



Indoor Lacrosse Rules and Regulations

1. **EQUIPMENT.** For your own protection, you must wear all the equipment listed below, & if you don't you will not be permitted to play. No exceptions. Helmet with four point chin strap, Mouth Guard, Shoulder Pads, Elbow Pads, Gloves, Protective Cup ~ Rib pads are advised, but not required.
2. **STICKS.** All Sticks are 40-42" inches long. There are no "long stick" defense sticks in indoor lacrosse. Everyone uses 40-42" sticks except goalies, which may use the same goalie stick they use in field lacrosse.
3. **SHOES.** Please note that the Bladium indoor rink, the facility where all games will be played, is Nike Turf. We recommend that you wear high top basketball shoes. Cleats are ok. Bring both.
4. **GOALIE EQUIPMENT.** All goalies will wear BOXLA Chest Protection Systems, Extra Leg Protection & Goalie Hockey Pants, (Which will be provided for them.) Please bring Throat Guard and all other personal goalie gear. All Goalies will play in the down position.
5. Each team has five fielders plus one goalie on the field at a time.
6. **CHECKING.** Full stick checking is allowed with the same penalty rules as field lacrosse for illegal checks. A Player may NOT body check another player. There is absolutely NO contact within three feet of the walls with or without the stick. (I.e. NO BOARDING) If a goalie has one foot in the crease and one out, an opposing player may not check the goalie's stick. The goalie may not be body checked or stick checked if both feet are in the crease.
7. **BOARDING.** A major penalty shall be assessed to a player/goalkeeper who body-checks, crosschecks, trips, pushes or otherwise causes an opponent be thrown violently into the boards.
NOTE: Rolling of an opponent's ball carrier along the boards where he is trying to go through too small an opening is not boarding.
NOTE: If a player is assessed a major or match penalty under this rule, time must be served by any player (other than the designated goalkeepers). If a goalkeeper is assessed a major or match penalty under this rule, time must be served by a player who was on the floor at the time of the infraction.
(b) If the check was an attempt to injure the player/goalkeeper, a match penalty shall be assessed.
8. **CHECKING FROM BEHIND.** A minor, or a major penalty plus a game misconduct or a match penalty shall be assessed to a player/goalkeeper who body-checks or illegally crosschecks an opponent from behind. **NOTE:** If a player is assessed a major or match penalty under this rule, time must be served by any player (other than the designated goalkeepers). If a goalkeeper is assessed a minor, major or match penalty under this rule, a player who was on the floor at the time of the infraction must serve time.
NOTE: If the attacking player/goalkeeper deliberately turns his back while the defensive player/goalkeeper is in the process of checking him, the penalty shall not apply.
9. **CROSS-CHECKING.** A minor or major penalty shall be assessed to a player/goalkeeper who illegally crosschecks an opponent, whether or not the opponent is in possession of the ball. A player who was on the floor at the time of the infraction will serve a goalkeeper penalty.
NOTE: A LEGAL CROSS-CHECK SHALL BE DEFINED AS A CHECK APPLIED WITH THE PORTION OF THE STICK HELD BETWEEN THE HANDS, ON AN OPPONENT, FROM THE FRONT OR SIDE, BELOW THE SHOULDERS, ABOVE THE WAIST, THE EXTENTION OF THE ARMS WHILE CHECK IS BEING DELIVERED IS PERMISSIBLE.
NOTE: AN ILLEGAL CROSS-CHECK SHALL BE DEFINED AS, APPLIED BELOW THE WAIST, APPLIED ON TOP OF THE SHOLDER, APPLIED WHEN AN OPPONENT IS NOT ON HIS/HER FEET
10. **INTERFERENCE**
NOTE: Throughout this rule, the Referees shall keep in mind that any check that is covered by other rules (e.g. cross-checking, tripping, charging, checking from behind, etc.) shall be penalized under the appropriate rule.
(a) When players/goalkeeper are pursuing a loose ball, checking the opponent's stick and body contact are allowed. If the contact is a direct attempt to drive the opponent off the ball while making no attempt to play the ball, possession shall be awarded to the non-offending team for minor interference.
(b) A defending player/goalkeeper may interfere with the progress of an attacking non-ball carrier using his/her body or a push checking motion with his/her stick provided the non-ball carrier is inside the dotted line.

(c) A minor penalty shall be assessed to a player/goalkeeper who deliberately prevents a player/goalkeeper who has dropped his/her stick from regaining possession of it. A player who was on the floor at the time of the infraction shall serve a goalkeeper penalty.

(d) If a player/goalkeeper who is checking a player/goalkeeper is interfered with by means of a moving screen, possession shall be awarded to the non-offending team. The only permissible moving screen is when both opponents are moving in exactly the same path and same direction and the player/goalkeeper in front slows up or stops. In all other situations, the player/goalkeeper setting the screen shall be stationary in a normal standing position when contact is made and may not push off.

(e) In all screening situations contact is expected. If the contact is excessive, it shall be penalized under the appropriate rule.

(f) A minor penalty shall be assessed if any player/goalkeeper or non-playing personnel, on the players' bench or penalty bench, interferes with the movement of the ball or an opposing player/goalkeeper while play is in progress. If the designated goalkeeper had been removed from the playing floor, and a player/goalkeeper of the side attacking the unattended goal or the ball is interfered with by any opposing player/goalkeeper or non-playing personnel on the players' bench or the penalty bench, a goal shall be awarded to the non-offending team. A player who was on the floor at the time of the infraction shall serve a goalkeeper penalty.

