



## INDOOR HS GIRL'S LEAGUE RULES

### FALL/WINTER 2020

**\*\*IMPORTANT: COVID PROTOCOLS PAGE 3**

#### TIMING AND EQUIPMENT

- Clock – 20 min running halves, 2-3 min halftime
- NO stick check required - Players and Coaches are responsible to have USL/NFHS Approved Legal Women's Lacrosse Sticks and Equipment. Officials have the right to check equipment for legality and safety any time during a game and may remove any equipment deemed not legal or safe.
- Coaches are responsible for Team COVID Protocols
- NO JEWELRY ALLOWED
- MOUTHGUARDS MUST BE WORN AT ALL TIMES ON THE FIELD (no white, clear or teeth mouthguards)
- Players – 7v7 (7 field players plus goalie (8), 3 can be at center circle)

**THE CENTER LINE IS THE RESTRAINING LINE and CSA marker for BOX/Indoor game play**

#### RULES FOR PLAY FOR HS INDOOR GAMES

**KING LOUIES FALL AND WINTER INDOOR LEAGUES WILL BE UTILIZING THE 2019/2020 USL/NFHS UPDATED RULES, INCLUDING 2020 FREE MOVEMENT CHANGES.**

- RESOURCES FOR UPDATED RULES - READ the 2019 Rule Changes: <http://www.nfhs.org/sports-resource-content/girls-lacrosse-rules-changes-2019/>
- 2020 NFHS RULES UPDATES: <https://www.nfhs.org/sports-resource-content/girls-lacrosse-rules-changes-2020/>
- <https://uslacrosse.org/blog/free-movement-among-rule-changes-for-high-school-girls-in-2020>

**FREE MOVEMENT RULES/CLARIFICATIONS:** All field players, **EXCEPT** the BALL CARRIER (i.e.: player receiving or possessing the ball) AND OFFENDING PLAYER (i.e.: player who committed the foul), are permitted to continue progressive movement outside of the NON-ENGAGEMENT area and may keep moving on the field after a foul or violation.

**NON-ENGAGEMENT AREA:** A minimum of **4 meters space** (non-engagement area) IS to be maintained by ALL NON-OFFENDING players around the player awarded possession of the ball. NO DEFENSIVE OR OFFENSIVE PLAYER MAY ENGAGE THE BALL CARRIER WITHIN 4M on restart.

- Non-offending players will be free to move outside the NON-ENGAGEMENT AREA. For violations of the NON-ENGAGEMENT AREA, or DELAYS CLEARING the NON-ENGAGEMENT area, teams will receive :
  - ONE initial team warning - GREEN CARD
  - Subsequent violations and delays will result in a GREEN/YELLOW CARD AND a 1 MINUTE PENALTY. ADDITIONAL OR MORE THAN 2 GREEN/YELLOW CARD VIOLATIONS WILL RESULT a 2 Minute Penalty for each additional card.

## **INDOOR HS GIRL'S LEAGUE RULES - 2020-2021**

- **SELF-START:** The player possessing the ball restarts play/self-starts if play is outside of the CSA (12 M from goal or restraining line for Indoor Field play) 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 in the possessing team's defensive end of the field, not inside the CSA/across the Center/Restraining Line of the Attacking end. Inside the CSA (12 M from goal or restraining line for Indoor Field play) on the Attack end, the Official will restart with a whistle. 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 new 2019 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)** 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."
  - **FREE POSITION SET UP CHANGE per 2020:** NO FREE POSITION will be awarded between the 8M & 12M, all must be set up either ON the 8M or 12 M.

**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.

- **IF SHOT STAYS IN BOUNDS** – The inbounds ball after a shot may be picked up by any player so play may continue uninterrupted.
- 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 and COVID Protocols. 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 COVID/RULE VIOLATIONS, DANGEROUS, UNSPORTSMANLIKE, DISRUPTIVE, THREATENING BEHAVIOR or LANGUAGE.**

# COVID PROTOCOLS & CHECK IN/HEALTH QUESTIONS

- All coaches, players and officials will be required to sign & submit King Louie's 'COVID RECOGNITION OF RISK WAIVER'
- Participants should NOT PARTICIPATE if you answer 'YES' to COVID symptom questions, had a positive COVID test, had a fever, had a cough or been feeling ill in the last 14 days.
- If participants begin feeling ill during play, they should be removed from the field of play, bench area and other players. Notify officials and follow up with King Louie's Administrator ASAP.
- Team coaches are responsible to verify participants have reviewed COVID risk questions, do not have a fever or other symptoms prior to each game.
- Players with elevated temperatures or other symptoms will not be allowed to participate. Masks are recommended to enter and exit the facility and while on the bench.
- Social Distancing (6ft Social Distance is recommended and should be practiced by spectators)
- Coaches, Players and Officials are recommended to wear masks when inside the 6ft social distance in the bench area/sidelines.
- Masks are not required on the field of play but are allowed for players and officials on the field.
- Hand Sanitizer or Sanitizing Station should be utilized upon entry and exiting the facility.
- Players should utilize stick, not hands, to pick up balls whenever possible.

The COVID Waiver is attached and the COVID Questions are listed below, please review COVID Health Questions prior to game time with coaches, players and officials. COVID Waivers should be submitted to King Louie's management for every coach, player and official prior to participating in your first game. Waivers must only be submitted once for each participant during the league session. If you have any COVID symptoms, exposure, or have a positive test, please contact King Louie's management ASAP.

Please review these questions with participants prior to each game.

If you answer YES to any, DO NOT ATTEND.

## **Covid-19 Health Questions:**

- In the past 48 hours, have you had a fever, cough, shortness of breath or any difficulty breathing?
- In the past 48 hours, have you had any nausea, vomiting, or diarrhea?
- In the past 48 hours, have you experienced any significant redness or drainage around or from one or both eyes?
- In the past 48 hours, have you experienced any decreased sensation of smell or taste?
- In the past 48 hours, have you had a sudden onset or severe headaches?
- In the past 48 hours, have you experienced severe muscle pain or sore throat?
- In the past 48 hours, have you experienced any unexplained skin rash or redness to your skin/toes?
- In the past 48 hours, have you been exposed to anyone who has had a fever, cough, been short of breath, has been suspected of having COVID-19 or has been diagnosed with COVID-19?
- Have you been told by the health department or any other medical professional that you should be in isolation or self-quarantine at this time?