

# INDY INDOOR LACROSSE

## BOYS INDOOR LAX RULES (8/1/2008)

### **ROSTER SIZE**

The maximum roster size for each team is 13 players with no more than eight players of the higher grade (high school excluded). There will be no roster modifications/lending of players without prior approval from the league commissioner and both coaches.

### **UNIFORMS**

Jerseys will be provided. Within two weeks of the conclusion of each session, each Head Coach will wash and return the team's jerseys to the appropriate IIL Commissioner. The Head Coach of a team will be charged \$25 to replace each missing jersey.

Only black or another dark color short such as navy, etc. is permissible. Rubber cleats such as soccer shoes, turf shoes or tennis shoes are acceptable. No metal cleats of any kind.

### **RULES**

Standard field rules apply with the exception of the following below:

### **PLAYER POSITIONS**

Seven players, including the goalkeeper, are allowed on the field at any one time.

- 2 Attack
- 2 Middies
- 2 SHORT Pole Defense
- 1 Goalie

### **BENCH AREA**

The only items allowed in the bench area are the players, their sticks and water bottle. All other equipment bags, coats, etc. will be left outside of the bench area. Teams to keep their possessions in one common 'area' and away from other teams possessions so as to facilitate a quick & easy change of teams. Only players and two adult coaches (max) allowed in bench area. Helmets to be worn in bench area at all times during play.

### **TIMELINESS**

Teams must be ready to play within one minute of the referee's whistle/horn to start the game and ALSO the 2<sup>nd</sup> half. A game may be played with no less than six players on a team. A forfeit will result if a team is not able to start a game within this timeframe with a minimum of six players. A personal foul will be assessed if a team is not ready to start the 2<sup>nd</sup> half within one minute after halftime is over. Each team has two minutes to exit the field area after quickly shaking hands at the end of a game. Reminder: **The clock runs regardless if the teams are ready to play.**

**NOTE: EVEN IF A TEAM'S GOALIE IS STILL ON THE BENCH PUTTING ON HIS GEAR, THE FACEOFF TAKES PLACE ON TIME WITH AN OPEN NET.**

### **SUBSTITUTIONS**

Substitutions are on the fly through the bench area and may be done at anytime during play. As games are 44 minutes in length (see game duration), THERE ARE NO DEAD BALL SUBSTITUTIONS ALLOWED. When exiting the field, the exiting player must be within two feet of the bench door before the change can be made. **A penalty for too many players may be assessed if the exiting player is more than two feet from the bench door.** To assist the officials and to allow for a smooth player transition, the new player first enters the field and the exiting player immediately enters the bench, in that order. Until the substitution is complete (meaning both exiting player is completely off the field), deliberately playing the ball by either exiting or new player will result in a personal foul. Inadvertent ball contact is not a foul.

## EQUIPMENT

All players must be fully equipped-helmet, arm/shoulder pads, gloves, protective cup and mouth guard. Rib protection is optional. Goalies - Helmet with 'curved' throat guard (old style 'flat' throat guards are not allowed), chest protector, gloves, protective cup and mouth guard. If a team is without goalie equipment, they may use IIL supplied goalie equipment that will be stored in each penalty box area next to each bench including:

Chest Protectors - (1) Large, (1) Small

Shin Guards - (1) Large, (1) Small

Adjustable Goalie Helmets with Throat Guards — Sizes: (1) Youth & (1) Adult

Goalie Stick - (1)

**Note: Each team MUST RETURN IIL SUPPLIED GOALIE EQUIPMENT TO THE PENALTY BOX AREA IMMEDIATELY FOLLOWING HIS GAME. NO EXCEPTIONS! MISSING ITEMS WILL BE CHARGED TO THE COACH OF THE PLAYER USING THE EQUIPMENT.**

## LEAGUE AND TOURNAMENT STANDINGS

**Regular Season Standings** will be determined as follows:

Point System (win = 3, tie = 1, loss = 0, forfeit = -3)

No overtime.

**Tournament:** Seeded based on league play results, head to head, single elimination. Seeding tie-breakers will be settled first by head-to-head result, then by result versus a commonly played team with highest seed in the pool, then if still tied, by a coin flip. If a tournament game is tied at end of regulation, there will be a shootout of three players from each team vs. opposing goalie. If still tied, the process repeats though with DIFFERENT shooters from each team. Team goalie may be a shooter one time. For the Championship game, in case of a tie, three minute non-sudden death overtime will be used. If still tied, a shootout will take place. Note: In a shootout, the shooter starts at the defensive restraining line and prior to shooting may move toward the goal though may not step inside the crease. During a shootout, the ball may leave the shooters stick one time only. This includes a dropped ball.

