

Western Maryland Youth Lacrosse Conference

Indoor Lacrosse Rules 2005-2006 Season

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Registration and Documentation

1. Each team must have a signed **Western Maryland Youth Lacrosse Conference (WMYLC) waiver, Frederick Sportsplex waiver, and All Star Sports Complex waiver** signed for each player, coach, and timekeeper wishing to participate. A copy of the each of the forms is to be kept with the coach of each team. These completed waiver forms must be present with the coaches at each game in case of accident or injury. A **copy** of each of the waivers is to be forwarded by mail to the WMYLC indoor coordinator prior to the first game to be played by each team. **Players that have not completed the three waiver forms and players whose forms have not been received by the indoor coordinator may not participate in indoor play.**
2. Each team must have a written roster. All players listed must have waivers. The roster is to include the player's name, mailing address, age, grade, phone number, and e-mail address. One copy of the roster form is to be kept by the coach of each team at games. A second copy of the roster form must be forwarded to by mail to the WMYLC indoor coordinator prior to the first game to be played by each team.

WMYLC Indoor Coordinator:

Glen Goodman
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1. Teams will be divided into four age groups: Adult (out of High School), High School (players 9th grade to 12th grade), Middle School (6th, 7th, and 8th grade), and Elementary (2nd, 3rd, 4th, and 5th grades). Adult teams may be scheduled to play against High School age teams. Separate teams for girls and boys will be organized. Players may “play up” a level with permission of the indoor coordinator, but may not “play down”.
2. The schedule will be published one month at a time. Teams may be joining or leaving the program from one month to the next. Approximately 90% to 100% of the games for each team will be played at the All Star Sports Complex in Gettysburg. Depending on the number of teams at each age group, teams may not be scheduled for Frederick Sportsplex games. The balance of games will be scheduled at the Frederick Sportsplex. Games may be scheduled at the All Star Complex on Saturdays from 10 AM to 6 PM or on Sundays from Noon to 9 PM. Games at the Frederick Sportsplex may be scheduled on Sundays from 8 AM to 4 PM or Monday nights 5 PM to 9 PM. Monday nights at the Frederick Sportsplex and Sunday nights at the All Star Complex will be exclusively reserved for Adult and High School age team play to lessen the stress on younger players on “school nights”.
3. Games will be held if the indoor facility is open for business. If the indoor facility is closed (due to inclement weather), games are cancelled. Cancelled games will not be rescheduled. Call the indoor facility to determine if it is open for business if inclement weather occurs.
4. Teams having special scheduling requests should forward those requests to the indoor coordinators by the first Monday of each month via e-mail. The coordinator will attempt to address the request in the next month’s schedule. It may not be possible to address each special scheduling request.
5. Teams failing to show for games may be immediately removed from the schedule for the remainder of the indoor season at the discretion of the WMYLC Commissioner and Board of Directors. Failing to show for a game is a serious condition. Since teams have paid to participate, failing to show strips the team that is present from the opportunity to play that the team paid for. If such removal occurs, all fees paid to the WMYLC will not be refunded. A team is present for a game if the team has 6 field players and 1 properly equipped goalie at the game field on time for a scheduled game.
6. If a team fails to show, the scheduled field time for that game becomes the available to the team that is present that was originally scheduled for that time slot. The team that is present has the discretion to play a reduced team strength game, recruit players from other teams, or use the field for practice. The team that is present will not receive any refund from the WMYLC.
7. Each team’s adult age coach(s) must attend a mandatory rules review and interpretation meeting that is scheduled the week before each session is to begin. Teams failing to have an adult coach(s) attend the meeting may not participate in indoor play. The adult coaches for each team are responsible for maintaining sportsmanship control over the players and to substitute players so that playing time is fairly distributed among the properly registered players.

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Game Personnel and Play:

1. Games will consist of two (2) 24-minute running time halves, with a 5-minute half time period. Time outs of any type during each half will result in stoppage of play by the officials; the clock will continue to run.
2. Game timing to be followed:
 - Teams enter the team bench areas on the hour. Equipment should already be on.
 - Teams warm up goalies from the hour to 5 minutes after the hour.
 - At 5 minutes after the hour, officials start the game.
 - Each team allowed (one) 2-minute time out per half. Clock continues to run during time outs.
 - At approximately 25 minutes to 29 minutes after the hour, the first half ends.
 - 5-minute halftime. New goalies may be warmed up.
 - At approximately 30 to 35 minutes past the hour, the second half begins.
 - Game ends at between 55 minutes and 59 minutes after the hour.
 - Teams immediately line up, shake hands and leave the field and bench areas. Equipment is to be removed away from the bench area to clear the area for the next teams.
3. The WMYLC is to have 1 hour of court time per scheduled game (not 48 minutes of game time). If play starts late due to the indoor facility schedule and no fault of the Western Maryland Youth Lacrosse Conference, the 1-hour of court time will begin when the previous group is off the court and all subsequent games will begin late (after the normal 5 minutes after the 1 hour) and end late. In the event of an injury or a WMYLC related delay, the game clock will run, and play suspended until the issue is resolved. However, the clock on the field will still continue to run.
4. No fees paid to the WMYLC will be refunded in the event of a game suspended by the officials or a game that expires as the result of an injury related stoppage of play.
5. Game time will be running time. Time outs will result in stoppage of play, but the clock continues to run. Each team will be permitted one (1) each two minute time out per half. Time out requests may only be conveyed to the officials by the head coach.
6. Each team must have the following minimum staff:
 - One adult head coach responsible for the actions and behavior of his/her team.
 - One timekeeper (the timekeeper from one team will run the game clock, the timekeeper from the other team will keep penalty time).
7. Penalty enforcement will be the same as field lacrosse unless otherwise noted. Penalty timing will be running time beginning when play resumes with the official's whistle. Penalty time will be running time throughout timeouts if play was resumed prior to the timeout being called. If a time out is called after a penalty, and play has not resumed, the penalty time will not begin until after the play resumes.
8. Teams on the floor at any time will consist of a goalie and six (6) field players. **Each team MUST provide a full team of 6 field players and a goalie for each scheduled game.** Failure to provide a full team may result in suspension from the indoor program for the remainder of the indoor season.
9. For boys games at all levels, up to two long crosses per team are allowed on the field at any time. The goalie is permitted the use of a regulation goalie crosse.

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10. Each team will keep 3 players back in the defensive half of the field at all times. Each team shall keep 2 players on its offensive half of the field at all times. Failure to comply with this rule will be a technical foul (offsides). Field rules regarding offsides penalty enforcement will apply.

11. All regulation field lacrosse equipment is required (except for long crosses).

12. Only a properly equipped goalie is allowed to goal tend.

13. If teams' normal goalie is not present, **an alternate goalie must be designated**. Teams must supply equipment for backup goalies if the regular goalie is not able to play. Over-turned nets to compensate for missing goalies is not acceptable as this situation detracts from the experience of play for the opposing team.

14. All substitutions will be made on the fly or during time outs. Coaches should seek to substitute players "one-at-a-time" in an orderly way during their offensive transitions to prevent mass confusion during multiple player on-the-fly exits. Coaches must understand that only one player coming off the field and one player going on the field can fit through the entrance doors at a time. Mass substitutions in most cases will result in technical fouls either for delay of game (failure of a team to be ready for restart in no-longer than 20 seconds), or too many players on the field.

15. Special Substitution rule exception: Due to the nature of the indoor facilities, the location of each team's substitution doors is at times not accessible to players substituting from the opposite end of the field without the player going off-sides prior to reaching his/her team's substitution door. In such instances the player may legally substitute through the his/her team's substitution door if the player does the following:

- Player runs (while still on-sides) to the area of the field at the midfield line and the sideline nearest the substitution doors.
- The player waits until play has passed the substitution door area.
- The player runs immediately and in a straight line to the substitution door and exits the field.
- The entering player runs immediately in a straight line back to the corner of the midfield line and the sideline and immediately gets back on-sides.
- Players may not perform such a substitution if play is near the substitution area. The substitution may not interact with play.
- Such substitutions are illegal if conducted while play is moving up the side of the field nearest the substitution doors and/or if the substituting players interact with play in any way.

16. Face-offs (boys) and Draws (girls) will only occur at the start each game and at the start of the second half of play. Typical face-offs or draws will be conducted with 4 players in the midfield area (one face-off player from each team and 1 wing player from each team. Other players will be no farther up the field than a line equivalent to the goal lines extended at each end of the field. Offsides rules listed in rule 10 apply at all times. Teams will change sides of the field at halftime.

17. Normal restarts after goals will begin with the goalie retrieving the ball from the net. The goalie then moves outside of the crease to one side of the goal. The **official's whistle** will start play. All players opposing the goalie must be 5 yards from the goalie before restart of play. The goalie may then pass or run the ball.

18. All penalties will be full-time served and consistent with field lacrosse rules regarding duration and type (personal or technical for boys, carding for girls). Fouling out can occur following field rules. **Fouling out is not an expulsion.**

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19. Body checking is not permitted at any age group. "Equal pressure" contact is permissible at the High School Level Boys and the Youth Level Boys play. Any concussive or impact contact will be considered either a body check (illegal) or unnecessary roughness (illegal). These may be called on either offensive or defensive players.

