

## Crease Indoor Lacrosse Rules:

Eligibility: Only fully registered players may play. Fully registered means that CREASE INDOOR LACROSSE has: a registration form from the player, signed by him and a parent; US Lacrosse #; full payment. A team playing with non-registered players will forfeit that game. In addition, a player who gives his jersey to a non-roster player to play for him will be suspended for one game.

## Equipment:

- All sticks must be NCAA attack length (40-42”), except for goalie stick. **No long sticks are allowed.** All other rules for legal sticks apply (no box or crooked sticks). There can be a stick check (one from each team) during pre-game and halftime, and there can be random stick checks at the referee’s discretion. Rules for Goalie sticks are same as NCAA.
- Players must wear full lacrosse equipment (helmets (with cage), shoulder pads, elbow pads, gloves, protective cup, and a colored mouth guards). Protective cup is MANDATORY!
- ***Sneakers or turf shoes only!***
- A set of jerseys will be provided for each team.
- Goalies are allowed to wear additional pads such as box lacrosse goalie equipment. Goalies must wear throat guard, chest protector and protective cup.
- Goalies may not wear "excessive" padding on their legs, torso or arms. "Excessive" shall be at the discretion of the referee.
- Referees can call for random equipment/uniform checks.

## Teams:

- Six players per side including the goalie on the field. Each team needs to keep a roster of 15 players.
- A set of jerseys will be provided for each team
- Each team shall select 1 Captain and 1 Alternate Captain. Only the Captain/Alternate Captain may ask for the referee’s interpretation of a rule, which has been applied.

## The Game:

- There will be 7 regular season games followed by a weekend of playoffs/championship (single elimination) for varsity.
- There will be 6 regular season games followed by one semifinal game (week 7), and a championship/consolation game for JV.

- Each game will be allotted one hour on the field, starting on the hour. Teams should clear the field as soon as their game concludes so as to allow the next game to start on time. Forfeit time is 10 minutes after the hour. Each team must have at least 5 players to start the game.
- There are two 22-minute periods, running clock. Each team is allowed one-60 second timeout per game. 3 minute half time. Games ending with a tie score are decided by sudden victory overtime.
- Overtime period will be five minutes, if still tied at the end of OT, there will be a brave heart.
- Face off to start game and second half (and overtime).
- In an effort to make this league safe and fun for participants we will institute the following rules regarding fights. If a player gets into a fight, or throws a punch or tackle - player will be ejected from all of current game plus one additional game. 2nd offense - player is suspended for the remainder of the season. This behavior will not be tolerated. Coordinator will work with officials to ensure this is followed.
- Bench Area and Field of Play: Only team members and coaches (maximum of 3 coaches per team) are allowed in the bench area or field of play during a game or during half time.
- Player gear is to be kept behind the players on the sideline
- Coaches are not allowed on the field at any time during game play. Leaving the bench area while the game is in progress will result in immediate ejection from that game for that coach. A second half ejection will result in an additional game suspension. In extreme cases, a forfeit may result.
- Spectators are not allowed on the field at any time during game play. Any spectator who enters the field while the game is in progress will be immediately removed from the facility. In extreme cases, a forfeit may result.
- GOALS are 6 x 6 x 7. The circle around the goal known as the crease is 9' in diameter. An offensive player is not allowed to intentionally step into the crease area.
- Bench coaches are responsible for substitutions. All players must play! This league is a learning opportunity to improve for all involved. Substitution boxes are used by teams.
- Substitutions are made freely; a substitute may not enter the field until the player he is replacing is within the team's transition zone.
- Each half will start with a face-off, with 1 player in the offensive end, two players in the defensive end, behind their restraining lines until possession is called. After each goal, possession is awarded to the goalie of the team scored on. The goalie will have 4 seconds to clear the ball from the crease. Ten seconds total for the team to clear the ball.
- 10 SECOND VIOLATION: Occurs when team on offense fails to advance the ball past midfield within 10 seconds after taking possession at their end. The referee shall keep a "soft" thirty-second shot clock, starting with possession in the "box". This is to prevent stalling.
- In the last 5 minutes of the game, the thirty-second shot clock will be strictly enforced.
- Face-offs are taken in the traditional manner.

- Offensive screening (stationary pick only!) is allowed as long as it is from the front or side of the screened player. The ball can be kicked but not for a goal.
- A defending player may use his stick against the offensive player carrying the ball in any fashion, provided he does not slash the offensive player in the head or below the knees and as long as the strike by the defensive player is an attempt to dislodge the ball from the attacking player's stick.
- Crease violations. If you go into the other team's crease to shoot or cut through, you will lose possession. If you go through the other team's crease and touch the goalie while he is in his crease it results in a penalty. If you are pushed into the crease you are okay but you must make every effort to get back out immediately.
- A goal can be scored after the horn sounds to end a quarter as long as the shot was released prior to the horn.
- When a goalkeeper is hit on the mask with an opposing player's stick, play is stopped. The goalkeeper restarts play with possession of the ball in their crease.
- After change of possession, teams have ten seconds to clear the ball across the midline. Once the ball is cleared into the offensive third, the ball cannot go into the "backcourt" and be played by the team that had possession of the ball. The exceptions to this rule is any rebound off a shot or pass deflection. If the ball goes into the backcourt, it is a play-on situation until the ball is touched by the offending team (same as in basketball).
- The goalie in lacrosse can function just like any other player on the floor and can go anywhere on the floor - there must be one player back at all times
- 10 Point Rule: If there is an 10-point or more difference in the score, the team with the lower score begins play with possession after each of their scores. This rule is only for the 2nd half of the game.

