

2010 - 2011 COLUMBUS INDOOR LACROSSE RULES

- Every player must be fully equipped with regulation equipment to set foot on the field.
- Games begin as soon as previous game ends
- First team listed on the schedule is the home team.
- Home team will wear white or light color
- Teams must be ready to start at scheduled time.
- Game clock will begin at scheduled time. Game clock is running time.
- Coaches and players will be held responsible for cleaning the bench area after games.
- Only players on the roster will be allowed to play in the game unless otherwise noted by the league director.
- Players must be wearing a league jersey and stick or they will not be allowed to play
- Each team must have a fully equipped goalie to begin a game. There will be goalie equipment supplied for teams whose goalies do not show. A goalie must be present or chosen from another player on the roster before games begin.
- Each team must have at least 15 players including a goalie, if the roster is not full, players who sign up individually will be placed on a team until roster is filled.

Game rules

- Checking—Any player who checks another into the boards will be assessed a 2 minute penalty, along with being sent off the field for 10 minutes. If the penalty occurs with less than 10 minutes left in the game the penalty will carry over to the next game, this will be documented.
- Games begin with a face-off. One player in the offensive zone, one in the defensive zone, one face-off player, and a player on each wing. One goalie in the goal.
- There will be 6 players on the field at one time. (5 short stick runners, 1 goalie)
- After each goal the goalie is awarded the ball and a free clear.
- OVER and BACK—Once the ball crosses into the offensive zone it cannot cross back over the midfield unless there is a change of possession. Even on a shot.
 - If the defensive player intentionally slaps, kicks or throws the ball over the mid line there will be a delay of game call by the referee, and the ball will be awarded back to the offensive team.
- Shots into the soccer net will be automatically be awarded to the goalie.
- Any time the ball goes over the wall, hits the ceiling or the surrounding nets it is out of bounds and possession is awarded to the other team.
- Offsides—"Cherry-picking" All players must be in, or touch up in their defensive zone once their team gains possession of the ball. This is only in effect when you gain possession in your defensive zone.
- Fighting will not be tolerated. Any player involved in a fight will be dismissed from the league with no refund. Players may not return for the rest of the season.
- All penalties are running time served, One minute, and non releasable
- Penalty time will begin when the penalized player reaches the penalty box.

League Director:

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