

MELBOURNE INDOOR LACROSSE LEAGUE



PLAYER HANDBOOK
&
RULES OF PLAY

(Revised January 2007)

1. INTRODUCTION & PREAMBLE

1.1 MILL'S PURPOSE

The Melbourne Indoor Lacrosse League (MILL) exists for the following purpose:

- To provide a safe and enjoyable environment for players of both genders and any ability to play a non contact form of indoor Lacrosse; and
- To showcase the sport of Lacrosse to the general public and provide an entry point for new players, juniors to improve their skills and seniors to extend their playing involvement.

1.2 THE MILL'S COMMITMENT TO THE PLAYERS

In keeping with the MILL objectives, the MILL has an obligation to provide the players with:

- An appropriately equipped venue
- A well organised, safe and controlled playing environment.
- A fixture for each season.
- Readily available copies of this document for all players.
- A staffed Control Desk on each night.
- A point of contact for any enquiries or issues.
- Appropriately trained & equipped referees for each game, to be assisted by referees provided by each team.
- A weekly bulletin, updating results, scores and ladder positions.
- Trophies for premier teams.

1.3 TEAM AND PLAYER COMMITMENT TO THE MILL – CODE OF CONDUCT

In keeping with the MILL objectives and by participating in the MILL competition each team and each individual player has an obligation to:

- Learn and abide by the MILL rules and spirit of competition as laid out in this document.
- Be familiar with and conform to the regulations governing the use of the Ashburton Recreation Centre.

Players or teams that are unable or unwilling to conduct themselves in accordance with this Code of Conduct will be refused entry to the MILL.

2. ADMINISTRATION

2.1 ENTERING A TEAM

- Teams must be entered by completion and lodging of the team entry form available at the control desk *at least 3 weeks* prior to season commencement.
- Depending on the availability of courts which MILL hires from Ashburton Recreation Centre, a maximum of 16 teams can compete in each season. However, competitions of twelve teams, divided into two divisions are most common.
- Allocation of a place in the fixture is based on a “first in, best dressed basis”.
- The MILL is not obliged to accept any or all applications for team entries.

2.2 SPORTS INSURANCE & RISK

THE MILL VERSION OF LACROSSE INVOLVES INHERENT RISK WHICH MAY BE REDUCED, BUT NOT ELIMINATED BY PLAYERS ADHERING TO THE RULES AND GUIDELINES IN THIS DOCUMENT. THE MILL STRONGLY RECOMMENDS THAT ALL PLAYERS TAKE OUT SPORTS INSURANCE IN THE EVENT OF INJURY OR SUBSEQUENT FINANCIAL LOSS.

THE MILL ACCEPTS NO LIABILITY FOR INJURY AS A RESULT OF PARTICIPATING IN THE MILL COMPETITION.

2.3 OBLIGATIONS OF NOMINATED TEAM CO-ORDINATORS

Nominated Co-ordinators for each team are responsible for ensuring that:

- The team is correctly entered for each season.
- Team members are aware of the inherent risks of the sport and the MILL's recommendation for sports insurance.
- Team members wear the correct playing top in approved team colours and footwear (non-marking shoes).
- The team has a suitably equipped goalkeeper (goalie sticks, chest pads and helmets are available for loan from the control desk each night – boxes are not provided).
- All team members have access to a copy of this document (free copies available at the control desk) and have read its contents.
- A team representative checks and signs the match report (score sheet) for each game.
- The team is financial (ultimate responsibility for team subscriptions rests with the nominated team contact).
- Advising the MILL if the team is unavailable to play on given night.

2.4 TEAM COLOURS

- New teams entering the competition or any existing teams wishing to change their playing strip, must have their playing colours approved by the MILL to ensure that adequate variation is maintained.

2.5 TIME KEEPERS/SCORERS

- Each team is required to provide one person for each game to act as either scorer, or timekeeper
- If a team is unable to provide a person to act as scorer or timekeeper, the referee may require one of the players to fulfil this role.
- Team sheets must be fully completed for each game, with all player's surnames and initials.

