



# 香港棍網球總會有限公司

## HONG KONG LACROSSE ASSOCIATION LIMITED

Unit B, 16/F, North Point Industrial Building, 499 King's Road, Hong Kong  
Tel: 852-2114 3405 Fax: 852-2580 5322 Email: info@hkla.org Website: www.hkla.org

## 2022-23 Men's Premier League Format and Rules

### Overview

Showcase: Sunday, 8<sup>th</sup> January 2023, KGV, 20:00

Week 1: Sunday, 15<sup>th</sup> January 2023, Po Tsui, 13:00

Week 2: Sunday 29<sup>th</sup> January 2023, HKJC HKFA Football Training Centre, 18:00

Week 3: Sunday 5<sup>th</sup> February 2023, Po Tsui, 13:00

Semifinal: Sunday 5<sup>th</sup> March 2023, Po Tsui, 13:00

Final: Sunday, 12<sup>th</sup> March 2023, Po Tsui, 13:00

The Premier League (PL) offers experienced players the opportunity to compete at the highest level. Following an open showcase, coaches will draft teams featuring the top players in Hong Kong.

Games will be played every Sunday from 15<sup>th</sup> January 2023 through 12<sup>th</sup> March 2023 with 3 weeks break in February for the MRT tour. The season will culminate with playoffs, and a championship weekend. Teams will compete through 5 weeks of play.

### Registration and Draft Process

HKLA will host an open showcase for all players interested in joining the PL. Any player who would like to play in the PL **MUST** register online for selection. **While players are encouraged to attend the showcase, all players that register for selection will be considered during the player draft.** After teams are selected, players must register for the 2022-23 PL on the HKLA website and pay the team registration fee of 1000HKD.

A protected squad system will be running this year. Coaches have decided the nominate 10-player protected list from last season. For those who are not in the nominated list will fall into open pool and will be drafted later. The maximum capacity of players in each team will be 23. Players will **NOT** be permitted to play for multiple teams or change teams during the season.

### League Format

The PL teams will play 3 regular season games, one semi-final game (1st vs 4th and 2nd vs 3rd), and one placement game (1st/3rd place). Players must play at least 1 regular season games to be eligible for playoff games.



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### 2022-23 League Features

- 90 second shot-clock starting from possession
- Comprehensive offensive and defensive statistics
- Players must play in 1 game to be eligible for playoff games
- 23 man rosters with no "additional player pool" or weekly drafting
- No rescheduling of games (excluding cases of extreme weather)

### 2022-23 League Rules

Men's games: World Lacrosse 2022 – 2023 Rules of Men's Field Lacrosse  
(Except for rule changes stated below)

#### Duration:

All the regular and playoff games will be 4 quarters of 15 minutes running time, stopped time for the last 2 minutes of 4th quarter. Halftime will be a 4-minute intermission and quarter breaks for men will be 2 minutes.

#### Timeouts:

Teams are allowed One Timeout (60 seconds) per game.

#### Overtime (OT):

No OT will occur for Round Robin Games. For playoff games, the OT format will be a 4-minute OT period after a 1-minute break. If it is still a draw, then a 4-minute Sudden Death OT will take place, repeating until a goal.

#### Weather Cancellation Arrangement:

A game shall be cancelled and rescheduled when any of the following weather hazard warnings is hoisted within 3 hours before the match. Final decision will be discussed with the coaches.

- Red/Black rainstorm warning
- Thunderstorm warning
- Typhoon signal no. 3 or above

Any disagreement, conflict, or challenge to the written rules above will be resolved by League Commissioner Sam IP.