

## 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!

**"If you DONT play the Ball, you will get the call"**

*\*\*\*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 full 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 11/30/2022)

### **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 their restraining box until possession is called by the official. If any player fails to stay INSIDE their restraining box until possession is called will result in possession granted to opposing team.

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### **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.

#### **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.

#### **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. Player with the ball must maintain a 3-yard gap from the wall when running down the field. Loss of possession of team in violation.

#### **Illegal Transition Scoring:**

All Players on the defensive side of the 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, and 90 seconds will be served in the box.

#### **Over and Back:**

If the ball has been established in the restraining box by the offense. The ball cannot be thrown or rolled back across the midline. If the ball is touched by the defensive team and goes over the midline this will not be called over and back. If deemed by the official to be over and back, the first player to the ball must pick up the ball and wait for the whistle by the official. There will be no "Play On" for over and back.

#### **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 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. If a player dives to shot, they cannot land in the crease with any part of their body or equipment. (Result will be, no goal and change of possession.)

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### **DEFENSIVE RULES**

#### **Illegal Contact:**

Any contact determined by the official to be uncalled for or 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.

#### **Cross Checks:**

Any Checks with the Hands apart and made with all stick portion of the cross. One glove must contact the player while check is attempted. Player that commits this foul will Serve 90 Seconds in the Box.

#### **Illegal Body Check:**

Any Player contacting with the intent to play body over ball, will serve 3 minutes in the box. If penalty is deemed targeting player will serve 5 minutes in the Box. (Player that committed the penalty will serve the full 5 Minutes, an alternate player may enter the game after 2 goals are scored) If the hit is deemed targeting with the intent to harm, Player will be removed from the field immediately and serve a 2-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 5 Minutes, an alternate player may enter the game after 2 goals are scored. There will be NO one handed Check Allowed.

#### **Defensive Crease Violation:**

No defender can enter crease with the intent to shield a shot. If a defensive player runs into the crease while in possession of the ball to gain an advantage, will result in a change of possession.

#### **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.

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### **SPORTSMANSHIP/ FOUL OUTS/FORFIETS**

#### **Taunting:**

Any player talking to an opposing player, Fan, coach and official with the intent to belittle and/or humiliate will serve 3:00 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.

#### **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 5:00 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. Official may determine the intent of the substitution to be fair or unfair and blow the whistle accordingly.

#### **Substitution Gates:**

Gates must be closed immediately after substitutions, there will be one warning by the officials. After warning, violating team will lose possession.

#### **Foul Outs:**

Any player with a total of 5 penalties will be ejected from the game. (Fouled out). This can consist of any penalties that have time served. (90 second-5:00 Minutes).

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### **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)

### **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 40 players in the league
- All players rostered before the deadline will be eligible
- MVP/OFFENSIVE PLAYER /DEFENSIVE PLAYER AND SPORTMANS OF THE YEAR FOR EACH DIVISION 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.
- Playoffs will be seeded based on Win/Loss record. If a tie breaker is needed it will go to winner of opposing team's 1<sup>st</sup> game played of the season. If additional tie breaker is needed it will go off TOTAL Goals Against for the regular season games.