11. SLASHING

(a) A minor, major or match penalty at the discretion of the Referee shall be assessed to any player/goalkeeper who slashes an opponent with the stick. If a player is assessed a major or match penalty under this rule, time must be served by any player (other than the designated goalkeepers). If a goalkeeper is assessed a major or match penalty under this rule, time must be served by a player who was on the floor at the time of the infraction.

NOTE: Any player/goalkeeper who swings the stick at an opponent (whether in or out of range) shall be penalized for slashing.

NOTE: A player/goalkeeper may not strike an opponent with that portion of the stick not held between the hands. Stick-to-stick contact is allowed but hands (gloves) are considered part of the body and may not be touched.

In addition to any penalties assessed, any player/goalkeeper who swings the stick at another player/goalkeeper during an altercation shall be reported to the appropriate governing body.

A minor or major penalty shall be assessed to a player/goalkeeper who while in the process of shooting or passing, follows through with the stick and slashes an opponent. Should a goal be scored on the shot, the goal shall be awarded and the penalty assessed. If a player is assessed a major or match penalty under this rule, time must be served by any player (other than the designated goalkeepers). If a goalkeeper is assessed a major or match penalty under this rule, time must be served by a player who was on the floor at the time of the infraction.

NOTE: Unintentionally striking an opponent who is moving into the range of the follow through of a shot or pass should not be penalized.

12. SPEARING

(a) A major or match penalty at the discretion of the Referee shall be assessed to a player/goalkeeper who spears or attempts to spear an opponent. If a player is assessed a major or match penalty under this rule, time must be served by any player (other than the designated goalkeepers). If a goalkeeper is assessed a major or match penalty under this rule, time must be served by a player who was on the floor at the time of the infraction.

NOTE: Spearing shall be defined as stabbing an opponent with the mouth of the stick. Spearing may also be treated as attempt to injure (Rule 30).

NOTE: Attempt to spear shall include all cases where a spearing gesture is made, regardless of whether body contact is made or not.

NOTE: In Minor Lacrosse, an attempt to spear an opponent, who does not make solid contact, shall be penalized by a major penalty and a game misconduct.

13. Off-sides. There are no offsides in indoor lacrosse.

14. Face offs/clears after goals. All players (except the two men facing off) may not cross the restraining lines until after the referee has declared possession. There are four face offs per game, one at the start of each quarter. Following a goal, the goalie simply clears the ball. There is no face off following a goal. Different than in field lacrosse; There is only one referee's whistle following the goal. This whistle signifies that a goal has been scored and that the ball may now immediately be put back in play. Thus you must be alert after a goal is scored that play may immediately resume.

15. Rosters. All team rosters are final once the tournament begins. Absolutely no walk-ons or substitutes permitted unless approved by Mario. The only player who may be substituted for are goalies who are injured or unavailable.

16. Fighting and Conduct. There is no fighting. Any player or team who fights will be expelled from the CLC Program. No refund will be awarded. All players are to be on their best behavior. There will be no swearing or taunting of other players permitted. Players that demonstrate misconduct will be suspended from play and may be asked not to return with out refund.

17. Time keeping and stalling. The tournament games will be played with four 15-minute "running time" quarters, with a 5-minute half time. There will be one time out per team per game. The game will be played with out interruption. There will be stalling rules in effect for the entire game: (1) once a team has possession of the ball, they have 10 seconds to

clear the ball to the offensive half of the field; (2) The offensive team must shoot the ball within 45 seconds of initial possession; (for purposes of this "45 second" rule a shot must hit the goal or the goalie, otherwise it will not be considered a shot) and (3) Once the ball is on the offensive half of the field, it must not travel back to the defensive half except for a deflected shot, for purpose of this "back court" rule, a shot on goal does not have to hit the goal or the goalie; it must be judged to be a shot by the ref. If a team violates rules 1 or 2, the opponent will be awarded the ball at the midfield line. If a team violates rule 3, the ref will handle the situation as a "play on" until it is clear that the team entitled to take possession is not moving to the ball at which point they will be awarded the ball at mid field.

18. Except those modifications of the field rules above, all other rules of field lacrosse are in effect.



DO's AND DON'Ts

Required & Mandatory

Don't:

- ...Have your shorts sagging down so your boxer underwear is showing
- ...Have your chin strap unbuckled on one side
- ...Wear your socks pulled up to your knees
- ...Shake the other teams hand with your gloves on
- ...Knuckle to knuckle for end of game hand shakes
- ...Use foul language, tobacco, drugs or alcohol
- ...Step on the field without a jock strap and protective cup
- ...Have a bad attitude
- ...Have a football eye shield on your lacrosse helmet
- ...Wear any competitor's lacrosse hats or apparel (other lacrosse Manufacturer's, Stores, Camps, Clinics & Tournaments, etc.)
- ...Wear your hat or visor sideways or off centered on your head
- ...Wear wristbands on any part of your legs
- ...Give any "dead-fish" handshakes or have any sword fights with your sticks
- ...Bring any expensive laptops, cameras, video games etc.

Do:

- ...Remember to say "Please" and "Thank You"
- ...Have a lot of fun with a great group of people
- ...Introduce yourself to someone you don't know: Look them in the eye, shake their hand firmly, and make new friends
- ...Play lacrosse with your Head, Heart and Hustle
- ...Wear all your protective equipment and team issued uniform (Jersey & Shorts)
- ...Represent yourself, parents, coaches, teammates and Program with Pride
- ...Win the Ground Ball war and play 100% all out
- ...Do the right thing and be a great ambassador for lacrosse
- ..."Pr-ACT-ice" like a Champion
- ...Bring a water bottle with a squirt top to keep yourself hydrated
- ...Remember to thank your parents for supporting you

I have read and understand the rules of the CLC Select program. If I violate any of these rules, I understand that athletes from my program will NOT be invited to participate in future events.