



Indoor MS League: SATURDAYS: Begins 10/12

- Clock – 20 min running halves, 2-3 min halftime
- No stick check required: 12 U (5/6) Modified pocket allowed – 14U (7/8) Standard pocket required
- Remind players:
 - **PLAYERS MUST WEAR MOUTHGUARDS AT ALL TIMES (NO WHITE OR CLEAR OR TEETH Mouthguards allowed)**
 - **Certified and approved ASTM eye protection REQUIRED**
 - **NO JEWELRY ALLOWED**
- Players – 7v7 (7 field players plus goalie (8), 3 can be at center circle)
- IF NO GOALIE – Team may play without a goalie and flip the goal to show the Triangle shaped end for shooting **OR** an additional defensive player may be substituted for a goalie **ONLY** if a team does NOT have a goalie and goal is not flipped. The team without a goalie will be penalized with a Free Position to the opposing team at the center circle and Alternate Possession will be awarded to the Opposing Team to start the game.
- **THE CENTER LINE IS THE RESTRAINING LINE FOR INDOOR LEAGUE PLAY**

RULES FOR MS INDOOR GAMES

- Rules – Following 2019 USL Girl's Lacrosse Rules (see below):
 - SELF START -
 - PENALTY ZONE for a FREE Position on the 8M inside the CSA:
 - Utilize the new 2019 Rule for clearing the CSA for a FREE Position
“... the creation of a penalty zone in the critical scoring area, such that all players’ and sticks must be 8 meters away from the goal circle above goal-line extended and the area created by the extension of the 8-meter mark to the dots and across the dots. This zone was created to establish an area that must be cleared when a major foul by a defensive player occurs in the 8-meter arc for both safety and pace of play, by limiting the recurrence of shooting space calls.”

Checking for MS: 14U – Transitional Checking - Shoulder to Shoulder = 12 Inch Sphere

12U - Modified Stick Checking allowed – Below the shoulder only

Self-Starts/Penalty Areas/Boundaries/Other Info:

SELF-START: The player possessing the ball restarts play/self-starts if play is outside of the CSA (12 M from goal) and no card is being issued. The person who committed the foul will be moving toward or placed 4M behind (major foul) or 4M away (minor foul), as directed by officials.

REMINDERS REGARDING INDOOR FIELD: UTILIZING NEW SELF – START:

- **Self-start can only be used outside the CSA (between the 12 M lines) in Officials will also restart with a whistle on Alternating Possession, in Out of Bounds situations (behind goal or if caught in net), Official Timeouts/Carding or Injury situations.**

REMINDER: CLEARING THE RESTRICTED AREA FOR FREE POSITION ON THE 8M:

Utilize the 2019 USL Rule for clearing the CSA for a FREE Position - **PLAYERS MUST CLEAR THE RESTRICTED AREA inside the CSA below the Goal Line Extended (to the dots/indoor end line)** NFHS 2019 RULEBOOK: "... the creation of a penalty zone in the critical scoring area, such that all players' and sticks must be 8 meters away from the goal circle above goal-line extended and the area created by the extension of the 8-meter mark to the dots and across the dots. This zone was created to establish an area that must be cleared when a major foul by a defensive player occurs in the 8-meter arc for both safety and pace of play, by limiting the recurrence of shooting space calls."

INDOOR BOUNDARY ADJUSTMENTS – When the ball goes in space behind goal on a shot, possession is automatically awarded to the closest Attack player. When ball is deflected or missed pass behind the goal, ball is awarded to the opposing team, as a turnover. If ball gets stuck in net or goes outside of the field, officials will award ball to the closest player for either team if no clear possession is known. NOTE: Since there is no stick check, Alternating Possession is determined by the draw at the beginning of the game, the first Alt Possession goes to the team who DOES NOT get the ball off the first draw.

- Due to Multi-Sport & Non-Standard Markings on the Indoor Field, Officials will designate placement of players for restart of play after whistles, dead balls, fouls, etc. Officials have the FINAL DECISION on placement and restart as to manage safety and fairness for each game.
- **All other King Louie's facility rules apply, especially regarding Sportsmanship and Safety. Officials have the right to cancel any game if Sportsmanship/Code of Conduct or Safety becomes an issue. Officials have the right to EJECT any player, coach or spectator for DANGEROUS, UNSPORTSMANLIKE, DISRUPTIVE, or THREATENING BEHAVIOR or LANGUAGE.**

REV: 9/21/19