

RULEBOOK

2025-26
WINTER SEASON

WWW.STLUKESSPORTSCENTER.COM/LACROSSE



WINTER BOX LACROSSE LEAGUE

St Luke's
SPORTS CENTER

TABLE OF CONTENTS

| | |
|--|------|
| ABOUT THE LEAGUE----- | 1 |
| LEAGUE OVERVIEW----- | 2 |
| REGULATIONS & ELIGIBILITY ----- | 3 |
| GAME FORMAT ----- | 4 |
| COUNTS & SHOT CLOCK ----- | 5 |
| FACEOFFS ----- | 6 |
| GAMEPLAY ----- | 7 |
| SUBSTITUTIONS | |
| CLEARING | |
| CREASE PLAY ----- | 8 |
| PENALTIES ----- | 9-10 |
| ILLEGAL CONTACT & DANGEROUS PLAY ----- | 11 |
| PENALTY SHOTS ----- | 12 |
| TIE, FORFEITS & SEEDING ----- | 13 |
| SPORTSMANSHIP & CONDUCT ----- | 14 |
| FACILITY & CONTACT ----- | 15 |

ABOUT

Founded in 2017 to expose local players to the box game and offer competitive off-season play for all ages, the St. Luke's Sports Center Box Lacrosse League has become a winter staple in the Lehigh Valley. We emphasize fun, safety, and competition rooted in box lacrosse fundamentals. We use the USA Lacrosse Box Rulebook as our foundation with local modifications.



Location

3323 Seventh St. Whitehall PA 18052



Schedule

<https://tourneymachine.com/R170520>



Registration

www.StLukesSportsCenter.com/Lacrosse

LEAGUE OVERVIEW

- **Format:** 5 runners + 1 goalie per side (6v6 total).
 - Average roster size 12-15 players
- **Goals:** Box nets, 4' x 4'.
- **Sticks:** Short sticks only, 40–46 inches; no long poles.
- **Uniforms:** Each team must supply reversible jerseys for every game.
- **Goalies:** Box goalie equipment provided by the league.
- **Warm-Up:** ~5–10 min floor access before each game (as schedule allows).
- **Free Agents:**



REGULATIONS & ELIGIBILITY

- Players may compete on only one team per division. Double-rostering without prior league approval may result in forfeit/discipline.
- Players must compete for their designated school/rec program. Do not recruit/stack.
- Coaches must certify legal equipment and uniforms per USA Box adoptions.
- St. Luke's Sports Rink requires all registered sports officials to enforce sportsmanship standards for coaches, players, and spectators.



GAMEPLAY FORMAT

- **Game Length:** Two 20-minute running periods; 3-minute halftime.
- **Timeouts:** One timeout per game; clock stops only under 2:00 in the 2nd half (NEW 2024–25). Timeouts do not reset the shot clock.
- **Faceoffs:** Start of each half only. Players are not released from restraining line until possession is called.
- **Overtime:** Regular-season ties go directly to a shootout (see §14).
- **Shot Clock:** 30 seconds, controlled by official; resets on front-of-goal or goalie contact only.

Gameplay Rules

- No cross-checks, moving picks, body checking, or one-handed stick checks.
- Picks/blocks/screens are legal below shoulder and above waist with limited force and appropriate position; excessive contact is penalized.
- All players must play the ball on loose balls; no boxing out/man-ball that ignores playing the ball (interference/possession awarded to other team).
- **Back-court:** Not enforced unless man-down.

COUNTS & SHOT CLOCK

Team Counts

- When gaining possession in the defensive end, a team must advance beyond midline in 10 seconds (failure to advance).
- Goalie count: Goalie must release ball from crease in 4 seconds.
- Once the goalie has begun the clear, the goalie may not receive a return pass in the crease.

Shot Clock (30s)

- Starts on each possession.
- Resets only on front of goal or goalie contact.
- Buzzer = turnover. Timeouts do not reset the shot clock.



FACEOFFS

- Conducted only to start each half.
- Positioning: Both faceoff players aligned parallel to centerline; hands to left of throat; both hands on handle; sticks ~8" apart on floor; feet behind centerline.
- On the command “Set”, players must be motionless until whistle.
- Violations: Movement after “Set”, stepping on/kicking opponent’s stick, ball stuck in back of stick, over-clamp/dead-stick, or failure to contest the ball out of the dot → possession to non-offending team.
- Officials confirm six players per side (including penalty box) before faceoff restarts.



GAMPLAY

Substitutions

- On-the-fly substitutions through the team substitution area only.
- A sub may not enter until the replaced player is within the substitution zone; exiting player has right-of-way.
- Players may exit/enter through either door or over the boards; the exiting player must enter the team bench area.
- Goalie substitutions: Replacement cannot leave bench early; if premature, play stops unless non-offending team has possession.
- A goalie stationary in the substitution area is deemed on the floor.

