

# Indoor Lacrosse Rules and Regulations

## Eligibility

Below are the guidelines that participants must follow in order to be eligible to enroll or play in UREC intramurals.

1. ***Undergraduates/Graduate Students***

All undergraduate students enrolled in 7 or more hours (6 or more hours for graduate students) at JMU are eligible for intramural competition.

**\*Note: Undergraduate students enrolled in 1 to 6 hours (1 to 5 hours for graduate students) will be required to pay a recreation fee in order to participate in the program.**

2. ***Faculty and Staff***

All full-time faculty and staff at JMU are eligible for intramural competition. Spouses of full-time faculty and staff are required to obtain a URAC card to participate in the program.

**\*Note: All part-time faculty/staff can participate in the program; however, their spouses cannot participate.**

3. ***Alumni***

All alumni are ineligible to participate without a proper membership to UREC.

4. ***Professional Athletes***

Students ineligible for varsity competition due to professional rank are prohibited from competition in the intramural sport(s). Those participants with professional rank will be ineligible for five (5) years from the date professional career ended. (This does not include try-outs and cuts from a professional team).

5. ***Varsity Letter Person***

A person who has received a varsity award at any university (4 year college or junior college) within the last academic year is ineligible to compete in the lettered sport or a related sport. They will be allowed to compete one full year after their final varsity season. However, teams may only carry one former varsity player on their roster

6. ***Student Athletes***

Any person whose name appears on a varsity, junior varsity, or freshman roster will be ineligible in that intramural sport during that academic year. This includes all players who are "red shirt" in any sport or anyone who practices with a team regularly but does not participate in intercollegiate competition.

7. ***Sport Club Members***

Sport club members are defined as individuals who meet any **one** of the following criteria:

- Name appears on sport club team roster during the academic year.
- Signed a participation waiver **and** is actively participating in club functions.
- Actively participating with the club during their season.

**\*Note: Teams are restricted to *two Sport club members* in their related intramural activity. Sport Club members can only compete in Level 2 and Level 3 activities (Level 1 is prohibited).**

**\*Note: All Eligibility requirements can be located in the [Intramural Handbook](#).**

**Valid JACards are required for participation. “No JACard, NO play”**

**\*Assumption of Risk\***

Individuals are highly encouraged to have a physical examination and obtain adequate health and accident insurance **prior to participation** in UREC activities. Individuals that choose to participate in UREC activities do so at their own risk. James Madison University does not provide insurance and is not responsible for any injury that may occur to individuals participating in any UREC activity. Participation is voluntary. Student Health and Accident Insurance information may be obtained at the University Health Center.

UREC strongly discourages the use of alcohol and/or drugs by participants prior to any recreational activity. The use of alcohol and/or drugs by participants during any recreational activity is prohibited. In addition, **food, beverages, and tobacco products (dip, chew, cigarettes, etc) are not allowed** at any intramural activity site. The following rules apply to all participants of University Recreation sponsored programs:

Smoking, drinking, or using smokeless tobacco products at an intramural site will result in removal from facility site and sound.

Leaving the bench area and/or consuming an alcoholic beverage will result in an immediate ejection from the game.

Games may be forfeited if, **IN THE JUDGMENT OF THE INTRAMURAL SITE MANAGER ON DUTY**, the participant’s unsportsmanlike conduct is due to the use of alcoholic substances either before or during the activity.

**Facilities**

1. Games will be played in the Godwin Gymnasium.
2. All sides of the walls are in play.
3. Equipment carts will provided at each UREC Facility.
4. All violations require a face-off to resume play. Faceoff points are indicated by colored lines on the court.

**Game Time and Timing Regulations**

1. A game will consist of two (2) halves of twenty (20) minutes each with running time and a 3 minute halftime. During the last two minutes of the game, the clock will stop on every whistle. Mercy Rule: If a team is up by seven (7) goals in the last two minutes of play, the game will end.
2. The 20 minute half will start at game time. Teams that do not show up on time will lose 0.2 on their sportsmanship total for every minute tardy. After 10 minutes, the game will be deemed a forfeit.

