

2016 Northern Rush Indoor Lacrosse League Rules

General: All rules for the Northern Rush Indoor Lacrosse League will be based on the 2015 Minnesota Girls Youth Lacrosse Rules with some exceptions that are noted below.

Players on Field: There will be 5 field players and a goalie in all levels except the 3/4's who will play with 6 field players and not have a goalie.

Checking: 3/4 and 5/6 will be no checking but there will be a 3 second count for checkable position. 7/8 will be modified checking below the shoulders and high school full check.

3 Pass Rule: 3/4 and 5/6 will have a 3 pass (attempted) rule before a shot can be taken.

There will be draws after goals.

No Offside at any level.

Time: 3/4's and 5/6's will be 20 minute halves running time. High School and 7/8's will be 25 minute halves. The clock will begin on the hour whether the teams are ready to start or not. There will be a five minute halftime. In the event of running late, the second half will be shortened as needed to finish on the hour. There will be no overtime in pool play. In play offs, there will be 4 minute overtimes until a final score is reached.

Timeouts: Each team gets 1 one-minute timeout per game. The timing begins when the timeout is called, and teams must be on the field and ready to play after 1 minute. The time will not stop for timeouts. There will be a whistle when there are 20 seconds remaining in the time out. During a dead ball, timeouts may be called by the head coach or by any player on either team. No Timeouts in the last 5 minutes of the game.

Field Dimensions: Games will be played on a turf field 30 yards by 55 yards with 6'x 6' goals. There will be no 8 meter arc or 12 meter fan so refs will set players up accordingly to the best of their ability when fouls occur.

Equipment: Will follow general USL requirements. Goalies properly equipped, mouth guard, eye protections and no jewelry.

Score/Time Keeper: Both teams must provide one scorer/time keeper. Instructions on how to use the arena scoreboard are available at the scorer's table.

Score reporting: The winning team must write down the scores for both teams and then email the score to the league coordinator, Kallie Krech at kkrech@nscsports.org.

Penalties: Yellow and Red cards will follow USL rules and will be a 2 minute penalty.

Starting the game: If a team does not have an adult head coach and six players, including a legally equipped goalie, dressed and ready to play at the scheduled start time, a delay of game

foul will be assessed. If the team is not ready by 2 minutes after the scheduled start, an unsportsmanlike conduct penalty will be assessed. If the team is not ready within 5 minutes of the scheduled start, the game will be forfeited (at that point, teams may choose to scrimmage, but the result will not count in the standings).

Suspensions:

If a player or coach is expelled from any game, there will be an automatic suspension. The league reserves the right to suspend or expel from the league any party without a refund.

Field Diagram:

