



## BOYS INDOOR RULES (updated 09/22/11)

### **Roster Size**

The maximum roster size for each team is (14) players for 5/6 & 7/8 grade and (15) players for high school with no more than ten players of the higher grade (high school excluded). There will be no roster modifications/lending of players without prior approval from the league commissioner and both coaches. All players must be current IIL registrants.

**Uniforms:** **Jerseys will be provided and must be worn for ALL IIL games.** Within two weeks of the conclusion of each session, each Head Coach will wash and return the team's jerseys to the appropriate IIL Commissioner. The Head Coach of a team will be charged \$25 to replace each missing jersey. Players must wear IIL jerseys to participate in IIL game.

Rubber cleats such as soccer shoes, turf shoes or tennis shoes are acceptable. No metal cleats of any kind.

### **Rules:**

Standard field rules apply with the exception of the following below:

### **Player Positions**

Seven players, including the goalkeeper, are allowed on the field at any one time.

2 Attack

2 Middies

2 SHORT Pole Defense (*occasionally, there will be "long pole" nights and announcements will be made via email.*)

1 Goalie

### **Bench Area**

The only items allowed in the bench area are the players, their sticks and water bottle. All other equipment bags, coats, etc. will be left outside of the bench area. Teams to keep their possessions in one common 'area' and away from other teams possessions so as to facilitate a quick & easy change of teams. Only players and two adult coaches (max) allowed in bench area. Helmets to be worn in bench area at all times during play.

### **Scoring**

**One ADULT representative from each team must be a score keeper. One adult can run the scoreboard, while the other adult keeps the score sheet. Both individuals will work cooperatively to ensure correct information is logged on the score sheet and on the scoreboard. COACHES: Please have your team representative at the scorers table five minutes prior to each game. There will be instructions on how to run the scoreboard and how to log the score sheet inside the 'ball box' at the scorer's table.**

### Timeliness

Teams must be ready to play within one minute of the referee's whistle/horn to start the game and ALSO the 2<sup>nd</sup> half. A game may be played with no less than six players on a team. A forfeit will result if a team is not able to start a game within this timeframe with a minimum of six players. A personal foul will be assessed if a team is not ready to start the 2<sup>nd</sup> half within one minute after halftime is over. At halftime, it is suggested that any change of goalie equipment to another player be done immediately. Each team has two minutes to exit the field area after quickly shaking hands at the end of a game.

**NOTE: EVEN IF A TEAM'S GOALIE IS STILL ON THE BENCH PUTTING ON HIS GEAR, THE FACEOFF TAKES PLACE ON TIME WITH AN OPEN NET. IT IS SUGGESTED THAT ONE PLAYER PLAY GOALIE PER TEAM, PER GAME.**

### Substitutions

Substitutions are on the fly through the bench area and may be done at anytime during play. As games are 46 minutes in length (see game duration), THERE ARE NO DEAD BALL SUBSTITUTIONS ALLOWED. When exiting the field, the exiting player must be within two feet of the bench door before the change can be made. **A penalty for too many players may be assessed if the exiting player is more than two feet from the bench door.** To assist the officials and to allow for a smooth player transition, the new player first enters the field and the exiting player immediately enters the bench, in that order. Until the substitution is complete (meaning both exiting player is completely off the field), deliberately playing the ball by either exiting or new player will result in a personal foul. Inadvertent ball contact is not a foul.

### Equipment

All players must be fully equipped-helmet, arm/shoulder pads, gloves, protective cup and mouth guard. Rib protection is optional. Goalies - Helmet with 'curved' throat guard (old style 'flat' throat guards are not allowed), chest protector, gloves, protective cup and mouth guard. If a team is without goalie equipment, they may use **IIL supplied goalie equipment that will be stored in each penalty box area next to each bench including:**

Chest Protectors - (1) Large, (1) Small

Shin Guards - (1) Large, (1) Small

Adjustable Goalie Helmets with Throat Guards — Sizes: (1) Youth & (1) Adult

Compression shorts with cup to be worn **OVER** the player's underwear for sanitary reasons.

