

Arkansas State University

Intramural Sports

Lacrosse Rules

**Game format:**

1. A game consists of two 15 minute halves. The clock will only be stopped for injuries, timeouts, or at a referee’s or supervisor’s discretion. A team consists of 5 players.
2. Game time is forfeit time. If a team has the minimum amount of players (4) to begin a game and their opponent does not AT GAME TIME the game shall be forfeited.
3. Timeouts: Each team is allowed 1 timeout per half. The team may only call timeout when they have possession of the ball.
4. Marcy rule: If a team is leading by 10 goals in the second half, or 7 goals in the last two minutes of the game, the game will be called.
5. If the ball becomes unplayable or deflects off an object not part of the playing field, the ball will be dropped in a face-off.
6. The game shall be started with a face-off. One player from each team will line up at the center line on their half of the field. A referee will roll the ball down the center line for the two players to try to push the ball into their half of the field. All other players must be outside the center zone and in their own halves. Play will be restarted this way at the beginning of each half and after each goal. Any contact during the face-off will result in the ball being awarded to the opposing team’s goalie.
7. A goal is scored when the entire ball crosses the goal line, between the posts and under the crossbar. A goal may not be awarded from with-in the goal area.
8. No player may hold the ball for more than 10 seconds.
9. Delay of game: No player may intentionally delay the game to run time off. This will be called at the referee’s discretion and will result in a turnover.
10. Feet may be used to stop the ball or to keep control of the ball (may pass to yourself), but cannot be used to pass to a teammate or score a goal. Hands may be used to stop a ball and then placed directly in front of the player. Hands may not be used to advance the ball or score a goal.
11. 50-50 situation: When 2 players from opposing teams are going for the ball, the first player to cover the ball with their stick will receive 1 unimpeded chance (2 seconds) to pick up the ball. The ref will clearly state when the ball is covered and when the defender is to back off. If the defense does not allow the player to pick up the ball it will be given to the offensive goalie.
12. During regular season, games that are tied at the end of regulation time will result in a tie. For playoffs, if at the end of regulation time the game is tied, we will use a golden goal 5 minute overtime period. During the golden goal overtime period, the first team to score will be declared the winner.

**Player rules:**

1. Substitutions: Substitutions may be made on the fly. A substitute may only enter the field after another player has left the field.
2. Goalies: May use any part of their body to stop the ball, however, they must use their stick to distribute the ball. The goalkeeper may not cross half field and are not allowed to score a goal.
3. Fouls: This is a non-contact sport. The minimum penalty for checking, or intentional contact will be a 1 minute penalty. Some incidental contact may be allowed at the referee’s discretion.
4. Crease violation: No offensive player may enter the crease. If this occurs the defensive team will receive the ball behind their goal.
5. One minute penalties: A player will serve a one minute penalty in the penalty box and their team will play short-handed for the following penalties:
   1. Checking
   2. Illegal substitution (too many players on the field)
   3. Slashing
   4. Tripping
   5. Holding
   6. Pushing
   * The opposing team will receive the ball
   * A penalized player may be released from the penalty box early if a goal is scored against their team
6. Unsportsmanlike conduct: A player will serve a 2 minute penalty in the penalty box and their team will play shorthanded for the following unsportsmanlike penalties:
   1. Objecting to any decision of an official in an unsportsmanlike manner
   2. Reckless actions
   3. Profanity
   4. Abuse of equipment

* The opposing team will receive the ball
* A penalized player may be released from the penalty box early if a goal is scored against their team

1. Ejections: Players will be ejected immediately for the following fouls:
   1. Cross checking
   2. Receiving 5 one minute penalties
   3. Receiving 2 two minute penalties
   4. Exhibiting violent conduct
   5. Insinuating a fight or altercation
   6. Spitting at another person
   7. Damaging equipment or facility
   * The opposing team will receive the ball
   * Upon ejection the team will have to play shorthanded the remainder of the game.
2. If any team receives 10 one minute penalties or 3 two minute penalties (an ejection counting as two, two minute penalties) then the referee will terminate the game.
3. Advantage: If a foul occurs on a player while on offense the referee will hold up his hand signaling a foul. If the team that committed the foul gains possession of the ball, the foul will be enforced. If a goal is scored, the foul will not be enforced.