



House Lacrosse Rules – Mens

Revised July 2014

The house rules pertain to all teams playing at Unity Health System Total Sports Experience.

All United States Lacrosse League Rules apply except for the exceptions listed here

1. Team Captain Responsibilities:

- a. Team Captain must submit a Team Roster Form and a signed Code of Conduct prior to the first game of the scheduled season.
- b. Team Captain is responsible for full team payment prior to **Week 2** of the league schedule. Teams not paid in full by this date may be removed from the league.
- c. The Team Captain is the spokesman for their team.

2. Roster:

- a. **All players must be at least 18 years old. ID's will be checked.**
- b. A copy of the Roster Form must be on file by the first game.
- c. **All players must have a valid Players Membership with TSE.**
- d. Players must check-in at the front desk prior to each game for roster verification. Teams who use ineligible players (see above roster guidelines) will forfeit games where an ineligible player was used.

3. Cancellations and Rescheduling Requests:

Indoor activities are extremely busy at Total Sports Experience. Therefore, the rescheduling of games will only be considered in extremely exceptional circumstances. To be fair to all teams, it is our intention to stick to the league schedule throughout the season. Unavailability of certain players within teams will not be an acceptable reason to reschedule games.

4. Equipment:

- a. All players must have the following equipment:
 - i. Lacrosse helmet
 - ii. Gloves
 - iii. Shoulder pads
 - iv. Arm guards
 - v. Mouth guard

5. Format

Play on boarded fields is 6v6 (5 field players plus a goalkeeper) Long sticks are not permitted on the boarded fields

6. Contact

- a. Body checking is NOT allowed. Some incidental contact will occur during normal play; however any attempt at Body Checking will result in a time serving penalty (even if no contact occurs)
- b. LIMITED stick checking is allowed. Stick checking must be controlled, and slashing will be called closely. Contact should be "Stick on Stick" (either the Stick/Gloved Hand) not stick on body or the upper arms.
- c. **Dangerous Shots:** Do not take an outside shot unless you have a clear lane to the goal. No shooting into a crowd. A shot which hits an opposing player will result in a penalty to the shooting team. Depending on the Goalie's equipment further restrictions on Outside Shots may apply.

7. Playing Time:

- d. League matches consist of two 25-minute halves of running time. There are no time-outs.
- e. There is a **two-minute** rest period between halves.
- f. The referees have been instructed to begin the games according to the posted schedules. Coaches are responsible to watch the clock and have their team ready to start on time. Referees will announce a 30-second warning with a buzzer or whistle.
- g. Time may be stopped at the referee's discretion for situations that are beyond the control of the referee and/or either team.
- h. The clock will start at the scheduled game time, even if teams are short players. The referee keeps the official time.
- i. The referee will declare a forfeit ten minutes after the scheduled start of play in the event a team fails to field a team of at least four field players and a keeper.

8. Substitutions:

- a. During the game, substitutions for field players may be made at any time on an unlimited basis (goalkeepers must notify the referee), provided the player being substituted for is within three yards of his or her own bench area. Substitutions must be made at mid-field.
- b. Goalkeeper substitutions may occur on play stoppages only. Referees must be notified when a goalkeeper change is made.

9. Start of Play:

- a. Face-offs will take place at the start of the game and the start of the second half. After a scored goal, the goalie will inbound the ball on the referees whistle.
- b. Teams without goalkeepers will forfeit the game. The game can be played, but the team without the goalkeeper will forfeit the game in the standings

10. Rules of the Match:

- a. Penalties
 - i. **Technical Fouls:** Time serving 30 Sec fouls. (Push with Pssn/Trip/etc) If a player is offended and retains possession and then scores – the penalty is Released and no time served.
 - ii. **Personal Fouls:** Time serving 1 min fouls. (Cross Checking/Slashing/Dangerous Shots/ etc). If a player is offended and retains possession and then scores – the penalty is still served. Upon restart of play if the man-up team scores then the penalty is released.
- b. Offensive Conduct
 - i. Zero Tolerance Rule for offensive conduct - violations will result in a 2 minute non-releasable penalty. Any retaliation, arguing, trash talking, stick throwing, taunting, elbow throwing or fighting will not be tolerated. **Arguing with the referee or criticism of the referee will result in a 2 minute non-releasable penalty.**
- c. Over and Back
 - i. Once the ball comes into the offensive end, it cannot go back over the midline - unless touched by an opposing player or it hits the goalie or goal post or cross-bar. A 5 second reset will be allowed for the team losing possession.
- d. Stalling
 - i. No stalling during the last 2 minutes by the team ahead. The team ahead will have 30 seconds to put a shot on goal or lose possession. Referee will keep track of time.

11. Participant Misconduct and Discipline

Total Sports Experience has a Zero Tolerance Policy towards fighting, taunting, trash-talking and general unsportsmanlike behavior. The referee has the responsibility and the right to eject players, terminate games and use any other measures they deem necessary to maintain a safe environment.

Any player who is ejected will incur a minimum one-week/one-game suspension from all league play at TSE. For Adult Leagues, the individual may also be assessed a \$50 dollar fine. The individual may not participate in any game until the fine has been paid and the suspension served. A second ejection may result in the individuals' suspension from playing for the remainder of the season.

Any player who uses a striking motion (punch, slap or swinging of the arm) will be banned from the facility for a minimum of four months!

Any player who is ejected for fighting or other violent actions may also be banned from the facility.

Any player who leaves the bench during an altercation, for any reason, may also be ejected.

Any player, who is ejected from the game, may be asked to leave the facility depending on the referee and management's discretion.

The review of an incident and the resulting disciplinary actions are at the sole discretion of TSE management.

12. Coaches and Bench Personnel

Coaches and bench personnel are expected to demonstrate good sportsmanship in all their dealings with players, parents, officials, other coaches and management. Comments about officials should be addressed in writing to the Total Sports Experience staff. No spectators are allowed in the bench area. **Coaches and bench personnel may be penalized for actions inconsistent with those actions.** Time penalties will not be enforced against bench personnel or coaches. Cautions and ejections given to bench personnel will be charged to the coach. In the case of two cautions, the coach will be ejected from the game.

13. Management Authority:

Unsportsmanlike and inappropriate language or conduct directed at the referees, coaches, players, fans or employees of Total Sports Experience is not acceptable. Repeated violations will result in removal of a participant or a team for an entire season. Total Sports Experience is promoting an attitude and atmosphere of fair play, respect for others and first class behavior. We hold ourselves as well as our guests, to those standards.

Unity Health System Total Sports Experience reserves the right to add, modify or change the rules of play at any time to ensure fair play and the safety of all teams and players.

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