



Boys Indoor Lacrosse League Rules

NATIONAL FEDERATION of STATE HIGH SCHOOL ASSOCIATIONS RULES APPLY WITH THE FOLLOWING MODIFICATIONS

Time and Score: The game will be 45 minutes long (running time) with a 2 minute halftime. At that time we will change sides and begin immediately. Score will be kept on the field with the refs.

Game will start promptly as scheduled, no exceptions. Teams should arrive 15 minutes before assigned game time.

Clears: You will have 20 seconds to clear the ball over the midline. There is no 10 second rule.

Timeouts: Each team has 1 timeout per game. Clock continues to run during the timeout. No timeouts in the last 2 minutes of the game.

Body Checking: No body checking whatsoever is allowed. Incidental contact is at the ref's discretion. Body contact will lead to ejection and or removal from the league. **NO CHECKING OR PUSHING INTO THE PERIMETER NETS.**

No one-handed checks. This includes wrap checks, ice picks, etc.

Penalties: All other field rules apply and are at the ref's discretion. The refs will keep penalty time on the field.

3 Goal Rule: If a team is down by more than 3 goals they will get possession at midline without a face-off following goals. Second half will begin with a face-off regardless of score.

Fighting: **FIGHTING WILL NOT BE TOLERATED AND WILL RESULT IN AN IMMEDIATE, NONREFUNDABLE, DISMISSAL FROM THE LEAGUE.**

Overtime: There is **NO** overtime. If score is tied at the end of regulation time the game ends a tie.

Equipment: Each player must have all mandatory equipment: Helmet, Gloves, Arm Pads, Shoulder Pads, properly fitted and properly worn Mouth protector. Sneakers or turf shoes. **NO CLEATS.**

Any protective device must not have protrusion that is metal or any other hard surface. Any item that is deemed dangerous in the opinion of the officials must be removed before participation.

All non-players are to remain behind the perimeter nets.

Immediately upon game completion, all players are to quickly leave the field so that the next game can begin promptly.