

Yellow Breeches

Boy's Indoor Lacrosse

Unless otherwise noted below, age appropriate NFHS rules will be followed.

Game timing

The officials will keep the official game time on the field.

- 8 minute warm-up to start on the hour. (alert teams at end of 7 minutes)
- 22 minute running time. (clock will begin at end of 8 minute warm-up)
- 2 minute half time.
- 22 minute running time for 2nd half.
- NO OVERTIME
- Each team may take 1- 45 second running time out per GAME, but not in the final 2 minutes of the 2nd half. Teams will be notified at 30 seconds. Teams not ready to play after 45 seconds will receive delay of game.

Special Game Rules

- Each team at all levels will play default 7 vs.7.
- Short sticks only, NO LONG POLES!!!
- A face-off will be used to start each half only.
- During the face-off the red line will be used as the restraining line for attack and defensive players.
- Only one player from each team may be on either wing area behind the "GOLD" lines. Each team may choose on which side they wish to start.
- After a goal is scored, the goalie must immediately retrieve the ball and quickly carry the ball to re-start behind the cage. Outside of the crease, but within the width of the crease. ALL other players must quickly attain 5 yards distance from the goalie and may not go behind goal line extended during the re-start.
- 4 second crease count on goalie after a save.

- Regular off-side rules apply for (7 vs.7)
- “Back Court” rules. After attack causes the ball to go 5 yards past midline into their attack half of the field and are the last to touch the ball before it goes back over the mid line, a quick “play-on” will be given or the ball will be awarded to defense. Back court does not apply if defense is the last player to touch the ball and normal play will resume.
- Goalie penalties will be served by the “in-home” however if a goalie accumulates a total of 4 minutes of personal foul time, he has “fouled out” and will be disqualified for the remainder of the game.

Body Checking

- NFHS, level appropriate rules will apply. (Note; *at the officials discretion*, body checks may only use minimal force necessary to position ones self to play the ball).
- Due to the nature of the indoor environment, special attention will be given to end line and sideline play. Deliberate and/or excessive pushing or checking a player from the field of play to out-of-bounds will receive a minimum 2 minutes non-releasable foul or a possible expulsion from the contest.

Special Game Rules (6 vs.6)

- JV or Varsity only.
- If each teams head coaches agree, 6 vs.6 may be played.
- If both are not in agreement then 7 vs. 7 will be played by default.
- The major difference is that all players may play full field except each teams goalie, must stay on his defensive half of the field.

