

2008.2009 GIRLS INDOOR LACROSSE Information and Rules

Games are 40 minute running clock and will begin promptly, even if a team is not ready to play. There is no overtime.

Each half will begin with a draw and after each goal there will just be a goalie clear. 5 field players and a goalie are allowed on the court at a time. If a team does not have a goalie, the cage **will** be turned around and they may still only have five field players. If neither team has goalies, they will still only be allowed five field players. Shooting nets may be used, but must be provided by each team. If a team does not have enough players to field a team, they may have guest players from another team, and if not, the opposing team does not have to play short, unless agreed upon by both coaches.

Subbing is on the fly. The player must be off the court before the sub is allowed to enter. You must freeze on the whistle.

Only 2 players must stay back behind the restraining line at all times, 3 may go in to the attack end

Two passes must be made (attempted) in the offensive end before a shot on goal. If a shot is taken and two passes have not been made, it will be a free position for the goalie.

Modified checking will be played in the 5th.6th grade league ONLY if both teams agree. 7th.8th will play modified checking.

If a player receives a yellow card, she must leave the court for 3 minutes of playing time. A substitute may take her place. If a player receives a red card, she will be ejected from the game and no sub may take her place. The team must pay short for the remainder of the game.

If a player or coach receives a red card for misconduct, it shall be reported to the manager and that person may not participate in the next scheduled game.

No unsportsmanlike conduct will be tolerated towards officials, coaches or players. You will be dismissed from the league!

Teams forfeiting two games will be removed from the schedule without reimbursement.

All players must sign a Waiver release form to participate.

Scores must be reported to the League director from team representative in a timely manner.

Goggles and mouth guards are **MANDATORY AT ALL TIMES** for all players.

No jewelry is permitted.

Goalies (high school and below) must wear a legal helmet, throat protector, chest protector, abdominal and pelvic protection, shin guards, padded gloves and mouth guard.