



Hagerstown Field House Indoor Lacrosse Youth League Policies and Procedures

Girls Lacrosse (Sixes Format):

All youth lacrosse games at Hagerstown Field House are governed by the USA Girls' Lacrosse Youth Guidebook Standards for Small-Sided Play, with the following exceptions and modifications outlined in these rules.

Equipment:

- Mandatory for all players:
 - Mouthguard
 - Eyewear
- Goalkeeper (GK): Mandatory:
 - Mouthguard
 - Helmet with facemask and chinstrap.
 - Throat guard.
 - NOCSAE ND200 chest protector
 - Thigh protection.
 - For players 14 and under: Shin guards are also mandatory.
- Crosses/Sticks:
 - Same as field lacrosse
 - Pockets must be checked before the start of the game.

Timing:

- Four 8-minute quarters with running time.
- Teams change ends at the end of each half.
 - Breaks: 2-minute breaks between the 1st and 2nd quarters, and the 3rd and 4th quarters.
 - 4-minute halftime break between the 2nd and 3rd quarters.

Shot Clock:

- A 30-second shot clock starts when a team gains possession.
- The shot clock resets in the following situations:
 - The shot hits the goalkeeper (within the crease) or the pipe.
 - Play restarts after an official assesses a time-serving penalty.
 - There is a change of possession.
 - After a goal is scored.
 - Play is stopped due to a defensive injury.
 - The end of a quarter unless possession is retained due to an extra-player situation.
 - A loose-ball technical foul is committed by the defense.

Ball over Midfield:

- Elem School (10U) – No Count to clear the midline, 30 sec Shot clock
- Middle School (12U/14U) – 10 seconds to clear & 30 sec shot clock
- High School (19U) -- 10 Seconds to clear the midline & 30 sec shot clock

Starts and Restarts:

- Each quarter begins with a draw at the center of the field.
- Play starts and stops on the official's whistle.
- For free positions: All players must be at least 2 meters away.
- After a goal:
 - The goalkeeper (GK) must retrieve the ball within 5 seconds.
 - The official whistles to start, and the GK has 5 seconds to clear the ball out of their crease.



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Out of Bounds:

- The ball is considered out of bounds if it touches anything outside the field of play or the box enclosure. Inside the soccer goal is considered out of bounds.
- Possession is awarded to the team that did not cause the ball to go out of bounds, including for missed shots on goal.

Minor Fouls:

- **Green Card:**
- **If the offending team does not have possession:** 30-second time-serving penalty.
- **If the offending team has possession:** Loss of possession with a whistle restart at the spot of the ball.
- Examples 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 is illegal in USA rules)
 - Illegal actions by a team official (e.g., coach or trainer misconduct)
 - Illegal procedure (e.g., leaving the penalty area before time is served, delay of game)
 - Illegal equipment
 - Offsides (applies only to the goalkeeper)
 - Warding
 - Empty stick check:
 - A minor foul only when the team has possession.
 - Empty stick checks during loose ball situations are legal.

Major Fouls:

- Yellow Card: 1-minute time-serving penalty.
- Examples of Major Fouls: Illegal body check
 - Slashing
 - Cross-checking
 - Tripping
 - Unnecessary roughness
 - Illegal stick
 - Unsportsmanlike conduct
 - Dangerous follow-through
 - Illegal crease defending
 - Walling
 - **Dangerous propel:**
 - Head/Face/Neck = Expulsion from the game.
 - Above the knee = 2-minute penalty
 - Below the knee = 1-minute penalty



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Expulsion Fouls:

- The offending player is ejected from the game.
- The in-home player must serve a 2-minute time-serving penalty.
- Examples of Expulsion Fouls:
 - Fighting
 - Using threatening or abusive language or misconduct directed at officials.
 - Deliberately body checking the head, neck area, or from behind

Traditional Field Game Penalties that are NOT Called:

- 3 Seconds
- Shooting space violation
- Empty stick check on ground balls
- Hooking
- Poke Checking

Walling:

- High School - Two (2) Defensive players crowding in front of their goal or forming a stack/wall formation are not allowed if they are not within a stick's length of an opponent.
 - This is comparable to a **double shooting space violation**.
- For players 14 and under, Use one (1) defensive player for the walling criteria.

Over and Back:

- Once the ball is in a team's offensive half, it cannot return to the defensive half due to actions by the offensive team.
- Offensive players may bat the ball to keep it in the offensive zone.
- If the ball touches or crosses the center line: There is an immediate change of possession and play resumes with a quick restart for the non-offending team.
- No violation occurs if:
 - The ball crosses the line as part of a shot.
 - A loose ball last touched by the defense crosses the line.
 - A loose ball is leaving the offensive zone, and the defense commits a loose-ball foul (play-on is called).