



Body Zone Lacrosse Academy
Girls Indoor Lacrosse League 2010
www.bodyzonesports.com

Body Zone Sports & Wellness Complex is proud to announce its first official Indoor Lacrosse League! Games will begin Saturday January 9th, 2010 between the hours of 12pm and 5pm. Each game will be 45 minutes long with 20-minute halves (running clock) and a 5 minute half time. Teams are guaranteed 8 games plus playoffs.

Let the games begin!

Girls' Lacrosse Rules & Regulations
POINTS OF EMPHASIS

1. Verbal abuse of referees by players, coaches, or fans will **NOT** be tolerated. Violators of this rule will be subject to ejection from the building.
2. If a player/coach is ejected from a game, he/she will be suspended for the next game.
3. Teams will have 5 minutes to exit the field once the competition is over. This time may be used as an unofficial warm-up before the start of the next game. **NOTE:** games will start promptly, so coaches and players must be ready to play on time!
4. When the official blows the whistle all players **MUST** stand still until the subsequent whistle is blown to resume the game.
5. Any ball thrown into a players' bench will result in a change of possession. The whistle will be blown immediately and a change of possession will occur from the spot the ball entered the bench.
6. To avoid injury, any ball thrown into the side netting will result in a change of possession from the spot the ball entered the netting.

INCLEMENT WEATHER POLICY

In case of inclement weather, such as snow and ice, Body Zone will decide whether or not the facility is able to host competition that day or evening. If the decision is made to postpone competition, Body Zone will contact all team representatives who are scheduled to participate that day. All games in this scenario will be rescheduled and no loss of games will occur.

If Body Zone remains open during inclement weather and teams decide that they will not participate, those games will be considered a forfeit against the teams that do not show up to play. These games under no circumstances will be rescheduled due to the fact that Body Zone continued to operate. Body Zone does not operate under the same guidelines of any school district or PIAA sanctions; therefore, Body Zone is not responsible to close if schools or scholastic events are cancelled.

THE FIRST AND LAST RULE OF THE LEAGUE IS RESPECT

Teams or individuals who show a lack of respect to the officials, staff, players, and/or spectators of the league may have to immediately forfeit all games and will not be allowed to return. Teams are responsible for the actions and behavior of their players, coaches, parents, and fans on the fields as well as in the Body Zone Sports & Wellness Complex. Body Zone Sports & Wellness Complex will not tolerate fighting, profanity, or any other action seen as unsportsmanlike conduct or offensive to others in any way, shape, or form. Body Zone Sports & Wellness Complex reserves the right to suspend, expel, and terminate play by an individual, a team, a competition, or a league based on inappropriate behavior by one or all parties involved. Some detailed rules will follow according to this facility's policy.

League: Each team will play a total of 8 games plus a playoff game. Each game is 45 minutes long with 2 – 20 minutes halves (running clock) and a 5 minute halftime.

Rosters: Each team will consist of a maximum 18 player roster, which is due by the first game. No players may be added after the 4th game (rosters will be verified at this point).

Team Benches: Team benches allow a maximum of 3 coaches on or behind the bench. Players and coaches are the **ONLY** personnel allowed in the team bench area. Small children, photographers, parents (unless coaching), or others not on the roster are not permitted. Due to safety and insurance reasons this rule will be enforced to provide a safe environment for all individuals involved in the competition.

Uniforms: Teams must wear matching uniforms of the same color. Team shirts require a number on the middle back of the shirt. The number must be a minimum of 6" in height and of contrasting color to the shirt. Body Zone recommends that teams have 1 dark colored uniform and 1 light colored uniform. Pinnies will only be used as a last resort.

Equipment: US Lacrosse rules apply in regards to all equipment. Goggles and mouth guards are **MANDATORY** and must be worn at all times for all players. Goalies must wear a legal helmet with face mask, a separate throat protector, chest protector, thigh and pelvic protection, shin guards, padded gloves, and mouth guard. All sticks, including backups, must be the regulation stick-length and stick-heads must have a regulation pocket. See www.uslacrosse.org for more information.

Officials: Each team is obligated to pay the referee \$10 per game. The game will not start until the official is paid. Teams will forfeit the game if they cannot pay the official and are responsible for paying the official for the forfeited game.