2.6 SUBSCRIPTIONS

- Subscriptions are based on a team entry per season.
- Full team payments are required before the start of each season.
- MILL may accept weekly payments from a team but only by prior arrangement for unusual circumstances.
- The control desk keeps records of team payments and issues receipts.
- A team is unfinancial when its subscriptions are three weeks or more in arrears.
- Unfinancial teams may be removed from the competition and are ineligible to receive prizes. They may be denied entry to the next season's competition.
- Team co-ordinators are liable for debt incurred by their team.

2.7 FIXTURES

The following guidelines are used by the MILL when producing fixtures for each season;

- No matches are scheduled for public holidays, or the evening prior to a public holiday (e.g. Labour Day, Melbourne Cup Eve).
- No matches are scheduled for the period 18th Dec – 26th Jan inclusive.
- Seasons normally consist of rounds of matches (including finals) and run sequentially throughout the year, usually with a one week break between seasons.
- Teams are graded into Divisions based on prior performance, or mix of experience as indicated on the team entry form. Every effort is made to achieve an even mix of teams in each Division.
- There may be 1, 2 or 3 Divisions, depending on the number of teams entered and skills.
- Cross divisional games will generally be between lower ranked teams in a higher Division vs higher ranked teams in a lower Division.
- Teams winning finals games in lower Divisions will usually be promoted to the next higher Division in the following season.
- Junior teams will be given first preference for early start times, however the MILL will strive to ensure that each team has a fair spread of game times throughout the season.
- Special requests regarding grading and fixture times will be considered, if received in writing with the team entry.

2.8 FINALS

- The last round of each 8 week season is for finals matches between the two top teams in each Division. Trophies are awarded to all members of the winning team(s).
- Other teams play grading matches as per a draw announced the week prior to the finals.
- To be eligible to compete in the finals, a player must have played three games or more with that team during the season. Teams fielding ineligible players in a finals match will automatically forfeit the game, regardless of the final scores. In the event of any dispute regarding eligibility, the MILL will audit the signed match reports for that season to establish compliance. If both teams are found to have fielded ineligible players, the match will be declared invalid and trophies not awarded.
- The top two ladder positions for each Division are decided the week prior to the finals by accumulated season match points (and if necessary, percentage).
- In the event of a tied finals match, the match shall be immediately extended by 2 extra periods of 1 minute. The first named team will start with possession of the ball for the first period, and the second named team will start with possession for the second period. Changeover between extra periods is immediate. If scores are still tied after the completion of extra time, the team that went into the finals match with the highest season match points (or if necessary, percentage) will be declared the winner.
- Teams must be financial to receive trophies.

2.9 REFEREES

The MILL relies on volunteers to referee matches and will provide the following:

- Whistles & shirts.
- A Referee's roster maintained at the Control Desk.
- Referee training forums conducted periodically during the year for new referees, or experienced referees looking for a "refresher".

The MILL provides a core of experienced referee volunteers.
In addition each team is rostered to provide a suitable referee for approximately four matches in each season.

MILL STATEMENT REGARDING REFEREES

THE MILL ACKNOWLEDGES THAT WITHOUT OUR REFEREES THERE WOULD NO MILL COMPETITION. THE MILL'S TOP PRIORITY IS TO ENCOURAGE & RETAIN A BASE OF VOLUNTEER REFEREES. REFEREEING A FAST MOVING GAME SUCH AS INDOOR LACROSSE IS DIFFICULT, HOWEVER IT CAN BE MADE MUCH EASIER BY PLAYERS UNDERSTANDING AND PLAYING WITHIN THE RULES AND SPIRIT OF THE COMPETITION.

TEAMS THAT ARE CONSISTENTLY DIFFICULT TO REFEREE AND WHO WILL NOT PLAY THE GAME WITHIN THE SPIRIT OR LETTER OF THESE RULES (DESPITE WRITTEN OR VERBAL WARNINGS) WILL BE EXPELLED FROM THE COMPETITION.

3. DESCRIPTION OF PLAYING AREA

3.1. THE COURT

- Indoor lacrosse shall be played in an area approximately the size of a basketball court.

3.2. THE GOALS

- The goals shall be erected at opposite ends of the playing area and placed facing each other on goal lines, approximately 3.5m from and parallel to the end line and centred in the court. The goals shall be square with 1.22m x 1.22m inside measurements. They will be fitted with loose netting.
- If for any reason the goals move during the course of play, the referee may stop play and require the goals to be correctly re-positioned.