Goalie Stick - (1)

**Note: Each team MUST RETURN IIL SUPPLIED GOALIE EQUIPMENT TO THE PENALTY BOX AREA IMMEDIATELY FOLLOWING HIS GAME. NO EXCEPTIONS! MISSING ITEMS WILL BE CHARGED TO THE COACH OF THE PLAYER USING THE EQUIPMENT.**

### League and Tournament Standings

Regular Season Standings will be determined as follows:

Point System (win = 3, tie = 1, loss = 0, forfeit = -3)

No overtime.

**TOURNAMENT:** Seeded based on league play results, head to head, single elimination. Seeding tie-breakers will be settled first by head-to-head result, then by result versus a commonly played team with highest seed in the pool, then if still tied, by a coin flip. **If a tournament game is tied at end of regulation, there will be a Braveheart. Each team selects one player from their team and their goalie. There is a face-off and the first team to score, wins (Sudden Victory). There are no off-sides during a braveheart as the goalies may run the entire field. Penalties may be called during a Braveheart.**

### Game Duration

League Play - The duration of each game will be 46 minutes, running time. Two 23 minute halves with a two minute halftime. Teams will switch ends at the end of the half.

Tournament Play - The championship game will be 22 minutes, running time.

**Timeouts-*****League Play*** –

- One 30 second timeout per team per GAME will be allowed with RUNNING clock.
- A team leading in the last four minutes of a game may not call a timeout.
- **In a man-down situation, the man-down team may never call a timeout.**

***Tournament Play*** - One 30 second timeout per team at any time during the game and the clock WILL STOP.

**Face-Offs**

There will be a Face-Off at the beginning of each half. During a Face-Off, two Midfielders must stand on opposite sides of the field on the midfield line with one part of their body (i.e. hand, heel, etc.) touching the board prior to the whistle. The two attack, two defensemen and goalies must stand behind the restraining lines until possession is declared by the referee. After each goal, no additional face-off will be taken. Play will resume via a goalie clear on the referee's whistle AFTER the opposing attackmen are located above the nearest restraining line.

**Possession**

Possession is defined as one team having clear control of the ball anywhere on the field.

**Minimum Pass Rule- . Minimum pass rule does not apply in ILL High School Divisions**

1. A completed pass is defined as a controlled pass of at least five yards which is caught in the crosse of a teammate. The passing player must clearly be in control of his crosse and intending to make a pass. Note that bounce passes do not count as a completed pass.
2. When the score differential is three goals or less each team must complete one pass in their ATTACKING half before they may shoot. A completed pass originating from the defensive half counts as a completed pass if caught in the offensive half.
3. When the score differential is four or greater the leading team must complete three passes prior to shooting, and the team that is down by four or more goals does not need to complete any passes.
4. No pass is necessary during a flag down situation.
5. No pass is necessary during a fast break or time serving penalty situation.
6. When more than one pass is necessary, passes do not need to be consecutive.
7. A team does not lose credit for acquired passes until the opposing team gains possession. (See possession for clarification).
8. The referee will signal that a team is eligible to shoot by pointing in the direction of the attacking team. He may verbalize if there seems to be confusion.
9. The referee will signal that a team has lost their acquired passes through change of possession by raising and twirling his arm (baseball home run signal).

**Dead Ball Behind Goal (in vinyl or netting back drop)**

If the ball should become lodged, stuck or go underneath the screen behind the goal, it will be treated as an out-of-bounds. For a SHOT, the team whose player is closest to the ball when it becomes 'dead' is awarded possession at 'X' behind that goal. If the same situation occurs on a PASS, then the ball is awarded to the other team at the same location. A five yard cushion from a defensive player will be honored at the whistle. **The screen is considered a board (see penalties below).**

**Mesh Screen Above Boards:**

If a shot or pass should hit the mesh screen (netting) and land in the field of play, then this is a 'play-on' situation. If the ball should go through the netting, then the team who last touched the ball loses possession. The referee will award possession to the other team at the spot closest to where the ball went through the netting. A five yard cushion from a defensive player will be honored at the whistle. Team who purposely throws ball over/through netting out of desperation or to delay the game will be assessed a personal foul.

