

## 2021 Rule Variations for Modified Indoor Field Lacrosse Rules

The rules are used for playing on small fields or hockey rinks. The base rule set for 16U and 18U games is NFHS Boys Lacrosse, while the base rule set for 14U and below is the Minnesota Youth Rules.

All coaches and officials must be familiar with the NFHS Boys Lacrosse Rules, the Minnesota youth variations (for 14U and below), and the Modified Indoor Field Lacrosse Rules. The differences between the standard field lacrosse rules and the Modified Indoor Field Lacrosse Rules listed below.

**Number of Players**—Rule 1-1: Each team will have a total of 6 players on the field and serving penalties at any point in the game. This will include a legally equipped goalkeeper and 5 “runners.”

**Stick lengths**—No long sticks are permitted at any level of play. Legal stick lengths for runners are 40”–42” for all levels. Goalie sticks may be 40”–72”.

**Forfeits**—If at any time during the game a team cannot put at least 4 players (counting the goalie) on the field due to any combination of penalties, injuries, disqualifications, expulsions, or other reasons, the game is over and is declared a forfeit.

**Field**—There will be a midline and two restraining lines, which also determine the attack area. There will also be two creases. See diagram at the end of this document.

**Concussions**—A player who is removed from a game or practice by a coach, game official, trainer, or league official due to signs, symptoms, or behaviors consistent with a concussion *cannot return* to practice or play in the same day under any circumstances, and the player must receive clearance from a physician before returning to practice or play on a subsequent day. The player’s head coach and his team’s association are responsible for ensuring that this clearance has been granted before allowing return to practice or play on a subsequent day.

**Goalies**—Each team is required to have a legally equipped goalie; a team without a legally equipped goalie at the start of the game or which refuses to supply a legally equipped goalie at any point during the game forfeits the game.

**Goalie equipment**—Minimum equipment for goalies is the same as in field lacrosse. Goalies **may** wear box goalie equipment. Hockey goalie gloves or additional rectangular hockey goalie blocker arm pads are illegal.

**Goalie penalties**—If a team has only one goalie dressed for the game, the nominated defender rule will serve penalties called on the goalkeeper unless the penalty include ejection. No time will be added to the penalty.

**Uniforms**—The uniform requirements are the same as for other youth lacrosse games, except the home team will wear white and the away team will wear dark. Jerseys or pinnies must have visible numbers on the front and back. Coaches are responsible for making sure shoulder pads are covered per manufacturer recommendations.

**Goalie jersey**—Each goalie must have a jersey that matches his team’s color. White and black jerseys will be distributed at each facility in the event a matching jersey is not available. The home goalie must wear white and the visiting goalie must wear a jersey matching the color of the rest of the team whenever possible. If no matching jersey is available for the away team, the black jersey may be worn, but this would result in a technical foul against the away team to start the game.

**Responsibilities**—Rule 1-2: The league will provide game balls that meet the NOCSAE standard, a working scoreboard with a timer and horn, and an official scorebook or score sheets. Each team will provide one person to work as timer (home) and scorer (away) unless there is a staff person from the league there and available to do timing and scoring.

**Goals**—Rule 1-3: Goals will be provided by the arena, will be either 4’x4’ or 6’x6’, and will have no holes or gaps in the nets. League staff will normally handle net repairs, but each team should have string available for net repairs in case there is no staff member present.

**Length of Game**—Rule 3-1 (Youth): All levels will play three 15-minute running time periods. Period lengths may be adjusted if needed to keep the games on time. There will be 2-minute intervals between periods. No overtime will be played. *Note:* The game clock shall begin at the scheduled starting time whether or not teams are ready to play. No on-field time is allotted for warm-ups.

**Pre-game procedures**—Rule 4-1 and 4-2: There will be no coin toss: the home team will select a goal to defend in the first period and the visitors will be granted first alternate possession (so captains need not be identified except for playoffs). A coaches’ certification will be performed for every game; coaches will identify a starting attacker as the in-home player and a starting defender as the nominated defender.

**Time-outs**—Rule 4-28 (Youth): Each team is permitted one 1-minute time-out per game.

**One off/one on substitution**—Substitution may take place during any live or dead ball, similar to high school (NFHS) rules, except the bench area is used instead of a sub area. The player leaving the game must exit through the door to the bench area, and once he is completely off the floor his substitute may step onto the floor through the bench area. The substitute must be properly equipped when he steps onto the field and may not delay his entry.

**Entering and leaving the field**—It is an illegal procedure technical foul for a player leaving the floor or entering the floor to go over the boards during live-ball or dead-ball substitution. *Exception:* For sites without doors, players must substitute by climbing over the boards in as safe a manner as possible, but substitutes must still wait for one player to completely exit the field before entering the field.

**Dead-ball substitution**—Teams are allowed up to 20 seconds to substitute without waiting for players to leave the floor after the following: (1) the ball is placed at the spot of the faceoff after a goal is, (2) after a time-serving penalty is reported, (3) upon being called back with 20 seconds remaining in a timeout, (4) after being summoned after an officials timeout, and (5) after being summoned to start a period. In these situations only, a team might have more than 6 total players on the floor while the substitutions are taking place.

