

ISP Lacrosse League – Girls Leagues Format and Rules



Game Format by Age Group:

Girls 3rd & 4th - SIXES League:

- Game Timing: Running time - 10 Minute Quarters – 2 Minute Quarter and Half-Time breaks.
- No Timeouts.
- No Overtime in Pool Play.
- 5 Field Players + 1 Goalie ****Goalies are optional for this Age Group ONLY**** If you do not have a goalie or choose not to use one – a Blue Man Inflatable will be used. If you choose to use the Inflatable Goalie – You still must have 5 field players – You may NOT put a 6th Field Player in.
- No Off-Sides
- Box Lacrosse Goals will be used. (4' x 4.5') *NO Box Goalie equipment permitted.
- Draws to begin each Quarter only.
- 1 attempted pass minimum in order to shoot.
- A missed shot is not a run-out – It is an out of bounds ball and awarded to the opposing team.
- Start after Goal: Goalkeeper clear if goalkeeper used / If no goalkeeper, ball to defender at side of goal circle & player self-starts.
- Mercy Rule: 6 Goal differential – *If a team is trailing by six goals or more they will automatically receive the ball at midfield if they score - instead of a change of possession.*
If the team in the lead scores – change of possession occurs normally – See Start after Goal.
- Substitutions: Coaches may request to Substitute players on any goal scored or out of bounds ball. *No Substitution requests in last 2 minutes of the 2nd and 4th Quarter. Subbing on the fly is permitted at all times. *Reminder – Running Clock at all times.
- No Checking permitted.
- 3 Seconds closely guarded rule applies.
- No Cards – Teams do not play short.
- No Defending the goal by standing in the 5 – yard space in front of the goal unless marking an opponent.
- 1 vs. 1 Defense is required

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The ISP Lacrosse League will follow all USA Lacrosse and NFHS rules with the following specific modifications:

Girls 5th- 6th, 7th - 8th, High School Leagues:

- 12 vs. 12 Full Field Play (11 Field + 1 Goalie) All Teams MUST have a goalie.
- Game Timing: Running time – 25 Minute Halves – 2 Minute Half-Time
- The team listed first on the schedule receives the first *alternate possession*.
- One timeout per half is permitted but there will be no timeouts in the last **FIVE** minutes of the game.
- No Overtime in Pool Play
- Any foul in which a player is pushed into the netting is a **mandatory** yellow card.
- *8-meter shots* will be played out if the horn sounds for the end of the half or game. If the 8-meter is already in play when the game horn sounds, then the game is done at the time of the horn.
- 60 Second Shot Clock for all Age Groups Except 3rd & 4th. (See Shot Clock Rules below)

5th – 6th Age Group Specifics:

- Modified Checking
- 3 Second Good Defensive Positioning Rule
- No minimum passing rule
- 6 Goal Automatic Mercy Rule: *Any team trailing by six goals will automatically receive the ball instead of the draw. It is mandatory to take the ball – no coach's discretion.*

7th - 8th Age Group Specifics:

- Full checking
- No 3 Second Good Defensive Positioning Rule
- No minimum passing rule.
- 6 Goal Automatic Mercy Rule: *Any team trailing by six goals will automatically receive the ball instead of the draw. It is mandatory to take the ball – no coach's discretion.*

High School Age Group Specifics:

- NO – 6 Goal Mercy Rule in affect.

Cards:

- 1 **Yellow** Card – the player must sit for 2 minutes, running clock. The official will keep time.
 - Official Should announce the release time to score keeper and coaches.
- 2 **Yellow** Card – the player must sit the remainder of the game and may return to the next game.
- **Red** Card (Player) – the player must sit the remainder of the game AND the next game.
- **Red** Card (Coach) – the coach must leave the game and remain away from the game until the completion of the game.

No Parent should address officials in any manner. All jewelry is prohibited during game play.

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Playoff and Championship Game Timing Modification:

5th – 6th, 7th – 8th, High School ONLY.

3rd & 4th SIXES LEAGUE WILL NOT HAVE MODIFIED TIMING.

Stop Time:

Stop time means that the clock will start and stop on the ref's whistle.

Stop time will be implemented in any playoff/championship game that is tied or if there is a one (1) goal margin in the last minute of play – **of the second half ONLY.**

For example, if the score is 4 (team A) – 2 (team B) going in to the last minute of play and Team B scores to make the score 4 – 3, Stop time will be used until the clock runs out.

Sudden Victory Overtime:

If the game is tied at the end of regulation time, all playoff/championship games will have sudden victory overtime which will start immediately at the conclusion of regulation time. In the case of sudden victory, the clock will be set at 15 minutes. NO playoff/championship game will be allowed to end in a tie. There MUST be a winner.

Time Outs:

There will be NO time outs inside the last five (5) minutes of the second half and there will be NO time outs during any overtime.

Penalties:

Any penalties that have not expired at the end of regulation will carry over to the overtime period.

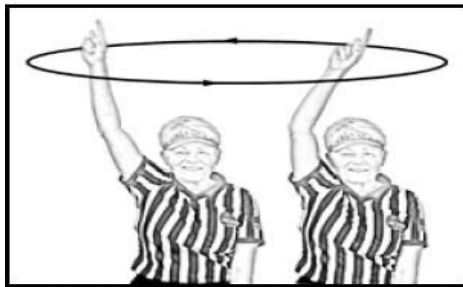
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SHOT CLOCK SPECIFICS:

TIME: 60 SECOND POSSESSION CLOCK

SHOT CLOCK BEGINS ONCE POSSESSION IS GAINED. The official should use the reset signal to start the possession after the draw since the wind up signal is used for the release of players.

RESET the possession clock to 60 **ONLY** when an official signals a reset with the following “Possession Clock Reset” signal: **Clock operators should not reset the possession clock or start the possession clock until the referee makes the signal.**



Possession clock resets to 60 after the following:

1. A goal is scored.
2. A shot on goal that hits a pipe or crossbar or any save by the goalie that goes back to the offense.
3. Issuance of any card.
4. Offside foul by the defense or offense.
5. Any change of possession including Alternate Possession
6. After each half

Possession clock stops for the following:

1. Anytime the official signals time out: for ex: injuries/cards
2. All fouls in the offensive critical scoring area

The procedure for a possession clock violation:

The player with the ball must drop the ball out of the stick at the spot of the violation and any player on the new offensive team may self start at that spot.

Anytime the official calls time out and also has a reset they must signal time out first (arms crossed above the head) and then the reset signal. For ex: a card, offside, AP and any fouls in the critical scoring area.

****There are no disputes allowed for possession clock errors!****

The 60 second clock has been added this year as a fun addition to the ISP Leagues and as a way for players to see what it is like at the collegiate level. Shot clock errors will occur as we work with our officials and clock operators.