



2009-2010 INDOOR LACROSSE RULES – BOYS (5th-12th grade)

Updated 1/14/10

1. Games are two 20-minute halves and will begin promptly, even if a team is not ready to play. There is no overtime. 2 minute halftime.
2. If there are 2 officials working a game, then 1 official will be in charge of keeping score and time on BISC's electronic scoreboards. If only 1 official is working a game, then the home team will have to provide a parent or assistant coach to work the clock and score.
3. All rosters are finalized after the 2nd week. Players can not play for more than 1 team in the same division (i.e: A1 and A2 are not the same division).
4. Each half will begin with a faceoff and after each goal there will just be a goalie clear.
5. Six field players and a goalie are allowed on the field at a time. ALL teams must have a goalie.
6. Only 4 players from each team (excluding the goalie) will be allowed in each half of the field. The **white** mid-field line will act as the restraining line.
7. Up to 2 long poles allowed on the field at once for each team.
8. Subbing is on the fly. The player must be off the field before the sub is allowed to enter. The side door must be shut during the game, unless subbing is taking place.
9. YOUTH DIVISION (5th/6th grade): 3 pass rule is in effect, if team is up by more than 5 goals (the 3 passes do not have to be caught consecutively)
10. YOUTH DIVISION (5th/6th grade): On goalie clears, if a team is leading by 5 goals or more, the trailing team has a free clear at midfield. The ref will give the ball to a midfield player (of the trailing team), and restart play at the midfield line.
11. If a player is called for illegal body checking, boarding, or unsportsmanlike conduct, the first time they will receive a 1-3 minute penalty with the discretion of the official. The 2nd time, they are out for the rest of the game and are suspended for the next BISC game. All penalties and consequences therein are based on the discretion of the official.
12. **No one-handed** checks in 3rd-8th grade divisions.
13. **NO unsportsmanlike conduct will be tolerated towards officials, coaches or players. You will be dismissed from the league!**
14. If a player or coach is given a penalty for misconduct, it shall be reported to the manager by the official and that person may not participate in the next scheduled game.
15. Teams forfeiting two games will be removed from the schedule without reimbursement.
16. All players must sign a waiver release form to participate.
17. All equipment is **REQUIRED AT ALL TIMES** for all players (helmet, chest protector, shoulder and elbow pads, gloves, mouth guard). All goalies must wear a legal helmet, throat protector, chest protector, padded gloves and mouth guard. Abdominal and pelvic protection, and shin guards are highly recommended. Cleats (no metal cleats!), turf shoes, or sneakers can be worn on the turf. **No jewelry is permitted.**
18. NO REFUND POLICY.

All equipment must be taken over to team benches and is not permitted in spectator section. BISC is not responsible for any lost or stolen items.

*****All team fees must be paid into BucksMont before the start of the 1st game*****



2009-2010 INDOOR LACROSSE RULES – GIRLS (5th-12th grade)

Updated 1/14/10

1. Games are two 20-minute halves and will begin promptly, even if a team is not ready to play. There is no overtime. 2 minute halftime
2. If there are 2 officials working a game, then 1 official will be in charge of keeping score and time on BISC's electronic scoreboards. If there is only 1 official working a game, then the home team will have to provide a parent or assistant coach to work the clock and score.
3. All rosters are finalized after the 2nd week. Players can not play for more than 1 team in the same division.
4. Each half will begin with a draw and after each goal there will just be a goalie clear.
5. Six (6) field players and a goalie are allowed on the field at a time.
6. Only four players from each team (excluding the goalie) will be allowed in each half of the field. The **white** mid-field line will act as the **restraining line**.
7. Subbing is on the fly. The player must be off the field before the sub is allowed to enter. The side door must be shut during the game, unless subbing is taking place.
8. Two passes must be made (attempted) in the offensive end before a shot on goal. If a shot is taken and two passes have not been made, it will be a free position for the goalie.
9. Modified checking will be played for 5th/6th, 7th/8th with 3 second shadow defense
10. High school division will play by standard checking rules
11. If a player receives a yellow card, she must leave the field for 3 minutes of playing time. A substitute **CANNOT** take her place. That team will play short a player for 3 minutes. If a player receives a red card, she will be ejected from the game and no sub may take her place. The team must play short for the remainder of the game.
12. If a player or coach is given a penalty for misconduct, it shall be reported to the manager by the official and that person may not participate in the next scheduled game.
13. **NO unsportsmanlike conduct will be tolerated towards officials, coaches or players. You will be dismissed from the league!**
14. Teams forfeiting two games will be removed from the schedule without reimbursement.
15. All players must sign a waiver release form to participate.
16. Girls HS Teams will play by crease rules-This section was changed to allow the shooter to follow through with her stick over the goal circle on a shot and to allow the player directly defending the shooter to also have her stick over the goal circle.
17. Mouth guards and goggles are **REQUIRED AT ALL TIMES**. All goalies must wear a legal helmet, throat protector, chest protector, padded gloves and mouth guard. Abdominal and pelvic protection, and shin guards are highly recommended. Cleats (no metal cleats!), turf shoes, or sneakers can be worn on the turf. **No jewelry is permitted.**
18. NO REFUND POLICY.

