

Girl's Varsity Indoor Lacrosse Rules

Revised 11/16/19

Hudson Valley Sportsdome House Rules: **The use of molded or metal cleats is not permissible in the Hudson Valley Sportsdome.**

NO SPITTING ON THE FIELD: Spitting can be unsanitary, unsightly, and potentially dangerous, please refrain from or, if necessary, spit into trash cans on the side of the field. Spitting on the field will be penalized with a YELLOW CARD.

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.

GLAX League Rules:

Team Size: Each team will play 8 per side- 1 goalie, 2 attack, 2 defense and 3 mid-field. There must be 6 players present to start a match.

Equipment: The use of molded or metal cleats is not permissible in the Hudson Valley Sportsdome. All players must follow NY State High School Lacrosse (NFHS)/US Lacrosse when dealing with equipment. Field crosse, mouth piece and eye protection must meet standards. Goalies must wear all required safety equipment: helmet with face mask, separate throat protector, padded gloves, mouth piece and chest protector. Since this is a high school level league, the goalie must also wear padding on the shins and thighs.

Field: 60 yds length x 30 yds width. End lines will be 5 yds from outer edge of goal circle. Goal circle will be modified to 9 ft across; radius of 4.5 ft measured from the center of the goal line. The 8 meter arc will be modified to a 6 yd arc with no hash marks.

Game Length: 2x25 min. halves with 5 min. break at half time. Running time - no time outs. Teams are asked to be ready as close to the starting/scheduled time as possible.

Draw: Draws will occur at the beginning at each half. One center from each team will draw at the center of the field. After a goal, the play will start with a referee's whistle with the goalie clearing. On every 3rd goal, ball will be taken to the center mark and a draw will take place.

Clears: A goalie has 10 seconds to clear the ball once she has gained possession. If a goalie leaves the crease area with the ball she cannot return to the crease with the ball. Goalies are not allowed to cross the mid-line.

Substitutions: All substitutions will be done on the fly or at stoppage of play that is acknowledged by the referee. All substitutes will wait off the field of play at the center line until the player coming off has made crosse to crosse contact – touching of crosses.

THERE WILL BE SELF STARTING AS WELL AS FREE MOVEMENT AFTER ALL WHISTLES

Fouls: Same as outdoor play; major and minor. All players must be approx 10 feet away from player with the ball on restarts.

The player who is fouled anywhere outside the CSA (critical scoring area) must pause at the spot of the foul before initiating play, everyone else must be at least 10 feet away. No one can engage the player with the ball until she starts to move or cradle.

Any foul inside the CSA (estimated to be the attacking 3rd of the field) requires that a penalty lane be cleared and the offender must be placed behind the fouled player taking the free position. Whistle start is required.

Any major foul inside the arc requires the entire arc to be cleared and the offender be placed approximately 10 feet behind the fouled player taking the free position. Either side (left and right) of the offended player on the arc is awarded to the defense should they wish to take. Whistle start is required.

Minor fouls inside the arc will restart on the 6 yd arc. This is an indirect free position and requires a whistle restart.

Any foul behind the goal line extended will start on the dots, fixed (painted) or imaginary. This requires a whistle restart.

Goal circle fouls by the defense, restart from the dots. Goal circle foul by the offense, restart will be by the goalie or deputy within the goal circle.

Any mandatory card offense by a player will require spending 3 minutes in the penalty box. Carded offenses include: Check to the Head, Slash, Dangerous Propelling, Dangerous Follow-Through and Misconduct. Substitution will be allowed for the 1st two carded offenses; after which the team will play short for 3 minutes. Two yellow cards to the same player or a red card to a player equals immediate suspension from that match for that player. Two yellow cards does not equal a red card. A red carded player also will be suspended from the team's next match. Penalty minutes will be timed by the offender's coach; the honor system is in effect.

OffSides: There must be 2 players from the attacking team and 3 players from the defensive team behind the restraining line at all times. Restraining line is the field's half line. Penalty Administration of offside shall be in accordance with NFHS/US Lacrosse ruling.