

TOP CORNER INDOOR LACROSSE RULES AND REGULATIONS

This Indoor league is about the importance of building field awareness and Lacrosse IQ. Safety and Fundamentals will be the key focus of the game. Taking the accuracy and quick decision making of the smaller field and applying it to your outdoor lacrosse game is the Goal!

****GAMES ARE PLAYED RAIN OR SHINE, IF LIGHTENING OCCURS A 15 MIN PERIOD WILL TAKE PLACE TO SEE IF THE WEATHER PASSES OR IF THE SPORTSPLEX DEEMS THE WEATHER UNSAFE TO RESUME PLAY. IF EITHER OCCUR THE GAMES WILL BE CANCELLED. THIS IS OUT OF OUR CONTROLL AND GAMES WILL NOT BE RESCHEDULED.*

Safety Equipment: All players must be fully equipped with proper equipment per NOCSAE. All Equipment must be professionally manufactured and not altered.

- NOCSAE/ND041 Approved and Certified Helmet
- Mouth Guard (No Clear or Completely White)
- Protective Lacrosse Gloves-No Holes
- Lacrosse Shoulder Pads-2022 NOCSAE (EKG Approved)
- Football/Lacrosse or Soccer-Cleats on shoes must not exceed ½ inch in length and cannot be metal or other materials that can develop cutting edges
- Lacrosse Arm/Elbow Pads (Mandatory)
- Compression Shorts and Protective Cup are Required for all players
- Goal Keepers: Throat Guard protection/ Chest Protection (EKG/NOCSAE CERTIFIED)/ Chin Guards (Optional)/ Goalie Gloves (Thumb Protector Recommended)
- Lacrosse Stick-(Per 2023 Rules and Regulations) Shorts Stick ONLY, No Long Poles Allowed
- VALID US LACROSSE NUMBER (**VALID THROUGH the end of the current season being played**)

On Time Play:

A team should have 6 Players ready to take the field at the scheduled game time. If this is violated the opposing team will be given possession to start the game. If there aren't enough players within 10 mins of scheduled game time the forfeit rules will take effect. **All Players must have a TCI Penny on to be able to play in their game.**

Face offs:

Face-offs will occur during the following times/Situations:

- To start the game
- To start the second half
- To determine possession of the ball if an official is unable to make that decision

During the face offs, all players NOT facing off will need to remain in the restraining box until possession is called by the official. If any player fails to stay INSIDE the restraining box until possession is called will result in possession being granted to opposing team. **Players can play in either restraining box during any face off.**

OFFENSIVE RULES

Moving Picks:

All players attempting to set a pick must always have 1 foot stationary and may not extend their arms to attempt contact. Hands and stick must be inside the shoulders. **Players may rotate on the stationary foot to initiate contact with the pick as long as they don't extend arms or stick.**

Stalling:

If the official determines a team is stalling, a 25 second shot clock will be resumed. The offensive team must attempt to score by shooting a shot. The shot clock will end if a goal is scored, or a shot hits the goalie and/or Goalie Stick.

Diving:

Diving is allowed around the crease area. If the players touch the crease or lands in the crease at all, there will be a "no goal call" and possession awarded to the defending team.

Wall Play:

A player with possession of the ball may not use the wall as a strategy to beat a defender. All dodges must be attempted towards non wall side of the defender. A Player attempting to run the wall, will result in a change of possession. **Players MUST ALWAYS make a move away from the wall.**

Illegal Transition Scoring:

All Players on the defensive side must wait for possession to occur before they cross the midline to attempt to transition the ball. If a turnover happens on the offensive side of the field, all offensive players must cross the midline in the attempt to play defense. If a player scores a goal but is deemed by the official to never have crossed the midline. He/she has violated this rule, the Goal will be removed.

Offensive Crease Violations:

At any time during play, an offensive player is not allowed in or on the crease line. If this penalty occurs and the offensive team commits the penalty a whistle will stop the play, and a change of possession will occur. If the defensive team gains possession while this violation occurs this will be considered a "Play on" and no whistle or call will be made to stop play. Once a lacrosse pass/dodge/drop/run has been made by the defensive team that gain possession from the violation, the violation is waived.

Over and Back:

The Ball is free to roam the middle/defensive side of the field in transition until possession is established by getting into the offensive restraining box. Once established the ball cannot cross the midfield line.

DEFENSIVE RULES

Illegal Contact:

Any contact determined by the official to be uncalled for or has the intent to gain an advantage while the ball is in play. Players playing a ground ball, must use the "Box Out" Method to compete for the ball. Any player extending their arms to move (Push) a player to gain an advantage during play. This Violation will result in an automatic Change of Possession. **Boarding will serve 90 seconds in the box.**

Cross Checks:

Any checks with the hands apart and made with all stick portions of the cross. One glove must make contact with the player while check is attempted. Player that commits this foul will Serve **90 seconds in the Box.**

Illegal Body Check:

Any player that makes contact, with the intent of playing body over ball will serve **90 seconds in the box.** If penalty is deemed targeting player will **serve 3 minutes in the Box.** (Player that committed the penalty will serve the full 3 Minutes.) If the hit is deemed targeting with the intent to harm, Player will be removed from the field immediately and serve a **1-game suspension.** All Body checks will be at officials' decision on severity and intent.

