



# House Lacrosse Rules – Boys

Revised November 2009

Unity Health System Total Sports Experience thanks the coaches, families, players, referees, and spectators for dedicating their actions and positive attitudes to provide the best quality sports program for today's youth.

Our league philosophy is to provide teams an opportunity to develop and improve individual skills, fitness, and improve overall as a unit. It is in the best interest of everyone to minimize injury potential so teams can enter their outdoor seasons in top form.

The house rules pertain to all teams playing at Unity Health System Total Sports Experience.

All United States Lacrosse League Rules apply except for the exceptions listed here

## 1. Coach/Captain Responsibilities:

- a. Coach/Captain must submit a complete roster/facility waiver form and a signed Code of Conduct prior to the first game of the scheduled season.
- b. Coach/Captain is responsible for full team payment prior to **Week 2** of the league schedule. Teams not paid in full by this date may be removed from the league.

## 2. Roster:

- a. A copy of the Roster/Waiver Form must be on file by the first game. Additions can be made up to and including, the third game of the scheduled season. Rosters are finalized at the completion of the 3<sup>rd</sup> game.
- b. All players (parent if player is under 18) must sign the Roster/Waiver form **before** they participate.
- c. **Adult Leagues Only: All players must be over 18 to participate.**
- d. Players are only permitted to play for one team in any given league.
- e. Teams who use ineligible players (see above roster guidelines) will forfeit games (where an ineligible player was used) in the league standings.

## 3. Cancellations and Rescheduling Requests:

Indoor activities are extremely busy at Total Sports Experience. Therefore, the rescheduling of games will only be considered in extremely exceptional circumstances. To be fair to all teams, it is our intention to stick to the league schedule throughout the season. Unavailability of certain players within teams will not be an acceptable reason to reschedule games.

## 4. Equipment:

- a. All players must have the following equipment:
  - i. Lacrosse helmet
  - ii. Gloves
  - iii. Shoulder pads
  - iv. Arm guards
  - v. Mouth guard
- b. Goalies at the Junior Varsity and Varsity level are not required to wear arm guards or shoulder pads.

## 5. Format

**Boarded fields:** Play on boarded fields is 8v8 (7 field players plus a goalkeeper) Long sticks are not permitted on the boarded fields

**Boardless field:** Play on the boardless field is 8v8 (7 field players plus a goalkeeper)

Additional players may be added (i.e. playing 3-3-3 on the boardless field or 8v8 on the boarded fields) if both coaches desire and agree to do so. Referees must be notified of the change.

## 6. Contact

Consistent with league philosophy, no body checking is allowed in any of the divisions. For JV and Varsity divisions one-handed stick checking is allowed. However, deliberate and/or blatant checking is not allowed. Contact that is viewed by the referee(s) to be deliberate and/or blatant will result in a penalty and possible ejection from the game and/or league.

For the 1<sup>st</sup> & 2<sup>nd</sup> grade, 3<sup>rd</sup> & 4<sup>th</sup> grade, and 5<sup>th</sup> & 6<sup>th</sup> grade levels, we have aligned our rules to be similar to the RALL leagues. No body contact may be initiated, with the torso, either offensively or defensively (play the ball). Incidental body contact is to be expected (i.e. ground balls). Only two-handed poke checks, limited to the stick or glove area, are allowed. Slap checks are not allowed.

For the 7<sup>th</sup> & 8<sup>th</sup> grade division, only two-handed stick checking is allowed.

## 7. Playing Time:

- a. League matches consist of two 25-minute halves of running time. There are no time-outs.
- b. There is a **two-minute** rest period between halves.
- c. The referees have been instructed to begin the games according to the posted schedules. Coaches are responsible to watch the clock and have their team ready to start on time. Referees will announce a 30-second warning with a buzzer or whistle.
- d. Time may be stopped at the referee's discretion for situations that are beyond the control of the referee and/or either team.
- e. There is no overtime in the event of a tie.
- f. The clock will start at the scheduled game time, even if teams are short players (5 players minimum). The referee keeps the official time.
- g. The referee will declare a forfeit ten minutes after the scheduled start of play in the event a team fails to field a team of at least four field players and a keeper.

