

12.13 Lacrosse (Saturday)

Lacrosse will be played on Saturday between 10:00-18:00 on the Multiveld of the University of Twente.

1. A maximum of one men's and one women's team can be enrolled per OSSO/educational institution. A team consists of a minimum of 6 and a maximum of 10 persons.
2. The team of a certain OSSO may only consist of students who meet the conditions set out in chapter 1 of the SSN event regulations. In case of violation of this rule, the team in question will lose all matches in which this rule has been violated with 15-0.
3. If an unauthorized participant participates in the GNSK, a fine of €200,- will be charged to the OSSO for which that participant competes. The results of that team will also be cancelled.
4. The team rosters have to be submitted during the sign up for the GNSK
5. The team roster must be handed in to the committee before the start of the first match of the team in question.
6. The pool is made based on drawing of lots. The winning team gets 1 point. In case of a tie in the pool, the mutual result will count. If this does not give a result, the goal difference (goals for minus goals against) is taken into account.
7. The game will be played according to the Olympic trial rules.
 - a. The dimensions of the field are as follows: 67 x 38 meters.
 - b. A maximum of five regular players and a goalkeeper are allowed on the field.
 - c. The match consists of four quarters of 8 minutes with a shot clock of 45 seconds and running clock. The shot clock resets in case of a change of ball possession.
 - d. The time stops at a timeout, end of a quarter, injury or during a dead game situation during the last two minutes of the fourth quarter.
 - e. Between the first and second quarters and between the third and fourth quarters is a two-minute break. Between the second and third quarters is a five-minute break.
 - f. Draws and face-offs only take place after each quarter and at overtime. The goalie has 5 seconds after each goal to bring the ball back into play.
 - g. One fielder of each team must always stay behind the centre line. The goalie remains behind the centre line throughout play.
 - h. Both teams have two 30-second timeouts per half.
 - i. Longpoles are not allowed. Goalie, men's and women's sticks continue to meet the same requirements.
 - j. For men: body checking is strictly forbidden. Specific limitations are discussed in the World Lacrosse Blue Skies Working Group Report in addendum I, which can be found on the site of World Lacrosse.
 - k. For women: it is allowed to use the shaft when making contact with on man defence. Specific limitations are discussed in the World Lacrosse Blue Skies Working Group Report in addendum I, which can be found on the site of World Lacrosse. It is strongly recommended to wear protective eyewear during the competitions.
8. As far as no exception is made in the above points, the regulations of the regular competition (as used in the competitions of the NLB) are in force.
9. There are two referees present. Teams do not have to supply referees, but this is a possibility. Protests are not accepted as far as these referee decisions are concerned.

10. Non-playing teams must nominate players to do the timekeeping at matches according to schedule.
11. Teams must wear same coloured shirts with unique shirt numbers.
12. White match balls are provided, practice balls must be provided by yourself.
13. In all cases, the lacrosse committee reserves the right to make a binding decision.