

**Chumash Indoor Lacrosse**  
**Huntsville Lacrosse Association**  
**Fall Season 2009**  
**Fern Bell Gymnasium, Huntsville**

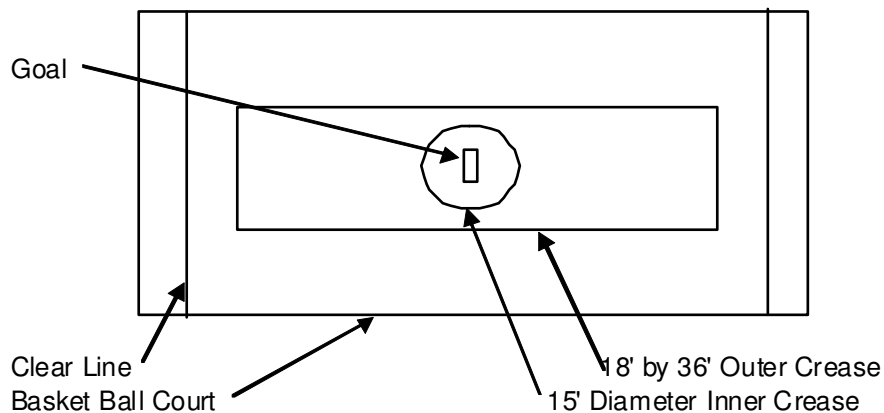
Chumash was created by Rock-it Pocket founder Flip Naumburg in the early 1990's when he coached the Colorado State Univ. mens team. For Huntsville Lacrosse it has been adapted for play indoors to eliminate foul weather delays and cancellations. It will be played as a 4 on 4 lacrosse with a special goal and no goaltender. It's perfect for teaching youngsters the fundamentals of movement and catching and throwing in a game situation without exposing them to a huge, intimidating field. For older players, the adaptation of a 4 on 4 game emphasizes precision passing and accurate shooting with more off-ball movement which will benefit when the spring season starts. High School players will play both half court Chumash and full-court lacrosse games.

Chumash is a lacrosse game played with two teams of 4 players each on the court. Each team has substitutes on the sidelines/endlines. There is one goal in the center of the field surrounded by a crease. The purpose of each team is to score on its respective side of the goal. Long sticks are not used when played indoors.

**THE COURT – Half Court Games**

The Chumash Indoor Lacrosse field is a small basketball court. The 6' high, 12" wide goal is centered on court in the inner crease; the net is centered in the frame to accommodate shots from both sides. **ONLY BALLS PROVIDED FOR CHUMASH INDOOR MAY BE USED. NO PLAYERS' LACROSSE BALLS ARE PERMITTED.**

There are two creases: An Inner crease that is a round and 15 feet in diameter similar to a standard lacrosse crease, and a rectangular Outer crease that is 18' by 36' feet which is oriented lengthwise in the middle of the court and perpendicular to the goal net. Near the end line of each court is the "clearing line".



## **RULES OF PLAY**

Time of Play: A game will consist of two twenty-minute halves with a five minute half time. The game will be played with a running clock and there are no time outs allowed teams. The referee may call time out at any time per their discretion. Substitutions are done on the fly from the sideline substitution area.

The Inner Crease: 15 feet diameter with the goal is centered inside this circle. There is no goalie and it is illegal to "guard" the goal in Chumash. Both teams must stay out of the smaller crease during play. Failure to do so will result in a technical foul and loss of possession (see Technical Foul Description)

The Outer Crease: The second crease is 18 feet wide by 36 feet long. The top of the crease is 6 yards from the goal line. Players may move through this larger crease with or without the ball. Offensive players may not stop moving or shoot while their feet are inside this area. A player is allowed to catch a pass inside the larger crease, then step out of it and shoot. The line is part of the Outer Crease.

When the ball is in possession of team A, a player from Team B is allowed to be in the Outer Crease only if they are continually moving through it. A defensive player (Team B) may not stand in the crease to guard the goal unless they are directly playing the man with the ball. When the ball is on the ground players from both teams are allowed to be inside Outer Crease. After possession is gained, the ball must be immediately carried or passed out. All Outer Crease violations are technical fouls. (see Technical Foul Description)

Face Off: Initial possession of the ball to start the game or half shall be determined by a coin toss, which also determines alternate possession. After goals there is simply a change of possession at the respective take back line.

