

2016 Northern Rush Indoor Lacrosse League Rules

General: All rules for the Northern Rush Indoor Lacrosse League will be based on the [2016 Minnesota Boys Youth Lacrosse Rules](#) with the exceptions noted below. High School division will follow U15 rules with exceptions listed below.

Time: U9 and U11 will have four 10-minute running time quarters and U13-High School will have four 12-minute running time quarters. The clock will begin on the hour whether the teams are ready to start or not. There will be a five minute halftime. In the event of running late, the second half will be shortened as needed to finish on the hour. There will be no overtime in pool play. In play offs, there will be 4 minute overtimes until a final score is reached.

Field Dimensions: Games will be played on a turf field 30 yards by 55 yards with 6' x 6' goals. There will be restraining lines and a midfield line. No boards.
two 20-minute running time halves

Score/Time Keeper: Both teams must provide one scorer/time keeper. Instructions on how to use the arena scoreboard are available at the scorer's table.

Score reporting: The winning team must write down the scores for both teams and then email the score to the league coordinator, Kallie Krech at kkrech@nscsports.org.

Timeouts: Each team gets 1 one-minute timeout per game. The timing begins when the timeout is called, and teams must be on the field and ready to play after 1 minute. The time will stop for timeouts. There will be a whistle when there are 20 seconds remaining in the time out. During a dead ball, timeouts may be called by the head coach or by any player on either team.

Rules not enforced: The field lacrosse rules about offensive stalling, offsides, and all counts other than the goalie 4-second crease count will not be enforced. Referees will warn a team if they are stalling. If the team in question continues to stall the referee may choose to blow the whistle and award the ball to the defensive team.

Players: Teams shall have 5 runners and one goalie. There is no offsides. No players that are playing on a high school league can play on a U15 team.

Equipment: Officials will inspect the crosse and protective equipment of at least one player per team each half. All standard protective equipment rules for youth are in effect. All crosses must meet youth rules for the age level U9 and U11 **and** must be no more than 42" long. For U13-High School a limit of 2 long sticks are permitted. For all levels the goalie crosse, must be 40"-72". Violations will be penalized as usual.

Two-Pass Rule for the U9 level only

Face-off positioning: On the face-off, each team will have one man facing off, and two players behind the offensive and defensive restraining lines (goalies must also remain behind their respective defensive restraining lines). On the face-off whistle, only the two players facing off can try to gain possession of the ball. The players behind the restraining lines can only release once there is possession or if the ball rolls over the restraining line. The ref will call possession once one team has picked up the ball.

Restart after whistle: All restarts will be covered by standard rules. Since there are no alleys, any offensive restart other than an out of bounds will begin outside the restraining line. On a non-time-serving foul with the ball awarded to the defense, the restart will be where the ball was when play was stopped, even if that is inside the restraining area or inside the crease.

Penalties: If a team is down more than 3 players, the penalties will stack.

Fighting: Any fighting will result in immediate ejection for the offending player(s) and a 3 minute non-releasable penalty for the team. Ejected players can stay on the bench if there is not a responsible adult there who can leave with the player. The referee will make a report of the incident, including the player(s) names, to the league coordinator and to the official's assignor. Players who are ejected a second time are suspended for the season and will not be given any refund.

Starting the game: If a team does not have an adult head coach and six players, including a legally equipped goalie, dressed and ready to play at the scheduled start time, a delay of game foul will be assessed. If the team is not ready by 2 minutes after the scheduled start, an unsportsmanlike conduct penalty will be assessed. If the team is not ready within 5 minutes of the scheduled start, the game will be forfeited (at that point, teams may choose to scrimmage, but the result will not count in the standings).

Suspensions:

If a player or coach is expelled from any game, there will be an automatic suspension. The league reserves the right to suspend or expel from the league any party without a refund.

High School Division:

****NO PLAYERS THAT ARE PLAYING ON A HIGH SCHOOL LEAGUE CAN PLAY ON A U15 TEAM.**

- take-out body checks are illegal
- however, one-handed stick checks are legal for high school games
- No 20 or 10-second counts (unless a stall warning is initiated)
- Automatic and discretionary stalling rules will be in effect
- a 5-yard radius will be used for legal loose-ball contact rather than 3 yards
- Protective cups are recommended but not required
- Goalies need not wear arm pads
- Lineup will be starters only
- Unnecessary roughness penalties are not automatically nonreleasable
- Players will foul out with 5:00 or more of personal foul penalties or 3 separate personal fouls

- The “no back-up goalie” rule will be in effect
- All other rules listed in this document for U15 games and in the U15 Minnesota Youth Rules will be in effect

Field Diagram:

