

**Field Sports Indoor Lacrosse**  
**Rules and Regulations**  
**Youth Division**

**General**

1. Games will be played 7 versus 7, or 8 versus 8 with a goalie (if available).
2. There is no registration fee for goalies, therefore the goalie may not play the field during the league.
3. If there are no goalies, goal rejecters will be used.
4. Games will consist of two 22-minute halves, with a three-minute halftime.
  - a. The clock will run continuously, stopping only for injuries.
  - b. There will be no timeouts granted, but coaches are encouraged to instruct throughout the game.
  - c. In the event of a tie, the game will end. There will be no overtime period.
5. After each goal, play will begin with a normal face-off.
6. The ball is live off everything, including side and top netting.
7. Games will start promptly on the hour!
8. The bench area is for players and coaches only! **NO EXCEPTIONS.**

**Penalties**

1. All penalties will be served in full and are non-releasable.
2. Penalty time begins once the player reaches the box and the door closes. Time will be kept on the field by a referee or coach.
3. Personal fouls are 60 seconds.
4. A push with possession is 30 seconds; if excessive a personal foul will be called.
5. The team that is a man down has no 10-second time limit to clear the ball.
6. Checking
  - a. There is a “free-zone” within the dashed white lines and the boards. No player may force another into the boards in any way in this area. A player with possession of the ball may take two steps inside of the “free zone”, any steps after that will result in loss of possession.
  - b. There is **NO BODY CHECKING!**
    - i. Players purposely boarding will receive a 3-minute personal foul and/or expulsion from the game.
    - ii. Open field checks will not be allowed. This includes:
      - Taking more than 2 steps before checking an opposing player.
      - Leading with the helmet in order to check another player.
      - This rule is designed for the safety of our participants. Players that do not follow these rules or maliciously check another player will be subject to game and/or league suspension
  - c. There are no one-handed stick checks. Once a player has passed you, **DO NOT** wind up with your stick in order to stick check that player.

7. For extended loose balls along the boards, the referee will call a loose ball push the first chance they get.
8. Any player with 4 minutes in penalties will be ejected and subject to further suspension.

## **Referees**

1. Referees will do their best to adhere to all rules and regulations. The referee and Field Sports lacrosse director will have final say on all matters.
2. Referees are responsible for clock and score management. If available, either a coach or Field Sports representative will handle these duties.

## **Equipment**

1. Field Equipment
  - a. Games will be played with 6'x6' goals.
  - b. Games will be played with a yellow lacrosse ball provided by Field Sports.
  - c. In the event that a team cannot provide a goalie, goal rejecters may be used pending agreement by both coaches.
2. Player Equipment
  - a. Players are responsible for their own equipment.
  - b. Helmet, shoulder pads, elbow pads, gloves and mouth guards are required.
  - c. Goalies must have their own stick, chest protector and throat guard.
  - d. Shorts sticks only!
  - e. Rental equipment is available at Field Sports. Please call for more details.

## **Jerseys**

1. Players will be provided a jersey by Field Sports prior to the first game.
2. Players are responsible for bringing their own jersey to each game.
3. Home team will wear the color jersey; visitors will wear the white side of the jersey.
4. Home and visiting teams are listed on the schedule. Take the corresponding team box as listed.
5. Rosters
  - a. Each player must check-in with the referee before his or her game.
  - b. Each player will be assigned a number before the league. You must have that jersey in order to play.
  - c. Teams that do not have the minimum of five players will forfeit that game. With the permission of both coaches and a Field Sports representative, players may substitute in order to play the game.
  - d. Rosters will be frozen after the second week of league play. After that week, the Field Sports lacrosse director must clear any player wishing to join the team.
  - e. These rules are designed to prevent "team-jumping" and to ensure the safety of our participants.

## **Sportsmanship**

1. Field Sports indoor lacrosse leagues are designed to improve individual skills and promote

teamwork. Remember this when you take the field or you are here to watch your child participate.

2. Fighting results in a minimum two-game suspension and/or league expulsion depending on the severity and referee ruling. Any player not involved in the altercation that joins in will be subject to the same penalties.
3. Foul language will not be permitted from players or coaches.
4. Spectators using foul language or that display un-sportsmanlike behavior will be asked to leave the building.

Field Sports reserves the right to amend or interpret rules and/or penalties within reason to ensure parity and safety for all players, parents, referees and spectators. Please remember that these rules are in place for the safety of our participants. Any questions should be directed to the Field Sports Manager.