



Foothills  
Park & Recreation District

## Indoor Sports Arena Lacrosse Rules

### General Information

1. **NO FOOD, DRINK, GUM OR SEED ALLOWED IN THE ARENA!**
2. The Field Supervisor and/or Foothills Park & Recreation Athletic Staff shall act upon any and all situations not covered explicitly in these rules. All decisions will be final.
3. Foothills Park & Recreation District offers a Lacrosse Program for the recreational enjoyment of the participants. The Foothills Park & Recreation District Staff is the sole governing body of this program.
4. Foothills Park & Recreation District reserves the right to re-classify a team at any point in the season in order to maintain a fair balance of competition. This will only be done with the cooperation of teams involved.
5. Foothills Park & Recreation District also reserves the right to expel any team from the league for reasons of conduct, failure to observe rules, regulations, and procedures and/or failure to field a team for 2 or more games. Written notification of such actions will be provided to the individual and/or team manager.
6. The current **National Federation of High School - Lacrosse** Rule Book will govern all games with the following clarification, modifications, and additions will govern the Foothills Park & Recreation District Lacrosse Football Program. Teams are responsible for knowing the rules.
7. The game shall be played between two teams of 10 (Full Field) or 7 (Half Field) male players each.
8. While players in Lacrosse do have some protective equipment, it is essential that necessary safety rules be followed at all times without exception. It is essential for all players to enter the game with the attitude that this is a recreational activity, which contact can occur and that good sportsmanship will always prevail.
9. **NO SPITTING ON THE FIELD** – Spitting can be unsanitary, unsightly and potentially dangerous. Do not spit on the field or spit into the trash cans surrounding the field. Officials will treat SPITTING as an unsportsmanlike penalty.

### Inclement Weather

Indoor Sports Arena - (303) 409-2444 or

<http://www.quickscores.com/ifoothills/>

1. Messages will not be posted until 2 hours prior to the 1<sup>st</sup> scheduled game, in the event that inclement weather may cancel games.
2. We ask that only Managers/Coaches call and notify their players. We do not call teams; the responsibility is of the team. Please call if there is any doubt about whether games will play.

## Field

1. 100 yards in length x 60 yards wide (FULL FIELD)
2. 60 yards in length x 45 yards wide (HALF FIELD)

## Rescheduled Games

1. Make-up games may be scheduled at any time. **Original schedules may change. It is your responsibility to check the message board regularly.**
2. The responsibility of finding out make-up times is the duty of the team manager. We will not call teams or sent notification slips.
3. The message boards will list all make-up games. Teams are advised to check and confirm their rescheduled games.

## Definitions

1. **Safety equipment:** All equipment must be worn: helmet, mouth guard, gloves and shoulder pads.
2. **Goalies:** All teams must have a goalie. If team does not have a goalie, then the game is a forfeit. (The game will not be refereed).
  - **Teams may borrow a goalie as long as the opposing team approves the pick-up and ISA staff and officials and know of the addition.**
3. Players will be disqualified after 5 personal fouls per game
4. Off-sides will be called in all half-field games.
5. **Substitutions** will be on the fly within the substitution lines.
6. **Checking:** Half-field games will utilize the 3-step checking rule. Full-field games will follow the US Lacrosse checking rules.
7. **Code of Conduct:** If any player receives 2 unsportsmanlike penalties in a single game or a total of 3 during season play, player will sit out the next scheduled game, and may be subject to suspension from the league. In addition, any coach, parent or spectator suspended from a game will be ejected from the Sports Arena for that game and may be suspended for the season. (See Foothills Park & Recreation District Code of Conduct policies).
8. **No Spitting on the Field:** the officials will treat Spitting as an unsportsmanlike penalty.
9. **Coaches:** Team's coaches are responsible for the conduct of all of their players, parents and spectators before, during and after their game. Violations will be enforced by the Foothills Park & Recreation District Code of Conduct policies. Each team must have an adult (18+) coach present at all games.
10. **Unsportsmanlike Conduct:** US Lacrosse Rulebook: Rule 5, Section 9- No player, substitute, non-playing member of a squad, coach or anyone officially connected with a competing team shall:
  - A. Enter into an argument with an official as to any decision that has been made or in any way attempt to influence the decision of an official.
  - B. Use threatening, profane or obscene language or gestures at any time during the game.
  - C. Bait, taunt, call undue attention to one's self, or any other act considered Unsportsmanlike by the officials. Penalty: these are 1-3-minute non-releasable penalties in all cases.
  - D. If a player or coach continues to be abusive after the penalty is assessed, the official may add additional non-releasable penalty time. Flagrant misconduct is an expulsion foul.

