



## INTRAMURAL SPORTS RULES

### Women's Lacrosse

*Last updated: 1/11/19*

## INTRAMURAL POLICIES AND PROCEDURES

### **ELIGIBILITY:**

Interhall: Full-time Notre Dame undergraduate students are permitted to participate for the hall in which he/she resides, with rector-signed approval. To play in all Intramural sports, participants must show a valid, government-issued photo ID. This includes a Notre Dame ID, state issued driver's license, U.S. and foreign government-issued passports, and/or U.S. military ID. The photo must be visible and discernible by the Intramural employee checking IDs. This helps to ensure player eligibility in accordance with the IMLeagues roster.

### **LOCATION:**

All games will be played at Loftus Sports Center.

### **FORFEITS/RESCHEDULES:**

Game time is forfeit time! If a team does not have the minimum amount of players at game time, that team will forfeit. No reschedules will be permitted in this sport. If a team cannot make a game, they may call the Intramural Coordinator (574-631-3536) before 3:00pm the day of the game, or 3:00pm on Friday for weekend events, and request a default. A default results in a loss, but is not considered a forfeit. Defaults and forfeits result in a 10-0 win for your opponent.

### **SCHEDULE:**

All schedules are posted online and it is the captain's responsibility to check for updates/changes.

### **INCLEMENT WEATHER:**

No weather-related cancellations will occur before one hour prior to the scheduled game time. If a game is cancelled, the captain will be called and teams will be emailed via IMLeagues.

### **ROSTER ADDITIONS:**

Players may be added to the roster at any point during the regular season. Players may not be added during playoffs. \*\*For Interhall play, all additions must have a properly filled out Roster Addition Form that includes a rector's signature.\*\* Roster additions must be completed on the IMLeagues website to be eligible for that evening's contest. In order to be eligible to participate in playoff contests, roster members must have checked-in for at least one regular season game/match.

### **INSURANCE WAIVERS:**

Waivers are located on the IMLeagues website, and are completed as part of the team registration process. All players must fill out an insurance waiver, and appear on the IMLeagues roster, before playing intramural sports.

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### CHECK-IN:

It is the responsibility of each player to find the supervisor working and check-in with them before playing in any intramural activity. Failure to check in with the supervisor before participating in any intramural activity will result in a forfeiture of that contest, and may result in suspension from future intramural activities.

### SPORTSMANSHIP:

Participants and fans must respect players and intramural staff and follow instructions given to them by the staff. Foul language, taunting, or any other unsportsmanlike behavior will not be tolerated. Any participant or fan yelling, gesturing, or any other act in a negative manner toward opposing teams, players, fans, or RecSports staff will receive a penalty. These penalties will be assessed to the fan or participants team. These penalties can include a technical foul, yellow card, unsportsmanlike conduct, or sport specific penalty. If committed by a fan the captain of that team will be assessed the penalty. Any participant who receives a conduct penalty of this nature, must leave the field of play to fill out an Incident Report with RecSports staff.

### ALCOHOL, TOBACCO & DRUGS:

Notre Dame Intramural Sports has a zero tolerance policy for alcohol, tobacco, or any other drug at intramural events on or off campus. Furthermore, RecSports staff reserves the right to remove participants or fans suspected to be under the influence of drugs or alcohol. The removal process may involve the assistance of authorities such as NDSP or member of The South Bend Police Department.

### PROTESTS:

Only protests based on questions of player eligibility and rule interpretation/misapplication will be accepted. No protests on judgment calls will be reviewed. The protest must be filed at the time of the incident in question. Once play begins after the next live play, it cannot be protested.

## SPORT RULES

*Situations not specifically covered or implied by these rules shall be governed by current National Federation Rules and Interpretations. Certain intramural modifications follow:*

### A. TIMING:

- a. GAME TIME IS FORFEIT TIME!
- b. There will be two twenty-minute running halves and a five-minute halftime.
- c. The clock will stop in the last two-minutes of each half for all whistles.
- d. Each team is allowed 1 (one minute) timeout per half
- e. Regular season games may end in a tie.
- f. Playoffs only: A four-minute sudden death overtime period will be played in the case of a tie. Each team is allowed one time out in the duration of overtime. There will be a one-minute intermission between periods.
- g. Mercy Rule: The clock will not stop if a team is up by 10 or more goals in that half.

### B. PLAYERS:

- a. A team is made up of 7 players but may start with fewer. A minimum of 5 players is needed to start a game.
  - i. 6 + goalie
- b. Substitutions are on the fly with one player entering the field from the table area after the player he is replacing has left the field by the table area.
- c. Restraining line will be mid-field (the field will not be divided into three zones). Must keep two back behind the restraining line, plus goalie. So a total of 3 must be behind the line.

**C. EQUIPMENT**

- a. All players must wear protective goggles and mouthpieces. (mouthpieces are for sale)
- b. The goalkeeper must wear protective goalkeeper equipment. **(not provided)**
- c. No jewelry is permitted.

**D. FOULS**

- a. **Major:** rough or reckless checking, slashing, holding a stick around the face or throat of an opponent, hooking an opponent's stick, blocking, setting picks, detaining or tripping an opponent or charging or backing into an opponent and shooting dangerously.
  - i. **Penalty:** Free position awarded to player fouled. All other players must be 4 meters away.
  - ii. If committed within the 8-meter arc the free position awarded at the spot of the foul.
- b. **Minor:** guarding a ground ball with a player's foot or stick, checking or attacking an opponent's stick when the opponent is trying to gain possession of the ball, touching the ball by the hand, throwing a stick, drawing illegally, playing without a stick, deliberately causing the ball to go out of bounds.
  - i. **Penalty:** Free position awarded to player fouled. All other players must be 4 meters away.
  - ii. If committed within the 12-meter fan, the player fouled takes the nearest spot with her defender 4 meters away. This is an indirect free position and the player may not take a shot until another player has played the ball.

**E. OTHER**

- a. Any team that accumulates 3 unsportsmanlike in a game will forfeit the game.