

GLOBAL SPORTS CENTERS

INDOOR LACROSSE LEAGUE RULES

Youth League rules are subject to change at the discretion of the League Director at any time during the course of the season.

TIME: 22 minute halves. 1 minute Halftime. Running time, no timeouts.

FORMAT: 8 vs 8 (7 + Goalie) 1 G / 2 D / 3 M / 2 A, (2 long poles are permitted)

EQUIPMENT: Full equipment. Each game players will be checked for proper equipment by the official.

NO BODY CHECKING PERMITTED

FIELD OF PLAY: If the ball goes through the netting or leaves the field of play, outdoor rules will apply.

NO OVERTIME: In the event of a tie score at the end of regulation time, the game will end in a tie.

FACE-OFFS: Will occur the start of the game and at the half. After goals, goalie clears the ball in the opposite direction.

OFFSIDES: 2 players must stay behind the midfield line when your team has possession and is attacking.

CREASE VIOLATIONS: If enter the opposing team's crease to shoot or cut through, possession is lost.

10 SECOND VIOLATION: Team has 10 seconds to advance the ball past midfield or possession is lost. The goalie will have 4 seconds to clear the ball from the crease.

1 PASS MINIMUM: 1 pass will need to be made before an offense can shoot. The immediate pass from the goalie will not count. A pass will be considered complete when one player throws the ball and another player on the same team gains possession of the ball, regardless of whether it is on the ground. As long as the other team did not gain possession, the pass attempt is still valid.

STICK CHECKING: If 2 players are going after a "loose" ball they must play the ball and not check the other player until he has possession.

PENALTY: Penalty time will be 30 seconds for a technical foul and 1 minute for a personal foul. If the opposing team scores while a player is in the penalty box, he is released.

Personal Fouls Include:

- **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 stick, hands, arms, feet or legs.
- **Cross Checking:** Occurs when a player uses the handle of his stick 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.
- **Illegal Stick:** Occurs when a player uses a stick that does not conform to required specifications. A stick may be found illegal if the pocket is too deep or if any other part of the stick was altered to gain an advantage.

ELIGIBILITY:

- NO PLAYER MAY BE REGISTERED WITH MORE THAN ONE TEAM OR SWITCH FROM ONE TEAM TO ANOTHER DURING THE LEAGUE.

PLAYER RULES:

- NO CLEATS
- ABSOLUTELY NO FOOD OR DRINK IN FIELD AREA
- NO JEWELRY
- NO GUM IS PERMITTED IN THE FACILITY
- NO SPITTING
- **SHOW GOOD SPORTSMANSHIP AT ALL TIMES**

TEAM RULES:

- ALL TEAMS MUST HAVE APPROPRIATE UNIFORMS
- NO REMATCHES ALLOWED
- NO ADDITIONAL PLAYERS ALLOWED AFTER SUBMITTING ROSTER
- NO FOUL LANGUAGE, OR VULGAR CHANTING FROM TEAM
- REFEREE FEES MUST BE PAID PRIOR TO GAME IN ORDER TO AVOID FORFEITURE
- \$50 PENALTY FEE WILL BE INCURRED IF A TEAM FORFEITS A GAME

SPECTATOR RULES:

- NO OUTSIDE FOOD OR DRINK IS ALLOWED IN THE FACILITY
- NO FOUL LANGUAGE, OR VULGAR CHANTING FROM FANS
- NO SMOKING OR ALCOHOLIC BEVERAGES ON PREMISES
- CONTINUOUS VERBAL ABUSE TO REFEREE OR LEAGUE OFFICIAL WILL RESULT IN A 2 MINUTE PENALTY IN FAVOR OF OPPOSING TEAM
- SPECTATORS ARE RESPONSIBLE FOR CHILDREN AT ALL TIMES

STANDINGS:

a. Point system for ranking teams

- 3 points for a win
- 1 point for a tie
- 0 points for a loss

b. Tie-breaker procedures (for playoff seeding and/or final standings)

- Head-to-head record
- Wins
- Score Difference
- Scores For
- Scores Against

SCHEDULING:

- Games cannot be rescheduled or changed once the league schedule has been posted on the Global Sports Centers website.

ONLINE TEAM ROSTER:

- A completed online team roster is due prior to the first scheduled game.
- Rosters are not considered complete if players do not fill out an online waiver form.
- Coaches may not add or substitute players once the roster has been submitted.
- Players cannot play for another team in the same league.
- Player identification needs to be available prior to each game or participant(s) may not play.

FORFEITED GAMES:

The coach of the forfeited team agrees to pay a \$50.00 penalty fee when his/her team forfeits a game. Failure to submit the \$50.00 penalty fee prior to the next scheduled game will result in the team's dismissal from the league. Additionally, the forfeited team will be penalized three (3) points from the league standings on top of the forfeited game.

- Teams who are 5 minutes late to their scheduled game will automatically forfeit their match.
- Teams who have less than the minimum number of players required at the start of match will forfeit their game.
- Teams that do not pay the referee fee prior to the game will forfeit the match.
- No rematches or make-ups will be awarded.
- If game is forfeited, the opposing team may utilize the time slot for team training or scrimmage.
- **No refunds of any kind are given once the team has registered in the league.**

SPORTSMANSHIP:

Players, coaches and spectators are expected to act in the nature of good sportsmanship at all times. There will be no abuse (verbal or otherwise) of referees or league officials tolerated. Any indication of such behavior by a coach or parent will result in immediate removal from Global Sports Centers. **We are all here to play soccer and have fun!**

REFEREES:

The referees will have sole jurisdiction over the conduct of the game. It is the responsibility of the winning team or in case of a tie, the home team, to report the score to the League Coordinator located at the front desk. If a referee terminates a game for any reason, the score at the time of the termination will stand.

PROTESTS:

NO PROTESTS will be considered or allowed. If the League Rules appear to be violated, the matter may be brought to the attention of the League Director for the final resolution. All decisions made by the League Director will be final.

INCLEMENT WEATHER:

Unfortunately we are unable to reschedule games due to inclement weather conditions. If a team feels it is unsafe to attend a scheduled game due to inclement weather the coach must call Global Sports Centers a minimum of three hours prior to game time. If a team forfeits a scheduled game we will notify the opposing team as early as possible. The opposing team has the option of using the facility for training during their scheduled game time. No fine will be levied to a team who does not attend a game due to inclement weather.

Any questions regarding the rules of the league should be directed to a Global Sports Centers Official.