



2025 Girls Indoor Rules

General Information

- Games are 26 minutes with a running clock.
- Guaranteed minimum of 3 games each team.
- 7 field players plus a goalie. (2-3-2 + goalie)

Game Rules

- Game will start off with a draw.
- Must keep 2 players back at all times. (Use midline as the hold back line)
- After a goal is scored, the goalie will clear the ball and play is live. (NOT A FREE CLEAR)
- If a card is issued, the player will sit out until the next goal is scored by the opposing team, or 2 minutes of game time, whichever is first, then the player may re-enter the game.
- 2 yellow cards: the player must sit the remainder of the game and may return to the next game.
- Red card (player): the player must sit the remainder of the game and the next game.
- Red card (coach): the coach must leave the game.
- Once a team receives its fourth card of the game, that team will play shorthanded for the remainder of that game. They will lose an additional player each time another card is received. If it is that player's first yellow card, they may return after 2 minutes as long as another player leaves the field.
- 8m shots played out if the final horn sounds. One shot, no rebound play.
- Youth B - Modified Checking
- All Girls Divisions - Full Checking
- All teams receive (1) 30-second timeout per game, and it cannot be used in the final 2 minutes of any pool play game.
- In a championship game, if there is a tie at the end of regulation play, there will be 4-minute "sudden victory" overtime periods with 1-minute breaks in between. There will be a draw and the first team to score wins.
- All other US Lacrosse rules will still apply.

Scoring Rules

- Scoring guidelines for the tournament are:
 - Points will be awarded as: 3 points win, 1 point tie, 0 points loss, and -1 point forfeit.
 - Flights with ties in points will be determined by the following tie-break rules applied in ascending order:
 1. Head to Head Play (if tied teams have all played each other).
 2. Most Wins (WIN).
 3. Fewest goals allowed (GA).
 4. Point difference during pool play games (max of +7, -7 points per game). **A win by forfeit receives +7 (AGD).
 5. Coin Toss.
- Multiple Team Tie:
 - In the event of a 3-way tie for seeding, the process starts with step 2 and once one team is selected to advance from the tiebreaker process, then the tiebreaker process begins again, with step 1, for the remaining 2 teams.