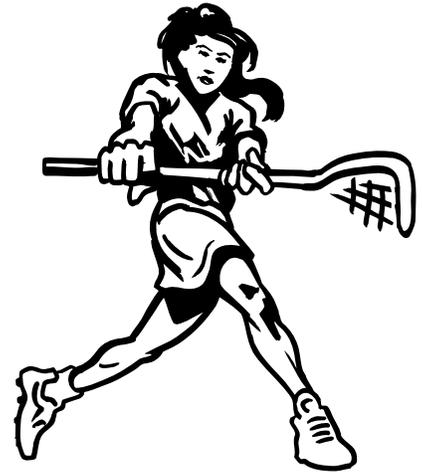




Carroll Indoor Sports Center Girls Lacrosse

RULES AND REGULATIONS 2015-16



I. Player Eligibility:

- A. Age divisions are determined by a player's birth date:
 1. High School Varsity & JV
 2. Juniors—Born between 09/1/00 & 8/31/02
 3. Midgets—Born between 09/01/02 through 08/31/04
 4. Lightning—Born between 09/01/04 & 8/31/07
- B. A player may not appear on the roster of more than one team within a single age group or on an "A" and "B" division or JV and Varsity roster within the same age group. A coach may enter two teams in the same age divisions under one roster. However, only one team will be permitted to advance to the playoff round. Since no awards are given in the high school divisions, teams may use players from another team in order to avoid a forfeit.
- C. Rosters must be submitted prior to the first game for all leagues. Additions to rosters must be made prior to the fourth game. After the fourth game, all rosters are frozen. Coaches should take this into consideration when submitting rosters. Players may not drop from one roster and add to another roster at any time.
- D. Players may move up to play in older division but may not move down. For example an Midget aged player may move up and play in the Junior division, but they may not move down to play in the Lightning group.

II. Protests:

- A. C.I.S.C. will not consider protests related to judgment calls of officials or application of rules. However, any suspected misapplication of rules may be brought to the attention of C.I.S.C.
- B. Protests concerning player eligibility must be made to game officials prior to the completion of that game. The game official may require protested player and coach to provide identity of player in question. Refusal to comply with this request shall result in immediate forfeiture.
- C. All protests must be submitted in writing to the C.I.S.C. within three days of the date of the game. Coaches of protested players must provide proof of age (birth certificate) or grade (student ID or report card) to the commissioner within seven days after notification of such a protest.

III. Suspensions:

- A. C.I.S.C. shall have authority to impose suspensions for any of the following reasons:
 1. Unsportsmanlike conduct which causes any player or coach to be ejected from a game. Any player or coach that is ejected with less than five minutes left in a game may not play or coach in that team's next game. Players or coaches ejected with more than five minutes remaining must contact the commissioner for approval to participate in the team's next game. Players or coaches issued a red card after any game will be suspended from that team's next game or games.
 2. Any verbal or physical abuse directed towards officials, opponents, or opposing coaches during or following a game will not be tolerated. If there is **any** physical contact against an official, the offender will receive an automatic suspension for the season or longer. C.I.S.C. officials may extend said suspension for up to three years.
 3. Spectators are considered an extension of the team. Harassment and unsportsmanlike conduct by spectators will not be tolerated. C.I.S.C. officials may take disciplinary action against teams for the conduct of their spectators.
- B. C.I.S.C. may level suspensions against teams, coaches, or individual players. Such suspensions may be for one game, several games, remainder of the season, or for several seasons as determined by the C.I.S.C.

IV. Inclement Weather Policy:

- A. In case of inclement weather cancellation information will be posted on our website www.carroll-indoor.com. CISC will attempt to make all cancellations 2 hours prior to game time. If there is doubt, coaches only should phone 410-857-5098. The web site is the best available way for your players to find out game status. Canceled games will be made up if possible.

V. Scheduling:

1. Teams having special scheduling requests must put such requests on the original registration form or notify C.I. S.C. in writing at least three weeks prior to the starting date of the season. Any requests received after the schedules have been made will probably be denied. Make-up times, dates, and fields are at the discretion of C.I.S.C. Make-up games may be scheduled on weekday evenings, weekdays in which school is not in session, or teams may be scheduled two games on any given Saturday or Sunday. Make-up games may be scheduled on our intermediate field for all age divisions.
2. Teams choosing to forfeit a game will be assessed a fee equal to the cost of the referees scheduled for that age division (the forfeiting team will pay for both team's referee fees). This fee must be paid to C.I.S.C. before the team's next scheduled game. Any team forfeiting a game or games may be denied admittance to future sessions at C.I.S.C.

