



INDOOR MS GIRL'S LEAGUE RULES

WINTER 2021

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

TIMING AND EQUIPMENT: Warm – up 10 min – 20 min running halves, 3-5 min halftime
No stick check required: 12 U (5/6) Modified pocket allowed – 14U (7/8) Standard pocket required

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.

EQUIPMENT REQUIREMENTS:

PLAYERS MUST WEAR MOUTHGUARDS AT ALL TIMES (NO WHITE, CLEAR OR TEETH Mouthguards allowed)
NO JEWELRY ALLOWED

Certified ASTM/SEI eye protection REQUIRED – Asked at Coach's Pre-game meeting (verbal confirmation)

RULES FOR PLAY FOR MS 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 possession of the ball) AND OFFENDING PLAYER (i.e.: player who committed the foul), are permitted to continue progressive movement outside of the NON-ENGAGEMENT (4 M) area and may keep moving on field after a foul or violation.

NON-ENGAGEMENT AREA: A minimum of **4-meters space IS** to be maintained by ALL players around the player awarded possession of the ball prior to Restart. Non-offending players will be free to move outside the 4 Meter area (non-engagement area).

VIOLATION OF NON-ENGAGEMENT AREA, or DELAYS CLEARING the 4 Meters around the ball, teams will receive: ONE initial team warning- GREEN CARD and subsequent violations and delays will result in a GREEN/YELLOW and 1 Minute Penalty. More than 2 GR/YEL is 2 min penalty for each card.

ADDITIONAL INDOOR MS RULE CLARIFICATIONS

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

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

SELF-START: Self-start can ONLY be used outside the CSA (12 M from goal line). Officials will 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. Officials will assist in communication of self-start or whistle start.

When player utilizing the self- start the player initiates start with movement, the player who committed the foul will be moving toward or placed 4M behind (major foul) or 4M away (minor foul), as directed by officials.

Defensive Self-start can only be used in the possessing team's defensive end of the field, outside the CSA (12M from goal line). Inside the CSA (12 M), the Official will restart with a whistle

REMINDER: CLEARING THE RESTRICTED/PENALTY AREA FOR FREE POSITION ON THE 8M OR 12M:

2019 Rule for clearing the CSA for a FREE Position dictates **PLAYERS MUST CLEAR THE RESTRICTED AREA inside the CSA below the Goal Line Extended (to the dots)** NFHS 2019 RULEBOOK: "... the creation of Utilize the 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.

FREE MOVEMENT & FREE POSITION per 2020: Free movement is allowed outside the Restricted area but may not illicit a FALSE START. False Starts penalized per USL Rules.

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/defensive 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 BOX/Indoor Field, Officials will designate placement of players for restart of play after whistles for boundaries, dead balls, fouls, etc. Officials have the FINAL DECISION on placement and restart as to manage safety and fairness for each game.
- **All King Louie's facility rules apply, especially regarding Sportsmanship and Safety & 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 RULE/COVID VIOLATIONS DANGEROUS, UNSPORTSMANLIKE, DISRUPTIVE, or THREATENING BEHAVIOR or LANGUAGE.**

REV 12/30/2021

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 required 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 required to wear masks when in the bench area/sidelines.
- Coaches are responsible for enforcement of COVID policies with their team and within team area.
- 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.

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. The COVID Waiver is available on the King Louie's website.

All Coaches, Players and Officials are asked to review the COVID Questions listed below, prior to every game. 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?