

ESC Indoor 7v7 Lacrosse Rules/Guidelines

Time Format: Two 20-minute running clock halves. 5 minute half time. Teams are welcome to and encouraged to use the 15 minutes between games to warm up, stretch, and/or coordinate cellies (see below).

Sportsmanship: Players are expected to show respect to all of those involved with this league. Fighting is strictly prohibited. However, unique celebrations following goals AKA "cellies," are strongly encouraged.

Coaches: A coach will be present on each team's bench to oversee substitutions and provide guidance to players. Teams need not find their own coaches.

Equipment: Each player is required to wear all necessary protective gear. This includes, arm guards, gloves, shoulder pads, helmet and mouthpiece (throat guard and chest protector for goalies). No stick checks will be conducted, the only exception being that all players must have a butt-end on sticks.

Personnel: Each team will consist of 1 goalie, 2 defensemen, 2 midfielders and 2 attackmen. Defense and attack must stay behind midfield line on their respective sides of field. Only 2 long-poles will be allowed on the field per side at all times, but are not required.

Time-outs: There are no team time outs. Only official time outs can be called as necessary.

Overtime: Games ending regulation play with a tie score are decided by a sudden death overtime period. Play continues until a goal is scored. Only one overtime period is played, and will be limited to 4 minutes immediately following regulation time. Will begin with a face-off. If not winner after one OT period, the game ends in a tie.

10 Second Violation: Occurs when team on offense fails to advance the ball past midfield within 10 seconds after taking possession at their end. Results in an immediate change of possession.

Face-Offs: Conducted at the start of each quarter and after every goal. A wing player may be placed on either side of the field on the midfield line. Other players (attack and defense) must begin and remain behind goal-line-extended until possession is called.

Shot Clock: A 30-second clock begins (counting down) when a team assumes possession of the ball and immediately after they've successfully cleared the ball beyond midfield. The offensive team must put a shot on goal during that time or they will lose possession. If they do shoot on goal (without scoring) and recover possession of the ball (via rebound/loose ball recovery), the clock is reset for a new 30 seconds. The referee will keep shot clock time, and will begin a verbal countdown when the shot clock has 10 seconds remaining.

Substitutions: Substitutions can be made on the fly or during dead ball situations. A substitute may not enter the field until the player he is replacing is off of the field of play.

Penalties: Running clock, time and a half penalties. That is, 30 second technical violations will be served as 45 seconds, 1 minute personal violations will be served as 1.5 minutes, and so on. Penalty timing will begin once infraction is assessed and play has resumed. A team will always begin a man-up opportunity near the midfield line. The shot clock remains in effect during these uneven situations, and will be reset to 30 seconds at the beginning of uneven situations. Body checking into walls is strictly prohibited.