

Sonoma Indoor Lacrosse League

League Rules Fall 2008

Players and Positions

Players must be in the designated grades for the 08-09 school year. The high school league is open to 9th-12th graders and the junior high league is open to 6th-8th graders. Players may play up 1 grade upon approval. Each team will play with 5 field players and a goalie. All players must use a **short stick**.

Rosters

Rosters will consist of up to 15 players. Players will be placed on teams according to a few criteria. High School teams are filled as much as possible by which club or school the player plays for during the regular season, with preference to those that sign up first and varsity players. We will try to balance teams when moving players. Junior High players will be placed on teams in an attempt to balance rosters. Individual players will be placed to fill in rosters where necessary. Players will be committed to a team for the season. Changes to rosters will be made at the discretion of the league organizer and may be made to balance teams or accommodate teams that need players.

Jerseys

Each player will be issued a jersey number, 1-15. The player **MUST** wear the jersey during any league events. This will ensure that players are accounted for and statistics are accurately kept. Players are not allowed to play without their assigned jersey. If a player enters the field without their assigned jersey the player will not be allowed to play and the team will be assessed a non-releasable penalty.

Game Time

Each game will consist of two 20 minute running time halves. There will be no timeouts or stoppage of the clock except for official's time. There will be a 5 minute halftime and each team will have a 5 minute stretch and warm-up period before games, time allowing. Show up early to dress and stretch.

Contact

Standard field lacrosse rules will be used for stick checking and hand checking. In order to provide a safe and fun environment, there will be **no body to body checking or hitting**, which includes shoulder hits or contact made or pushing that is excessive or deemed dangerous by the referee or league organizer. Players that violate this rule will be penalized and/or disqualified for the match depending on the severity. Continued infractions will result in being kicked out of the league and no refund will be given.

Clearing

Goalies must be allowed to run their clear, so give them space. There will be a 10 second clearing rule once the goalie has possession of the ball. On a goal, the goalie clears the ball and the opposing team may not press past the first field line. On a save, the opposing team may press all the way to the goal but must give the goalie space to clear. For high school, once the ball clears midfield the team in possession may not travel back across the line or a turnover will result.

Boards

There will be a 3 ft. rule near the boards. There may be no contact within three feet of the boards and possession will be awarded to the first person to the ball by the referee. The referee will call the color of the team awarded the ball. Because there is no contact near the boards, a player must possess the ball and leave the boards in a timely manner. A 3 second count is reasonable when pressure is near. If a player with possession of the ball does not leave the area 3 feet from the boards, the ball will be turned over. The referee may call a turnover if the player awarded the ball does not pick up the loose ball in a timely manner.

Penalties

Standard field lacrosse rules will apply. Personal fouls (slashing, tripping, and unsportsmanlike conduct) will result in a 1 minute releasable penalty. The player committing the penalty must leave the field for the duration of the penalty and **MUST GO TO THE END OF THE BENCH**. Technical fouls and loose ball fouls will result in a turnover. The referee has the discretion to disqualify players, extend the penalty or make them non-releasable. If a player accumulates 4 minutes of penalties in a game he will be disqualified from the rest of the game and the following game. Upon the second disqualification, a player will be disqualified for the rest of the season.

Substitutions

High school players will substitute at the agreed upon method by the team or by direction of the bench coaches. Junior high players will substitute with the directions of the bench coaches. This will ensure equal playing time for team members. Substituting will be done on the fly and should be done when on offense or transitioning to offense. All players are entitled to their share of playing time. As the weeks go by, teams will manage themselves for playing time and the bench coaches will step in when necessary. Players should substitute every 4-6 minutes and referees may call penalties on players staying on too long.

Sportsmanship

The goal of the indoor league is to promote lacrosse and provide a fun and safe environment to **develop skills and enjoy the sport**. This league is to develop stick skills and work on positioning and footwork. Therefore, if any player acts in a way that is counter to that goal, he will be assessed a penalty for minor infractions up to disqualification from the league for major infractions. Trash talking, unnecessary roughness and fighting are not tolerated. Players that are disqualified from games or the season will not be given refunds.

Illegal Substances

Any use of illegal substances will cause a player to be kicked out of the league if the league director, refs, bench managers or facility personnel find a player to be under the influence. No refund will be given.

Player name (print) _____ Player Signature _____ Date _____

Parent/Guardian name _____ Signature _____ Date _____

(REV. July 2008)