

ISP Lacrosse League – Boys Format and Rules



Game Timing:

8 minute warmup, 25 minute halves, 2 minute half time

Game Format:

High School Division – 8 v 8 (1 goalie, 2 attack, 2 defense, 3 midfielders (maximum of 3 long poles))

Youth Division (Grades 5 through 8) – 10 v 10

The ISP Lacrosse League is a limited contact league. The league is designed to prepare players for spring lacrosse. Full body checks are not allowed and will be an immediate penalty.

1. Fighting will not be tolerated and may result in suspension or non-refundable dismissal from the league.
2. For any suspension or ejection not involving fighting during a game, the player may be ejected for the remainder of that game and the following game.
3. Any undue questioning of an official's call may result in an unsportsmanlike penalty.
4. There will be absolutely no contact five yards from the side and end lines.
5. All other field rules apply, as explained by the referees, including:
 - High School Counts are in effect – 20 second rule to clear the ball, and subsequent 10 second rule to get in the offensive zone.
 - No crease diving.
 - A second illegal checking offense by a player (2 offenses in the same game by the same player) in violation of ISP's contact rules may result in ejection from that game.
 - 1 time out per half is permitted, however, no timeouts are permitted in the last 5 minutes of the game.
 - No overtime will be played to decide any regular season ties during league play.
 - Ties will be decided during playoffs of all leagues through sudden victory – first goal wins.
 - A mandatory 6 goal mercy rule is in effect in all non-high school games.
 - No more than 3 coaches on team bench for any team.
 - No spitting is permitted on the fields. A first violation may result in an automatic ejection from the facility. No exceptions.

Tie Breakers in League Standings:

1. The first criteria is head to head.
2. If head to head games do not resolve the tie breaker, the second criteria is forfeits. Any team that has forfeited loses the tie breaker.
3. The third criteria is total goals allowed throughout the round robin portion of the league.
4. The fourth criteria is a coin flip.

January 10, 2021