All equipment must be taken over to team benches and is not permitted in spectator section. BISC is not responsible for any lost or stolen items.

*****All team fees must be paid into BucksMont before the start of the 1st game*****



2009- 2010 INDOOR LACROSSE RULES – MENS

Updated 1/14/10

1. Games are two 20-minute halves (5 minute halftime), running clock and will begin promptly. Teams must be ready to start at the scheduled game time. There is no overtime.
2. If there are 2 officials working a game, then 1 official will be in charge of keeping score and time on BISC's electronic scoreboards. If there is only 1 official working a game, then the home team will have to provide a parent or assistant coach to work the clock and score.
3. Five field players and a goalie are allowed on the field at a time.
4. Substitutions – on the fly. Side door must be shut during games, unless players are subbing.
5. Over and Back – In effect the whole game
6. Once the ball crosses into the offensive zone it cannot cross back over the midfield unless there is a change of possession or on a shot.
7. Teams are permitted 1- 30 second time out per game
8. Each half will start with a face-off – 1 player facing off and 2 on the offensive end and 2 on the defensive end, behind the respected yellow lines.
9. After each goal the goalie will have a free clear.

Players:

- 5 forwards and a goalie
- No long poles
- If a team does not have a goalie, a shooting net will be used.

Penalties: (Starts and Stops on the refs whistle).

- 1 and 3 minute penalties – official's judgment
- NO crease dives!
- NO moving picks from behind – especially with a cross check - 1 or 3 minutes
- You may not body check or push another player into the boards.
 - Minor and Major Boarding will be assessed by the officials.
- Slashing – 1 minute penalty
- Stick checking is legal, but must be under control
- Fisting / Crosse Checking - 1 minute penalty
- Unsportsmanlike Conduct- 3 minute penalty - officials judgment
- Unnecessary Roughness- 1 to 3 minute penalty – officials judgment
- NO Takeouts! 1- 3 minutes – Official's judgment
- Stalling – Change of possession – 3 warnings than a minute penalty is assessed
 - Ball lodged or stuck in the Crosse will result in a change of possession.
- 10 second clearing from the defensive zone – in effect the whole game
- **Fighting will NOT be tolerated and any player involved in a fight will be dismissed from the league with no refund. Any such behavior MUST be reported by the ref to the manager on duty**

All equipment must be taken over to team benches and is not permitted in spectator section. BISC is not responsible for any lost or stolen items.

*****All team fees must be paid into BucksMont before the start of the 1st game*****



2009- 2010 INDOOR LACROSSE RULES – BOYS (3rd/4th Grade)

Updated 1/14/10

1. Games are two 18-minute halves and will begin promptly, even if a team is not ready to play.
2. If there are 2 officials working a game, then 1 official will be in charge of keeping score and time on BISC's electronic scoreboards. If there is only 1 official working a game, then the home team will have to provide a parent or assistant coach to work the clock and score.
3. All rosters are finalized after the 2nd week. Players can not play for more than 1 team in the same division.
4. Each team will be allowed (1) 60 second time-out per half. Time outs will not carry over. There is no overtime. 1 minute halftime.
5. Each half will begin with a faceoff and after each goal there will be a goalie clear (go to rule #11 for more details on goalie clear).
6. Six field players and a goalie are allowed on the field at a time. ALL teams must have a goalie.
7. Only four players from each team (excluding the goalie) will be allowed in each half of the field. The **white** midfield line will act as the restraining line.
8. Up to 2 long poles allowed on the field at once for each team.
9. Subbing is on the fly. The player must be off the field before the sub is allowed to enter. The side door must be shut during the game, unless subbing is taking place.
10. A 3 pass rule will be in effect, if a team is up by 5 or more goals (the 3 passes do not have to be caught consecutively).
11. On goalie clears, if a team is leading by 5 goals or more, the trailing team has a free clear at midfield. The ref will give the ball to a midfield player (of the trailing team), and restart play at the midfield line.
12. If a player is called for illegal body checking, boarding, or unsportsmanlike conduct, the first time they will receive a 1-3 minute penalty with the discretion of the official. The 2nd time, they are out for the rest of the game and are suspended for the next BISC game. All penalties and consequences therein are based on the discretion of the official.
13. **No one- handed checks!**
14. **NO unsportsmanlike conduct will be tolerated towards officials, coaches or players. You will be dismissed from the league!**
15. If a player or coach is given a penalty for misconduct, it shall be reported to the manager by the official and that person may not participate in the next scheduled game.
16. Teams forfeiting two games will be removed from the schedule without reimbursement.
17. All players must sign a waiver release form to participate.
18. All equipment is REQUIRED AT ALL TIMES for all players (helmet, chest protector, shoulder and elbow pads, gloves, mouth guard). All goalies must wear a legal helmet, throat protector, chest protector, padded gloves and mouth guard. Abdominal and pelvic protection, and shin guards are highly recommended. Cleats (no metal cleats!), turf shoes, or sneakers can be worn on the turf. **No jewelry is permitted.**
19. NO REFUND POLICY.

All equipment must be taken over to team benches and is not permitted in spectator section. BISC is not responsible for any lost or stolen items.

*****All team fees must be paid into BucksMont before the start of the 1st game*****