

# YMCA Boys Indoor Lacrosse Rules & Regulations

## Introduction

The purpose of *The Rules* is simply to help players and spectators become familiar enough with the rules of Indoor Lacrosse to play or enjoy the game.

### League Information:

- Minimum roster size is 9 players, there is no maximum number of players.
- All high school and youth league games are 7 vs 7 (including goal keeper).
- All player must be legally and properly equipped according to NFHS (high school level) and or USA Lacrosse youth rules (youth level).

### Game Timing:

- Games are two 24-minute halves (2-minute halftime), running clock. All penalty time will be running time. Teams must be ready to start promptly at the scheduled game time.
- There is no overtime.
- No timeouts.
- Clock *may* be stopped at the official's discretion for an injury. This should only be primarily used in the second half if the score is close.

### Rules:

YMCA indoor lacrosse league uses USA Lacrosse youth & NFHS Boys Lacrosse rules. The rules overall are the same as field lacrosse with the following differences:

- If a team does not have a goalie, a shooting net may be used if the team with a keeper chooses.
- 2 long poles per team.
- NO takeout or excessive body checks, especially near the side and end lines.
- NO advancing the ball counts. 4-second goalie count still applies.
- NO over and back.

**OFFSIDE:** A team is considered offside when a team has more than four players in its offensive half of the field (between the centerline and the end line) including players in the penalty box, or more than five players in its defensive half of the field (between the centerline and the end line) including players in the penalty box.

**FACEOFF:** Each half will start with a faceoff. After each goal the ball will be restarted by the goalkeeper. When a team has all of its players on the field, it shall place one faceoff player at the center of the field. One wing player shall be located in bounds with at least one foot resting on a sideline. Two defenders shall be located behind their own goal line extended and two offensive players shall be behind their opponent's goal line extended.

When the whistle sounds to start play all players are released, except goalkeepers, who are confined to their crease until possession is gained during a faceoff. All players **MUST** play the ball before possession is gained. Once possession is gained, all normal body contact rules apply.

During the faceoff in all penalty situations, there must be three players in the defensive area and two players in the offensive area.

*Exception: When a team has two players in the penalty area, a player may come out of his defensive area to take the faceoff but must remain onside.*

**Fighting and unsportsmanlike conduct of any kind will NOT be tolerated. Any such behavior MUST be reported by the official to the manager on duty.**