



**HAGERSTOWN
FIELD HOUSE**
*Hagerstown Field House Indoor Lacrosse
Adult League Policies and Procedures*

All adult lacrosse games at Hagerstown Field House are governed by the USA Lacrosse Advanced Small-Sided Standards, with the following exceptions and modifications outlined in these rules.

General Equipment Requirements:

- **WG (Women's Lacrosse):**
 - **Mandatory:** Mouthguard, Eyewear
 - **Optional:** All other equipment
- **MG (Men's Lacrosse):**
 - **Mandatory:**
 - Mouthguard
 - Gloves
 - Helmet with facemask and chinstrap
 - NOCSAE ND200 chest protection
 - **Optional:** All other equipment
- **Goalkeeper (GK):**
 - **Mandatory:**
 - Mouthguard
 - Helmet with facemask and chinstrap
 - Throat guard
 - NOCSAE ND200 chest protector
 - Cup
 - **WG-Specific:** Thigh protection for goalies
 - **14 and under:** Shin guards required for goalies

Crosses/Sticks:

- **WG (Women's Lacrosse):** Same as field lacrosse, pockets must be checked before the game.
- **MG (Men's Lacrosse):** Short sticks only, pockets may be checked during the game.

Team Composition:

- **Roster:**
 - Up to 14 players total
 - Minimum of 1 goalkeeper (GK)
- **Field Players:**

- 6 total players required to start a game (including 1 GK)
- 5 field players and 1 GK on the field at a time

Goalkeeper (GK) Rules:

- A GK is required on the field at all times
- The GK may **not** cross the center line.

Game Timing:

- Four 8-minute quarters with running time
- Change ends each quarter
- 2-minute break between the 1st and 2nd quarter and the 3rd and 4th quarter
- 4-minute halftime between the 2nd and 3rd quarter

Shot Clock:

- 30-second shot clock starts when a team gains possession
- Resets under the following conditions:
 - Shot hits the goalkeeper (within the crease) or pipe
 - Restarting after officials assess a time-serving penalty
 - Change of possession
 - After a goal is scored
 - Stopped play for a defensive injury
 - The end of a quarter (unless possession is retained due to an extra player situation)
 - Any loose ball technical foul by the defense

Starts and Restarts:

- Each quarter and overtime period begins with a draw at the center of the field.
- End-of-period possession:
 - If the last quarter ended without an extra player situation, the team that ended the period with possession will retain possession and start in the same relative position on the field.
- Play starts and stops on the official's whistle (no self-starts).
- Free positions:
 - All players must be at least 2 meters away for free positions.
- Penalty Dot: Used near the midfield line to start play after time-serving penalties.
- Following a goal:
 - The GK must retrieve the ball within 5 seconds.
 - The official will whistle the start, and the GK has 5 seconds to clear the ball out of the crease.

Out of Bounds:

- The ball is awarded to the team that did not cause the ball to go out of bounds, including when the ball goes out after a shot on goal.

- Note: All out-of-bounds situations are whistle-started by the official, who will determine which player is awarded possession.
- The restart will take place 2 meters in bounds from the point where the ball went out of bounds.

Minor Fouls:

- Green Card:
 - 30-second time-serving penalty if the offending team does not have possession.
 - Loss of possession and a whistle start at the spot of the ball if the offending team has possession.

Types of Minor Fouls:

- Interference (with stick or body)
- Pushing
- Illegal Pick
- Holding
- Withholding the ball from play
- Illegal actions with the stick (e.g., contact with a horizontal stick in USA lacrosse)
- Illegal action by team official (coach, trainer)
- Illegal Procedure (e.g., leaving the penalty area before the penalty time is up, delay of game)
- Illegal Equipment
- Offsides (only applies to the goalie)
- Warding
- Empty Stick Check (WG only): Minor foul when the team has possession. Empty stick checks during loose ball situations are legal.

Major Fouls:

- Yellow Card:
 - 1-minute time-serving penalty for the offending player.

Types of Major Fouls:

- Illegal Body Check
- Slashing
- Cross-check
- Tripping
- Unnecessary Roughness
- Illegal Stick
- Unsportsmanlike Conduct
- Dangerous Follow-Through (WG only)
- Illegal Crease Defending
- Walling (WG only) – See slide with walling description and recommended modifications for 14U and below.
- Dangerous Propel (WG only):
 - Above the knee = expulsion
 - Below the knee = 1-minute penalty

Expulsion Fouls:

- The offending player must leave the game and serve a 2-minute time-serving penalty in the In-Home position (not releasable).

Types of Expulsion Fouls:

- Fighting
- Using threatening, abusive language or misconduct towards the officials
- Deliberately body checking to the head, neck area, or from behind
- Dangerous Propel (WG only) that hits a player above the knee

Note: All time-serving penalties are not releasable.

Walling:

- Definition: Defense players crowding in front of their goal or forming a stack/wall formation in front of the goal, not within a stick's length of an opponent.
- In women's lacrosse, this is comparable to double shooting space.
- Modification for 14U and under: Only one player is used for walling criteria.

Over and Back:

- Once a ball is in a team's offensive half of the field, it cannot return to the defensive half through the actions of the offensive team.
- The offensive player may bat the ball to keep it in the offensive zone.
- Violation: If the ball touches or crosses the center line, there is an immediate change of possession and a quick restart for the non-offending team.

Exceptions (No Violation):

- If the ball goes over the center line:
 - Off a shot
 - Loose ball last touched by the defense
 - A loose ball that is leaving the offensive zone and the defense is called for a loose ball foul (play-on)

Rules Summary:

Equipment:

- WG: Mouthguard and eyewear mandatory; all other equipment optional.
- MG: Mouthguard, gloves, helmet with facemask, chinstrap, and chest protection mandatory.
- Goalkeepers (GK): Additional protective gear required (throat guard, chest protector, cup, thigh protection for WG, shin guards for 14U and under).

Team Composition:

- Up to 14 players per roster, with 1 GK required.
- 6 players (including 1 GK) needed to start the game; 5 field players and 1 GK on the field.
- GK cannot cross the center line.

Timing:

- 4 quarters of 8 minutes running time, with breaks between quarters and a 4-minute halftime.
- Sudden Victory Overtime: 4 minutes of stopped time until a goal is scored.

Shot Clock:

- 30-second shot clock starts when possession is gained.
- Resets for specific situations (goalie interference, change of possession, etc.).

Starts and Restarts:

- Draw at the center of the field to start each quarter and overtime.
- Play starts and stops on the official's whistle; no self-starts.
- Free positions require players to be 2 meters away.

Out of Bounds:

- Ball awarded to the team that did not cause the ball to go out.
- Restart occurs 2 meters in bounds.

Penalties:

- Minor Fouls (Green Card): 30-second time-serving penalty.
- Major Fouls (Yellow Card): 1-minute time-serving penalty.
- Expulsion Fouls (Red Card): 2-minute time-serving penalty and ejection.
- Time-serving penalties are non-releasable.

Walling (Defense):

- Defensive players can't crowd in front of the goal or form a wall formation without being within a stick's length of an opponent.
- For 14U and under, only one player is used for walling.

Over and Back:

- Once in the offensive zone, the ball cannot be brought back into the defensive zone by the offensive team.
- Exceptions: Shots, loose balls touched by defense, or loose balls leaving the offensive zone with a defensive foul.

