

# Youth 5/6 Indoor Lacrosse Rules

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2011 NFHS & US Lacrosse Youth Rules apply unless covered below:

## Hudson Valley Sportsdome House Rules:

**NO SPITTING ON THE FIELD:** Spitting can be unsanitary, unsightly, and potentially dangerous, please refrain or spit into trash cans on the side of the field. Spitting on the field will be penalized.

**ELASTIC POWER:** The Hudson Valley Sportsdome reserves the right to establish guidelines for any and all rules or infractions not covered in the league rules and to refuse participation to any individual or coach if they do not obey the rules and regulations and keep within the spirit of sportsmanship.

### Game Info:

#### Game Length:

Indoor games are 50 minutes long, with 2-25 minute halves. Teams are given a five-minute break at halftime. Teams change sides between halves. Games that end in a tie are a tie, there is no overtime.

#### Time outs:

Each team is permitted one timeout per game, one minute in duration. Game clock will continue to run.

#### Number of players:

Each team is permitted 7 players on the field at a time (6 players and a goalie). At any time, a team may substitute for their goalie provided that player is wearing the required protective equipment.

#### Use of long sticks:

Players may use defensive longs if they so desire. Teams may have up to 3 long sticks on field at a time

#### Offsides:

Each team must keep two players on their offensive half of the field and three men on their defensive half of the field.

#### Substitution:

All Substitutions are done on the fly. The player coming on must wait until the player leaving the pitch is completely off the playing field.

#### Stick Checking:

Stick checks must be made with both hands on the crosse. A one arm swing with a crosse, whether or not contact is made, shall be considered a personal foul "slashing." This includes the over-the-head "Indian check."

#### No Brushes:

Any contact between the crosse and the helmet, except in the act of passing, shooting, or scooping shall be considered a personal foul - "slashing."

#### Face Offs:

A face off will be conducted at the start of each half and after every goal during the first half.\* During a face off you must have 3 players on your defensive half behind goal line extended, 2 players on your offensive half behind goal line extended, one player to take the face off and the other on the side outside the side-line. Wing guys must be on opposite side-lines. Attack and defense players must wait for possession to be called before leaving their goal line extended positions. Second half there will be no face-offs after goals. Instead, the Goalie will pick ball up and wait for the officials whistle to restart.\*

\* Once a team is behind by 5 goals (both the first and second half), that team will have the option to receive the ball at the center X for a free start.

Offensive players may not contact the ball while the ball is loose in the crease.

#### Equipment:

All field **players** must have the following equipment: lacrosse helmet (no hockey helmet), shoulder pads, arm pads, gloves and mouth guard. Rib pads are not required, however, they are recommended.

All **Goalies** must have the following equipment: lacrosse helmet (no hockey goalie helmet), lacrosse goalie throat protector/guard (no baseball catchers masks), chest pad, gloves, and mouth guard.

**Any player not properly equipped will not be allowed to play.**

**NO CLEATS- turf shoes or sneakers only**

There will be no stick checks (measurements), unless an Official deems it necessary.

**Penalties:**

Penalty time will be kept by the offending team's coach. Penalty time will not start until player has kneeled in the penalty area and match has been restarted.

**Lacrosse Personal & Technical Fouls:**

There are personal fouls and technical fouls in boy's lacrosse. The penalty for a personal foul results in a one to three minute suspension from play and possession to the team that was fouled. Players with five personal fouls are ejected from the game. The penalty for a technical foul is a thirty-second suspension if a team is in possession of the ball when the foul is committed, or possession of the ball to the team that was fouled if there was no possession when the foul was committed. The offending player must sit the penalty time unless he is the goalie, for which the "Designated In-Home" can sit the penalty. This is true unless the Official deems it necessary for the Goalie to sit.

**Personal Fouls:**

**Slashing:**

Occurs when a player's stick viciously contacts an opponent in any area other than the stick or gloved hand on the stick.

**Tripping:**

Occurs when a player obstructs his opponent at or below the waist with the crosse, hands, arms, feet or legs.

**Cross Checking:**

Occurs when a player uses the handle of his crosse between his hands to make contact with an opponent.

**Unsportsmanlike Conduct:**

Occurs when any player or coach commits an act which is considered unsportsmanlike by an official, including taunting, arguing, or obscene language or gestures.

**Unnecessary Roughness:**

Occurs when a player strikes an opponent with his stick or body using excessive or violent force.

**Body Checking: There is *absolutely no take-out body checking* in this league.**

These checks which are defined as the intent to forcibly knock down an opposing player. Body checking can only be done by a player in an upright position, no lowering of the head, and only against a player in possession of the ball. This ruling does not prevent a player from "screening off" or "boxing out" an opponent during a loose ball situation. In no situation should there be helmet to helmet contact.

First body check = 1 min penalty

Second by same player= 1 min non-releasable penalty

Third by same player = 3 min non-releasable penalty and player is ejected from the game and must sit out his next game.

**Fighting:**

Any form of fighting and physical altercations *will result in immediate ejection* from the game and league suspension up to and including lifetime suspension and/or legal charges. Hudson Valley Sportsdome Management will make the final decision.

**a. Fighting is a flagrant act that can occur when the ball is live or dead.**

**b. Includes, but is not limited to:**

1. An attempt to strike an opponent with the fist, hands, arms, legs or feet.
2. An attempt to punch or kick an opponent regardless of whether or not contact is made.
3. Attempting to instigate a fight by committing an unsportsmanlike act toward an opponent that causes the opponent to retaliate by fighting.

**Technical Fouls:**

**Holding:**

Occurs when a player impedes the movement of an opponent or an opponent's crosse.

**Interference:**

Occurs when a player interferes in any manner with the free movement of an opponent, except when that opponent has possession of the ball, the ball is in flight and within five yards of the player, or both players are within five yards of a loose ball.

**Pushing:**

Occurs when a player thrusts or shoves a player from behind

**Moving Screen:**

Occurs when an offensive player moves into and makes contact with a defensive player with the purpose of blocking him from the man he is defending.

**Warding Off:**

Occurs when a player in possession of the ball uses his free hand or arm to hold, push or control the direction of an opponent's stick check.

**COMMENTS OF THE RULES:**

These rules are intended to create a balance of play; to create an atmosphere of sportsmanship and fair play; and to emphasize cleverness and skill without limiting freedom of individuals or team play. It is important to know the intent and purpose of a rule so that it may be intelligently applied in each play situation. A player or team should not be permitted an advantage which is not intended by a rule. Play will not be permitted to develop which may lead to placing a player at a disadvantage not intended by a rule.