VI. Equipment:

- A. C.I.S.C. will provide game balls for all games.
- B. Only flat soled shoes or multi-studded rubber artificial turf shoes may be worn. Positively no detachables or plastic cleated shoes permitted.
- C. All playing members of a team (except goalie) must have a shirts of the same color and design. The referee reserves the right to require either team to wear pinnies/scrimmage vests supplied by C.I.S.C.
- D. All players are required to wear a mouth guard & approved
- E. Goalies should wear all required field lacrosse equipment.
- F. 6'X6' goals will be used for play.
- G. Red field markings will be used for girls lacrosse.

VII. Team Size

Each team will play 6 per side; 5 field players and one goalie in the high school age division and 7 per side in the youth divisions.

Playing Rules

1. **Time:** Games will consist of two twenty-four minute halves with a running clock, for all age groups with a one minute and forty five second halftime and a five minute transition time between games. Time is running except in cases of major injury or other situations deemed necessary by an official. After the officials have signaled for the teams to position themselves to start the game the official may start the clock and the game will begin when both teams are ready.
2. **Time Outs: No timeouts.**
3. The home team will be the first team listed on the schedule and will occupy the team box furthest from the scoreboard.
4. **The Draw:** will occur at the beginning of each half. One center from each team will draw at the center of the field. After a goal the play will start again with the goalie clearing to her defense.
5. **Clears:** A goalie has 10 seconds to clear the ball once she's gained possession. If a goalie leaves the crease area with the ball she cannot return to the crease with possession of the ball.
6. A **goalie** must be present for each team. If a team does not have a goalie they may borrow the shooting guard from the office to cover the goal they are defending. If this takes place the team with a keeper has the option of playing with a goalie and a shooting guard or just a goalie.
7. **Substitutions:** are free and unlimited as long as such substitutions do not interfere with the flow of the game. However, when making substitutions while the ball is in play, players may not enter the field until the player substituted is within the 3' substitution box in front of the team areas. Goalies may substitute only during non-foul stoppage of play and declared time outs. Officials should be notified of a change in goalies. A two minute penalty may be assessed on any team making an illegal substitution. Penalty for failure to notify official of keeper substitution is loss of possession.
8. **Out of bounds:** The ball is considered out of bounds if it is lost over the boards, falls into the bench area, or the ball has gone into the soccer goal. If the ball goes out of bound from a pass or just a loose ball, the ball goes to a player on the opposite team of the player that last touched the ball. If the ball goes into the soccer goal from a shot the ball is awarded to the closest player to the ball.
9. **Off Sides & Number of Players:** The high school division will play 6 players (5 field players and one goalie) and can play 4 forward and one back. (not including the goalie). The middle school divisions will play 7 players (6 field players and one goalie) and can play with 4 forward and 2 back (not including the goalie).
10. **Slaughter Rule:** If there is a six goal differential the team with the lower score will retain possession after they score at the midfield line.
11. **All fouls** will be governed pursuant to US Lacrosse High School Rules including cardable fouls. All cardable fouls are 2 minute penalties. On the 4th card the team will play down for the remainder of the game.
12. All major and minor fouls will be governed by US Lacrosse High School Rules.
13. Middle school age groups will use US Lacrosse Rules and will play with US Lacrosse modified checking rules as state for particular age groups. Juniors-checking allowed only below the shoulders, Midgets-checking allowed only below the shoulders Lightnings-checking allowed only below the waist.
14. All teams are to have an adult over the age of 21 in the box during play.
15. Any team forfeiting a game must pay all officials scheduled for that game. This payment must be made directly to the officials or to C.I.S.C. prior to that team's next game. Failure to do so will result in forfeiture of all remaining games.
16. Overtime: periods will not be played for regular season games. During playoffs or championship games a timed 5 minute overtime period will be played if the game is tied at the end of regulation. This period will start with a face off at center field. If the game is tied after the overtime period the teams will switch ends of the field and repeat the procedure until a winner results.
17. **Standings** will be based on two points for a win and one point for a tie, and one point subtracted for a forfeit. Scores will be reported by game officials. Recorded scores of winning team will be given as a maximum 10 goal differential. (10-0, 11-1, 12-2, etc.) Ties in standings will be broken by:
 - a. head to head play (wins/losses/ties/forfeit)
 - b. if tie still exists then goal differential in head to head play
 - c. if tie still exists then total goals allowed.
 - d. if tie still exists, then total goals scored (max. 10 goal differential in any one game)
 - e. if tie still exists, then comparative score with team immediately below tied teams in standings, then with team two spots below, etc. until tie is broken.
18. Lightning will use a two pass rule. The ball must be passed two times before a score. A goalie clear counts as one pass.

Scenario a: If there are two passes, a shot taken but missed, the defense takes possession but loses possession back to the attack before it is cleared over the middle line, the attack is free to shoot again.

Scenario b: If defense clears the ball over the middle line then loses possession to the attack, the attacking team is required to make 2 passes again prior to shooting.

Scenario c: Shot taken, scored, goalie passes ball out of crease but attack regains possession, then two passes are required again before shooting again.