

LEAGUE RULES

Point of Emphasis for Officials, Coaches, Players and Fans

1. Tri-State Sports is hosting the High School Winter Lacrosse League with the understanding that all League play is for off-season developmental purposes and to prepare players for the outdoor game.
2. Boys' high school lacrosse rules apply, including those with regard to equipment and penalties, and shall be enforced in the same manner as in the outdoor game, except for a number of modifications that have been made to accommodate play on the smaller indoor fields or in the interests of player safety.
 - While officials have been advised that Tri-States Sports expects penalties to be called in accordance with the rules of lacrosse, Tri-State Sports expects League officials to “err” on the side of safety. All coaches involved with teams in the League are expected to understand and support the philosophy with regard to officiating as well as its rules for player conduct and safety.
 - **MODIFIED RULES FOR CHECKING/HITTING/CONTACT:**
 - **There** shall be NO HITTING other than incidental contact.
 - Big hits and overly physical play, even within five (5) yards from a loose ball, as well as excessive force, roughness, checking or hitting off the ball, constitutes unnecessary roughness and will result in a 1 to 3 minute penalty or ejection.
 - For purposes of unnecessary roughness, the official in his judgment may rule that a player taking more than two (2) steps to deliver a hit has used excessive force.
 - **Boards** Unnecessary roughness or excessive contact along the boards, in particular, will not be permitted for reasons of player safety. Officials are expected to use a quick whistle to manage play along the boards.
 - **One Handed Checks:** One handed checks are permitted as long as they are not used with excessive force.

- **SPORTSMANSHIP:** Poor sportsmanship, taunting, trash talking, fighting or other unbecoming behavior on the part of players, coaches, parents or fans will not be tolerated. All persons involved with the League or visiting Tri-States Sports are expected to “Honor the Game” and act in a manner consistent with the businesslike operation of Tri-States Sports.
 - Only head coaches are permitted to address the officials; coaches are expected to do so in a courteous manner.
 - Conduct fouls will result in the loss of possession or a 30 second penalty, in the discretion of the official.
 - Unsportsmanlike conduct will result in a 1 minute non-releasable penalty; provided, however, that Tri-States Sports reserves the right to eject any particularly offending person from the game or the facility.
 - Ejection for any given player will result, at a minimum, in an automatic one-game suspension from the League.
 - Fighting will result in immediate ejection from the game, a one-game suspension from the League and/or expulsion of the offending players from the League without a refund.

3. All coaches with teams playing at Tri-States Sports shall be given the right to evaluate officials and comment on the control of the games. Tri-States Sports will address any concerns with the officials as necessary or appropriate, in its reasonable discretion.

4. **Tri-States sports** is a privately owned facility and management reserves the right to adopt and implement such other rules or regulations as it determines are necessary or appropriate to accommodate indoor play on a smaller playing field or the interests of player safety.

5. **Tri-States Sports** expects the officials, coaches, players and fans to comport themselves in accordance with the rules

TIMING Procedure:

22 Minute halves with a 3 minute half time.

BODY CHECKS

No body checks or heavy collisions

SUBSTITUTIONS

All substitutions are on the fly - all substitutions are from the team bench

The keeper will always (even in the event of a foul) start with ball after a goal (no face-off)

Additional rules

No more than two long poles on the field at once.

Must keep at least three players back, yes keeper can cross mid-field line as long as there are three players back.

Please have your teams ready to play by game time, any delay will only cut into the your playing time.

No more than 2 coaches are allowed on the bench at one time.

Mouth pieces are required, a player can not play without one, and this is not an option

Penalty time is running, the penalty will start when the official blows his whistle to start play.

In the event of a tie at the end the game the two teams will play brave heart, first player to score wins. One field player and a keeper for each team and one of those two players will have to be back in the defensive half of the field at all times. No substitutions, the two players for each team that start must finish.

Youth Games

For youth games there is a three pass rule in effect, passes must be completed in the offensive half of the field before a goal can be counted, bounce passes do not count.

A pass from the defensive half of the field to and completed in the offensive half of the field does count as a completed pass.

If both coaches agree then the 3 pass rule can be waived for that game only.

Official payment

Officials will be paid prior to the game, each coach will be responsible to pay the officials prior to the start of the game. The game will not start until each official is paid in full.

If you as the coach can not make it to the game make sure your replacement has the cash to pay the officials, we cannot have officials trying to run down payment after games or the following weeks.