3. Each team is allowed one (1) time-out per half, and they can only call the time-out if they have control of the ball.
4. During the playoffs, if a game is tied at the end of regulation, there will be five (5) minute, sudden death overtime period. If the score remains tied, this procedure will be repeated until there is a winner.

### **The Team**

1. A team consists of six (6) players on the floor at one time. A team may start a game with five (5) people.  
**CoRec Rules:** Teams must consist of 3 males and 3 females. If the team is playing with 5 players, it must be 2 males and 3 females **OR** 3 males and 2 females.
2. A team that does not have the required number of players at the designated game time will give up (0.2) sportsmanship rating scale points for every minute that they are late. The clock will also begin running at this time. After ten minutes, the game will be declared a forfeit and the forfeiting team will receive a (2.0) sportsmanship rating for that game.
3. **Valid JAC Cards are required for participation.**
4. Subbing on the fly is allowed; however, a player can make a substitution for another floor player only when the player coming off of the court is completely off before the player coming onto the court comes into play. Any substitution not approved by the official will not be allowed. Also, if this is not followed, the official will deem this as having too many players on the court.

### **Player Equipment**

1. Sticks will be provided by UREC. However, if a participant chooses to bring their own stick, he/she must go through a stick check with the official(s) on the game including pocket depth and head width.
2. All players must wear rubber-soled, closed-foot tennis or basketball shoes.
3. Protective eyewear is required. UREC will provide eyewear; however if you choose to bring your own you may.

### **Rules Section**

1. The game shall be started with a face-off where the ball will start on the ground; a player from each team will put the head of their sticks next to the ball with the remainder of the stick parallel to the ground. Upon the referee blowing the whistle the players will 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 a goal. Any body contact during the face-off will result in the ball being awarded to the opposing team.

2. 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 within the goal area. There will be a goal blocker shooting net in place of a goalkeeper. The ball must pass through one of the holes in order to be granted a goal.
3. No player may hold the ball for more than ten (10) seconds.
4. 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.
5. In a 50-50 situation any player to cover the ball with their stick will receive one unimpeded chance (about 2 seconds) to pick up the ball. The referee 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 team nearest the spot.

### Fouls/Violations

1. This is a NON-CONTACT/NON-CHECKING league. The minimum penalty for checking or intentional contact will be a one (1) minute penalty. Some incidental contact may be allowed at the referee's discretion.
2. **Crease Violation:** No offensive player may enter the crease. If this occurs the defensive team will receive the ball behind their goal.
3. **One (1) Minute Penalties:** A player will serve one (1) minute penalty in the penalty box and their team will play short-handed for the following penalties:
  - a. Checking
  - b. Illegal Substitution (too many players on the court)
  - c. Slashing
  - d. Tripping
  - e. Pushing
  - f. Holding

***\*\*The opposing team will receive the ball. A player may be released from the penalty box early if a goal is scored against their team \*\****
4. **Unsportsmanlike Conduct:** A player will serve a two (2) minute penalty in the penalty box and their team will play short-handed for the following penalties:
  - a. Objecting by word of mouth or action to an decision of an official (dissent)
  - b. All other unsportsmanlike Conduct as outlined in the Intramural Handbook
  - c. Reckless Actions

***\*\*The opposing team will receive the ball. A player may not be released from the penalty box early if a goal is scored against their team.\*\****
5. **Ejections:** Players will be ejected immediately for the following fouls:
  - a. Cross-checking
  - b. Receiving five (5) one minute penalties or two 2-minute penalties

- c. Using insulting, offensive or abusive language
- d. Leaving the bench area to enter the field during a fight or altercation
- e. Exhibiting violent conduct
- f. Spitting at another person
- g. Physically damaging equipment or the facility

**\*\*The opposing team will receive the ball. Upon ejection a player may not be replaced after a period of three (3) minutes.\*\***

- 6. If any team receives ten (10) one (1) minute penalties or three (3) two (2) minute penalties (an ejection counting as two (2) two (2) minute penalties) then the referee will terminate the game.
- 7. **Advantage:** If a foul occurs on a player while on offense the referee will hold up his/her 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.

