



### FISC GIRLS INDOOR LACROSSE RULES

1. Games are two 18-minute halves and will begin promptly, even if a team is not ready to play. There is no overtime.
2. Each half will begin with a draw and after each goal there will just be a goalie clear.
3. Six field players and a goalie are allowed on the court at a time. If a team does not have a goalie, the cage **will not** be turned around and they may still only have six field players. If neither team has goalies, they will still only be allowed six 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. There must be a minimum of 5 players present for the team that is scheduled to play, (not including guests), or that team will forfeit the game. The game may still be played, but the opposing team gets the win.
4. Subbing is on the fly. The player must be off the court before the sub is allowed to enter.
5. Only four players from each team (excluding the goalie) will be allowed in each half of the rink.
6. 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.
7. Modified checking will be played in the middle school league.
8. If a player receives a yellow card, she must leave the court for 3 minutes of playing time and the team **will play short**. (2009 US rule change) If a player receives a red card, she will be ejected from the game and no sub may take her place. The team must play short for the remainder of the game.
9. 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.
10. No unsportsmanlike conduct will be tolerated towards officials, coaches or players.
11. All players must sign a Waiver release form and check in prior to every match at the FISC welcome desk to participate.

12. Goggles and mouth guards are **MANDATORY AT ALL TIMES** for all players. **No jewelry** is permitted.
13. 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.