

GIRL'S HIGH SCHOOL INDOOR LACROSSE LEAGUE Rules

1. Games are two (2) twenty (20) minute halves and will begin promptly. There is no overtime.
2. First half will begin with visitor team in possession. Second half possession will go to the home team. After each goal there will be a goalie clear.
3. Four (4) field players and a goalie are allowed on the court at a time. If a team does not have a goalie, the cage will not be turned around and they may still only have four (4) players. There must be at least three (3) players present for the team that is scheduled to play or that team will forfeit the game. The game will still be played.
4. Subbing is on the fly. The player must be off the court before the sub is allowed to enter.
5. Four (4) passes must be attempted before a shot on goal. If a shot is taken before the three (3) passes are attempted, it will be a free position for the gk.
6. If a player receives a yellow card, they will sit out three (3) minutes and no sub will be allowed. The red card player will also sit out the next game.
7. If a coach receives a red card for misconduct, it will be reported to the manager and that coach will also sit out the next game.
8. No unsportsmanlike conduct will be tolerated towards officials, coaches or players.
9. All players must sign a waiver to participate.
10. Goggles and mouth guards are MANDATORY AT ALL TIMES! No jewelry is permitted.
11. Goalies must wear a legal helmet, throat protector, chest protector, abdominal and pelvic protector, shin guards, padded gloves and mouth guard.
12. There must be a coach for each team and the coach must be at least 21 years old.
13. Please remind spectators that seating is limited. Also, they should not be entering or exiting the gym while play is going on.
14. The purpose of the league is to learn, grow, and have fun. We appreciate your support in helping the game of lacrosse grow!