

House Lacrosse League Rules – Boys

Revised October 2019

Rochester Regional Health Total Sports Experience thanks the coaches, families, players, referees, and spectators for dedicating their actions and positive attitudes to provide the best quality sports program for today's youth.

Our league philosophy is to provide teams an opportunity to develop and improve individual skills, fitness, and improve overall as a unit. It is in the best interest of everyone to minimize injury potential so teams can enter their outdoor seasons in top form.

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

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

1. Coach/Captain Responsibilities:

- a. The Coach/Captain must submit a Team Roster, a signed Code of Conduct, and a Youth Players Membership (Waiver) prior to the first game of the scheduled season. Youth Players Memberships can be submitted electronically or by hard copy.
- b. Coach/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.

2. Roster:

- a. A copy of the roster must be on file by the first game. Additions can be made up to and including the 3rd game of the season. Rosters are finalized after the 3rd game is completed.
- b. All players (parent if player is under 18) must complete a Youth Players Membership (Waiver) **before** they participate. A Youth Players Membership (Waiver) can be submitted electronically or by hard copy.
- c. Individual players are only permitted to play for two (2) different teams (dual rostered) in any given division.
- d. Teams will be allowed to have up to three players that are able to dual roster with their team and another team in the same division. See letters "a" and "b" above for roster procedures. When a game is scheduled and a player is listed on both rosters, the player may play for one team only during the game. The player is allowed to make this choice. **It is the coaches/programs responsibility to know the eligibility for all their players.**
- e. 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. Field lacrosse helmet (hockey helmets are not allowed)
 - ii. Gloves
 - iii. Shoulder pads
 - iv. Arm guards
 - v. Mouth guard
- b. Goalies at the Junior Varsity and Varsity level are not required to wear arm guards or shoulder pads.

5. Format

Boarded fields: Play on boarded fields is 8v8 (7 field players plus a goalkeeper) Long sticks are not permitted on the boarded fields.

Boardless field: Play on the boardless field is 8v8 (7 field players plus a goalkeeper) Additional players may be added (i.e. playing 3-3-3 on the boardless field or 8v8 on the boarded fields) if both coaches desire and agree to do so. Referees must be notified of the change.

6. Contact:

Body Contact: Consistent with league philosophy, NO body contact is allowed in any of the divisions. No deliberate body contact may be initiated with the torso, either offensively or defensively. Players must play the ball. Incidental body contact is to be expected (i.e. ground balls). Contact that is viewed by the referee(s) to be deliberate and/or blatant will result in a penalty and possible ejection from the game and/or league.

Stick Contact:

1st & 2nd, 3rd & 4th, and 5th & 6th grade divisions - only two-handed poke checking limited to the stick and glove area is allowed. Slap checking is not allowed.

7th & 8th grade divisions - only two-handed stick checking limited to the stick and glove area is allowed.

JV & Varsity divisions - one-handed stick checking is allowed. However, deliberate and/or blatant checking is not allowed.

7. Playing Time:

- a. League games consist of two 25-minute halves of running time. There are no time-outs.
- b. There is a **two-minute** rest period between halves.
- c. 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.
- d. Time may be stopped at the referee's discretion for situations that are beyond the control of the referee and/or either team.
- e. There is no overtime in the event of a tie.
- f. The clock will start at the scheduled game time, even if teams are short players (5 players minimum). The referee keeps the official time.
- g. 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, 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 can only occur on play stoppages. 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 and after a goal has been scored.
- b. For grades 1-8, if a team is down by five goals or more, the losing team has the option of a free clear at mid-field after the winning team scores a goal. For grades 9-12, this option can be used if both teams agree to it.
- c. 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 foul – 1 minute
 - ii. Personal foul – 2 minutes
- b. After a player receives 3 personal fouls or 6-minutes of accumulated penalty time, the player will foul out of the game.
- c. No time penalties will be charged for the 1st & 2nd or 3rd & 4th grade levels. Possession will change and the coaches should sub the player out.
- d. Varsity and JV games will use a 20 second clear and a 10 count, no stalling in final 2 minutes.
- e. HOT Rule
 - i. 1st and 2nd Grade – One pass must originate and be completed in the offensive end with each new possession the team has, before a shot can be taken.
 - ii. 3rd and 4th Grade - One pass must originate and be completed in the offensive end with each new possession the team has, before a shot can be taken. This rule may be dropped if both Coaches agree to do so and notify the Referee before the start of the game.
 - iii. There is no HOT Rule for Grades 5th – 12th.

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. 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 of 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. Standings

- a. Point system for ranking teams
 - i. Win = 3 points
 - ii. Tie = 1 point
 - iii. Loss = 0 points
 - iv. No scores will be kept at the 1st & 2nd grade level
- b. Tie-breaker procedures (for playoff seeding and/or final standings)
 - i. Head-to-head record
 - ii. Least goals conceded in head-to-head games
 - iii. Least goals conceded
- c. Tie-breaker procedures (for playoff & tournament games only)
 - i. One 5-minute sudden victory period(s) until a winner is determined

14. 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.

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.

Rochester Regional Health Total Sports Experience
880 Elmgrove Rd.
Rochester, NY 14624
585-458-GAME (4263)

435 West Commercial St.
East Rochester, NY 14445
(585) 203-0367