

ISP Lacrosse League – Boys Leagues Format and Rules



Game Format by Age Group:

Boys 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.
- Face-Offs 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 & whistle start by official.
- 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.
- Checking: Legal holds, pushes & checks must be on a player with possession or within 3 yds of loose ball. All checking must be below neck and Above waist. Lift / poke bottom hand or head of crosse below chest area OR downward check initiated below BOTH players' shoulders.
 - NO ONE-HANDED CHECKS PERMITTED
- No EMO / EMD – All penalties are 1 Minute – Player Serves – Team Plays Full Strength
- 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:

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

- High School Division – 8 v 8 (1 goalie, 2 att., 2 def., 3 mids (maximum of 3 long poles)
- Youth Division (Grades 5 through 8) – 10 v 10
- 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.
- 60 Second Shot Clock for all Age Groups Except 3rd & 4th. (See Shot Clock Rules below)
- NO Counts (except goalie in crease – 4 seconds)
- No contact five yards from the side and end lines.
- No crease diving.
- Any penalty in which a player is pushed into the netting is a **MANDATORY 3 MINUTE NON-RELEASABLE**.
- The ISP Lacrosse League is a limited contact league.
- Full body checks are not allowed and will be an immediate penalty.
- 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.
- Fighting will not be tolerated and may result in suspension or non-refundable dismissal from the league. Suspensions will be at the discretion of the officials and ISP league director.
- Any undue questioning of an official's call may result in an unsportsmanlike penalty.
- NO Substitute Players are permitted (NO borrowing of players) – All players must be registered and waived in the league to participate. **In limited situations such as the absence of a Goalie – ISP may grant an exception in order for games to be played.

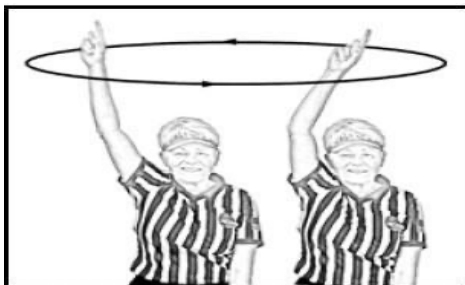
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SHOT CLOCK SPECIFICS:

TIME: *60 SECOND POSSESSION CLOCK*

SHOT CLOCK BEGINS ONCE POSSESSION IS GAINED AFTER A FACE OFF. The official should use the reset signal to start the possession after the face off 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. After a valid shot is taken and possession is gained by either team.
 - a. A valid shot is a shot on goal that hits a pipe or crossbar or any save by the goalie that is deflected.
3. Any change of possession including Alternate Possession
4. After a loose ball play-on situation and the offended team has gained possession.
5. After a Penalty
6. Play restarts after a dead ball.

Possession clock stops for the following:

When an official's whistle blows to stop play. Examples of this are:

- A ball that goes out of bounds.
- An injury or equipment problem.
- Adjudication of a foul.
- Timeouts.

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.

****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.

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Playoff seeding determined with the following tiebreakers in order:

1. Record
2. Head to Head
3. Goals Against
4. Goal Differential
5. Goals For
6. Coin Flip

*IF 3 OR MORE TEAMS HAVE IDENTICAL RECORDS – *HEAD TO HEAD IS THROWN OUT* – AND THE TIE BREAK GOES DIRECTLY TO GOALS AGAINST AND SO ON.

** IF THERE ARE ANY FORFEITS WITH TEAMS INVOLVED IN A TIE BREAK – THE TEAM THAT FORFEITED WILL AUTOMATICALLY LOSE THE TIE BREAK.

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.