



FISC Indoor Boys Lacrosse Rules First edition Winter 2009-2010

- Each team carries a maximum of 14 and a minimum of 10 on a roster.
- Two 18-minute halves, running time. 2-minute halftime, 5-minute transition between games.
- No time outs. Clock will only stop for injuries and the time must be made up between halves or games to maintain the tight game schedule each night.
- There is off sides. Must maintain 3 players in defensive half at all times.
- When the ball goes over the boards, the opponent of the team who last touched the ball gets possession
- Players can pass the ball to the goalie in the crease at any time.
- Game will be played by 7 players on the field for each team. There will be No Take out checks. If contact doesn't reduce, we will eliminate another player on the field.
 - 1 goalie with full equipment
 - 2 defenders
 - 2 Middie
 - 2 attack
- Penalty time will be 30 seconds for a technical foul and 1 minute for a personal foul. If the opposing team scores while a player is in the penalty box, he is released. 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 three major penalties in one game. Time served begins on referee's whistle for restart. Players serving penalties will not be allowed to re-enter the field during a dead ball situation, or after a face-off until "possession" has been called. (Normal penalty release exceptions after a goal). If a defending player commits a penalty that does not cause the opponent to lose possession and where there is offensive momentum, a slow whistle (or delayed) penalty is called. The offensive team is allowed to continue and the official does not blow his whistle until a shot is taken, the shot clock expires, a goal is scored, or possession is lost.
- When a penalty is assessed, the non-offending team restarts play with possession of the ball near the centre of the floor.
 - Fighting is an automatic suspension from the league with no refund.
- To determine possession at the start of each quarter and after each goal, two opposing players face their sticks at midfield with a referee placing the ball between the heads of the sticks. Then, the face-off foes battle to knock the ball out of the circle to a teammate.
- During the final 2 minutes of the game, the stalling restrictions will be enforced on the team with the lead. The team ahead in score will be instructed to 'keep it in' their attack HALF of the field.
- In the event of a tie score at the end of regulation time, the game will end in a tie.
- One goalie stick will be allowed and goalie equipment ; defensive long poles will be allowed.

- All players WILL wear required equipment as follows or will NOT be allowed to play, NO exceptions....helmet, mouthpiece, shoulder pads, arm pads and gloves, and turf shoes. Goalies may wear baseball catcher style shin guards but this is not required.
- Face-off- defensive and offensive players must remain in their areas until possession is called or the ball enters their area (as marked by existing soccer lines on field).
- An attacking player will have 10 seconds to advance the ball from their defensive HALF of the field. The goalie will have 4 seconds to clear the ball from the crease.
- Light body checking will be allowed in the field of play. There will be no checking into the dasher boards or goals. 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 NON-RELEASABLE unsportsmanlike conduct penalty on the player who initiated the action.
- Anything not covered in the rules will be decided at the time by the discretion of the officials and is subject to change for the next game played.
- 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, tackle. Player will be ejected from all Games for the remainder of the season. This behavior will not be tolerated. Coordinator will work with officials to ensure this is followed.
- An illegal body-check is defined as a) above the shoulders, b) below the waist, c) when the opponent is not on their feet, d) when a non-ball carrier is outside the dotted line on the floor.
- Slashing is not allowed at all! The stick may not be used to make contact with any part of the body.
- If 2 players are going after a "loose" ball they must play the ball and not check the other player until he has possession. This again can be a little misleading especially when each player is battling and jostling for the ball.
- Checking from behind will be dealt with severely as it is one of the leading potential injury factors. 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. There will be no checking allowed at the Elementary and Middle School Levels.
- Stick-checking will be allowed at all levels
- 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.
- Face-offs are taken in the traditional manner. However, the ball must come out of the 5' face-off circle before other players can cross enter the face-off circle. A violation results in immediate possession to the other team.
- A player with the ball cannot push off with his free hand or arm! If he does possession is awarded to the other team.
- The ball can be kicked but not for a goal. Also if the ball becomes stuck in a stick the referee will free it and possession awarded to the opposing team, then play shall continue.
- When a team is shorthanded, they have 10 seconds in which to get the ball over centre and once over cannot go back, or a change of possession call is made with possession awarded to the opposing team. When a player is awarded possession by the referee, he must be given at least 6 feet of room by the defending player/s until the whistle signifies restarting of play.
- 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.
- The goalie in Lacrosse can function just like any other player on the floor and can go anywhere on the floor.
- Elementary School level will have a 2 pass minimum rule before the players can proceed to score on goal