Out of Bounds: On shots that go out of bounds the ball is awarded to whoever is closest to the ball when it goes out of bounds. The team that took the shot does not have to take the ball back to the take back line if they are closest to the ball when it goes out of bounds. If one team loses control of the ball out of bounds the other team gains possession.

Change of possession: When there is a clear change of possession (including out of bounds and shots) the team with the ball must pass or carry it back to the clearing line in front of their side of the center goal. If a team fails to do this it is a technical foul and the ball is awarded to the other team.

There is no off-side rule in Chumash Lacrosse.

## OFFICIATING & PENALTIES

Most play of the game is the same as normal field lacrosse. There are no rules governing ball advancement, (4 second or 20 second clearing etc). The integrity with which you play brings honor to the game. The game will be controlled by one official.

**Personal Fouls Specific to Chumash Indoor Lacrosse:** Personal fouls are body checking, slashing, tripping, and cross-checking as per NFHS rules. Exceptions:

- 1) There is no body checking allowed to minimize the chance of concussion and injury with hardwood floors and concrete walls. Solid defensive play is encouraged, with an emphasis on playing the ball.
- 2) There is no "brush" call. Any touch of the head or face is an automatic personal foul.

## ENFORCEMENT OF PERSONAL FOULS

- The ball is awarded to the offended team behind their clearing line. The offended team does not have to clear the ball.
- The offender must go to the sideline until one of the following occurs:
  - Two shots are taken
  - His team gains possession of the ball, or
  - A goal scored by the team with the advantage

**Technical Fouls:** Technical fouls are interference, illegal screen, holding, warding off, pushing, withholding the ball, crease violations, and other technical infractions outlined in the NFHS rule book.

## ENFORCEMENT OF TECHNICAL FOULS:

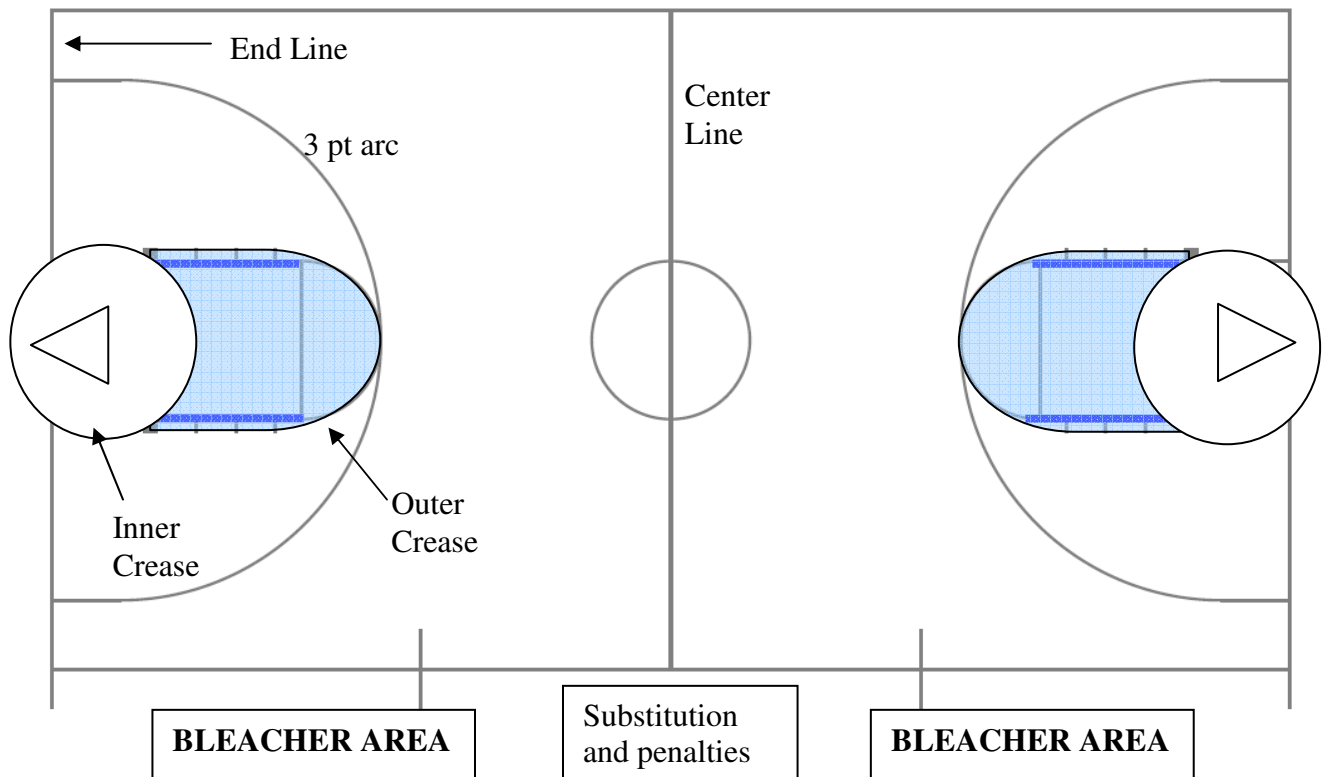
- The ball is awarded to the offended team at the goal line extended, and just inside the sideline. The ball must then be taken behind the clearing line to resume play.
- The offender must go to the sideline until one of the following occurs:
  - One shot is taken
  - His team gains possession of the ball, or
  - A goal scored by the team with the advantage

