

Indoor Soft Lacrosse Rules

The purpose of this Youth Recreational Program is to provide an affordable and enjoyable organized experience under capable adult supervision for the youth of Botetourt County. The program is organized to promote sportsmanship, cooperation, and teamwork in a fun and relaxed atmosphere.

I. Player Eligibility

- A. The eligibility age for participation is a minimum of six (6) years and maximum of eleven (11) years of age by September 30th of current school year.
- B. Teams will be comprised of both male and female players (Co-Ed).

II. Equipment

- A. Indoor athletic shoes or sneakers must be worn by all players. No black marking shoes will be allowed.
- B. Indoor Lacrosse Sticks and balls will be supplied by Recreation Department
- C. 3 x 3 goals will be used.

III. Game Play

- A. All games will be played with 2 – twenty (20) minute halves with a running clock and a 5-minute halftime. Games will be timed at one hour and 15 minute intervals. This will allow for instructional practice before game start.
- B. Teams will be given a 5-7 minute warm up before their game, if available.
- C. Teams will play with 4 players – no goalie. Teams may play with less than required players if necessary or may borrow players from the opposing team to complete their player roster.
- D. Substitutions can take place at any time during a game. Players may enter and leave the court in a “hockey” style of substitution and should tag hands with their sub. Coaches should attempt to balance each player’s time on the court equally.
- E. “Out of bounds” will occur when the ball fully crosses over the side or end lines of the regulation basketball court.
- F. Balls leaving field of play, possession will go to the other team and will be passed or run in at the approximate location it left.
- G. NO STICK CHECKING – 1. Warning 2. 1 minute penalty for violation.
- H. Penalty Shots – taken behind center line.
- I. Players must keep two (2) hands on stick at all times.
- J. On a loose ball, the first player to cover the ball with his stick gets to keep possession.
- K. U12 and U10 teams must complete four (4) consecutive passes before trying to shoot on goal. U8 teams must complete three (3) consecutive passes before trying to shoot on goal.
- L. Once number of passes have been satisfied, players must honor the crease (marked with blue painters tape) to shoot.

- M. Once a goal is made, possession goes to the other team at mid field.
- N. There is no offisides.
- O. The official may remove a player from the game for continued rough play.