- E. An expelled individual is barred from being in the facility.
11. **FIGHTING:** Any form of fighting and physical altercations will result in immediate ejection from the game and league suspension up to a lifetime suspension and/or legal charges. (See Foothills Park & Recreation Code of Conduct at the end of these rules)
    - A. Fighting is a flagrant act that can occur when the ball is live or dead, includes, but is not limited to:
      1. An attempt to strike an opponent with the fist, hands, arms, legs, feet or intentionally swing a stick at an opponent with the intent to injure.
      2. An attempt to punch or kick an opponent regardless of whether or not contact is made.
      3. Attempting to instigate a fight by committing an unsportsmanlike act toward an opponent that causes the opponent to retaliate by fighting.
  12. **Blood Rule:** Any time a player in the game is bleeding, he/she must leave the game until the bleeding is stopped and the wound is covered. The player is given a maximum of 3 minutes (game clock is stopped) before a substitute is required. Excessive blood on the uniform requires the player to change clothing. **Teams must provide their own 1<sup>st</sup> aid kit.**

## Rosters

1. **Roster:** roster size is limited to 25 players; however **awards are given to a maximum of 18 players.** Any team with over the 25 players will be assessed a \$15/player fee. This is to cover administration and awards.  
 Note: Field Supervisors have the authority to forfeit games with ineligible players.
2. The burden is on the team manager to make sure all players have been added to the roster. All players must have their name on the roster prior to participating. Save your receipts.

## Player Eligibility

1. **SENIORS MAY NOT PARTICIPATE ON SUB-VARSITY TEAMS. (Safety concerns with seniors playing with freshmen.)**
2. Players may participate on an unlimited number of teams in different leagues; however, skill levels will be monitored, and the Foothills Park & Recreation District Athletic Staff has the final decision on eligibility.
3. A player may not participate on more than one team in the same league.
4. A player may not transfer to a team in the same league without approval.
5. Spot Checks may be made on rosters. A driver's license or school ID will be used to determine identification and residency. During spot checks:
  - A. If a player cannot produce proper ID, the opponent will be notified and they must protest eligibility immediately or they will lose the right to protest that player's eligibility.
  - B. The player(s) will be allowed to participate, but must produce proper ID prior to the next scheduled game. If player(s) in question is involved in a double header he/she will have until the next scheduled date.
  - C. If proper ID cannot be produced, the game in question will be declared a forfeit.
7. The Field Supervisor has the authority to disallow an illegal player(s) to participate.
8. Any team may protest a player's eligibility but must do so when the player(s) first enters the game either on offense or defense. When the next play starts, the right to protest ends.
9. Player eligibility protests and forfeits are not retroactive to games played before the protest.

## Forfeit Procedure / Starting a Game

1. All games will start at their scheduled time or as soon as possible if the preceding game runs over time.
2. Game time is forfeit time. Full-field teams must have 7 players on the field to start the game. Half-field teams must have 5 players to start the game or their opponent has the option to:
  - A. Ask for an immediate forfeit **or**
  - B. Start the game clock (not play) and allow that team up to 10 minutes to get 7 legal players before the forfeit is declared. The waiting time is counted as playing time. In the event the previous game runs long this is considered part of your 10 minute waiting period. For example, 7 AM game runs 1 hour and 12 minutes you do not receive an additional 10 minutes to get 6 legal players.
  - C. **If a team is short players and wishes to still play a legal game, the coach must confer with the opposing coach, officials and ISA Staff. At that point it will be decide if the team short players can borrow player additional players to have a regulation game.**
3. Teams may only play with fewer than 7 players for full field or 5 players for half field if a player is in a penalty situation and is eligible to return to the game.
4. Teams cannot be forced to start earlier than scheduled, but may start earlier if both teams agree.
5. In the event of a forfeited game, the teams will be allowed to use the field for a limited time to practice. The field must be vacated 10 minutes prior to the scheduled start of the next game.

## Playing Time

1. **Game time: Grades 5 thru 8, games will be 2 -20 minute halves, 2-minute half time, one time out per half (Clock continues to run)**
  - a. No time outs will be granted with less than 2 minutes left in the half or game
2. **High School games will be four-10 minute quarters, a 2-minute half time, one time out per half.**
3. There will be a running clock.
4. **No overtime** will be played; games may end in a tie.

## Uniforms

1. **Jersey:**
  - A. The body of the jersey should be the same basic color. Trimming and style does not have to match exactly with other jerseys.
  - B. Arabic numbers are requested on the back of the uniform jersey (minimum of 6 inches). Please do not duplicate numbers.
2. **Shoes:** Only one piece molded rubber shoes are acceptable. No removable cleats can be worn.
3. **Jewelry:** All jewelry must be removed. This includes wedding rings. Exception: Medical ID's must be worn and made safe to the discretion of the referee.
4. Any player that cannot meet all of the above minimum requirements will not be allowed to participate in the game. Any equipment in question should be brought to the attention of the Field Supervisor or umpires prior to the start of the game.