Slashes:

Any checks with the cross deemed to be excessive and/or uncontrolled. Any checks to the Head/Legs/Back/Neck outside of accidental are considered automatic Slashes. Slashing will serve **90 seconds in the Box.** Slashes deemed with the intent to harm will serve the full **3 Minutes in the box.**

Defensive Crease Violation:

No defender can enter crease with the intent to shield a shot. It is considered illegal for a defensive player to run into the crease while in possession of the ball.

Goalies:

Once a goal is scored, a goalie must pick up the ball immediately. Goalies will have 4 seconds to pass the ball out of the crease area. Goalies may NOT come out of the crease to play man and/or apply a body check to an opponent. This will fall in line with Illegal Body Check Time served. Goalies may come out of the crease to play the ball (via GB or Pass)

Misc. Penalties:

Holding / Pushing / Tripping / Minor Conduct will serve a **45 second penalty in the box.**

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One Handed Checks:

One hand checks are allowed, Field guidelines will be followed. Any use of the free hand or non-contact of the stick during the check will result in a 45 Second (Hold)/ 90 second (Slash) penalty served in the box.

SPORTSMANSHIP/ FOUL OUTS/FORFIETS/OT RULES/ TIMEOUTS

Taunting:

Any player talking to an opposing player, Fan, coach and official with the intent to belittle and/or humiliate will serve 2:00 Minutes in the box. (Full time) Excessive Celebration will serve 90 seconds in the box.

Mercy Rule:

Once the score has reached a differential of 8 Goals, the winning team can no longer press the ball on the losing team's defensive side of the field. All Clearing players must head to their defensive side of the field before pressure can be applied. A warning will be issued, if the violation continues after warning the violating team will serve 90 seconds in the box for every violation. Once the losing team gets below 8 goals differential, press rule is off and play is resumed normal.

Unsportsmanlike Conduct:

Any player/Fan arguing with officials/Directors/Coaches/Fans/Players, will serve 3 Minute (Full time) in the Box. If a second offense occurs a player will be removed from the game. If a Player/Fan/Coach is deemed abusive to an opposing team or official they will be asked to leave the Sportsplex. If the behavior occurs, they will be banned from the Sportsplex and League.

Fighting:

TCI has a Zero Tolerance Policy, if a player throws a Punch/Slap/Kick etc. he/she will be asked to leave the league for the season. No refund will be issued. If there is an altercation of a pushing match, all parties involved and in violation will serve equal penalties of 3:00 Minutes in the box. (Full Time)

Illegal Substitution/Too many Players on the field:

If a team is deemed by the official to have too many players on the field with the intent to have an advantage or make contact, a loss of possession will occur if violating team has possession. If violating team does not have the ball, they will serve 90 seconds in the box. Proper substitution should take place; a player may enter the field once a player exits the field. Officials may determine the intent of the substitution to be fair or unfair and blow the whistle accordingly.

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Foul Outs:

Any player with a total of **6 minutes** will be ejected from the game. (Fouled out). This can consist of any penalties that have time served. (45 second-5:00 Minutes). Players may play the following game scheduled.

Forfeits:

If a team does not have 6 players to field a team, coaches can agree to 5v5 play. If a team doesn't have enough players to accommodate 5v5 they will forfeit the game. Teams can agree to combine and play a scrimmage game together. Forfeiting team will take the loss in the standings. (Stats will count)

Non-Rostered Players:

If a team plays with players not rostered on the team and doesn't have permission from the league, they will forfeit that game. During playoffs/Championship there will be no exceptions to non-rostered players playing in games.

Time Outs:

Each team has 1 time out per regular season game and 2-time outs in playoff/championship games (1 per half). During an injury the clock will stop if the team has not used their time out during the regular season game. In a playoff or championship game the clock will stop if there is an injury.

Running Clock:

All games are running clock, unless a timeout is used. During a championship game the clock will stop during the final 2:00 minutes for (Calls, Change of possession, Penalty's and timeouts, etc.)

OT Rules:

Overtime will have (1) 3 minutes period. If there is still a tie after that additional period, the game will be played brave heart style for an additional 2-minute Regular season or until a winner in Playoffs. Goalies can cross the Midline to try and score.

STATS/ AWARDS/PLAYOFFS/ALL-STARS

- Stats will record every game; all stats will be posted on the site the following day or two
- We will be recording the top 15-30 players in the league
- All players rostered before the deadline will be eligible
- MVP/OFFENSIVE PLAYER /DEFENSIVE PLAYER AND SPORTSMANS OF THE YEAR FOR EACH DIVISON WILL BE GIVEN AT THE END OF THE SEASON. (Division must have 2 teams Min.)
- All-Star selections will be made by Coaches (Divisions must have 3 or more teams) depending on number of teams will be the number of selections given to coaches. All-star games will be played after the championship games are completed. **(Pending Field Availability)**
- Playoffs will be seeded based on Win/Loss record. If a tie breaker is needed it will go to winner of opposing team's 1st game played of the season. If additional tie breaker is needed it will go off TOTAL Goals against for the regular season games.