Prizes: At the culmination of the league the winning team will be awarded a prize for their victory!

REGULAR SEASON GAME PLAY

Teams: All teams will play with 7 field players and a goalkeeper (8v8).

Time/Length of Game: Playing time for all games will consist of 2 - 20 minute halves (running clock) with a 5 minute halftime. There is no overtime play. When the game is over, teams have 5 minutes to leave the field before the next game begins. Teams are responsible for retrieving all items left on the bench, including trash.

Timeouts: No timeouts.

Substitutions: Substitutions will be on the fly. The player leaving the field must be on the bench before the sub is allowed on the field. All players entering the field must use the door. **NO JUMPING OVER THE BOARDS!** This is for your safety.

INFORMATION & RULES

- Games will consist of 2 – 20 minute halves (running clock) with a 5 minute halftime. All games will start on time unless there would be serious injury that would cause a delay. Games will start at the center draw.
- Each team is allowed 7 field players and one goalkeeper.
- There will be an “offsides”. The midline will act as the “restraining line”. A team must not have more than 5 players on or over the midline in their offensive end. Similarly, a team must not have more than 6 players on or over the midline in their defensive end. If a team is offsides there will be a change of possession.
- The ball is “dead” when the official blows the whistle. At this time no player may move (unless directed by the official) until the game as been restarted.
- After every goal there will be a new draw.
- There are no boundary limitations except when the ball enters a team bench. This will result in a change of possession. The whistle will be blown immediately and a change of possession will occur from the spot the ball entered the bench. To avoid injury, any ball thrown into the side netting will also result in a change of possession from the spot the ball hit the netting.
- If a shot is not on-cage the ball is still in play.
- Only the goalie is permitted inside the crease. An attacker’s follow-through may enter the crease on a shot, but no part of her body is permitted inside the crease. Similarly, the player(s) directly defending the shooter may reach into the goal circle with her stick to defend the goal, but no part of her body is permitted inside the crease. (According to US Lacrosse, follow-through over the goal circle will NOT be allowed for players below the 9th grade level).
- After a save the goalie has 10 seconds to clear the ball inside of the crease. If the goalie leaves the crease with the ball she may not re-enter, and has unlimited time to clear the ball.
- At no point is any player allowed to touch the ball with her hands. Only the goalie can use her hands to pick up the ball inside the crease.
- Subbing is on the fly. Player coming off the field must be on the bench before the sub can enter the field. Please, **NO JUMPING OVER THE BOARDS!**
- Defenders are not allowed to stand inside the 8-meter arc for longer than 3 seconds unless they are within a stick-length from the girl they are marking.

- All fouls inside the 8-meter arc will result in a Free Position Shot (FPS) from one of the hashes on the 8-meter line. All players are required to clear the 8-meter arc on a FPS.
- If a player receives a yellow card she must leave the field for 3 minutes of playing time. As a result the team is required to play man down for the 3 minutes of elapsed playing time.
- If a player receives a red card she will be suspended from the game. As a result the team is required to play man down for the three minutes of elapsed playing time.
- If a player or coach receives a red card for misconduct the director will be notified and that person will not be allowed to participate in the next scheduled game.
- All players (including goalies) are required to wear the proper equipment as specified by US Lacrosse. **NO JEWELRY** is permitted.
- Coaches are responsible for clearing their bench area and removing all belongings after every game. Body Zone Sports & Wellness Complex is not responsible for any stolen or lost belongings.
- **NO** unsportsmanlike conduct will be tolerated towards officials, coaches, or players. This includes foul language. Consequences will follow.
- **FIGHTING WILL NOT BE TOLERATED!!!** Any player that is penalized for fighting will be suspended for the duration of the league.
- **All ejections and suspensions will be handled by the managers of Indoor Sports.**

REMINDER: These rules are in place to secure a safe environment for all individuals involved in the league. Please be aware that Body Zone Sports & Wellness will not tolerate any behavior that jeopardizes the health and safety of its members and the surrounding community.

**Thank you for participating in our Lacrosse League!
Have fun and good luck!**

**Please contact Ashley Bevington with any questions, comments, or concerns regarding girls' lacrosse.
610-376-2100 ext. 229
abevington@bodyzonesports.com**