## Awards

1. League champions in all divisions will receive individual awards. The number of awards will be equal to the number of paid participants on the roster, no more than 18.
2. Ties for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place will be broken the following way:
  - A. Special rule: If in the event two teams meet more than once in a given season, and the first game played is not a forfeited game for any reason, and the second or third game is forfeited for any reason (including lack of players, misconduct or ejection) the team without the forfeit on their record will win the tie breaker. If in the event there is a double forfeit on the second or third game, the Foothills Park & Recreation District Staff reserves the right to determine which team will be above the other team after assessing the forfeit situation and each team's season results.
  - B. Head to head competition.
  - C. Fewest goals allowed.
  - D. Total goals scored.
  - E. If still tied, duplicate awards will be given.
5. If awards are not given at the field you will be notified when trophies are ready to be picked up at the Foothills Park & Recreation District Indoor Sports Arena.

## Message Board

In an effort to achieve better communication with our teams and players we have a message board in the lobby.

The message board will display game schedules, scores, standings, rescheduled games, tournaments, and other information. It is your responsibility to check the board weekly. Please contact the Field Supervisor if there is any discrepancy in a game score or standing. Only the Field Supervisor can verify a score and contact the Foothills Park & Recreation District Athletic Staff to make a correction.

## Protests

In case of a disputed rule interpretation, the manager or captain will meet with the referees and the field supervisor to resolve the problem. If the manager feels a protest is necessary the following procedures must be followed:

1. The Foothills Park & Recreation District Athletic Staff shall be the sole judge in the evaluation of a protest, there will be no further appeals or hearings.
2. No protests shall be received or considered if it is based solely on the accuracy of judgment on the part of the officials (judgment calls).
3. The protest must be made at that time and prior to the next play (for player eligibility protests please see the rule description on page 4).
4. Protest forms will be filled out with the Field Supervisor. The officials and protesting manager will agree to the situation that existed prior to the disputed play. The manager will complete the narrative and must list the rule (and its page number) that is in dispute. The game clock shall stop for a maximum of 5 minutes.
5. The Team Manager will have the Protest Form signed, attach \$100 cash and submit it to the Field Supervisor at the time of the ruling. If the protest is upheld the \$100 shall be refunded, if denied the \$100 shall be deposited in a general fund.

Thank you again for playing with Foothills Park & Recreation District  
and have a great season!

# CODE OF CONDUCT

The Foothills Park & Recreation District Athletics Department has taken the policy of prosecuting any player, coach or spectator that violates any Foothills Park & Recreation District Ordinance.

Foothills also reserves the right to expel any team, without a refund, for reasons of conduct, failure to observe rules, regulations, procedures and/or failure to field a team for 2 or more games. Written notification of such actions will be provided to the individual and/or team manager.

**Misconduct / Ejection(s): The umpires and/or field supervisor shall be empowered to penalize an offending player, coach and/or team as follows:**

- A. Warning to player and both teams.
- B. Ejection from current game and suspension for subsequent game(s).
- C. Forfeit of game.

**Any player or spectator ejected from the game must leave the field and spectator area. Failure to leave when instructed can result in a forfeit.**

**Anytime a game gets out of control, the umpires, field supervisor or any Foothills Park & Recreation District Official has the authority to forfeit the game. Any team with 3 or more ejection will result in a forfeit.**

- ✓ **NO PLAYER** at any time shall lay a hand upon, push, shove or threaten to strike or verbally threaten an official, staff member or spectator.  
**Penalty:** Be ejected from the game, receive minimum 3 game suspension (maximum of a season) and will be placed on probation.
- ✓ **ANY PLAYER** involved in a physical altercation (strike/hit) with another player, coach, staff member or spectator.  
**Penalty:** Player(s) will be ejected from the game and suspended that sport for one full year. **NOTE:** Any player throwing a punch will be suspended for a full year no matter who started the fight.
- ✓ **NO PLAYER** will be allowed to play if acting in an intoxicated manner.  
**Penalty:** player(s) will be removed from the ball game. This will be ruled upon by any of the officials or a Foothills Park & Recreation District staff member.
- ✓ **ALL PLAYERS, COACHES AND SPECTATORS** will abstain from the use of vulgarity or unsportsmanlike manners while on Foothills Park & Recreation District property.  
**Penalty:** Depending upon severity, officials can enforce A, B, or C of Misconduct/Ejection rule.

**TEAMS ARE RESPONSIBLE FOR THEIR PLAYERS AND SPECTATORS CONDUCT BEFORE, DURING AND AFTER THE GAMES.** All spectators, as well as participants, must conform to all Foothills Park & Recreation District Regulations and Rules. Improper behavior will not be tolerated.

**Penalty:** Ejections, Forfeit of game and/or remaining games, arrest and prosecution and no refund of fees.

Once a player(s), coach and/or team have been placed on probation, their conduct will be evaluated throughout the remainder of the season, including State Tournaments. Further conduct violations will result in further suspension that could extending through the remainder of the season, including State Tournaments, as well as forfeiting all fees paid to date.

All players and/or coaches will abide by the official's decision including a decision concerning a team's conduct. The second time a player, coach or manager is ejected from a game, and a more severe suspension will be administered.

Teams may appeal any suspensions by contacting the Foothills Park & Recreation District Athletic Specialist and setting an appointment.

