

KENT COUNTY PARKS AND RECREATION
GIRL'S HIGH SCHOOL INDOOR LACROSSE LEAGUE
RULES SHEET

- Games will be played from 7:00pm to 8:00pm
- Games will be played over a 6-week period
- Games will have two 10 minute halves with a running clock. 2 minutes between halves.
- Round Robin Format
- Score will be kept by Coaches/Referees
- Smaller Box Lacrosse Goals will be used
- There will be a shooting restraining line that players must be inside in order to shoot on goal. (No Long Range Shots)
- This is a Low Contact League
- Players need to provide their own mouth piece and stick. (Goggles are optional but recommended)
- All players will be placed on teams by Coaching Staff
- NO CLEATS or SPIKES

