



## SBS Official Indoor Lacrosse Rules

Last Revised: January 2017

Welcome to the SBS Men's Indoor Lacrosse League. The purpose of this league is to provide a fun, collegiate atmosphere where players of all skill levels can come together and play recreational indoor lacrosse in downtown Boston. Lacrosse is a physical sport and our focus is on providing an exciting and satisfying level of competition while keeping our players safe. We encourage everyone to play hard, we expect everyone to maintain a high standard of sportsmanship and we hope that you come back and continue to play lacrosse with SBS.

### **The Honor Rule**

- This rule is the most important. Everyone is here to have fun, meet new people, and play sports. Be respectful to your league officials, opponents, and teammates. Be conscious of your actions. Un-sportsmanlike conduct is not tolerated.

### **Time Format**

- Two 20 minute periods, 5 minute half-time.
- Each team allowed one 45-second timeout per period.

### **Team Composition & Equipment**

- Each team has five runners (forwards, transition players and defensemen) and a goaltender on the floor during the game.
- All players other than goalies:
  - Must-
    - Wear a helmet and mouth piece
    - Use standard lacrosse sticks 40 to 42 inches in length, the head of the stick shall measure between 4.5 to 7 inches at its widest point and the depth of the pocket shall not exceed 5 inches measured from the outside edge of the head.
  - May-
    - Use any outdoor, indoor or box lacrosse pads and guards at their own discretion.
- Goalies:
  - Must-

- Wear a helmet and mouth piece
- Use standard lacrosse sticks from 40 to 72 inches in length, the head of the stick shall measure no wider than 13 inches across and there is no limit on the depth of the pocket.
- May-
  - Use any outdoor, indoor or box lacrosse pads and guards at their own discretion.

## **Safety & General Etiquette**

- All players must keep their helmets on when in the playing area. If the helmet must be removed, the player is required to stand behind the boards in the team bench area for the entire time their helmet is removed. If a team is not in compliance an unsportsmanlike penalty will be assigned.
- All players must keep their mouth pieces in while on the playing surface. If a team is not in compliance an unsportsmanlike penalty will be assigned.
- A one minute penalty will be assessed for any player spitting on the field.
- Any player chewing gum on the arena floor will be removed from the remainder of that game.
- Players using obscene or profane language or gestures will receive one warning, a second offense will result in a game misconduct.

## **Rules of Play**

- Face-Offs: To determine possessions at the start of each period, two players face their sticks at midfield with a referee placing the ball between the heads of the sticks. In the event of a "play-on" situation in which a one-minute penalty is to be called and a goal is scored there will be a face off.
- Goals: The ball will be put immediately back into play after a goal is scored. After a goal the scoring team must exit the "Green Zone" and the clearing team is allowed one free pass within this zone.
- Clearing: A team has 10 seconds to clear the defensive half of the field after taking possession at their end.
- Shot Clock: 30-second clock begins (counting down) when a team assumes possession of the ball. The offensive team must put a shot on goal during that time or they will lose possession. If they do shoot on goal (without scoring) and recover possession of the ball (via rebound/loose ball recovery), the clock is reset for a new 30 seconds.
- Overtime: Games ending regulation in a tie score are decided by a sudden death overtime period of 2 minutes. If a team has not scored during this overtime, a 1 on 1 braveheart format will commence (see Braveheart Rules at the end of this document).
- Restarts: Happen at the Red Line and near the boards in the offensive zone. Or anywhere on the midline. (Does not have to be in center circle).
- Over And Back: Just as in basketball, once a team obtains possession of the ball they have 10 seconds to advance it across midfield into the offensive half of the field. Once the ball has advanced beyond midfield the possessing team may not cross back over the midline unless tipped by the defense.
  - If the ball crosses back over the midline without a defensive deflection,

the official will give the defending team a chance to pick up the loose ball for a fast break. If there is no point or chance, the referee will blow the ball dead and award possession at midfield.

- Three Line Pass: A team cannot throw the ball from inside one Red Zone to the opposite Red Zone. By doing this, the ball has passed over one green line, the midline, and the opposite green line – three lines. This will result in a turnover. The ball will be awarded to the opposing team at the midfield.
- Off Sides: There are no off-sides infractions in this format.

## Penalties

- The 2017 NLL Section 8 guidelines for Infractions<sup>1</sup> will form the basis for the penalty assessment system in this league, with the following exceptions which will result in an immediate game misconduct and a penalty shot for the offended team.
  - Facemasking
  - Fighting
  - Head-Butting
  - Kicking a Player
  - Throwing The Stick
  - Dangerous Contact to the Head
  - Physical Abuse of Officials
- The as-written 2017 NLL Section 8 guideline for the following infractions will apply.
  - Possession/Technical Infractions
  - Offensive Screens/Picks/Blocks
  - Handling the Ball
  - Butt-Ending
  - High-Sticking
  - Illegal Cross-Checking
  - Spearing
  - Slashing
  - Goal-Crease Violations
  - Goalkeeper Privileges
  - Contact While Shooting on Net
  - Illegal Bodychecking
  - Holding
  - Hooking
  - Boarding
  - Spearing with Your Head
  - Checking from Behind
  - Elbowing
  - Intentional Contact/Dead Ball Situation
  - Kneeing
  - Roughing

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<sup>1</sup> <https://s3.amazonaws.com/nllassets/NLL+2017+Rulebook.pdf>

- Tripping
  - Obscene/Profane Language/Gestures
  - Unsportsmanlike Conduct
  - Leaving Players Bench or Penalty Box
- Penalty Accumulation Rules:
    - Per Player-
      - Any player who receives four personal fouls (one minute penalties) will be ejected for the remainder of the current game, and the next game in which he would have played.
        - Serious and multiple suspensions may result in expulsion from the league, with reentry permissible only with expressed written permission from SBS.
    - Per Team-
      - After a team collects its sixth personal foul (a one minute penalty) the ball will be awarded to the opposition, and a one-on-one opportunity with the goalie will be awarded to the other team.
        - The offended teams player will start at the midfield line and all players from both teams will remain behind the midfield stripe for 5 seconds
        - The official at midfield will yell release after 5 seconds.
        - The 2nd official will be stationed near the Goal Line Extended (GLE) and ensure that the shooter keeps his feet moving and does not go through the crease.
          - Player shooting can not plant his feet or stop moving.

## **Braveheart Rules**

- Each team has a goalie and 1 field player.
- Officials may inspect field crosses before the tiebreaker begins; no coach-requested checks.
- Teams defend the same goal they defended in the second half.
- Teams must use the goalies on the field at the end of regulation.
- The field players face off at center.
- Goalies must be behind their restraining lines during the faceoff; goalies may not cross midfield at any time.
- The first team to score a goal wins.
- There are no timeouts or substitutions permitted except in the case of injury (in which case the opponent may also sub a player).
- If a team commits what would normally be a timeserving penalty during the tiebreaker:
  - Play is restarted with the offending player in his defensive half (for a technical foul) or in his defensive restraining area (for a personal foul).
  - The offended team's field player is awarded possession just outside the attack area.

- All other standard rules apply, including counts.