## Fouls, Penalties & Scoring

The Crease rule applies.

One parent from the home team shall control scoreboard, record personal fouls on the score sheet and throw replacement balls to the official as required. If a player receives 4 personal fouls, the scorekeeper shall notify the official and both coaches that the player has fouled out and is disqualified from the game. Extra balls to be stored next to the scoreboard control unit.

A modified offside rule applies (two attack, two defenders and the defending goalie (or his deputy) must stay behind the midline)

**Body checking:** Indy Indoor Lacrosse provides a highly competitive off-season league with Fall and Winter Sessions. Safety comes first.

Loose Ball: When two opposing players are going after a ground ball, they should do so by implementing 'man-ball' strategy, proper body positioning and correct footwork to PLAY THE BALL and not the opposing player. If in the opinion of the official, a player initially body checks an opponent to gain an advantage, then the checking player will be penalized. At the official's discretion, penalty time will be a minimum of one minute and possibly more. There will naturally be 'equal pressure' situations where two opposing players are bumping into each other to gain possession of a loose ball. This will not be called unless a different foul is committed during this sequence (i.e. loose ball push, slash, cross check, trip, etc.)."

Ball in possession: If a player has possession of the ball and in the opinion of the official a defender initiates body contact in an effort to dislodge the ball, then the defender will be penalized. At the official's discretion, penalty time will be a minimum of one minute and possibly more.

**THERE WILL BE NO BODY CHECKING INTO THE BOARDS, EVER. IF THIS OCCURRS, PLAY WILL BE IMMEDIATELY STOPPED AND THE OFFENDING PLAYER WILL BE EJECTED FOR FLAGARANT MISCONDUCT. THE OFFENDING PLAYER MUST LEAVE THE BENCH AREA IMMEDIATELY. IN GRADES 3-12, A THREE MINUTE NON-RELEASABLE PENALTY WILL BE CALLED ON THE OFFENDING TEAM WITH PENALTY SERVED IN THE PENALTY BOX BY A SUBSTITUTE PLAYER. POSSESSION GIVEN TO THE OTHER TEAM BETWEEN THE MIDFIELD AND RESTRAINING LINES. IF IN THE OPINION OF THE REFEREE THE HIT (BOARDING) WAS DEEMED MALICIOUS, THE PLAYER EXECUTING THE HIT WILL ALSO BE SUSPENDED FOR THE NEXT GAME. REPEATED OFFENSES MAY RESULT IN EXPULSION FROM THE LEAGUE**

**Mouthguard Penalty**—Personal foul if a mouthguard is not being used by any player on the field.

**Technical Fouls** will result in a loss of possession.

**Personal Fouls:** ANY FOUL WHERE A PENALTY FLAG IS THROWN SHALL BE DEEMED A PERSONAL FOUL.

## Goalie Penalties

- **A goalie will never serve his own penalty.**
- **In 7/8 & high school, the coach of the offended team will personally select a middle from the offending team that is ON THE FIELD when play was stopped. This player will serve the penalty for the goalie.**

- **A goalie that receives his fourth penalty of the game will be ejected. A new goalie will need to take his place in full goalie equipment. The clock will continue to run during this transition.**

