



Men's Lacrosse Rules and Regulations of Play

FIELD

- There is a total field length of 100 yards from end line to end line, and a total width of 60 yards from sideline to sideline.

EQUIPMENT

- Athletic shoes are required. Rubber soccer cleats are allowed on the turf field. Screw-ins and metal cleats are not allowed.
- All players must wear a helmet and elbow pads.

TEAM AND PLAYERS

- All players must be at least 20 years of age to participate, adequately and currently health insured, and registered with NIS, including full completion of the registration process.
- A player may only sign up for one team per league but may sign up for multiple leagues per season.
- Teams consist of 10 players on the field with other team members as substitutes. All players must be in uniform.
- Any fully registered player who has received a team jersey and does not wear it the day of the game can be asked for photo ID during check in.
- Teams must field at least five (5) and no more than eight (10) players; the 5th player must play the position of goalie.
- Only the Captain and Co-Captain may dispute calls with the Head Referee. A team Captain may raise protest with the Referee but will accept the Head Referee's final ruling.
- A team must field at least 6 of its own players to begin a game.
- Substitute players must sign a waiver prior to playing and pay the \$15/night fee the night of the game. Any substitute who plays in at least 3 regular season games is eligible for playoffs.
- If a team is short players for a playoff game and no sub has qualified by playing in 3 regular season games, the captain may ask the opposing captain for approval of subs. This is up to the opposing captains discretion. If he/she approves an email must be sent to NIS prior to arriving at the game.

ROSTER REQUIREMENTS

- Captains will submit an official team roster to NIS prior to the first night of the session. Roster changes are allowed up until the end of the third week of play. After the third week, no new names may be added to a team's roster. Only players on the roster will be eligible to play.
- If a team is short the minimum number of fully registered players by the start of their game for week 1 they will automatically forfeit that game. They may still play but will receive a loss in the standings. This rule applies for week 2, 3, 4, and 5 as well.
- If a team is still short the minimum number of fully registered players at the end of their week 5 game (end of the regular season) the teams season will end and will be removed from the final 3 weeks of the league schedule.
- Captains will forfeit his/her free season/credit if this occurs.

GAME PLAY

- All games will follow high school lacrosse rules.
- The only exception is that there are no penalties on the faceoff.
- Teams that don't meet the minimum roster requirements or choose to wait to start a game will receive the following penalty: 5 minutes late – 1 goal; 10 minutes late – 2 goals; 15 minutes – forfeit and the game will be played for fun.

WINNING THE GAME

- The team that has more goals at the end of regulation will win the game.
- There will be no overtime during the regular season. All games with a tie score at the end of regulation will end as a tie.
- During the playoffs any game ending in a tie will go to 5 minute overtime period.

OFFICIALS

REFEREES

- Each game will have 2 licensed lacrosse officials on the field.
- Referees have jurisdiction over play and may:
 - Call a time out, call off a game due to inappropriate behavior, or any other cause at the referee's discretion.
 - Penalize a player, including game ejection, for any reason. This includes, but is not limited to, un-sportsman like conduct, fighting, delay of game, and excessive verbal abuse. Ejected participants must leave the field area and may not return to the game.

PLAYOFFS

- All roster players are allowed to participate in the playoffs.
- Photo ID, Facebook Page, or Email from NIS sent to the player will be required for check-in during the playoffs.
- All teams will make the playoffs in a 4, 5, 6, and 8-team league. In a 7-team league the top 3 teams will make the playoffs. The number of teams who make the playoffs in leagues with a total number of teams above 8 will vary.
- Final standings and team position for playoffs will be determined in this order: Win/Loss Record, Score Differential, Head to Head (if applies), Points/Runs Allowed, Points/Runs Scored.
- Substitutes may participate in the playoffs if they have participated in at least 3 regular season games. Subs will have to play the weekly fee to participate in the playoffs as well. Opposing captains may also approve subs prior to the game.

FORFEITING

Forfeit is strongly discouraged. Your teammates and opponents count on you to have a full team and competitive game. Each team must have at least 6 players, to start a game including a goalie.

FORFEITING IN ADVANCE:

- If a team knows in advance that it is going to forfeit and not show up, a team member must contact NIS by 12:00 pm the day before the game. If NIS is notified on time, the team will be given losses for all scheduled matches but no further penalty.
- If an e-mail is sent, it is not considered notification unless a reply to the team is received. Failure to do so will result in forfeiting all matches, and the team will be ineligible for league playoffs and/or removed from the remainder of the schedule.
- Any team that does not notify NIS in advance of their scheduled game or at all will need to provide one full-rate individual deposit for the next season/sport they register for.

FORFEITING AT GAME TIME/AFTER 12:00 PM DAY BEFORE:

- Any team that forfeits after 12:00 pm the day before the game will be assessed a \$50 fee that will be given directly to their opponent and removed from the remainder of the league schedule. This money will go directly to the team which did not receive notice that they would not have an opponent that given night. All participants are expected to be able to make arrangements for subs or to notify NIS prior to 12:00 pm about their plans to participate in that week's games.
- Captains will forfeit his/her free season/credit if this occurs.
- If a team shows up short players, the remaining members who are present should mix with the opponent and play a scrimmage. The team will not be penalized if this occurs. At least 6 players from the team must be present for this to apply
- If a team doesn't show up at all, has no members present, and doesn't notify NIS by game time they will be removed from the schedule for the remainder of the season.

REFUNDS

Refunds are not provided once the season begins or day the season is scheduled to start. If you need a refund because you are unable to play prior to the season we are very happy to reimburse you for your registration as follows:

- Up to 2 Weeks Prior to League Start: FULL REFUND (minus \$10 processing fee)
- Up to 1 Week Prior to League Start: REGISTRATION MINUS \$20
- Less than a week until League Start through the Season: Refunds Not Available. Credit available for a future season if no longer to play due to injury.

Sportsmanship and FUN!!

Above all, this league is for FUN and the enjoyment of all those involved. NIS and its officials will eject/expel players for inappropriate behavior. In addition, NIS will remove any players and/or teams who cannot adhere to its policies and standards without refund.