## Sportsmanship

### Philosophy

Sportsmanship is individuals or teams doing unto others as they would have others do unto them. Sportsmanship is individuals containing an understanding and appreciation of the rules developed for sport. Players enjoying the recreational experience and encouraging others to participate regardless of skill level will help enhance the integrity of the program. All participants will take responsibility for his/her own actions regardless of the repercussions, which involves not blaming others for mistakes made or making excuses for wrong doings. Sportsmanship is recognizing and acknowledging character and honor among team members and opponents while practicing such characteristics themselves. Participants will respect officials, supervisors, and opponents during, before, and after a contest. Finally, sportsmanship will portray an overall respect and passion for the sport and recreation.

### Sportsmanship Mission

UREC and the Intramural Sports program are dedicated to promote and enforce positive sportsmanship among all JMU participants. Through each contest participants must portray fair play, respect for opponents, and intramural staff, as well as, graciousness in winning or losing. In order to encourage proper conduct during games, officials, supervisors, and administrative personnel will make decisions to warn, penalize and/or eject players, coaches, teams, and/or spectators for poor sportsmanship. The decisions made by these individuals are final and will be reviewed by the Coordinator of Intramural Sports. In the instance teams challenge their rating, only the captain will meet with the Coordinator of Intramural Sports to discuss the issue. **All captains are responsible for the conduct of their teams during an intramural contest.** The sportsmanship rating can be affected by actions occurring before or after a contest.

### Sportsmanship Criteria and Ratings

Based on this philosophy the following system will be used to evaluate a team's sportsmanship during each contest in which they participate:

Teams will receive a rating each week that will create an average at the end of the season. Teams in **Level I** must have an average of 3.0 at the end of their fourth week to continue play. Teams in **Level II** and **Level III** must have an average of 3.0 to be eligible for playoffs.

**Example:**

Week 1: 3.0

Week 2: 3.0

Week 3: 2.5

Week 4: 3.0

**Total 11.5**

Average Conversion:  $11.5 / 4 = 2.875$ . This team would not be eligible for continued play or playoffs.

**Superior: 4.0 “Win with class – lose with dignity”**

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. Teams respect all decisions made by the intramural staff.
3. All questions to the sport official must be respectful and reasonable. *Statements are not questions and will not be recognized.*
4. Teams are responsible for their actions and spectators they bring to the event.
5. Teams state positive comments of encouragement towards teammates and opponents.
6. Teams accept a loss and congratulate the opponent on their success.
7. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

**Excellent: 3.5**

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

*\*Note: All teams that request to cancel within 24 hours of their next contest will receive a 3.5 rating. The opposing team will also receive a 3.5 rating.*

**Good: 3.0**

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.

6. **Teams receive and adhere to verbal warnings, but receive no ejections, yellow cards, unsportsmanlike penalties or technical fouls.**

**Average: 2.5**

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive a technical foul, yellow card, or unsportsmanlike conduct, but receive no ejections.**

**Below Average: 2.0**

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive two technical fouls, yellow cards, or unsportsmanlike conducts, but receive no ejections.**

*\*Note: Teams that forfeit through a no show will automatically receive a 2.0.*

**Poor Conduct: 1.0**

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive an ejection.**

**Unacceptable: 0**

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive multiple ejections or the game is forfeited by intramural staff.**

**Sportsmanship Sanctions**

The intramural program contains the right to address all issues that pertain to sportsmanship issues. Players that are ejected from an event will receive an automatic one game suspension and will have to meet with the Assistant Director or Coordinator of Intramural Sports. The captain of the team will have to attend this meeting

to discuss the sportsmanship issue and the rating system. The intramural program also reserves the right to contact Judicial Affairs to resolve extreme disciplinary situations. All situations will be handling individually and sanctions may vary.

### **Blood Borne Pathogen Policies**

Any player, who sustains an injury where bleeding or oozing occurs, or where blood has saturated the uniform, must leave or be removed from the contest. The bleeding must be stopped and the area completely covered before the individual is allowed to reenter the game. An Intramural staff member must clear the individual before the participant can resume play. If the uniform has become contaminated with blood, it must be changed before the player reenters the game.