3.3. THE GOAL CREASE

- There shall be a goal crease, in the shape of a circle, cut off behind the goal with a straight line 1m from the end line. The circle shall be of radius approximately 2.6m. All space within this area and directly above shall be regarded as the goal crease (the goal crease is a cut-off cylinder extending to the ceiling).

4. OFFICIALS

4.1. REFEREES

- The game shall be controlled under these rules by either one or two referees. The game shall start and stop on their whistles.
- Each team is rostered to provide a suitable referee for approximately four matches in each season. (Refer 2.9)

4.2. SCORER & TIMEKEEPER

- Each team shall provide one official; one to act as scorer and one as timekeeper.
- Two match points are awarded for a win, one point each for a draw and no points for a loss.
- Each team shall complete the match report with player surnames, initials and numbers for all team members present for that game
- The final scores will be entered on the match report after which the match report will be signed by a representative from each team and one of the match referees.

5. PLAYING REQUIREMENTS

5.1. THE CROSSE

- Any standard crosse or stick is allowed provided its total length is less than 1.5m. The pocket may be any depth.
- Only one stick wider than 25cm (goalkeeper's stick) is allowed per team on the court.

5.2. THE BALL

- The ball shall be a soft sponge rubber ball, approximately the size of a tennis ball.

5.3. PLAYER UNIFORMS

- All players must start the match wearing their team's MILL approved numbered playing tops and footwear that will not mark the floor.

Penalty for breach – two goals per match for each player in breach (referee to indicate number of players in breach on the scoresheet)

5.4. PROTECTIVE EQUIPMENT

- A player may wear personal protective equipment, provided that in the opinion of the referee it does not endanger other players.
- Goalkeepers will not be permitted to play without wearing a helmet with face grill, box protector and chest/abdominal pad.

5.5. NUMBER OF PLAYERS

- There is no limit to the number of players on each team.
- The minimum number of players required on the court to start a match is 4, including a goalkeeper.
- A maximum of five players per team may be on the court at any one time.
- Each team must have one goalkeeper on the court at any one time.

Penalty for breach - technical foul

5.6. TIMING

- The game starts at the advertised start time.
- The game consists of two twenty minute halves, each with a running clock.
- The half time break is a maximum of 2 minutes.
- Playing time for each half ends as the clock runs out and the siren sounds.
- There are no time outs permitted.

5.7. LATE STARTS

- Matches will be forfeited 5 minutes after the advertised start time, with a score of 10 – 0 recorded to the team with the required minimum number of players (see 5.5) on the court at the time. If neither team is able to meet the minimum player requirements within 5 minutes of the advertised start time, a 0-0 draw is recorded.
- Late start time is deducted from the first period.

6. RULES OF PLAY

6.1. COMMENCEMENT OF PLAY

- The goalkeeper of the first named team starts with possession of the ball in the goal crease at beginning of first period.
- Second named team goalkeeper commences second period with possession of the ball in the goal crease.
- Teams change ends at half time.
- Before commencement of each period and after each goal, all team members must be in their own defensive halves.

Penalty for breach - technical foul

6.2. POSSESSION

- A player may control possession of the ball for a maximum of 4 seconds (referee's interpretation by counting 1001, 1002, 1003, 1004).
- The referee may deem a player to be in control of the ball whether or not the ball is in the player's stick.

Penalty for breach - technical foul

6.3. LOOSE BALLS

- A maximum of one player from each team may move to contest a loose ball.

Penalty for breach - technical foul

6.4. HANDBALL

- Handling the ball during play is illegal except by the goalkeeper whilst in the crease.

Penalty for breach - technical foul

6.5. OUT OF BOUNDS

- If a ball goes out of bounds from a goal shot, possession is awarded to the goalkeeper at that end.
- If a ball is thrown or knocked out of bounds in general play, possession is lost by the team who last made contact with the ball.
- All other out of bounds situations covered by rule 6.7 governing dead balls.

6.6. RETURNING THE BALL TO PLAY

- The player returning the ball to play must do so without undue delay.
- The player returning the ball to play at the referee's whistle must be given 3 metres free space.

Penalty for breach - technical foul

6.7. DEAD/DANGEROUS BALLS

- If the ball strikes a boundary or official and becomes dead or dangerous to play, possession shall be awarded to the closest player to the ball.