## GAME DURATION

League Play - The duration of each game will be 44 minutes, running time. Two 22 minute halves with a two minute halftime. Teams will switch ends at the end of the half.

Tournament Play - The duration of each game will be 22 minutes, running time. The championship game will be 40 minutes long. Two 20 minute halves with a five minute half time. Teams will switch ends at the end of the half.

## TIMEOUTS

League Play - One 30 second timeout per team per GAME will be allowed with RUNNING clock. A team leading in the last four minutes of a game may not call a timeout.

Tournament Play - One 30 second timeout per team will be allowed. Two timeouts per half for the championship game.

## FACE-OFFS

There will be a Face-Off at the beginning of each half. During a Face-Off, two Midfielders must stand on opposite sides of the field on the midfield line with one part of their body (i.e. hand, heel, etc.) touching the board prior to the whistle. . The two attack. two defensemen and goalies must stand behind the restraining lines until possession is declared by the referee.

## POSSESSION

Possession is defined as one team having clear control of the ball anywhere on the field.

### MINIMUM PASS RULE

1. A completed pass is defined as a controlled pass of at least five yards which is caught in the crosse of a teammate. The passing player must clearly be in control of his crosse and intending to make a pass. Note that bounce passes do not count as a completed pass.
2. When the score differential is three goals or less each team must complete one pass in their ATTACKING half before they may shoot. A completed pass originating from the defensive half counts as a completed pass if caught in the offensive half.
3. When the score differential is four or greater the leading team must complete three passes prior to shooting, and the team that is down by four or more goals does not need to complete any passes.
4. No pass is necessary during a flag down situation.
5. No pass is necessary during a fast break or time serving penalty situation.
6. When more than one pass is necessary, passes do not need to be consecutive.
7. A team does not lose credit for acquired passes until the opposing team gains possession. (See **POSSESSION** for clarification).
8. The referee will signal that a team is eligible to shoot by pointing in the direction of the attacking team. He may verbalize if there seems to be confusion.
9. The referee will signal that a team has lost their acquired passes through change of possession by raising and twirling his arm (baseball home run signal).

### DEAD BALL BEHIND GOAL (IN VINYL DROP DOWN SCREEN)

If the ball should become lodged, stuck or go underneath the screen behind the goal, it will be treated as an out-of-bounds. For a SHOT, the team whose player is closest to the ball when it becomes 'dead' is awarded possession at 'X' behind that goal. If the same situation occurs on a PASS, then the ball is awarded to the other team at the same location. A five yard cushion from a defensive player will be honored at the whistle. **The screen is considered a board (see penalties below).**

### MESH SCREEN ABOVE BOARDS

If a shot or pass should hit the mesh screen (netting) and land in the field of play, then this is a 'play-on' situation. If the ball should go through the netting, then the team who last touched the ball loses possession. The referee will award possession to the other team at the spot closest to where the ball went through the netting. A five yard cushion from a defensive player will be honored at the whistle. Team who purposely throws ball over/through netting out of desperation or to delay the game will be assessed a personal foul.

### FOULS, PENALTIES & SCORING

The Crease rule applies.

After each goal, no additional face-off will be taken. Play will resume via a goalie clear on the referees whistle AFTER the opposing attackmen are located above the nearest restraining line.

One parent from the home team shall control scoreboard, record the score and personal fouls on the score sheet, advise players in the penalty box the time they are allowed to enter the field and throw replacement balls to the official as required. If a player receives 4 personal fouls, the scorekeeper shall notify the official and both coaches that the player has fouled out and is disqualified from the game. Extra balls to be stored next to the scoreboard control unit in black box..

A modified offside rule applies (two attack, two defenders and the defending goalie (or his deputy) must stay behind the midline).

