

SmartLacrosse Boys' Youth Indoor Lacrosse Rules

The following rules are adapted from the US Lacrosse Youth Council as exceptions to the National Federation of State High School Associations' (NFHS) 2011 Boys' Lacrosse Rules. **All rules not modified below are to be considered standard Youth and High School rules for the 2011 indoor lacrosse season.** Please do not contact NFHS about the following rules.

Age and Eligibility Guidelines

SmartLacrosse establishes eligibility guidelines in order to promote the game of lacrosse among the youth of Indiana in a safe and sportsmanlike environment. SmartLacrosse believes that this goal can be best achieved by facilitating playing opportunities that seek to establish a "level playing field" among players of similar age, size, and ability.

Age and Eligibility Guidelines are not considered "game-day rules" and are not enforced as game-day rules by officials. Specific age and eligibility requirements are established by Incredi-Plex and SmartLacrosse program in which each team participates.

League and Association Play

SmartLacrosse recommends that leagues should be organized by grade. Existing leagues or associations may maintain their current groupings. Physical and cognitive maturity should be considered when grouping players. If your program has enough players, physically disparate groups should play separately, if possible. The following are suggested groupings, with grades determined (excluding High School)

Middle School:

7/8 Division: typically 15 and under. May have competitive divisions grouped by ability.
5/6 Division: typically 13 and under. May have competitive divisions grouped by ability.

Elementary School:

3/4 Division: typically 11 years of age and under. Non-competitive. It is recommended that when multiple teams exist within a program, teams should be balanced as to physical size.

1/2 Division: typically 9 years of age and under. Non-competitive. It is recommended that when multiple teams exist within a program, teams should be balanced as to physical size.

Anything not covered in the rules will be decided at the time by the discretion of the officials and is subject to change for the next game played.

Number of Players.

7 players per side on the field, however games can be played with as few as 5 per side on the field if coaches agree. All indoor sponsored events will be played with the regulation 7 players per side. All players must be current US Lacrosse members.

1 Goalie with full equipment – may wear catcher style shin guards or football pants but this is not required

2 Defenders

2 Midfielders

2 Attack

NO DEFENSIVE LONG POLES ALLOWED

Field

Play is on an indoor turf field with or without boards; however the coaches and officials can agree to play on any size field available.

Equipment.

Equipment will conform to NFHSA Crosse dimensions and equipment requirements, including NOCSAE — approved helmets, with the following modifications:

All players WILL wear required equipment as follows or WILL NOT be allowed to play- NO EXCEPTIONS...helmet, colored mouthpiece, shoulder pads, arm pads, gloves, and turf shoes.

a. The length of the short Crosse may be 37 to 40 inches only for offensive players in the 3/4 and 1/2 Division.

b. Rib pads are strongly recommended.

Game Jerseys

A team's game jerseys should be of a single, dominant color with numbers on the front and back of sufficient size to be clearly visible by game officials anywhere on the field.

Spectators and fans will be placed on the opposite side of the field from the table and bench areas. If the field is laid out in a manner that does not allow spectators and fans to be located on the far side of the field, the referee can waive this requirement. When stands or seating facilities are not provided on the opposite side of the field, spectators,

fans, and parents will observe the 6-yard spectator limit line on the far side of the field.

Game Personnel

Responsibilities of the Home Team

- a. Home teams are responsible for contrasting jersey colors and will wear pennies if needed.
- b. Sideline Managers - Each team will be asked to provide a designated Sideline Manager (one adult per team, on site, per game-day contest) to help encourage, maintain and manage the sportsmanlike behavior of spectators and fans. See the "Boys' Youth Rules Addendum", below, for further information.

Time Factors and Scoring

Length of Game

Two 15-minute running-time halves. 5 minute halftime, 5 minute transition between games. If the score is still tied at the end of the game, the game will end as a tie.

Stalling – Final Two Minutes of Regulation Play.

This stalling rule shall be enforced for the 5/6, 7/8, and High School Divisions; however this rule will be waived for the 3/4 and 1/2 Division.

Play of the Game

The game is to be played with emphasis on the proper development of stick, team and sportsmanship skills. All divisions will follow NFHS "Play of Game" rules with the following modifications:

Facing Off

In any game, at any point during a game when there is a four-point lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the four-point lead is maintained, unless waived by the coach of the trailing team.

Advancing the Ball

- No offensive 10-second count will be used.
- No defensive 20-second count will be used.

If a game official detects an effort to stall the advancement of the ball in either the defensive clearing area or the offensive zone outside the offensive box, the official will

give a verbal command to "*advance the ball*" followed by a visual 5-second hand count. If the team so warned does not attempt to advance the ball within the 5-second count, a turnover will occur with restart at the point of the stalling infraction.

Time Out

Timeouts — no timeouts are permitted. Clock will only stop for injuries and the time must be made up between halves or games to maintain the schedule.

