

Palmetto Preseason Shoot-out Rules (in accordance with NFHS):

- All games will be 25 minute running time:
 - Games will start with a single horn.
 - A double horn will be sounded with 5 minutes left in the game.
 - A triple horn will sound to end the game.
- Teams will warm up before the game is to start and must be ready to go on single horn blast.
Please bring your own lacrosse balls for warm up.
- 30-second penalties will be 1 minute 30 seconds served.
- Each team will have one time out with clock running. No time out in last three minutes.
- 5-goal rule in effect: If a team is leading by 5 goals, the faceoff will be eliminated, and the ball will be awarded to the trailing team at midfield.
- Each team should wear a reversible with two colors.
- Games that end in a tie will end in a tie; there will be no overtime play.

Thunder/Lightning Policy:

If thunder is heard or lightning is seen, a **5-second horn** will sound, suspending play immediately. Players and spectators will have to leave the field. Play will resume 30 minutes after the last sound of thunder or sighting of lightning. When play is resumed, games will be played as originally scheduled.