

## **iLAX Rules and Procedures:**

Below are the rules for iLax. Please note that two field players are to be held back behind the midfield line (5v5) and that cards are two minutes but are RELEASABLE.

### **Team Play:**

- 7 field players + 1 goalie are allowed on the playing surface including 2 attack, 3 midfielder's, 2 defense and 1 goalie for each team.
- Substitutions are made on the fly from the midline bench area and may be made at anytime during play. Subs must wait until the player is completely off the field to enter. Please don't sit on the wall to sub.

### **Game Rules:**

- **Game time:** Games are 30 minute running clock
- **Time outs:** no time outs are allowed.
- **The Draw:** there will only be one draw at the start of the game. After each goal the goalie will have 10 seconds to clear the ball.
- **All USL Rule 6** game rules apply, except *Section 7*. Team Fouls/Offsides: teams must have 3 players behind the half field line when the ball is in their offensive end, and must have two players behind the half field line when the ball is in their defensive end.
- **Penalty Administration and Cards:** ALL USL Rule 7 Rules apply, *except Section 31*, all components of the rule apply except the 2-min penalty time is releasable if the opposing team scores.
- **No out of Bounds** - the ball is always in play. There are some circumstances where it may come out of play and we will use USL rules to restart.
- **Overtime:** There will be no overtime, games can end in a tie.

### **Goal:**

- Each team will defend a 4x4 lacrosse goal.

### **Equipment:**

- All players must be fully equipped with goggles and mouth guard. Indoor turf or tennis shoes only, **no cleats allowed**. Goalies must have helmet, throat guard, chest protector, girdle, gloves, shin guards (youth and HS only) and mouth guard.

### **Officials:**

- There will be at least one official on the field at all times. **All calls by the officials are final**. There are no arguing calls.
- Referees will have the power to remove any player from the field or facility for any reason.

### **Code of Conduct:**

It is expected that all players, fans, managers, parents and officials will conduct themselves in a manner that is based on sportsmanship, safety and respect. Players must adhere to the following code of conduct to stay in good standing:

- Show respect for officials, managers, fellow players, officials, and the league.
- Demonstrate good sportsmanship before, during and after games.
- Honor the authority of each official and treat him/her with respect. Accept decisions made by the officials as final.
- Respect the game, play fairly and follow its rules and regulations.
- Respect the privilege of the use of public facilities.