

KLSC Indoor Lacrosse Rules (Box and Indoor)

Game Rules:

- All Players are required to have a current US Lacrosse number (US Lacrosse registered)
- Games will be 45-minutes in their entirety
- Each game will have two (2) 20 minute running halves with a 2 minute halftime.
- Games will start promptly at their scheduled times whether teams are ready or not, so be prompt and ready to run on the field as soon as the game prior to yours is finished. The game clock (on scoreboard) will start when the game is scheduled to begin. Teams can warmup/stretch at the ends of the arena behind the dasher boards.
- The game clock/scoreboard will be operated by King Louie's officials only!
- There will be no time outs allotted to teams.
- Goalies must be provided by each team. If a team cannot provide a goalie, they will forfeit the game 0-9.
- The game clock will not be stopped for goalie substitutions.
- Face-offs will be contested by the opposing midfielders inside the circle.
- Wing middies must be on the wing and are released when the whistle blows for the face-off.
- Attack and Defense must stay behind their restraining lines until "possession" is called by the officials on the face-off.
- The face-off call will be "Down", "Set", "whistle."
- NO BODY CHECKING within 5 feet of the boards for ANY age group!
- For 5th/6th grades/U12 age groups and below there will be **no body checking!!!!**

- For personal and technical fouls, penalty time is 1 minute and 30 seconds of running time respectively.
- The player that commits a time-serving penalty will be removed from the field.
- If a goal is scored during a “Flag Down” situation, the player who committed the penalty must come off the field, but the team can replace the player.
- If the fouled team does not score “Flag Down,” the penalized team plays man down.
- All other USL Lacrosse rules apply!
- All players MUST have a mouth guard to play!
- If the ball goes into the soccer goal, it is awarded to the team with last possession.
- In the event of multiple penalties, the team penalized will have time added to each penalty but will only be 1 man down (2 penalties = 1 man down for 2 minutes.)

Roster Rules:

- Teams must be paid in full prior to game 1, with release waivers signed by all players.
- Rosters are final at week 2 and no players can be added after week 2.
- Players may play on 2 teams in one league.
- Roster Checks must be called by the referees or opposing coaches.
- Roster checks are only effective if called before the start of any game.
- Failure to have enough legal players, or a goalie, will result in 9-0 forfeit.
- Mutual forfeits (both teams) result in 5-5 scored ties.