Interpretation

Using the walls and the dividing curtain to bounce the ball has become an exciting feature of our game. Balls that strike the walls or curtain are not normally called out of bounds. However, when a ball is not immediately retrievable from under furniture or equipment, or in any way endangers spectators or officials, it shall be called dead/dangerous. The referee shall award possession to the player closest to the ball.

6.8. SUBSTITUTES

- Substitutes must sit on their own team's side of the timer's desk and out of play.
- Substitution may take place at any time, provided no more than five players are on court at any one time.
- Substitution must take place as close as possible to the centreline.
- Substitution is not permitted for a player serving a time penalty.

Penalty for breach - technical foul

6.9. STICK CHECKING/CONTACT

- No stick checking is permitted.

Penalty for breach - personal foul

- If in the opinion of the referee, stick contact occurs which is either accidental, or both controlled and incidental to playing the ball then the referee may either call “play on” or award a technical foul.

6.10. BODY CONTACT/BLOCKING

- No body contact is permitted.

Penalty for breach - personal foul or referee’s discretion to award a turn-over

- If a player in possession of the ball makes contact with a stationary defender, then the player in possession has initiated an illegal body contact.
- If a defending player is moving when contact is made with the ball carrier, then the defending player has initiated an illegal body contact.

Penalty for breach - personal foul

- If in the opinion of the referee, body contact occurs which is either accidental, or both controlled and incidental to playing the ball then the referee may either call “play on” or award a technical foul.

Interpretation.....

The focus of the MILL is on stick skills, running and ball movement. Body contact **is not** part of the MILL version of the game and the onus is on all players to modify their style of play to avoid body contact.

If you are attacking, the onus is on you to avoid contact with a stationary defender. The defender must have set their position prior to the contact being made, and any movement which brings the defender into contact with the attacking player is illegal.)

If you are defending, the onus is on you to be either completely stationary and force the attacking player to run around you, or to remain in front of the attacking player whilst at the same time avoiding contact.

There will be occasions when accidental, unavoidable contact will be made, usually in situations when an attacking player receives a pass from behind while moving forward, then runs into a stationary defender. This would be one situation where a referee may call a technical foul and award a turnover instead of a one minute penalty.

6.11. SCREENING

- The setting of a blind screen is not permitted.

Penalty for breach - personal foul

Interpretation

A blind screen involves a player standing close and immediately behind an opposing player who is about to receive the ball in such a way that the receiving player has no opportunity to avoid contact with the defending player. Blind screening in this way may be judged by the referee to be dangerous play incurring a personal penalty.

6.12. INTERFERENCE/GUARDING

- A player may guard the ball carrier's stick in an attempt to intercept a pass or shot after it has left the stick.
- A player may not guard in a way that:
 - prevents or restricts the ball carrier from legally passing or shooting the ball
 - is directed at the ball carrier's face or head
 - is intimidatory (referee's interpretation)
- The referee may give one warning to a player before applying the penalty for subsequent interference infringements.

Penalty for breach - personal foul

6.13. DANGEROUS PASSES/GOAL SHOTS

- A player shall not pass or shoot the ball in a forceful or excessive manner that the referee considers dangerous to another player.
- A player must make every effort to avoid shooting or passing in a manner that causes their stick to strike a stationary defender's stick or body in a legal defensive position with the follow through on a pass or goal shot.
- Behind the head shots for goal are dangerous shots.
- One foot must be on the floor when shooting for goal.

Interpretation...

The objective of this rule is to minimise the risk of a ball striking an unprotected player. The onus is on the ball carrier to ensure that he/she releases the ball in a way that does not compromise the safety of other players.

- A hard shot at goal or a pass that hits another player may be considered a dangerous pass/goal shot.

Interpretation

This rule was adopted to help ensure safe play and to discourage passes and goal shots intended to intimidate opposing players. The rule gives referees discretion about when a shot or a pass is called dangerous. For example hard shots in crowded play, and shots at opposing players' heads will normally be called dangerous. A shot or pass that hits another player at floor level may not necessarily be dangerous. A shot or pass that hits another player who steps into the path of the ball may not necessarily be called dangerous.

Penalty for breach - personal foul, resulting goal disallowed

6.14. TIME WASTING

- A player or team when returning the ball to play after an out of bounds, taking up court position after a goal has been scored, or retrieving the ball from the goal net after a goal has been scored shall not engage in conduct which in the opinion of the referee is designed to waste time.
- The first offence shall receive a warning from the referee, second and subsequent breaches will be penalised.

Penalty for breach - technical foul

- Time wasting which occurs in the last two minutes of the game and in the opinion of the referee has materially affected the result of the game, will result in an extra 15 seconds of playing time after the full time siren, with possession to the opposition team in the centre.

6.15. OVERGUARDING

- Any movement of the stick from the vertical plane when attempting to block is illegal.

Penalty for breach - technical foul

Interpretation....

The object here is to avoid stick contact. The defending player must only use their stick to block their opponent's pass or shot after it has left their opponent's stick. Angling of the stick towards your opponent increases the likelihood of illegal and dangerous stick contact on your opponent's unprotected hand or face, and is therefore illegal. Occasionally an attacking player will drive into a congested crease area and be dispossessed by making contact with the legally positioned sticks of defending players. In these situations, no penalty should apply.

7. GOALS, GOALKEEPER, GOAL CREASE

7.1. SCORING

- A goal is scored when a legal ball passes through the plane of the goal face.
- Referee to whistle the all clear, and verify that one goal has been added to scorer's team total.
- The side with the most number of goals scored at the end of the match wins the match.
- No player may deliberately move the goals from their correct position on the court.

Penalty for breach - technical foul

7.2. RESTART FOLLOWING A GOAL

- Both teams retire to their defensive halves.
- Opposition goalkeeper starts with possession in the crease.
- Referee whistles start of play.

Penalty for breach - technical foul

7.3. CREASE INFRINGEMENTS

- No offensive player may enter the crease at any time with either body or stick.
Penalty for breach - technical foul, resulting goal disallowed.
- No player may interfere with the goalkeeper in the crease.
Penalty for breach –personal foul
- No intentional pass back into the goal crease is permitted.
Penalty for breach - technical foul
- The goalkeeper may not re-enter the crease while in control of the ball.
Penalty for breach - technical foul
- Only the goalkeeper may occupy the crease.
Penalty for breach - technical foul
- Defensive players may reach in and retrieve the ball from their crease, or brush the crease in the course of play, but may not occupy or use the crease to gain an advantage over an attacking player.
Penalty for breach - technical foul

Penalty for breach - technical foul

8. PENALTIES

8.1. TECHNICAL FOULS

- When committed by the ball carrier, or when the ball is loose: possession to the opposition team.
- When committed by a defender: 30 seconds suspension from the game or until next goal is scored.

- Following a technical foul, play is always restarted in the vicinity of the infringement, but not less than 5 metres from the goal.

8.2. PERSONAL FOULS

- One to three minutes (referee's discretion) suspension from the game and loss of possession.
- Personal fouls must be recorded against the player's name on the score sheet.
- Following a personal foul, play is always restarted at the centre of the court.

8.3. EXPULSION

- Once a player has accumulated a total of three (3) personal fouls during the course of the game, that player will be ineligible to take part in the remainder of the game.
- Notwithstanding the above, players who consistently engage in dangerous or intimidatory tactics, rough play or unsporting conduct despite receiving a cautionary warning from the referee, will be expelled from the game.
- A substitute may take the expelled player's place on the court after three minutes has elapsed.

8.4. UNSPORTING CONDUCT

- The referee may impose a personal foul for any incident on or off the playing area which is considered by the referee to be unsporting.
- Unsporting conduct can result in expulsion from the game and/or reporting to the MILL's Controlling Body.

8.5. FOULS INVOLVING THE GOALKEEPER

- Any fouls incurred by the goalkeeper shall be served by another player on the court at the time the foul was committed.
- Personal fouls will be recorded against the goalkeeper on the scoresheet and the goalkeeper will be subjected to the rules relating to three personal fouls and/or expulsion from the game.
- In the event that the goalkeeper has to leave the court, the referee shall stop play for sufficient time to allow a substitute player to pad up.

8.6 REPORTED PLAYERS

- Referees may make a report on any serious misconduct during a match.
- The MILL Co-ordinator shall investigate the reported matter or may delegate another person to investigate it.
- Penalties for cases where serious misconduct is determined will range from suspension of offending players for one or more weeks, to expulsion from the competition.