

**University of Massachusetts Lowell  
Campus Recreation Department**



**Intramural Lacrosse Rules**

**GOVERNING RULES**

All intramural Indoor Lacrosse rules follow the rules and regulations of the intramural department at the University of Massachusetts Lowell. The Campus Recreation Department has modified the indoor lacrosse intramural rules with several exceptions for program needs. Persons subject to the rules are team representatives, including players, substitutes, replaced players, coaches, trainers, spectators & other persons affiliated with the team are subject to the rules of the game & shall be governed by decisions of officials assigned to the game.

**EQUIPMENT, PLAYERS & GAME TIMING**

**1) It is highly recommend for teams / individuals to arrive 10 minutes early before the scheduled game time. At the scheduled game time, if a team does not have the required number of players a 10-minute grace period is in effect. If a team/individual does not appear within the grace period, a win by forfeit will be accredited to the opposing team.**

**2) EQUIPMENT**

- a. Personal equipment may be used.
- b. Protective equipment may be worn.
- c. Only goalkeepers may wear a helmet and pads on their legs.
- d. A mask and chest protector must be utilized by the goalkeeper.
- e. Mouth pieces are required
- f. All players must use the sticks provided by the intramural department

**3) GAME**

- a. The game shall consist of 2 halves of 20-minutes each.
- b. Running clock throughout game.
- c. The clock will stop only for an injury
- d. There will be a 5- minute break between halves.
- e. Each team will receive one time-out per half.
- f. Teams consist of 5 players 1 being a goalie
- h. Mercy Rule is down 10 goals at any point in the 2<sup>nd</sup> half

**4) OVERTIME (will occur only during the playoffs)**

- a. A five-minute sudden death period will be played in the result of a tie. If the score is still tied following the sudden death period, the game will go into a shootout. There will be three players from each team to shoot. The home team chooses if they want to shoot first or second. If the game is still tied after the three players have shot, each team will send a different player to shoot until someone scores.
- b. Each team will receive one time-out per overtime. Time-outs do not carry over.

**PLAYING REGUALTIONS**

**1) CHECKING**

- a. Body checking is illegal and will result in an automatic ejection and a one game suspension.

### 3) FACE OFFS

- a. Will take place to start each half as well as after a goal is scored.
- b. Must be standing in an up right position during faceoff.

### 2) PENALTIES

- a. Minor penalties are tripping, roughing, holding and interference. A minor penalty is usually done incidentally and will result "free position." Any ejection will automatically result in a one game suspension.
- b. When a penalty is committed the non penalized team shall receive the ball "free position" the individual of the opposing team must line up 4 meters behind the person in the "free position"
- c. WHEN THE WHISTLE BLOWS EVERYONE MUST STOP IMMEDIATELY!
- d. Green Card is a warning/Yellow Card is a 2 minute penalty/Red Card is an ejection

### FOULS

The following are major field fouls

Rough/Dangerous Check: roughly or recklessly check/tackle another player's crosse. (The direction of the check must be away from a seven-inch sphere around the head.) A crosse may be checked, in a direction toward the body, as long as the check/tackle is controlled, and the crosse or ball does not go into the sphere.

- a. A player may reach into the sphere to make a safe check/tackle. No player's crosse may hit or cause opponent's crosse to hit the opponent's body.
- b. Check to the Head (MANDATORY CARD): no player's crosse may hit or cause the opponent's crosse to hit the opponent's head.
- c. Slash (MANDATORY CARD)
- d. Holding: hold an opponent's crosse when the opponent is in possession of the ball.
- e. Crosse in the sphere: hold opponents crosse within the sphere around the face or throat of an opponent.
- f. Illegal Contact: initiate crosse to body, or body to crosse contact.
- g. Illegal cradle: hold, with or without cradling, the head of the crosse in front of the face or a teammate's face, within the sphere or close to the body, or teammate's body, making a legal/safe check impossible
- h. Blocking: block an opponent by moving into the path without giving the person a chance to stop or change direction.
- i. Charging: charge, barge, shoulder, or back into an opponent.

### MINOR FOULS

The following are minor field fouls:

- a. Covering: guard a ground ball with foot or crosse.
- b. Empty stick check: check/tackle or hold an opponent's crosse when the crosse is not in contact with the ball. This applies only if the opponent could have received or gained possession of the ball.
- c. Warding Off: guard the crosse with an arm. If one hand is removed from the crosse, the free hand may not be used to ward off an opponent, deliberately or otherwise, with or without contact. Elbows may not be used to protect the crosse.
- d. Hand Ball: touch the ball with hand, except the goalkeeper or deputy within the goal circle.
- e. Squeeze the Head of the Crosse: use of hand or body to keep the ball in the crosse, i.e. squeezing the head of the crosse.
- f. Body Ball: allow any part of the body to deliberately impede, accelerate or change the direction of the ball. However, if the goalkeeper blatantly attempts to stop a shot on goal by playing the ball off the body while outside the goal circle, it shall be called a Major Foul.

- g. throw the crosse in any circumstance.
- h. take part in the game if she is not holding the crosse.

#### SUBSTITUTIONS

Each team may substitute an unlimited number of players at any time during play (including overtime), after every goal and at halftime. During a substitution because of injury, or if a player is sent from the field for any reason, no other players may substitute or exchange positions on the field. In these situations the umpire will make sure that any substitute assumes the same location as the player she is replacing and that no advantage is gained.