



2018 Indoor Rules

2018 US Women's Lacrosse Rules with the following modifications...

1. Players shall NOT participate without registering an appropriately signed waiver prior to the start of the event.
2. 7 v 7 (6 field players plus goalkeeper)
3. All Teams MUST have a Goalkeeper!!!!
4. 4 players on offense – 2 field players must stay back behind the restraining line (plus goalkeeper). Restraining line is at mid-field.
5. Games will start with a center draw, and then after each goal, play will resume with a goalie clear. We will NOT go back to a center draw. Umpires will start play after a goal with a whistle. Substitutions may be made after goals. *NOTE: Due to the size of the indoor field, we will not be following new center draw rule.*
6. Players may kick the ball on a non-shooting attempt.
7. 20 min games for all divisions; running clock: NO Half Time
8. When a yellow card has been issued, a player must leave the field for **TWO** minutes.
9. A player Red Carded for dangerous play or unsportsmanlike activity will **not be** permitted to play in the next game. Team must play short for full 2 min with a red card.
10. NO TIMEOUTS in any game and NO OVERTIME in pool play. A 2 minute sudden death overtime will be played if there is a tie at the end of a Championship Game. If a tie still exists at the end of the 2 minute overtime period, then A braveheart will be played (See below Middle School Division Rules for description)

Middle School Division:

1. Modified Checking will be enforced. NO checking above the shoulder.
2. The three second closely guarded rule will be in affect when a player is carrying the ball and cradling above her head.
3. No deputy allowed in goal circle
4. The goalies are allowed a free pass/clear after a goal or save; this free clear MUST occur within the first $\frac{1}{4}$ of the field. Once the ball is passed out to the defense the opposing team may re-defend. A team may choose to clear above the first $\frac{1}{4}$ of the field and closer to the mid-field, but this would no-longer be a free clear, and the other team may mark-up and defend the clear.

Braveheart:

Each team will put its goalie in play, along with **1 other player**. 1 player from each team will take the draw, and then play the ball. The athlete/team that scores first wins the Braveheart competition and the game. There will be NO substitutions on a Braveheart play, unless due to injury that mandates the player leaving the field. If a player needs to be removed from the game, due to injury, then the other team will be given the option to substitute their own player as well.



Indoor Scoring Procedures

DETERMINING WINNERS: Teams will be awarded points on the following basis:

- 3 - points for a Win
- 0 - points for a Loss
- 1 - point for a Tie

**MINUS ONE (-1) FOR EACH PLAYER OR COACH EJECTED
with a RED Card**

In the event of a tie in points at the end of pool play, the winner will be determined as follows:

1. The winner in head to head competition. (If there is a 3 team tie, proceed to the next tie breaker)
2. Total goals against
3. Goal differential (a max +/-12)
4. Most shut outs.
5. Coin toss

NOTE: After each step, standings will be determined; if there is still a tie, then we will proceed to the next step, and **NO RULES WILL BE REVISITED**