug use during play is prohibited.

6. Overtime

Overtime is 5 minutes of running clock.

First goal scored wins the game.

7. Weather Policy

Lightning results in immediate suspension of play. Play can be resumed if no lightning has been spotted for 30 minutes after the last strike.

8. Assumption of Risk

Lacrosse is a contact sport with inherent risk.

Participants assume all risks associated with play.