

Boy's Varsity Indoor Lacrosse Rules

Revised 8/28/25

**ALL GAMES WILL BE PLAYED ACCORDING TO MODIFIED
2022 US Lacrosse Rules Book/NYSPHSAA WITH THE FOLLOWING EXCEPTIONS:**

Hudson Valley Sports Dome House Rules:

***All players must be familiar with the boundaries of the playing field, walk off area, goals on and off the field, netting, bleachers, spectators, exit doors, and the dome perimeter. All players play at their own risk.**

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 or 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.

Game Length: Indoor games are 50 minutes long, with 2- 25-minute halves. Each team is 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.

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 an offensive player for their goalie.

Player Participation: A player may play on multiple teams throughout the season, only if player is on the official roster.

ROSTERS: Maximum roster size 16. Each team roster will be frozen after the 3rd game.

UNROSTERED PLAYERS: All team coaches are responsible for ensuring that all players are listed on the official roster and giving the updated roster to the Hudson Valley Sportsdome's management. All rosters are frozen after the third game. If a coach suspects that an unrostered player is on the field during a game he must bring his allegation to the attention of the referee immediately. If the allegation is made during the first half, the game will continue until the end of the half; if the allegation is made during the second half, the game will continue until the end of the game. At that time the referee will make a determination.

If an unrostered player is discovered his team forfeits the game.

Use of long sticks: Players may use defensive longs if they so desire.

Offsides: Each team must keep two men of 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 coming off is off the playing field.

Stick Checking: May be a slash whether there's contact or not. An uncontrolled stick does not have to make contact.

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 the game and after every goal. During a face off you must have 3 players on your defensive half within the painted soccer penalty box, 2 players on your offensive half within the painted soccer penalty box, 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 the painted soccer boxes. 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.

Equipment: All field **players** must have the following equipment: Lacrosse helmet (no hockey helmet), Shoulder pads, Arm pads, gloves and Mouth Guard. All **Goalies** must have the following equipment: Lacrosse helmet(no hockey goalie helmet), Lacrosse Goalie Throat guard (no baseball catchers), Chest Pad, Gloves, and mouth guard

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

Penalties : Penalty time is kept by the offending team's coach. If no coach is available the official on the field will keep the time.

Men's 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.

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 *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.

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

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

Screening: 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.

Standings: Standings and scores will be posted each week on the Hudson Valley Sportsdome website. Standings are based on Total Points: wins, losses, & ties. Tiebreaker: Head to Head, points against, points for, point differential, then a coin flip. A forfeit will be scored as 1-0.

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.