



IL Women's Indoor Lacrosse Club Championships Administered by Robinson Sports

Rules of the tournament

1. Rosters must be submitted and or changed before the team's first game with Robinson Sports administration. All players in the high school bracket should be representing their high school team. A team may borrow a goalie from another school if their normal goalie cannot attend. Any player not rostered before a team's first game will result in a forfeit. For the middle school bracket, no players are allowed to play down an age group.
2. All teams are to supply their own uniforms.
3. 2025 equipment rules and for all else 2025 US Lacrosse rules apply including self-start, free movement, and 8-meter shot rules except for the following situations:
 1. Number for players on the field will be 7 field players and 1 goalie, Critical Scoring area will be the 8 meter arc due to a shortened field.
 2. Teams must keep 2 players back behind the midfield line on the defensive end plus the goalie. If the goalie crosses midfield, then 3 defenders must stay back behind midfield. For the offense, two players must be kept back behind the line at all times.
 3. Games will be 50 minutes in duration, 2 halves of 25 minutes each with running clock. A three- minute halftime, and five minutes between games. Times for halftime and between games may be adjusted to stay on the hour for game times.
 4. In regulation or playoff games, there will be no ties. If the game ends in a tie score at the end of regulation, then the game is to immediately go to a draw and then the players will play a sudden victory game. The first team that scores wins the game.
 5. The first and second half of each game will start with a draw. We will use restraining lines and hold the players behind the restraining lines until possession has occurred. Only three people per team including the centers will be on the draw circle.
 6. Due to the high scoring nature of indoor lacrosse, there will not be a draw after each goal. To try to provide as much playing time as possible, the goalie

will restart play after a goal with a clear on the official's whistle. The official's restart whistle will begin the ten second count for the goalie in the goal circle.

7. All substitutions must occur on the fly
8. If a foul occurs in the critical scoring area as time expires, then the 8-meter shot will be played with zero seconds left on the clock. When the scoring opportunity ends, then the half or the game is over. The scoring opportunity is a shot or a quick pass and then a shot.
9. Each team will be allowed 1 timeout per game. Since the clock still runs, it is only a 30 second timeout. No timeouts will be allowed in the last 5 minutes of either half. Middle School bracket will be playing high school rules for checking and all aspects of the game except the shot clock.
10. High School teams will be using a 60 second shot clock. Middle School teams will not be using the shot clock. A team must shoot the ball at the goal, with the goalie making a save or the ball hitting any part of the goal in order to reset the 60 seconds. Failure to get off a shot in 60 seconds or less will be a turnover. A shot wide or over the goal does not count as a reset of the shot clock.
11. **With under 10 seconds left on the shot clock, if a player takes a dangerous shot through a crowd of players in order to try to avoid a shot clock violation, it will be an immediate red card. The player must sit out only the remainder of that game.**
12. Any defensive four that occurs with 10 seconds on the shot clock will cause the shot clock to reset to 60 seconds.
13. If a player is issued a yellow card, a timeout does not count as time served for the yellow card. A player must serve a full two minutes of game play during a yellow card.
6. Any unsportsmanlike behavior by coaches and fans could result in immediate expulsion from the tournament.
7. If a player is injured on the field, the clock will not stop. Time will continue to run to stay on schedule. If the injury is not life threatening such as a limb being injured, the trainers will attempt to move the player off the field as soon as possible so play can resume. If it is a neck, head, or any other serious injury where a player cannot be moved, then game time will be lost and not made up.
8. For an alternate possession, the team listed first on the schedule will be awarded

Tie Breakers to advance:

1. Head-to-Head
2. Goals Against
3. Goals Differential
4. Goals scored
5. Coin Toss

Play-off Game Over Time:

Immediate Sudden Victory Over time

