



2024 Indoor Rules

ALL 2024 USA 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.
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, a second overtime period will be played. Time to be determined by the onsite Tournament Director and officials based on the timing of the next game.

Middle School Divisions (2028-2029-2030/31):

1. Modified Checking will be enforced. NO checking above the shoulder.
2. The three second closely guarded rule will be in effect when a player is carrying the ball and cradling above her head.
3. No deputy allowed in the 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. If a goalie is clearing to a player in first $\frac{1}{4}$ of the field, these players may not be closely guarded. Opposing players must give 4m to the player receiving the ball. The goalie cannot be guarded in her crease. 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.

**This rule can be waived if both teams agree. If one does not want it waived, the rule will stand.

5. No minimum pass rule.

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**