20. Middle School and Elementary School level Boys and Girls are not permitted to make one-handed checks; this is considered as a slash for boys and a dangerous check for girls.

21. The "**2 pass attempt rule**" applies to boys and girls youth (Middle School and Elementary School Levels) indoor lacrosse. Once the ball passes over the midfield line, the offensive team must make 2 pass **attempts** prior to taking a shot on goal. The pass attempts do not have to be consecutive. If the ball becomes loose and the opposing team does not gain possession, the pass count continues from where it was before the ball became loose. If the team loses possession of the ball to the opposite team, then regains possession, the pass count starts over at zero and 1 more pass attempt must be made prior to the next shot. If a team misses a shot and the opposing team fails to gain possession, (possession occurs when the ball is in the pocket of the stick of a player), the team may shoot without additional pass attempts. The 2 pass attempts are counted out loud by the officials. Prior to the 2nd pass attempt, players must play defense against those player with the ball and the players "off the ball". Goalies should stay in the crease and refrain from coming out the crease to play defense against field players prior to the 2nd pass attempt.

22. For **High School level boys indoor games**, the "**2 completed pass rule**" applies. Once the ball passes over the midfield line, the offensive team must make 2 **completed** passes prior to taking a shot on goal. The passes do not have to be consecutive. If the ball becomes loose and the opposing team does not gain possession, the pass count continues from where it was before the ball became loose. If the team loses possession of the ball to the opposite team, then regains possession, the pass count starts over at zero and 2 more pass attempts must be made prior to the next shot. If a team misses a shot and the opposing team fails to gain possession, (possession occurs when the ball is in the pocket of the stick of a player), the team may shoot without additional pass attempts. Two completed passes are counted out loud by the officials.

23. High School girls indoor games do not have any special passing rules. However, "shooting space" and "dangerous shot" rules apply as designated in the Women's US Lacrosse Rule Book.

24. For girls lacrosse the following checking rules apply:

High School girls: Full checking per US Lacrosse rulebook

Middle School girls: Modified Level A checking (below the shoulder) per US Lacrosse rulebook, 3 second "checkable ball" rule applies.

Elementary School girls: No checking, US lacrosse rulebook, 3 second "checkable ball" rule applies.

Coaches at each level must instruct the girls as to proper checking techniques prior to each game (as players will be present at each level that have moved up from a lower level). This should occur in the time period prior to each scheduled game. Coaches must stress safe checking throughout each game.

If during the season the WMYLC commissioner or Board of Directors determines that coaches have not properly instructed in checking rules, that players are unsafely checking, and if a dangerous, unsafe situation is occurring, checking may be changed for safety.

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25. 3-second checkable ball rule applies to Middle School girls and Elementary girls play. No holding of the ball for more than 3 seconds if the defending player has closely guarded/checked (within 1 stick length) the ball carrier and the defending player has both hands on the crosse and is in position to legally check (if checking were allowed). Note: If the player with the ball moves the stick to the other side of the body and thus away from the defender making a legal check impossible, the 3 second count would be over. If the defender adjusts her position so that a legal check becomes possible again, a new 3 second count begins. If a player becomes closely guarded "double-teamed" and one of the defenders is in position to make a legal check, a new 3 second count begins. If the ball carrier moves the stick back into a checkable position, a new 3 second count begins. The umpire will audibly count the 3 second count as 1001, 1002, 1003 and accompany the audible count with the typical hand count signal. A player must pass or lose possession of the ball prior to the end of the 3 second count (Minor Foul). Refer to the US Lacrosse 2005 Women's rules.

26. The indoor fields will be set up with 8-meter arcs for the girls game. Major penalties on the defense inside the 8-meter arc will be handled the same as field lacrosse. Shots may be direct if appropriate per the 2005-2006 NCAA Women's Lacrosse Rule Book. If a team is fouled in the 8-meter arc, additional pass attempts are not required.

27. In girls indoor play, stick contact with the body of an opponent is prohibited.

28. Body checking or Boarding will be up to a three (3) minute non-releasable penalty. The time served is at the discretion of the official, based on the severity of contact and the perceived intent of the offending player. Immediate ejection may occur if the officials deem the infraction unnecessary or flagrant. Players must be instructed as to the dire nature of an ejection, that a player ejected is ejected for the remainder of the season. This must be stressed as the deterrent to improper behavior.

