

Girl's Indoor Tournament Lacrosse Rules

Revised 1/17/25

2022 NFHS & US Lacrosse Youth Rules apply unless covered below:

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.

Girls LAX Tournament 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. Players can be rostered on multiple teams, but must meet the division parameters.

Maximum Roster size 16.

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 Youth 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. 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: Game length will be 27 minutes....Running time. Each team is permitted one timeout per game, one minute in duration. No timeouts will be permitted during the last two minutes of the match. Game clock will continue to run. Teams are asked to be ready as close to the starting/scheduled time as possible. Since there is the use of a house clock for all four fields, once it is started it will not be stopped for any reason.

Draw: Draws will occur at the beginning of the game. One center from each team will draw at the center of the field. Attack and defense players must wait for possession to be called before leaving the painted soccer boxes. After a goal, the play will start with a referee's whistle with the goalie clearing. No face-offs after goals. Instead, the Goalie will pick ball up and wait for the officials whistle to restart.

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.

Substitutions: All substitutions will be done on the fly or at stoppage of play that is acknowledged by the referee. All substitutions on the fly 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.

Checking : **There is NO checking permitted for 3/4 and 5/6 divisions. Instead the 3 second count is in effect.**

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

Critical Scoring Area will be determined by the referee (by estimating) as the attacking third of the field of play above the goal line extended. For major fouls, the penalty lane must be cleared. Minor fouls inside the 6 yard arc will restart on a hash mark on the 6 yard arc; this is an indirect free position.

Any mandatory card offense by a player will require spending 2 minutes in the penalty box. Carded offenses include: Check to the head, Slash, Dangerous Propelling, Dangerous Follow-Through and Misconduct. Player sits out for 2 minutes and NO SUBSTITUTION is allowed. On the 4th team card the team plays short for the remainder of the game. Two yellow cards to the same player or a red card to a player equals immediate suspension from that match for that player. A red carded player also will be suspended from the team's next match.

Coaches are responsible for the actions of themselves, their players, and their spectators

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.

Goalie cannot go past mid-field.

Goal Circle Fouls: By the defense: restart 6 yds from goal on goal line extended. By the offense: restart by the goalie or deputy within the goal circle.

RANKINGS/TIE BREAKERS/SEEDINGS/CHAMPIONSHIPS: To determine the spots for the final seeding (4/6/8 team divisions) and champion (5/7 team divisions), the following format will be used:

- a. Total Points (Win = 3 points, Tie{other than 0-0} = 2 Points, Tie {0-0} = 1 Point, Loss = 0 Points)
- b. Win Record
- c. Loss Record
- d. Ties
- e. Head to Head
- f. Goals Against
- g. Goals For
- h. Coin Flip

(If any team should forfeit any game, the winning team will record a 3-0 win. The losing team will record a 0-3 loss with no exception to this calculation).

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.