



About

This league was started in 2017 with the vision of exposing local players to the box game and to offer off-season competitive play for all ages. Today it is a staple of the winter lacrosse season!

The league is designed to promote fun, safe and competitive play based on key box lacrosse fundamentals and concepts. We will be using the foundation of the US Lacrosse gameplay [rulebook](#) along with a few modifications. Specific changes were made based on team/referee feedback over the years to best accommodate our league. It is important coaches understand what we are asking of them to ensure players safety.

Rules

- 5v5 field players (plus goalies) with Box size nets (4'x4')
- Each team must wear/provide their own reversible jerseys to each game
- No long poles. All players must use standard lacrosse sticks 40 to 46 inches in length.
- Substitutions are made freely. A substitute may not enter the field until the player he is replacing is within the team's substitution zone.
- Goalies are required to wear box equipment (provided)

Gameplay

- Two running 20min periods with 3min halftime. No timeouts. There will be about 10-15 min warm up time available prior.
- 30 second shot clock. Will start on possession. Will only reset on contact with the front of goal and or goalie.
- All games resulting in a tie will conclude with a shootout with 3 players taking 1 shot each.
- There will be a face off to start each half of play only. Players do not release until possession is called.

Points of Emphasis

- **NO** cross checks, moving picks, body checking and one-handed stick checks!!
- Pick play: Feet must remain stationary. Players are allowed to push off only with “equal pressure” and cannot fully extend arms.
- Counts: When a team gains possession in their defensive end, they must advance the ball beyond the midline within ten seconds to avoid a stalling call.
- All players must play the ball. No boxing out or “man-ball” technique is allowed. If a player does not attempt to play the ball, possessions will be awarded to the other team for interference.
- Back-court: Will not be enforced, unless a team is in a man down situation.
- Crease: An attacking player in possession of the ball, who is in the crease, is in violation and will result in a possession infraction. Possession must transfer prior (ex. Player can dive as long as the ball is released prior to entering the crease).
- Clearing: Once the goalie has possession or the ball is in the crease, all defensive players must retreat to the midline. You cannot ride when the goalie has the ball! If the ball is loose in the zone, not in result of a shot on goal, riding is allowed.

Penalties

- All minor penalties are two minutes in duration and the penalized player is released from the penalty box if a goal is scored before the expiration of the penalty.
- A more serious foul (e.g. boarding, roughness, etc.) is a five-minute personal foul. The penalized player is released from the box prior to the expiration of five minutes if two goals are scored.
- A team can never have more than two players down at one time. If a third penalty is called against a team which already has two players in the penalty box, the referee shall allow the un-penalized team one penalty shot.
- Players with 5+ minutes of penalties in one game will be disqualified. All other unnecessary actions will be subject to ejection at the league’s discretion.

*Please contact us with any questions, comments or concerns
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