

## INDOOR LACROSSE RULES – MENS

### League Information

- Lacrosse leagues are 8 weeks long - 7 regular season games and 1 post-season game.
- Players can sign up with a private team or as an individual.
- Minimum roster size is 10 players, there is no maximum number of players
- All adult and youth league games are 7 vs 7 (including goal keeper)
- No metal cleats or screw in spikes - solid cleats, indoor football shoes, or sneakers preferred
- Players MUST be registered and paid
- Registered players can only play for one team per division Goalies may play on more than one team with the permission of the facility.
- Substitutions are on the fly. Side door must be shut during games, unless players are substituting.
- Each half will start with a face-off. After each goal the ball will be restarted with a faceoff unless the goal spread is 5 or more. In that case the team with the lower score starts at the midline with possession.
- Game time is a running clock. Clock may stop at referee's discretion for an injury
- Proper equipment is required for all players:
  - ADULT- HELMET WITH CHIN STRAP, GLOVES, STICK, AND ELBOW PADS
  - YOUTH- HELMET WITH CHIN STRAP, GLOVES, STICK, MOUTH GUARD, SHOULDER PADS, AND ELBOW PADS .

### Game Time

Adult game times:

- Games are two 22-minute halves (1 minute halftime), running clock and will begin promptly. Teams must be ready to start at the scheduled game time. There is no overtime for regular season games.

Youth/HS game times:

- Games are two 20-minute halves (1 minute halftime), running clock and will begin promptly. Teams must be ready to start at the scheduled game time. There is no overtime for regular season games

### Players

- 2 attack, 2 midfield, 2 defense, and 1 goalie.
- Long poles welcome.
- If a team does not have a goalie, a shooting net will be used.
- 2 players must be in the offensive half at all times and 3 players must remain in the defensive half at all times.

### Rules and Penalties:

Our indoor lacrosse leagues DO NOT play Box Lacrosse Rules. The rules overall are the same as field lacrosse with the following differences:

- Boarding
  - Incidental boarding is change of possession.
  - Purposeful boarding is 1 minute.
  - Malicious boarding will result in game ejection.
- NO crease dives.
- NO takeout body checks.

- Ball lodged or stuck in the Crosse will result in a change of possession.
- Offside's- 2 players must be in the offensive half at all times and 3 players must remain in the defensive half at all times- 1 minute penalty

Fighting and unsportsmanlike conduct of any kind will NOT be tolerated and any player involved will be dismissed from the league with no refund. Any such behavior MUST be reported by the ref to the manager on duty.

All equipment must be taken over to team benches and is not permitted in spectator section. The Field House is not responsible for any lost or stolen items.