**Attack area**—Rule 1-2: The attack area consists of the entire area behind the restraining line. All restarts must take place outside the restraining line in the midfield area **except** for an offensive foul resulting in the ball being awarded to the defense (e.g., crease violation, ward, illegal screen, loose-ball push or hold), which will result in a restart in the attack area; the goalie is still given 5 seconds to return to the crease if he was out when play stopped, and there may be no player from either team within 5 yards of the ball on the restart.

**Offside**—Rule 4-10: There is **no** offside rule. However, it is a conduct foul for the goalie to participate in settled offense (the goalie can clear the ball and shoot or can clear the ball and pass to someone as part of a fast break, but he must get rid of the ball and return to his defensive end within a reasonably short time frame, as judged by the officials).

**Penalty stacking**—Rule 7-2: If a team has 3 or more players serving penalties at the same time, the man down team will not play with less than 4 players (counting the goalie) on the floor at any time. Penalties will stack in the manner of NFHS Rule 7-2-f (but modified for a maximum of 2 players serving penalties at the same time).

**Face-offs**—For the face-off, each team must have:

- one player (center) at midfield to take the face-off
- a legally equipped goalie behind the restraining line on his defensive end of the field
- every other player behind one of the restraining lines (teams may choose how many players to put behind each of the restraining lines).

*All players are released on the whistle.* Note that this is different from the spring youth box lacrosse rule.

**Advancing the ball**—Rules 4-13 and 4-14: For all levels, upon gaining possession in their defensive half of the field, the team will have 10-seconds to advance the ball across the center line.

**Over-and-back**—Once a team gains possession in its offensive half of the field, it is an over-and-back violation if the ball returns to the defensive end unless (1) it is last touched by the defense or (2) it rebounds to the defensive end after hitting the goal or goalie and the impetus that carries the ball to the defensive end is from the shot (even if last touched by the offense).

**Ball out of play**—Rule 4-6: A ball touching the boards (or the netting behind the goal used to cover a soccer goal, if any) is still in play, while one touching anything inside the bench area, beyond the boards, or in the loose netting above the boards (if any) is out of play. If the ball goes out of play, it is awarded to the team opposite the one that touched it last in all situations, *except* that a shot that goes out of play after hitting the goalkeeper, the goalkeeper's crosse, or the goal is awarded to the team that shot the ball. Note that in no situations is the usual "closest to the ball on a shot" rule from field lacrosse applied.

**Goal Crease Privileges**—Rule 4-19-1: The goalkeeper or any player of the defending team may receive a pass while in the crease area.

**Penalty Time**—Rule 5-1 and 6-1: Penalties for time serving fouls will follow standard field rules. Penalty time begins on the whistle restarting play. Penalty time does not run if the game clock is stopped.

If a penalty expires during a dead ball, the player is not released until the official blows a whistle to restart play. If a penalty expires before or during a face-off, must wait until the face-off is over (e.g., possession is called; loose ball crosses the restraining line).

Egregious fouls (e.g., any checks or pushes into the boards; deliberate targeting of the head with a body check, cross check, or spear; any standard ejection foul such as flagrant misconduct or a second non-releasable USC penalty) will result in an immediate ejection and a 3-minute non-releasable penalty to be served by the in-home. Additionally the league may suspend the player from future games.

**Disqualification**—A player receiving 5 minutes of assessed personal foul penalties fouls out of the current game but is **not** suspended for subsequent games. For 14U and below, a player receiving 3 separate personal foul penalties is similarly disqualified but not suspended.

**Stick checking**—One-handed stick checks are legal for 16U and 18U but illegal for 14U and below.

**Body checking**—While man-ball boxing out and completely upright non-violent body contact are permitted, checks with the force and intent to put an opposing player on the ground are illegal. This is a minimum 1:00 penalty for 16U and 18U and a minimum 2:00 non-releasable penalty for 14U and below.

**Boarding**—Any trip, check or push into the boards is an automatic ejection foul. However, officials should take care to distinguish between (1) a player who falls due to *incidental* contact and makes contact with the boards and (2) a player who ends up hitting the boards as a result of an act made by the opponent whose foreseeable consequence is the opponent hitting the boards (regardless of whether that was the intent of the act). The first should not be an ejection—although a penalty may still result—while the second should be an ejection.

**Ejection Fouls**—Rule 5-11: In addition to the penalties described in the NFHS Rules (including a 3:00 non-releasable ejection foul to be served by the in-home), in Minnesota youth box lacrosse play, anyone ejected from a game will be subject to the penalties described in the NFHS rules as well as the following:

- a. Players ejected from a regular-season game or ejected following the final horn will be suspended for the remainder of that game plus the next 2 games for the first offense.
- b. Coaches ejected from a regular-season game or ejected following the final horn will be suspended for the remainder of that game plus the next four games for the first offense.
- c. Subsequent offenses result in longer suspensions, and suspensions and the count of suspensions will carry over from year to year.
- d. League directors may impose additional penalties or suspension at their discretion.

**Tie games**—Rule 4-32: Ties will stand. There will be no overtime or tiebreakers in any game.

**Equipment checks**—Routine and coach-requested equipment checks will be conducted according to the usual rules, except that coach-requested checks are not allowed with less than 3 minutes remaining in the third period.