**GRADES 3/4: Will result in a man-up "Fast Break" situation as follows:**

Where both offensive attackmen and both offensive midfielders are located in their offensive half with two defensemen and one defensive middle in the same zone (for a 4 on 3 advantage for the possessing team). **With play stopped, as the official reports the infraction to the scorers table, one defensive middle serving the penalty IMMEDIATELY HANDS HIS STICK TO HIS COACH in his team's bench area and then runs into place anywhere BEHIND THE OPPOSITE GOAL LINE EXTENDED (GLE). On the officials whistle, this player runs to retrieve his stick from his coach (only) and then into the offensive zone. Any attempt by the offending team to 'skirt' this consequence will result in play being stopped and TWO defensive middies will start behind GLE to double the consequence.** At the whistle, one offensive midfielder will start play with ball between the midfield and restraining lines. NOTE: Fast break situation negates the minimum pass rule for that possession. Also, a delayed call personal foul negates the minimum pass rule for that possession until team with possession loses possession. Only in the aforementioned 'Flagrant Misconduct' example will a time served penalty be utilized for the 3/4 & 5/6 divisions.

**GRADES 5/6, 7/8 AND HIGH SCHOOL: Will result in a time served penalty as follows:**

As the clock is a running clock, upon personal foul penalty call by official, offending player immediately hustles to penalty box next to his bench area and serves amount of time as directed by official to scorers table. ALL time served penalties are no less than ONE MINUTE in length and may be two or three minutes in length at the discretion of the official. Penalty time starts on official's next whistle. Fulfilling the complete penalty time is based on the honor system of the penalized player and enforced by the scorekeeper. When returning to play, the penalized player opens AND SHUTS penalty box door no sooner than assigned duration of penalty or may be called for illegally entering the field, which is a one minute penalty. If the penalized player receives his 4<sup>th</sup> personal foul, then a teammate must serve the (now) ejected players penalty in the penalty box. No penalty box substitution of a penalized player with three or less personal fouls is allowed. **Unsportsmanlike Conduct shall be no less than a two minute non-releasable personal foul and may result in expulsion from the game at the discretion of the official.**

**Flag Down Situation**--In a 'flag down' situation where team 'A' has possession and is in team 'B's' end and team 'B' commits a penalty, and a goal is scored by team 'A' , then the penalty is waived off and a 'man-up' fast break play (grades 3-6) or time served penalty (grades 7-12) is NOT awarded to team 'A' though the penalty is recorded at the scorers table. Goal counts and play continues with team 'B's' goalie clear.

As with outdoor LAX, if a team has a player serving a penalty (man-down) and the man-down team scores, this player is not released from the penalty box unless his penalty time expires.

**SPECIAL CIRCUMSTANCES:**

- All goals scored against one's own team count. Minimum pass rule is waived
- **A flag down situation as time expires in the second half:**
  - For grades 3-6:
    - **If the offended team is losing by one goal or is tied as time expires, then a non-timed fast break play will take place starting between the midfield and restraining lines. Play may continue until the offended team scores or loses possession at which time the game is over.**
  - For grades 7-12:

- **If the offended team is losing by one goal or is tied as time expires, then the offending player sits in the penalty box and a non-timed man-up play will take place starting between the midfield and restraining lines. Play may continue until the offended team scores or loses possession at which time the game is over.**
- When playing with six players, two players must remain on defense INCLUDING the goalie so as not to play in a man down scenario the entire game. (In other words, 1 field player staying back will not be offside if the team is down to 6 total players.)

#### **Code of Conduct:**

**It is expected that all players, fans, coaches, parents and officials will conduct themselves in a manner that is based on sportsmanship, safety and respect. Any inappropriate behavior or language will not be tolerated and may result in ejection from the facility and possible expulsion from the league. Consumption of tobacco or illegal substances on the premises will not be allowed. Any individual who may appear to be under the influence of alcohol or illegal substances will be asked to leave the premises and/or local authorities may be contacted if warranted.**

#### **General**

- Audience: Please assist the league in returning out of play balls to the scorer's table.
- If a coach would like to hold practices at a remote location, they cannot be mandatory and there can not be any consequence for not attending.
- No protests will be entertained
- No refunds will be issued.
- All decisions by the IIL Commissioners are final.