

Sonoma Indoor Lacrosse League: Girls

League Rules Fall 2008

Players and Positions

The girls' league is open to experienced 7th-12th graders. Players must be in the designated grades for the 08-09 school year. Each team will play with 5 field players and a goalie, or 6 players without goalies.

Equipment

Each player must arrive at the facility with women's lacrosse goggles, mouth guard, approved stick and appropriate foot wear. The games are played on a synthetic turf field, cleats are not permitted. Shoes with heavy tread are not recommended. Mouth guards and goggles must be used at all times while on the field. Failure to do so will result in a one minute penalty. Damaged or unsafe equipment is not allowed on the field.

Rosters

Rosters will consist of up to 12 players. Players will be assigned teams in order to promote balanced competition. If possible, school specific teams may be arranged. Changes to rosters will be made at the discretion of the league organizer in order to balance teams or accommodate teams that need players.

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.

One Pass Rule

Once advancing the ball over the center line, there must be at least one pass before taking a shot on goal. Failure to follow the one pass rule is a turnover.

Contact and Stick Checks

Players are responsible for understanding the rules of the game. Standard women's field lacrosse rules apply. Stick checks must be made in a controlled manner. Only the head of the stick may be contacted. *No stick checks are allowed when the head of the stick is over the player's shoulder to accommodate the mixed ages playing in the league and to assure safety. Any stick check or contact deemed dangerous by the referee or league organizer will result in a penalty or expulsion from the game depending on the severity of the foul. Continued infractions will result in expulsion from the league and no refund will be given.

Clearing and Draws

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. Due to time constraints, there will only be draws at the beginning of each half.

Boards

The boards (boundaries of the indoor field) represent a significant hazard. Pushing or checking in proximity of the board will result in a penalty.

Penalties

Standard women's field lacrosse rules will apply. Personal fouls (dangerous stick check, unsportsmanlike conduct) can result in a 1 minute penalty. The player committing the penalty must leave the field for the duration of the penalty and may be replaced for the duration of the penalty. Technical fouls and loose ball fouls will result in a turnover.

Substitutions

Players will substitute at the agreed upon method by the team or by direction 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.

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. Therefore, if any player acts in a way that is counter to that goal, she 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. It is likely that your indoor teammates may be from rival teams faced during the outdoor season. You are encouraged to share the ball equally among all your teammates.

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 _____