

# ADKSC Winter Indoor Lacrosse League 2011-12

## Dates and Times:

One game-day per week per team.

Game nights could be Mondays or Thursdays

- Mondays 7:00 to 8:00 PM
- Thursdays 7:30 to 8:30 PM

Thursday dates: 1/26, 2/2, 2/9, 2/16, 3/1

Monday dates: 1/30, 2/6, 2/13, 2/27

## Format:

7 V 7 format

Team makeup: 2 attack, 2 midfield, 2 defense and a goalie.

(Boys: maximum of three long-sticks are allowed on the field at any time.)

Quarter-field games played on 50x32 yard fields.

Each game night, teams will play two 25-minute games, with running time and 5 minutes between games.

Officials will be provided for all games.

## League Rules:

- Team make-up: Boys & Girls: 2 attack, 2 midfield and 2 defense and a goalie. (Boys: maximum of three long-sticks are allowed on the field at any time.)
- Boys:
  - a. NO BODY CHECKING, equal pressure ONLY (Personal Foul=1 min. penalty).
  - b. Offsides is in effect: 2 players must be on the offensive half and 3 players on the defensive half of the field at all times.
- Each team must have an adult coach who will be in charge of team at all times.
- Each game begins with a face-off (boys) or draw (girls). Wing middie must be positioned to the left of his/her face-off/draw person at the intersection of the sideline and the midfield line. The defensive and attack players must remain behind the goal line extended until the referee's signal of possession. The goalie must remain in the crease area until possession is called.
- After a goal is scored, the ball is awarded to the scored-upon goalie who puts the ball in play from the crease area. The referee must whistle to indicate play has resumed. When the goalie is ready, the whistle will blow.
- If a team scores during a flag down, slow-whistle situation and the infraction is a personal foul, the goal counts and the offended team receives the ball at midfield for a 4 on 3 man-up situation. If the team scores during a technical foul, the goal counts and the penalty is wiped out.

## Divisions: (tentative)

Boys: Middle School & High School

Girls: High School

(Tentative divisions are based on interest.)