

# SPORTSPLEX INDOOR LACROSSE

**GAME TIME:** 23 minute running halves. 5 minute halftime. Teams must clear field & player box *immediately* after game ends so next teams can take field & start on the hour. Teams on deck waiting to play should be fully dressed & ready to begin as scheduled with minimal on field warm-up. **NOTE: no ball playing or warm-up in the open floor/spectator areas!**

**SCOREBOARD:** One parent/coach/non-player child volunteer is needed to run the electronic scoreboard located in the player box for each game.

**PLAYER COUNT:** Standard is 7 v 7 (6 field players plus goalie) for all ages. If each team has adequate players, another field player can be added if mutually agreed.

**SUBSTITUTIONS:** Highly recommended to substitute at regular clock intervals (every 5 min., etc.) to ensure adequate playing time for all participants. Sub on fly or any whistle.

**RULES:** All MYLA outdoor rules apply for all ages. If 4 goal or more lead, no draw or face-off. Team behind in score gets possession at midfield line. **NO LONG POLES ALLOWED.**

## **Boys Tyker rule exceptions:**

One pass must be attempted on offensive end before shooting.

No time serving penalties. Rather, fast break re-start at midfield line for personal fouls (slash, illegal body check, unnecessary roughness, unsportsmanlike conduct, etc.).

Change of possession for most infractions.

Restricted body checking: 2 step rule & only when a player is in clear possession of ball.

Stick checking: Poke & controlled slap checks only.

No count for clearing, no offensive stalling.

## **Girls Tyker rule exceptions:**

Two passes must be attempted before shooting. No checking.

## **Girls Lightning rule exceptions:**

Two passes must be attempted before shooting. Checking below waist only.

## **Girls Midget rule exceptions:**

No pass attempts required. Checking below shoulder only.

## **Red card/ejections:**

Any player, coach, or spectator given a red card or ejected will not be allowed to participate in the next 2 scheduled games.

## **Ref fees:**

Paid directly by league - no payment on field exchanged.