



Rules Summary

Updated 6/14/2016

This rules summary assumes that all players understand the basic rules of field lacrosse. Our rules "generally" follow the FIL Rules for Indoor Lacrosse. Only the differences between field lacrosse and box lacrosse will be addressed here. **Points of Emphasis** are shaded.

FIGHTING POLICY

This is a **NO FIGHTING** league. A player who has thrown a punch will receive a major penalty, game misconduct and a 1-game suspension. If a fight begins, ANY additional players entering the altercation will receive a GAME MISCONDUCT which carries a mandatory 2-Game Suspension. **DO NOT TRY TO BREAK IT UP unless directed to by the officials or you WILL be suspended.**

1. The Teams

- a. The team will consist of one goaltender and 5 field players. A field player may substitute for a goalkeeper during play but a team may not start a game without **a properly equipped goalkeeper**. Teams will forfeit they do not have 4 field players and a goalie ready to play within 5 minutes after the posted start time. The referee will issue a delay of game penalty for each 1 minute of delay. Forfeited games will be recorded as a 3-0 win and players may be picked up once the game has been declared a forfeit. **Players from other teams MAY NOT play for ANY other team unless a forfeit is declared**. Exceptions will be made for goalies provided it has pre-arranged with the league.
- b. All teams should have matching jerseys with numbers that match a roster. This will allow accurate tracking of statistics.

2. The Game

- a. Length of Game – 3 Periods of 15 minutes each, running time (2 min. stop time at end of 3rd if 2 goals or closer). Also, can be adjusted to 4x15 depending on season format.
- b. Regular Season and Playoff Overtime – A tied game will be decided by 4 minute sudden death overtime followed by a series of penalty shots. Each team will alternate in a best-of-three series and then sudden death until a winner is declared. Only 6 players from each team, not including the goalie **MUST** shoot before a shooter is repeated.
- c. Time-Outs – Each team has One (1) time-out per game. The timeout is to be no more than 2 minutes in duration.
- d. Team will defend their bench side of the field during 1st and 3rd periods.
- e. Restarts – **ALL RESTARTS** are "running" restarts. The official **SHALL NOT** make players return to the original spot or stop before blowing the whistle.
- f. Defending players must be **3 yards** away on all restarts.

3. The Arena

- a. The boards and glass are considered IN BOUNDS.
- b. The netting surrounding the boards is considered OUT OF PLAY and possession is awarded to the team that DID NOT touch the ball last.
- c. A ball that goes OUT OF PLAY off of the **goalie or goalpost** shall be awarded to the offense at the point nearest the spot it exited the arena or hit the netting.

4. Sticks

- a. Overall Length - 40-42 inches (no longsticks)
- b. Head Width - 4 ½ - 8 inches



c. Pocket – 5 inches deep from top of sidewall

5. Field Player Protective Equipment

- a. Mouthpiece not required BUT STRONGLY RECOMMENDED.
- b. Helmets – May be hockey helmets with mask or regulation field lacrosse helmet.
- c. Arm Pads are Required
- d. Additional Suggested – Back & Kidney Pads, Plastic Arm Pads

6. Goalie Equipment

- a. Chest & Arm Protectors
 - i. No more than 3" above the shoulder
 - ii. No more than 5" wider than the shoulder
 - iii. No more than 9" in overall arm width
- b. Pants
 - i. No more than 11" wide on each leg
- c. Shin Guards
 - i. No more than 9" at their widest point.
- d. Sticks
 - i. Wood sticks are prohibited. Goalies must use field legal sticks.

7. Goalie Outside of the Crease

- a. Goalies may not bodycheck an opponent outside of the crease. Goalies may not be bodychecked by an opponent when they are out of the crease. Stick checks are permitted.

