

TRI-STATE SPORTS 2007.2008 GIRLS INDOOR LACROSSE
Information and Rules

Team Shirts are Included in the Price

Games are two 25-minute halves and will begin promptly, even if a team is not ready to play. There is no overtime.

Each half will begin with a draw and after each goal there will just be a goalie clear.

Six field players and a goalie are allowed on the court at a time. If a team does not have a goalie, the cage **will not** be turned around and they may still only have six field players. If neither team has goalies, they will still only be allowed six field players. Shooting nets may be used, but must be provided by each team. If a team does not have enough players to field a team, they may have guest players from another team, and if not, the opposing team does not have to play short, unless agreed upon by both coaches.

Subbing is on the fly. The player must be off the court before the sub is allowed to enter.

Only four players from each team (excluding the goalie) will be allowed in each half of the rink.

Two passes must be made (attempted) in the offensive end before a shot on goal. If a shot is taken and two passes have not been made, it will be a free position for the goalie.

Modified checking will be played in the middle school league.

If a player receives a yellow card, she must leave the court for 3 minutes of playing time. A substitute may take her place. If a player receives a red card, she will be ejected from the game and no sub may take her place. The team must pay short for the remainder of the game.

If a player or coach receives a red card for misconduct, it shall be reported to the manager and that person may not participate in the next scheduled game.

No unsportsmanlike conduct will be tolerated towards officials, coaches or players. You will be dismissed from the league!

Teams forfeiting two games will be removed from the schedule without reimbursement.

All players must sign a Waiver release form to participate.

Scores must be reported to the League director from team representative in timely manner.

Goggles and mouth guards are **MANDATORY AT ALL TIMES** for all players. **No jewelry** is permitted.

Goalies (high school and below) must wear a legal helmet, throat protector, chest protector, abdominal and pelvic protection, shin guards, padded gloves and mouth guard. College and above are not required to wear abdominal,

pelvic or shin protectors.

NO REFUND POLICY.