

# Indy Indoor Lacrosse Rules 2016

**Game Time:** Each week, the coaches will be able to work with the players before each game. The amount of time for this will be mutually agreed upon by both coaches. The remainder of the time that is available for the 50 minutes of allotted time will be played as 1 running-clock game. For COUNT ON ME LACROSSE Clinics, the COM instructors will let both coaches know how much time will be utilized for the clinics, and the remaining time will be played as 1 running-clock game.

**RULES OF THE GAMES:** Games will be played using USL certified officials and field rules will take precedence for all rules with the following exceptions:

- Number of players. 5 Field players plus a goalie. A maximum of 5 players can be in the offensive end at any time (if the goalie enters the offensive end, then 1 field player must stay in his/her defensive zone).
- No Off-sides (other than above).
- **OVER-AND-BACK.** Girls Middle School, 7<sup>th</sup>/8<sup>th</sup> Grade Boys and High School Boys will play with the over-and-back rule at midfield. Missed shots and defensive deflections will not constitute over-and-back. In order for possession to be established for over-and-back, the ball must enter beyond the offensive zone RED line.
- Player Substitution (both boys and girls): The player exiting the field must be "AT THE BENCH" before the player coming onto the field may enter. "AT THE BENCH" is deemed at the player's bench, within a stick length of their door. A change of possession or a penalty for too many players on the field will be assessed if the player coming onto the field enters participates (makes a play on the ball or on an opponent) before the exiting player is "AT THE BENCH".
- GOALIE FREE CLEAR after every goal. No riding allowed after scoring a goal, up to mid-field. Teams have 10 seconds to get the ball across the midfield line.
- Ball not advancing along the wall. At the referee's discretion, if a ball is not advancing along the boards, an alternate possession may be called. This is for the safety of the kids.
- TIME-OUTS. 1 time-out is allowed per game. Coach can call time out only when in possession of the ball. Each time-out will NOT stop the clock, and will only be for 30 seconds. Failure to have players on the field and ready for restart within 30 seconds will result in a loss of possession or if defensively, will result in a penalty. No time-out with less than 5 minutes left in the game.
- Penalty Times. All penalties will be in increments of 1 minute for ease of clock administration. All penalty times begin at the whistle restarting play and are running clock. 3<sup>rd</sup>/4<sup>th</sup> grade restarts with fast break at mid-field with penalized player(s) restarting at defensive red line. (not applicable for girls).
- NO TAKE OUT CHECKS allowed, and checks along the wall will be strictly enforced, with immediate ejection (for that game only) and DQ (that game and the next game) as options to the official.
- 4 penalties in a game is an automatic ejection (out for the rest of that game)
- PASS RULE: No minimum pass rule is required except when a team is ahead by 5 or more goals, then 1 pass is required for the team that is ahead, and the pass must be initiated and completed in the offensive half before a goal is allowed. Game reverts to no passes once the score difference is 4.

## **Off-field Officials:**

- Each team should provide at least 1 adult volunteer to help run the clock and complete the score-sheets (input goals and penalties).
- Each volunteer is an off-field official, meaning they are not to coach any of the players on the field, and should remain neutral as to the play on the field. Off-field officials are an extension of the on-field official and should support the on-field official.