## FULL COURT LACROSSE RULES (HIGH SCHOOL ONLY)

### THE COURT – Full Court Games

The Full Court Indoor Lacrosse field is a High School regulation basketball court. There are two standard goals located at each end of the court placed on 15 foot diameter Inner Crease. The Outer Crease consists of the paint and key area (diagrammed in blue). The restrictions for the Inner Crease and Outer Crease are the same as in the Chumash Half-court game.

### FULL COURT LACROSSE DIAGRAM



The ball is playable continuously off of the walls behind the goals with no stoppage of play. On a shot there is no out of bounds & passes can be made off the wall with no loss of possession. Balls that go out of bounds on the bleacher side will be a loss of possession if they do not carom back into the court safely.

**ONLY BALLS PROVIDED FOR CHUMASH INDOOR MAY BE USED. NO PLAYERS' LACROSSE BALLS ARE PERMITTED.**

Due to the wood floor and concrete walls there is no body checking allowed. Body checks will automatically be an unsportsmanlike conduct foul with a change of possession and a 2-minute non-releasable penalty.

## **POSITIONS**

The game will be played 5 on 5 with rejectors on the goals or 6 on 6 if both teams have goalies. Each team may only have 5 field players on the floor at a time. All Substitutions are done on the fly from the central penalty/substitution area. Typical positioning is described below:

- Point (1) (like center in hockey)
- Right Crease (2) (right wing)
- Left Crease (3) (left wing)
- Right Corner or Shooter (4) (right defense)
- Left Corner or Shooter (5) (left defense)

**RULES OF PLAY** – (note that modification may be made for safety or improvement)

Time of Play: A game will consist of two twenty-minute halves with a five minute half time. The game will be played with a running clock and there are no time outs. The referee may call time out at any time per their discretion. Substitutions are done on the fly from the sideline substitution area.

Equipment: Standard lacrosse equipment is required, No long poles may be used.

Face Off: Initial possession of the ball to start the game or half shall be determined by a coin toss, which also determines alternate possession and second half starting possession. Each half begins with a team starting on their end line, and all opposing players standing outside the 3 point arc. The first pass from the end line may not cross the mid-line.

After goals there is simply a change of possession behind the goal. After a goal, the team who was scored upon starts behind their goal & the first pass cannot cross center court.

Out of Bounds: There is no out of bounds unless the ball is trapped in the bleachers or unsafe to continue play against a concrete wall or near the glass windows. The ball will be awarded to the team that did not lose control of the ball or by alternate possession.

Kicked Ball: The ball may be kicked, but not for a goal.

Penalties: Other than the penalty for body checking as stated above, all other technical and personal fouls are called as NFHS standard lacrosse rules. Technical fouls and Personal fouls are enforced the same as in field lacrosse, except that Unsportsmanlike Conduct penalties will result in a 2-minute non-releasable penalty.

**Game Restarts are as follows:**

### **Technical Fouls**

- If the technical foul is committed against a team in their defensive half, the play begins outside the 3-pt arc in their defensive half.

- If a technical foul is committed against a team in their offensive half, the play begins at mid-court.

**Personal Fouls** : Always restart at mid-court with a free clear.

## **FERN BELL GYMNASIUM RULES**

**Huntsville Indoor Lacrosse is a guest at Fern Bell Gym.** The gymnasium is a city owned facility and therefore we are governed by all city rules and regulations.

