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## WORLD CLASS INDOOR LACROSSE LEAGUE RULES

1. Sessions are 80 minutes long.
2. All divisions will play 7V7 including goalie
3. All equipment must be worn.
4. Mouth guards are required
5. Eye protection/goggles are required for all girls
6. No cell phone use during sessions (they are to be turned off)
7. A face-off will start the games. After each goal the ball will be taken out from behind the goal (like basketball)
8. There is a 6 step or 6-second rule. You cannot run with the ball more than 6 steps coming out of the defensive end or hold the ball more than 6 seconds. It will result in a turnover.
9. Stick checks are allowed but they **MUST BE CONTROLLED**
10. **NO BODY CHECKING**
11. Fighting will not be tolerated. Fighting in any form will result in immediate expulsion for the entire winter season (no refunds)
12. Any disrespect to an official, coach, or another player which includes baiting or taunting will result in a one-night suspension. It may even warrant expulsion for the season (no refunds)
13. Stealing will result in immediate expulsion (no refunds)
14. Players must be ready to start on time; there will be no delays
15. Spitting is not allowed in the Field House
16. Players can change on the fly (free substitution). Mandatory substitutions will occur every five minutes per the official's whistle
17. This is a recreational league. It is designed to give everyone the opportunity to play lacrosse throughout the winter and develop his or her skills.
18. Any type of unsportsmanlike conduct will not be tolerated. Suspensions or expulsions will take place to correct the problem (no refunds)
19. All players are restricted to the Field House
20. No jewelry

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