#### Sideline/Board Rules:

- Substitutes and coaches must remain behind the solid white line.
- The yellow dashed line will serve as a soft sideline for on-field players - players may enter that area to retrieve a ball, but must immediately return to the playing field
- Players will have a two-count, at the discretion of the referee, to return to play if they cross the yellow-dashed line.
- Body checking between two players fighting for the ball is prohibited in the area around the yellow-dashed line.
- A player that takes a running start with the intention of knocking an opponent out of bounds or into the wall will receive a five-minute major penalty
- Players cannot use his proximity to the sideline as a way to advance the ball up the field freely or to maintain possession on offense. The first offense will result in a turnover, the second and all ensuing offenses by either team will result in a minor penalty.
- A "deadball" is called when the ball crosses the sideline and does not return to play - normal out of bounds rules are in play here
- A ball is live if it crosses the sideline and returns to play at a safe distance from the wall -
- These rules are at the discretion of the referees - player safety is most important in the running of the Crease Indoor Lacrosse League

## Forfeits:

There are 2 situations that can result in a forfeit:

- A team does not show up for a game or arrives with too few players. A team needs a minimum of 5 players, including a goalie, for the game to count, and a team may only play with less than 5 players and a goalie (6 players total) if the other team agrees to waive their right to a forfeit win.
- A team plays with ineligible players. Only fully registered players can play, and can play only for the team they are registered to. A forfeit shall go into the books as a 1- 0 loss. Teams that forfeit more than once during the regular season -- without providing 48 hours notice -- will not be scheduled for playoff games.
- Forfeiture Waiver: A team with too few players may compete with the help of substitute players if, and only if, the opposing team agrees to waive the forfeit rule and allows the substitute players to join the shorthanded team for the game. Only fully registered, age-appropriate and CREASE INDOOR LACROSSE players can play as substitutes.

*\*\*\*\*Exception: Any full registered, age-appropriate and division-appropriate goalie may play for any team in need of a goalie, without prior approval from the opposing team. \*\*\*\**

**\*\*If a team forfeits twice in a season, they will be removed from the standings and playoff consideration, and may be withdrawn from the following season at the discretion of the league director.\*\***

## Penalties:

- When a team is shorthanded the same clearing and "backcourt" rules apply.
- A team can never have more than two players down at one time. If a third penalty is called against a team which already has two players in the penalty box the referee shall allow the un-penalized team one penalty shot. Following the penalty shot, the two players will remain in the box.
- The game clock will stop for the penalty shot - the shooter will have 8 seconds to release his shot
- The shooter can only have one attempt at the goal
- Penalty time will always be full time

**MAJOR PENALTIES:** On five-minute major personal fouls, the penalized player stays in the box for the duration of the penalty. A second major penalty will result in an ejection.

**MINOR PENALTIES:** Penalty time will run off the game clock and does not start until the penalized player is in the penalty box. All fouls are full-time serving

- When a penalty is assessed, the non-offending team restarts play with possession of the ball near the center of the floor.
- Any player who gets 4 penalties in the same game is expelled from that game. A repeat 2nd offense results in expulsion from that game and 1 more. A third occurrence of this behavior results in expulsion for the remainder of the season with no refund.
- Checking from behind will be dealt with severely as it is one of the leading potential injury factors and in some cases a penalty shot can be awarded. Checking is an important part of the game but checking from behind and violent checks into the boards will not be tolerated and will be enforced. Many of these infractions can be a "judgment" call by the referee.
- Players or goalies, out of their crease, will be penalized if they catch the ball in the hand. If they just contact it with the hand, it is a foul with possession awarded to the other team.
- No "take-out" checks. Time to improve skills, not make up for lack thereof with physical play. These checks will be penalized as Unnecessary Roughness - five minute penalties
- Goalie Penalty: If a goaltender commits a technical or personal foul, then another player may serve the penalty and the goaltender remains in the game. If a goaltender commits a major foul and is expelled from the game, all rules pertaining to major fouls are in effect.
- Any action (i.e. tripping or checks intended to deliver a blow) that results in more than incidental contact with the side boards or back walls by any player will result in a major penalty on the player who initiated the action and may result in an injection.
- Any flagrant foul is subject to immediate ejection at the discretion of the officials. Ejected players/coaches must leave the team area.

**COINCIDING PENALTIES:** When each team is given the same amount of penalty time arising out of the same incident, the offending players shall not be released until the expiration of the penalty. Teams do not lose floor strength, and the ball is awarded to the team who was in possession prior to the fouls. Teams will play 4 on 4, and penalized players will rejoin the play after penalty time expires.

**SLOW WHISTLE (DELAYED PENALTY):** If a defending player commits a personal or major penalty against an opponent in possession of the ball where there is offensive momentum and the opponent doesn't lose possession, the official raises his hand and does not blow the whistle until a shot is taken, the 30-second shot clock expires, or a goal is scored or possession is lost.

**EJECTION FROM GAME:** Players can be ejected from a game for several reasons including being the third man participating in an altercation in which there is a penalty assessed or accumulating 4 penalties in one game or two major penalties in one game.