

Gold Star Lacrosse
2020 High School Summer League
Playing Rules and Covid-19 Guidelines

Rules

The High School summer league will follow all 2020 US Lacrosse & NFHS Rules as it pertains to the high school level. This includes all [2020 rule changes](#), with the most significant being free movement. The following modifications apply:

- There are NO timeouts
- During an injury timeout, the clock will run
- 8 –Meter Shots: will be played if the horn sounds for the end of the game or half. If the 8-meter is already in play when the game horn sounds, then the game is complete at the time of the horn, if the ball crosses the goal line after the game horn the ruling is NO GOAL.
- Alternate possession – The team listed first on the schedule receives the first alternate possession. After the initial possession is awarded, the possession will then alternate.
- No jewelry allowed on players.
- 1 Yellow Card – the player must sit for 2 minutes, running clock, the official will keep time.
- 2 Yellow Cards – the player must sit the remainder of the game. This player may return to the next game.
- RED Card (PLAYER) – The player must sit the remainder of the game and NEXT game!

Game Length

- Two 25 minute, running time halves. 2 minute halftime
- Each game will start promptly on the hour. Teams must be ready to play 5 minutes before the hour. Players should arrive 15 minutes prior to game time to dress and stretch.

Sportsmanship

- All players, coaches, referees and parents are expected to honor the game and show respect towards each other. This is meant to be a fun league! The field administrator reserves the right to remove anyone who is displaying unsportsmanlike conduct.

Covid-19 Guidelines

In order to keep the league as safe as possible, we ask that everyone participating (players, coaches, referees, parents) follow these guidelines:

Before Your Game:

1. Check for symptoms at least 24 hours prior to coming to your game. Stay at home if you are feeling sick or experiencing the following COVID-19 symptoms:
 - Cough
 - Shortness of breath or difficulty breathing
 - Fever of 100.3 degrees F/37.9 degrees C
 - Chills
 - Muscle pain
 - Sore throat
 - New loss of taste or smell
2. Thoroughly wash hands with soap and water for at least 20 seconds (sing “Happy Birthday” twice) or use an alcohol-based hand sanitizer that contains at least 60% alcohol
3. Eat off-site. Bring your own water bottle labeled with your first initial and last name.

Entering the Facility & During Your Game:

1. Wear a mask when social distancing is not possible. We suggest wearing a mask when entering and exiting the facility
2. Parents and spectators are expected to stay socially distanced
3. No congregating
4. Players should wait for the previous team to clear out before entering the sidelines
5. Players should go to their sideline and place their belongings down apart from others
6. No sharing water
7. Players should only be handling their own equipment. No sharing equipment
8. Players and referees are NOT required to wear a mask during game play. However, they are free to do so if it makes them feel more comfortable.
9. No huddles; no pre-or post-activity in-person meetings.
10. No handshakes, high-fives, fist-bumps or skin-to-skin contact.
11. All equipment and balls will be sanitized
12. We suggest bringing your own hand sanitizer and towel. Hand sanitizer will also be available

After Your Game:

1. We will dismiss one group completely before letting the next one in. Next group can enter once all of the first group has left the field area.
2. Thoroughly wash hands with soap and water for at least 20 seconds (sing “Happy Birthday” twice) or use an alcohol-based hand sanitizer that contains at least 60% alcohol
3. Report if you are feeling sick or test positive for Covid-19. Email info@goldstarlax.com or call 508-596-9954