- The balls that will be used for lacrosse may cause damage to the scoreboard and windows. Players may not bring lacrosse balls into the gym to practice, shoot or warm up. HLA will have plenty of balls to warm up and play games (CHUMASH REGULATION BALLS ARE BRIGHT GREEN)
- **Under no circumstance will any player intentionally direct a ball at the windows, score board, exit signs, emergency lighting, gym lighting, etc.**
- If a player purposefully breaks this rule, they will be removed from the game and any further indoor league play. Registration fees shall be forfeited.
- **All players must wear non marking gym shoes.**
- Players must have a strip of adhesive tape on the stickhead to protect the floors.

## **EQUIPMENT**

Players should come ready to play with the following equipment:

- Helmet
- Mouth Guard
- Lacrosse Shoulder Pads
- Lacrosse Arm Pads
- Lacrosse Gloves
- Short Lacrosse Stick
- Good Attitude
- Rib Pads (optional)
- Non Marking Tennis Shoes

## SCHEDULE

The schedule is summarized as follows.

| Week | Date     | Time  | Court 1                              | Court 2      |
|------|----------|---|--------------------------------------|--------------|
| 1    | 9/13/09  | 1:30PM to 2:30 PM   | Elem 1 vs Elem 2                     | MS 3 vs MS 4 |
|      |          | 2:30 PM to 3:30 PM  | MS 1 vs MS 2                         | HS 1 vs HS 2 |
|      |          | 3:30 PM to 4:30 PM  | HS 3 vs HS 4 Full Court Box Lacrosse |              |
| 2    | 9/20/09  | 1:30PM to 2:30 PM   | Elem 1 vs Elem 2                     | MS 2vs MS 4  |
|      |          | 2:30 PM to 3:30 PM  | MS 1 vs MS 3                         | HS 2 vs HS 3 |
|      |          | 3:30 PM to 4:30 PM  | HS 1 vs HS 4 Full Court Box Lacrosse |              |
| 3    | 9/27/09  | 1:30PM to 2:30 PM   | Elem 1 vs Elem 2                     | MS 2 vs MS 3 |
|      |          | 2:30 PM to 3:30 PM  | MS 1vs MS 4                          | HS 1 vs HS 4 |
|      |          | 3:30 PM to 4:30 PM  | HS 2 vs HS 3 Full Court Box Lacrosse |              |
| 4    | 10/4/09  | Fall Break – No Fall Lacrosse – Possible Learn to Play Clinic |                                      |              |
| 5    | 10/11/09 | Fall Break – No Fall Lacrosse – Possible Learn to Play Clinic |                                      |              |
| 6    | 10/18/09 | 1:30PM to 2:30 PM   | Elem 1 vs Elem 2                     | MS 3 vs MS 4 |
|      |          | 2:30 PM to 3:30 PM  | MS 1 vs MS 2                         | HS 3 vs HS 4 |
|      |          | 3:30 PM to 4:30 PM  | HS 1 vs HS 2 Full Court Box Lacrosse |              |
| 7    | 10/25/09 | 1:30PM to 2:30 PM   | Elem 1 vs Elem 2                     | MS 2 vs MS 4 |
|      |          | 2:30 PM to 3:30 PM  | MS 1 vs MS 3                         | HS 2 vs HS 4 |
|      |          | 3:30 PM to 4:30 PM  | HS 1 vs HS 3 Full Court Box Lacrosse |              |
| 8    | 11/1/09  | 1:30PM to 2:30 PM   | Elem 1 vs Elem 2                     | MS 2 vs MS 3 |
|      |          | 2:30 PM to 3:30 PM  | MS 1 vs MS 4                         | HS 1 vs HS 3 |
|      |          | 3:30 PM to 4:30 PM  | HS 2 vs HS 4 Full Court Box Lacrosse |              |
| 9    | 11/8/09  | 1:30PM to 2:30 PM   | Elem 1 vs Elem 2                     | MS 3 vs MS 4 |
|      |          | 2:30 PM to 3:30 PM  | MS 1 vs MS 2                         | HS 4 vs HS 3 |
|      |          | 3:30 PM to 4:30 PM  | HS 2 vs HS 1 Full Court Box Lacrosse |              |
| 10   | 11/15/09 | 1:30PM to 2:30 PM   | Elem 1 vs Elem 2                     | MS 1 vs MS 3 |
|      |          | 2:30 PM to 3:30 PM  | MS 2 vs MS 4                         | HS 1 vs HS 2 |
|      |          | 3:30 PM to 4:30 PM  | HS 3 vs HS 4 Full Court Box Lacrosse |              |