## 8. Substitutions:

- a. During the game, substitutions for field players may be made at any time on an unlimited basis (goalkeepers must notify the referee), provided the player being substituted for is within three yards of his or her own bench area. Substitutions must be made at mid-field.
- b. Goalkeeper substitutions may occur on play stoppages only. Referees must be notified when a goalkeeper change is made.

## 9. Start of Play:

- a. Face-offs will take place at the start of the game and the start of the second half. After a scored goal, the goalie will inbound the ball on the referees whistle. For 7<sup>th</sup> & 8<sup>th</sup> grade and up, face-offs can be used after a scored goal, provided both teams are in agreement to do so and the referee has been notified. . For grade levels 5<sup>th</sup> & 6<sup>th</sup> and below face-offs are not an option.
- b. For grades 1-8, if a team is down by five goals or more, after the winning team scores a goal, the losing team will be given a free clear at mid-field. For grades 9-12, this option can be used, if both teams agree to it.
- c. Teams without goalkeepers will forfeit the game. The game can be played, but the team without the goalkeeper will forfeit the game in the standings

## 10. Rules of the Match:

- a. Benches: The home team is listed first on the schedule.
- b. Penalties
  - i. Technical foul – 1 minute
  - ii. Personal foul – 2 minutes
  - iii. Varsity and JV games will use the 20 second clear and 10 count, no stalling in final 2 minutes
- c. No time penalties will be charged for the 1<sup>st</sup> & 2<sup>nd</sup> or 3<sup>rd</sup> & 4<sup>th</sup> grade levels. Possession will change and the coaches should sub the player out.

## 11. Participant Misconduct and Discipline

Total Sports Experience has a Zero Tolerance Policy towards fighting, taunting, trash-talking and general unsportsmanlike behavior. The referee has the responsibility and the right to eject players, terminate games and use any other measures they deem necessary to maintain a safe environment.

Any player who is ejected will incur a minimum one-week/one-game suspension from all league play at TSE. For Adult Leagues, the individual may also be assessed a \$50 dollar fine. The individual may not participate in any game until the fine has been paid and the suspension served. A second ejection may result in the individuals' suspension from playing for the remainder of the season.

Any player who uses a striking motion (punch, slap or swinging of the arm) will be banned from the facility for a minimum of four months!

Any player who is ejected for fighting or other violent actions may also be banned from the facility.

Any player who leaves the bench during an altercation, for any reason, may also be ejected.

Any player, who is ejected from the game, may be asked to leave the facility depending on the referee and management's discretion.

The review of an incident and the resulting disciplinary actions are at the sole discretion of TSE management.

## 12. Coaches and Bench Personnel

Coaches and bench personnel are expected to demonstrate good sportsmanship in all their dealings with players, parents, officials, other coaches and management. Comments about officials should be addressed in writing to the Total Sports Experience staff. No spectators are allowed in the bench area. **Coaches and bench personnel may be penalized for actions inconsistent with those actions.** Time penalties will not be enforced against bench personnel or coaches. Cautions and ejections given to bench personnel will be charged to the coach. In the case of two cautions, the coach will be ejected from the game.

## 13. Standings

- a. Point system for ranking teams
  - i. 3 points for a win
  - ii. 1 point for a tie
  - iii. 0 points for a loss
  - iv. No scores will be kept at the 1<sup>st</sup> & 2<sup>nd</sup> grade level
- b. Tie-breaker procedures (for playoff seeding)
  - i. Head-to-head record
  - ii. Goal differential for season (max of +/- 4 goals per game)
  - iii. Most points scored
  - iv. Least points conceded
- c. Tie-breaker procedures (for playoff & tournament games only)
  - i. 5 minute Sudden Victory periods until a winner is determined

## 14. Management Authority:

Unsportsmanlike and inappropriate language or conduct directed at the referees, coaches, players, fans or employees of Total Sports Experience is not acceptable. Repeated violations will result in removal of a participant or a team for an entire season. Total Sports Experience is promoting an attitude and atmosphere of fair play, respect for others and first class behavior. We hold ourselves as well as our guests, to those standards.

*Unity Health System Total Sports Experience reserves the right to add, modify or change the rules of play at any time to ensure fair play and the safety of all teams and players.*

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