8. Crease Violations

- a. No offensive player may be in the crease **with possession of the ball.**
- b. Unintentional running through the crease without possession is PERMITTED as long as no interference is made with the goalkeeper and the player exits immediately.
- c. Running through the crease after a shot is PERMITTED under the same situations as 4b.
- d. NO offensive player may be in the crease when the ball enters the goal.
- e. NO shots may be initiated from the flat side of the crease (i.e. reach-arounds)
- f. NO PLAYER other than the designated goalkeeper has crease privileges.
- g. No contact may be made with the goalkeeper or his stick while he is in the crease. This includes AFTER the ball has gone in the goal. Dives ARE legal but ZERO contact can be made with the goalie.
- h. Players may reach in to the crease to retrieve a loose ball but NO contact with goalie or his stick is allowed.

9. Advancement of the ball and Back-Court Violations

- a. The ball must be cleared past the midfield line in 10 seconds once possession has been gained.
- b. Once the defense **has gained possession**, the ball **MAY NOT** be passed back in to the crease.
- c. The ball must remain in the offensive half of the field unless last touched by a defender, goalie or off of the goalpost. This includes shots that are off of the back boards.

10. Face-Offs

- a. A face-off will take place after each goal and at the beginning of each period.
- b. There are no rules regarding the "neutral zone" or hand on the plastic.
- c. All players other than the face-off men must be behind the red lines until the whistle is blown.
- d. Following a goal or a timeout, players must be in position in no more than 20 seconds.

11. Penalties

- a. Minor – 2 minute
- b. Double Minor – 4 minutes
- c. Major – 5 minutes (boarding and other serious fouls)
- d. Misconduct – 10 minutes (personal penalty, team does NOT play short)



- e. Game Misconduct – Player is ejected (fighting or 10 minutes in penalties)
- f. Intent to Injure – If a player is deemed to have “Intended to Injure” another player, a major penalty, game misconduct, 3-game suspension and league review will be applied.
- g. Penalty Shot – A penalty when a team is 2-men down or a “take-down” on a break away.
- h. Goalie Penalties – Can be served by a field player.

12. Delayed Penalties

- a. Official raises hand and points to offending player and should yell “FOUL”.
- b. Play stops on:
 - i. Possession by offending team
 - ii. Over and Back
 - iii. Penalty by the non-offending team
 - iv. Ball out of play
- c. ALL FOULS ARE SERVED regardless of whether a goal is scored.
- d. Minor penalties are released after 1 goal, major penalties are released after 2 goals.
- e. Goalie may be pulled for an extra attacker. A goal CANNOT be scored on the non-offending team during a delayed penalty.
- f. Simultaneous fouls cancel when they are the same length. Players serve but teams do play short.

13. Delay of Game

- a. Upon the enforcement of a loose ball or technical foul resulting in a turnover, the offending team MUST drop the ball where he currently stands. The player from the team awarded possession must pick the ball up within three seconds. If a player intentionally throws, kicks or otherwise causes the ball to go far enough away causing a delay, a 1-minute delay of game penalty shall be issued.

14. Personal Fouls – Same as field lacrosse with the following exceptions

- a. Slashing
 - i. Called for direct blows, excessive force or repeated swings. Closer than field lacrosse
- b. Cross-checking
 - i. LEGAL if from the front or side and must be above the waist and below the neck. Crosschecks which are intended to injure will be penalized.
- c. Boarding
 - i. Checking a player into the boards with no intent to play the ball. Note: A player making contact with the boards is not necessarily a penalty. NOTE: Trapping/holding an opponent along the boards is NOT boarding but all players must be responsible for making a controlled check along the boards. This includes slowing or stopping momentum if necessary.
- d. Charging
 - i. Taking more than 3 steps to initiate a body check (goalies included)
- e. Roughing
 - i. Aggressive play short of fighting

15. Free Hand

- a. The use of the FREE HAND to gain an advantage by either a defensive or offensive player is a technical foul.

16. Substitution

- a. All substitutions are “on the fly”.
- b. A player must be in his substitution box before the replacing player can step out of the substitution box.
- c. Players must be aware of the over and back rule during substitution.