### CHECKING

Contact is allowed, but TAKE OUT BODY CHECKS are NOT ALLOWED. **THERE WILL BE NO BODY CHECKING INTO THE BOARDS, EVER.** If this occurs, **PLAY WILL BE IMMEDIATELY STOPPED AND THE OFFENDING PLAYER WILL BE EJECTED FOR FLAGRANT MISCONDUCT.** The offending player must leave the bench area immediately. In grades 7-12, A THREE MINUTE NON-RELEASABLE PENALTY WILL BE CALLED ON THE OFFENDING TEAM WITH PENALTY SERVED IN THE PENALTY BOX BY A SUBSTITUTE PLAYER. POSSESSION GIVEN TO THE OTHER TEAM BETWEEN THE MIDFIELD AND RESTRAINING LINES on the side of the infraction. If in the opinion of the referee that the hit (BOARDING) is malicious, the offending player **WILL AUTOMATICALLY BE SUSPENDED FOR THE NEXT GAME. REPEATED OFFENSES MAY RESULT IN EXPULSION FROM THE LEAGUE.**

**MOUTHGUARD PENALTY**—Personal foul if a mouthguard is not being used properly by any player on the field.

**TECHNICAL FOULS** will result in a loss of possession.

### **PERSONAL FOULS**

ANY FOUL WHERE A PENALTY FLAG IS THROWN SHALL BE DEEMED A PERSONAL FOUL.

#### **GRADES 3/4 & 5/6: Will result in a man-up "Fast Break" situation as follows:**

Where both offensive attackmen and both offensive midfielders are located in their offensive half with two defensemen and one defensive middle in the same zone (for a 4 on 3 advantage for the possessing team). One defensive middle remains **BEHIND HIS TEAM'S GOAL** (at X) and only he is allowed to move into the offensive zone after the whistle. At the whistle, one offensive midfielder will start play with ball between the midfield and restraining lines. NOTE: Fast break situation negates the minimum pass rule for that possession. Also, a delayed call personal foul negates the minimum pass rule for that possession until team with possession loses possession. Only in the aforementioned 'Flagrant Misconduct' example will a time served penalty be utilized for the 3/4 & 5/6 divisions. If the offended team is losing by one goal or is tied as time expires, then a non-timed fast break play will take place starting between the midfield and restraining lines. Play may continue until the offended team scores or loses possession at which time the game is over.

#### **GRADES 7/8 AND HIGH SCHOOL: Will result in a time served penalty as follows:**

As the clock is a running clock, upon personal foul penalty call by official, offending player immediately hustles to penalty box next to his bench area and serves amount of time as directed by official to scorers table. ALL time served penalties are no less than ONE MINUTE in length and may be two or three minutes in length at the discretion of the official. Penalty time starts on official's next whistle. Fulfilling the complete penalty time is based on the honor system of the penalized player and enforced by the scorekeeper. When returning to play, the penalized player opens AND SHUTS penalty box door no sooner than assigned duration of penalty or may be called for illegally entering the field which is a one minute penalty. If the penalized player receives his 4<sup>th</sup> personal foul, then a teammate must serve the (now) ejected players penalty in the penalty box. No penalty box substitution of a penalized player with three or less personal fouls is allowed. **Unsportsmanlike Conduct shall be no less than a two minute non-releasable personal foul and may result in expulsion from the game at the discretion of the official.** If the offended team is losing by one goal or is tied as time expires in the 2<sup>nd</sup> half, then the offending player sits in the penalty box and a non-timed man-up play will take place starting between the midfield and restraining lines. Play may continue until the offended team scores or loses possession at which time the game is over.

**FLAG DOWN SITUATION**—In a 'flag down' situation where team 'A' has possession and is in team 'B's' end and team 'B' commits a penalty, and a goal is scored by team 'A', then the penalty is waived off and a 'man-up' fast break play (grades 3-6) or time served penalty (grades 7-12) is NOT awarded to team 'A'. Goal counts and play continues with team 'B's' goalie clear.

### **SPECIAL CIRCUMSTANCES:**

- All goals scored against one's own team count. Minimum pass rule is waived
- When playing with six players, two players must remain on defense INCLUDING the goalie so as not to play in a man down scenario the entire game. (In other words, 1 field player staying back will not be offsides if the team is down to 6 total players.)

## CODE OF CONDUCT

**It is expected that all players, fans, coaches, parents and officials will conduct themselves in a manner that is based on sportsmanship, safety and respect. Any inappropriate behavior or language will not be tolerated and may result in ejection from the facility and possible expulsion from the league. Consumption of tobacco or illegal substances on the premises will not be allowed. Any individual who may appear to be under the influence of alcohol or illegal substances will be asked to leave the premises and/or local authorities may be contacted if warranted.**

## GENERAL

- Audience: Please assist the league in returning out of play balls to the scorer's table.
- No team practices are permitted. This is a 'games only' league.
- No protests will be entertained
- No refunds will be issued.
- All decisions by the IIL Commissioners are final.