Personal and Expulsion Fouls

Any combination of three personal fouls or unsportsmanlike conduct penalties in the same game against one player will result in ejection from that game and suspension from the next game. Any flagrant foul is subject to immediate ejection at the discretion of the official. Ejected players, coaches, and spectators must leave the team area.

No Body Checking

No body checking and No take-out checks are permitted by any player. A take out check is defined as any check in which the player lowers his head or shoulder with the force and intent to put the other player on the ground.

No body checking of any kind (including man/ball "clear the body" type pushing) is permitted. If a loose ball is not moving, the referee may re-start play following the alternate possession rule.

Slashing

Personal Foul/Slashing – For All Divisions: Any poke check making contact with an opponent (other than the gloved hand while holding the stick) will be considered a slash. Also, one-handed checks will not be allowed. Play defense with your feet.

Unsportsmanlike Conduct

Personal fouls are to be taken seriously. In addition, any player or coach who uses derogatory or profane language (starting with "damn") on the field or bench, whether addressing a player, coach or referee may receive: first offense, 1 to 3-minute non-releasable unsportsmanlike conduct penalty; second offense a 3-minute non-releasable expulsion foul.

Ejection Fouls

Players illegally playing down to any division will be ejected for the season and the team will be eliminated from any playoffs and ineligible for any titles or awards.

Technical Fouls

Stalling

The team with the lead must keep the ball in the goal area (their attack half) during the last two minutes of the game. 1/2 Division is excused from this rule.

Penalty Enforcement

Penalty time will be 1-1/2 times the regulation time, due to halves being running time. Time served begins on referee's whistle for restart. Players serving penalties will not be allowed to reenter the field during a dead ball situation, or after a face-off until "possession" has been called. Normal penalty release exceptions after a goal.

Time Serving Penalties

Time serving penalties are enforced and man up situations are permitted in all divisions except 3/4 and 1/2 Divisions, where there are no time-serving penalties; instead the player must be substituted for and the ball awarded to the other team at the point of the infraction.

Game Termination

Officials will have authority to terminate a boys' youth game in response to flagrant acts of unsportsmanlike behavior by coaches, athletes, spectators, or fans. A game termination will be the last resort in insuring the players' safety and preserving the integrity of the game. If possible, game officials will issue at least one strong warning that the game is in danger of being terminated. However, it is conceivable that games may be terminated on the first instance of a flagrant unsportsmanlike act. Every effort should be taken to avoid game termination, including the enforcement of existing rules for team-conduct penalties, unsportsmanlike-conduct penalties, and ejection fouls. Mechanics for terminating a game for flagrant unsportsmanlike behavior can be found at the US Lacrosse webpage referenced above. All games terminated by a SmartLacrosse or US Lacrosse Official, will result in a 1-0 victory for the team that is innocent of the terminal offense(s). It is recommended that the game should count in league statistics as a full game, and all goals, assists, saves, and other team statistics should count toward team and league records.

SmartLacrosse Boys' Youth Rules Addendum

SmartLacrosse has endorsed the addition of the following guidelines intended to address the issues of proper conduct both on and off the field at boys' youth lacrosse events. These guidelines are designed to support the kind of environment for our youth athletes that will keep them playing lacrosse and provide them with such a positive

experience that they will remain in the game and later give back to the sport as coaches, officials, and parents who encourage their own children to play.

Guideline 1 — Game Administration - Spectators and Teams on Opposite Sides of Field

Spectators and fans will be placed on the opposite side of the field from the table and bench areas. If the field is laid out in a manner that does not allow spectators and fans to be located on the far side of the field, the referee can waive this requirement. When stands or seating facilities are not provided on the opposite side of the field, spectators, fans, and parents will observe the 6-yard spectator limit line on the far side of the field.

Guideline 2 — Game Personnel - Sideline Managers

Each youth lacrosse team will be asked to provide a designated Sideline Manager (one adult per team, on site, per game-day contest) to help encourage, maintain and manage the sportsmanlike behavior of spectators and fans. These adults would be responsible for insuring that the spectators and fans support the athletes, coaches and officials in a positive manner and refrain from behavior not in conformity with the US Lacrosse Code of Conduct.

Guideline 4 — Game Personnel - Game Termination

Officials will have authority to terminate a boys' youth game in response to flagrant acts of unsportsmanlike behavior by coaches, athletes, spectators, or fans. A game termination will be the last resort in insuring the players' safety and preserving the integrity of the game. If possible, game officials will issue at least one strong warning that the game is in danger of being terminated. However, it is conceivable that games may be terminated on the first instance of a flagrant unsportsmanlike act. Every effort should be taken to avoid game termination, including the enforcement of existing rules for team-conduct penalties, unsportsmanlike-conduct penalties, and ejection fouls. Mechanics for terminating a game for flagrant unsportsmanlike behavior can be found at the US Lacrosse webpage referenced above. All games terminated by a US Lacrosse Official, will result in a 1-0 victory for the team that is innocent of the terminal offense(s). The game would count in league statistics as a full game, and all goals, assists, saves, and other team statistics should count toward team and league records.