



7 v 7 Winter Indoor League

**Beginning the week of Monday November 30th
@ The St. Louis Sports Center
6727 Langley Ave St. Louis, MO 63123
Register Online @ bravelax.com**

**10 WEEKS
FOR ONLY
\$140**

**8 week regular season
2 weeks of playoff competition**

<u>Divisions</u>	<u>Game Times</u>
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Girl's Varsity	Sat. 10am, 11am, 12pm
Boy's Varsity	Sun. 5pm, 6pm, 7pm
Girl's JV	Mon. 4pm, 5pm
Boy's JV	Tues. 4pm, 5pm, 6pm

***Sign up individually or as a team!
Limited Space Available!***

***16 man rosters
6 Boy's Varsity Teams
6 Boy's Junior Varsity Teams
6 Girl's Varsity Teams
4 Girl's Junior Varsity Teams***



www.bravelax.com

314.537.1300

P.O. Box 12433
Olivette, MO 63123

League Format & Rules

1. Each team will have a coach on the sideline at all times.
- 2.) All games will start and stop on a central horn. Any team not on the field and ready to play within 1 minute after the horn sounds will forfeit possession to the opposing team.
- 3.) Games will consist of two 25 minute, running time halves, one 5 minute halftime and 5 minutes between games.
- 4) There are NO time-outs.
- 5) ONLY 7 PLAYERS ON THE FIELD AT A TIME: goalie plus 6 field players (including a maximum of three (3) long-sticks).
- 6) Each player needs to have required equipment including mouthpiece, shoulder pads, arm guards, gloves, sneakers, sticks, and goalie equipment. All players MUST wear the league provided jersey.
- 7) Each player must be a member of US Lacrosse
- 8) Gameplay is based off of NCAA Rule Book
- 9) PENALTIES: 1 minute - 40 seconds and 30 second - 20 second
- 10) If a goalie gets a penalty, the in-home sits for him.
- 11) Any player ejected from a game must leave the tournament.
- 12.)Ties will be broken by a sudden-victory 'Braveheart' (1v1 from a face-off, goalie must stay on sides)
- 13)Face-offs at start of game, half, and after every goal scored.
- 14.)When there is a 5-goal margin, after a goal by either team, the team trailing will be awarded the ball at midfield.
- 15.)NO HORNS. All substitution is on-the-fly, even after goals.
- 16)10-Second Count to advance ball past midfield only.
- 17.)Each team must keep 2 players on the offensive half and 3 players on the defensive half of the field at all times.
- 18)Team roster sizes will be limited to 16 players to ensure sufficient playing time for each participant.

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