

### **Girls' Varsity/JV Indoor Lacrosse Rules**

ALL GAMES WILL BE PLAYED ACCORDING TO MODIFIED

2024/25 US Lacrosse Rules Book/ NYSPHSAA WITH THE FOLLOWING EXCEPTIONS:

#### **Carmel Sports Club House Rules:**

The use of molded or metal cleats is not permissible in the Carmel Sports Club

#### **GLAX League Rules:**

**Team Size:** Each team will play 8 per side- 1 goalie, 2 attack, 2 defense and 3 mid-field. There must be 6 players present to start a match.

#### **Equipment:**

Field crosse, mouth piece and eye protection must meet standards. Goalies must wear all required safety equipment: helmet with face mask, separate throat protector, padded gloves, mouth piece and chest protector and pelvic pads . ( **NO JEWELRY WILL BE ALLOWED** )

#### **Game Length:**

2x25 min. halves with 5 min. break at half time. Running time. Teams are asked to be ready as close to the starting/scheduled time as possible. Teams are responsible to keep score.

**Draw:** Draws will occur at the beginning at each half. One center from each team will draw at the center of the field. After a goal, the play will start with a referee's whistle with the goalie clearing. On every 3rd goal, ball will be taken to the center mark and a draw will take place.

**Clears:** A goalie has 10 seconds to clear the ball once she has gained possession. If a goalie leaves the crease area with the ball she cannot return to the crease with the ball.

**Substitutions:** All substitutions will be done on the fly or at stoppage of play that is acknowledged by the referee. All substitutes will wait off the field of play at the center line until the player coming off has made crosse to crosse contact – touching of crosses.

**Fouls:** Same as outdoor play; major and minor.

**NEW: NO HORIZONTAL STICK TO BODY CONTACT / NEW : NO MORE INDIRECT PLAYS**

The player who is fouled anywhere outside the CSA (critical scoring area) may self start immediately or wait for players to move at least 10 feet away. No one can engage the player with the ball until she starts to move or cradle.

Any foul inside the CSA but outside the 8 m arc requires that a penalty lane be cleared and the offender must be placed behind the fouled player taking the free position. Whistle start is required.

Any major foul inside the arc requires the entire arc to be cleared and the offender be placed approximately 4 meters behind the fouled player taking the free position. Either side (left and right) of the offended player on the arc is awarded to the defense should they wish to take. Whistle start is required.

Any Minor foul inside the 12 meter fan will be set up on the 12 and a lane will be cleared and direct shot can be taken.

Any foul behind the goal line extended will start on the dots, fixed (painted) or imaginary. This requires a whistle restart.

Goal circle fouls by the defense, restart from the dots. Goal circle foul by the offense, restart will be by the goalie or deputy within the goal circle.

**Cards:** Any mandatory card offense by a player will require spending 2 minutes in the penalty box. No substitution will be permitted.

Carded offenses include: Check to the head, Slash, Dangerous Propelling, Dangerous Follow-Through, hard push using horizontal stick to body, and Misconduct.

Two yellow cards to the same player or a red card to a player equals immediate suspension from that match for that player.

A red carded player also will be suspended from the team's next match. Penalty minutes will be timed by the offender's coach; the honor system is in effect.

If a team receives 4 cards during a match they will play one player short for every card from that point on.

Coaches are responsible for the actions of themselves, their players, and their spectators.

**OffSides:** There must be 2 players from the attacking team and 3 players from the defensive team behind the restraining line at all times. Restraining line is the field's half line. Penalty

Administration of offside shall be in accordance with NFHS/US Lacrosse ruling.

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## Girls Lacrosse Rules Changes - 2025

By NFHS on July 11, 2024

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4-1-2: Establishes that the clock will stop on the official's whistle after each goal and when there is a foul called in the critical scoring area during the last minute of each quarter.

Rationale: Provides consistency in clock management at the end of each quarter and eliminates the potential for time to expire before a free position can be administered when there is a foul in the CSA at the end of each quarter.

5-2 PENALTIES 1 & 2: Moves the free position from the center line to the spot of the ball when one player draws illegally and maintains that a re-draw will occur at the center line when both players draw illegally.

Rationale: Improves the flow of the game by eliminating the need to bring the ball back to the center for a re-draw when a player draws illegally.

9-1 PENALTIES for Violation of 9-1a, b and e-r: 4a, b; 13 Definition of Terms: Eliminates the indirect free position for a minor foul by a defense player occurring in the 12-meter fan and allows the player who is fouled to shoot from a free position on the 12-meter fan.

Rationale: Simplifies the penalty application for minor fouls in the critical scoring area while maintaining a balance of offense and defense.

10-1p, 13 Definition of Terms: Establishes player body and crosse positioning for a legal pick.

Rationale: Clarifies the body and crosse positioning a player must have when setting a safe and legal pick.

10-1r(1): Expands the definition of a major foul for Illegal Stick Contact to include contact with the opponent's crosse when a player's crosse is held in a horizontal position.

Rationale: Clarifies that it is illegal for a player to make contact with an opponent's crosse or body when the player's crosse is in a horizontal position.

10-1v(2): Expands the definition of a Rough/Dangerous Check to include checking an opponent's hand.

Rationale: Clarifies a player's hand is part of their body and should be protected against rough and dangerous checking.

2025 Girls Lacrosse Editorial Changes

2-2-4; 2-5-2e; 2-7-5a; 2-7-7 NOTE; 2-9-4; 3-5-3g (NEW); 3-6-1; 4-3-3b, c; 4-7-1; 4-7-5a; 5-3; 5-4-4; 8-1-1 NOTE (NEW); 9-1m(6); 10-1 PENALTIES 6; 10-1 PENALTIES 13 (NEW); 12 NOTES 1 & 2 (NEW); 12-8 TEAM CARD PENALTIES

## 2025 Girls Lacrosse Points of Emphasis

1. Use of the Green Card / Delay of Game
2. Managing Safe Play in the 8-Meter Arc
3. Offensive Fouls Inside the Critical Scoring Area