28. Unsportsmanlike conduct is especially discouraged. **ANY** taunting, foul language, debate and/or arguing with officials by players, coaches, or adults are a violation of the rules. The Western Maryland Youth Lacrosse Conference particularly discourages unsportsmanlike conduct. The penalty for unsportsmanlike conduct follows the field lacrosse rules. Typically, this is a 1 to 3 minute non-releasable penalty. Player and coaches must realize that in severe instances, unsportsmanlike conduct may result **IMMEDIATE EJECTION** from the game. **Incidents in which participants, players, coaches, or spectators verbally insult or verbally threaten any other participant, player, coach, spectator, or officials is not permitted. Such behavior will be considered assault and the local police contacted and criminal charges pressed. This includes such actions anywhere on the indoor facility property and grounds.**

ALL PLAYERS, COACHES, SPECTATORS, AND PARENTS ARE EXPECTED TO STRESS THE IMPORTANCE OF SPORTSMANSHIP AT ALL TIMES.

29. Fighting will not be permitted and will be penalized by **IMMEDIATE EJECTION** from the game, a three (3) minute non-releasable penalty against the offending team. Incidents of fighting anywhere on the indoor facility property and grounds will be handled as criminal assault. The police will be contacted and criminal charges pressed.

30. For girls indoor lacrosse, normal field lacrosse red card rules apply. As this applies to the expulsion rule, red cards due to checking fouls and lesser penalties will be considered "fouling out". Red cards received for severe unsportsmanlike conduct, violence, or other extreme behavior may result in an ejection from the game.

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31. INDOOR EJECTION POLICY:

In recent years, the incidents of unsportsmanlike conduct and fighting have increased. To curb this trend, **EJECTIONS** will result in the **immediate removal of the offending players, coaches, or other participants from the game and expulsion from the league for the remainder of the season.** Ejected participants, players, coaches, or spectators must immediately leave the indoor facility property. Any fees paid by the offending players will not be refunded. Officials ejecting a player are to notify the indoor coordinator of the Western Maryland Youth Lacrosse Conference (301-898-9273) of the offending players name and team ASAP after the incident.

32. Ejection Appeal Process

Players, coaches, or participants receiving an ejection can appeal the ejection to a board comprised of executive members of the Western Maryland Youth Lacrosse Conference and the Western Maryland Lacrosse Officials Association.

The ejection appeal process is as follows:

The ejected individual drafts a written letter of appeal listing the individual's perspective on the ejection. This letter is mailed to the indoor coordinator who will send the appeal to the appeal board.

The conference will set up an ejection appeal board meeting; typically, this will be at a time just before the next regular Western Maryland Youth Lacrosse Conference meeting.

The individual will be notified of the meeting date and time by the indoor coordinator.

The individual must attend the appeal hearing to answer questions and present the case for reinstatement with the indoor program.

The hearing will be conducted. At the hearing, the judgment of the referee(s) at the game involved with the ejection will not be questioned. Instead, the board will seek to find evidence that the ejected individual understands the issues that resulted in the ejection and has corrected the problems that lead to the ejection. Failure to attend the hearing without just cause will result in termination of the appeal process for that individual for the remainder of the indoor season. Reinstatement will rest with a vote of the appeals board members.

The indoor coordinator will communicate the outcome to the individual.

32. The game scores will not be kept. The scoreboards will be used for timekeeping only. Scores on the scoreboards are to remain 0-0 at all times.

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Philosophy and Recommendations of Game Strategy for WMYLC Indoor Lacrosse:

The indoor league is intended to provide a **safe and fun way** for lacrosse players to play, stay in shape during the winter, and to provide a venue for players to improve their skills through low stress game situations. Safety and fun are the number one goals of the program. Next to the fun, teams should seek to promote equal playing time for all roster members, good player attendance (especially at Gettysburg games), and game play that challenges player's skills that need strengthening.

For example, in Boys Indoor since no body checking is allowed, it is easy for an experienced player to dodge through stick checks. A dodging offense against a defense that cannot slide with a body check doesn't really help a player's outdoor skills. It is far better to work on a "cutting and passing" offense than dodging one. If boys teams adopt such game plans, rather than just dodging through a crowd to the goal for a shot, the team on defense has an opportunity to set up in a set defense and work on learning to defend against the cutters and passes. The same philosophy and concepts hold for girls lacrosse as well, although the particulars of girls lacrosse rules provide a slightly different set of skills development opportunities.

Another example of game philosophy involves ground balls along the sidewalls of the indoor fields. Since body checking is not allowed by either boys or girls and "boarding" could result in an expulsion, it makes little sense for players to "fight" over the ball if it is within a couple of feet of the wall. Instead, if the ball is within a couple of feet of the wall, it makes more sense to allow the player closest to pick up the ball, then play defense against the player after the player is away from the wall.

Teams that are obviously doing much better than other teams during indoor games are encouraged to implement strategies to stress skills improvements of the players and "even up" the interaction with the opposing team. This can include additional passes than needed by rule before a shot, having players play with the weak stick side, playing defensive oriented players on offense and offensive players on defense, etc.