Clearing Rules

- Once goalie has possession or ball is in the crease, all defensive players must retreat to midline.
- No riding when goalie has possession (delay of game if violated).
- If the ball is loose and not in goalie possession, riding is permitted.
- Runners may not pass back to the goalie in the crease during a clear.

CREASE PLAY

- Attacker in possession who is in the crease → turnover. A stick contacting crease line without body is not a violation.
- Shooter diving/jumping/leaping: Ball must cross goal line before shooter contacts crease; otherwise no goal + turnover.
- Non-shooter in crease when teammate shoots: Must establish two feet outside crease before ball crosses plane for goal to count.
- Contact with goalie in crease or forcing a defender into goalie from crease position → crease violation.
- Goalie handball: In crease, goalie may catch and place ball into a stick; no throwing; goalie may not use hand outside crease. Violation → possession to non-offending team.
- Illegal re-entry with possession: Any player (incl. goalie) cannot enter crease with the ball; >4 seconds in crease with possession is a violation.
- Directed back to crease: Defenders/goalie in crease may not play a ball deliberately directed back into crease by a teammate.
- Ball on back of net: Play stops; goalie ball in crease.

PENALTIES

- General principles apply unless modified below. A team may never be more than two players down. If a third time-serving penalty is assessed while already two down, the non-offending team is awarded a penalty shot (see §13). Clock/shot-clock mechanics for delayed penalties follow USA Box standards.

11.1 Minor Penalties

- Duration: 2 minutes. If scored upon, first minor terminates (when short-handed).
 - Examples include: slash, high sticking, interference, hold, trip, illegal screen, delay of game.
- Bench minor: Coach designates a player to serve.
- Ejection threshold: Any combination totaling 8 penalty minutes (e.g., four minors) in one game → player removed; in-home serves remaining team penalties.

Coincidental minors: Teams skate 5v5; time not displayed; players released on first non-technical stoppage after expiry.

PENALTIES

11.2 Major Penalties

- Duration: 5 minutes. Team returns to even strength after two goals against; the offender serves full 5:00 and returns on next non-technical stoppage after expiry.
- Second major in same game: Player removed (in-home serves time).
- Coincidental majors: Teams play 5v5; release on first non-technical stoppage.

11.3 Match & Misconduct

- Match penalty: Player removed for balance of game + automatic next-game suspension; subject to additional league discipline. Record 10 minutes to player's stats; in-home serves 5:00 short-handed regardless of goals.
- Misconduct: 10 minutes; a substitute may immediately replace the player. If paired with a minor/major, the in-home serves the minor/major.

11.4 Goalie Penalties

- Goalies do not serve minors/majors; in-home serves. Penalties are recorded to goalie. If a goalie is removed due to accumulation and no substitute is available, the team forfeits.

ILLEGAL CONTACT & DANGEROUS PLAY

Illegal Cross-Check: Contact above shoulders, below waist, to back, or with excessive force or to a player not on two feet.

- Minor/Major/Match at referee discretion based on severity/recklessness.

Illegal Body Check: Legal body contact is limited to front/side of ball-carrier between waist and shoulders with equal pressure.

Targeting Defenseless Player: Blind-side hits; head-down loose-ball contact; receiver-turn hits; vulnerable/near boards → Major or Match.

Boarding: Driving an opponent violently into boards → Minor/Major/Match based on impact and danger.

Dangerous Head/Neck Contact: Upward motions, leaving feet, long approach with weight transfer, and high contact → Major or Match.

Roughness/Unnecessary Roughness: Excessively violent holds, pushes, punches, or cross-checks against a legal screen → Minor/Major/Match.

PENALTY SHOTS

Purpose: Restore a lost scoring opportunity caused by a foul, or when rules require.

Awarded for (including but not limited to):

- Team already two players down and an additional time-serving penalty is assessed to a third player.
- Illegal substitution (too many players) that cannot be fully served due to insufficient time remaining.
- Throwing a stick/object by bench or player at ball/ball-carrier on a breakaway.
- Holding/Tripping from behind on a breakaway.
- Intentional goal displacement by goalie/player during a breakaway.
- Defensive crease violations: Deliberately falling on or closing hand on the ball in the crease to prevent a goal.

Procedure: Ball starts at center faceoff mark.

Shooter must proceed forward continuously and is allowed one shot. Goalie must remain in crease until shot is taken and comes to rest/goal is scored.

SEEDING

Ties (Regular Season): Immediate shootout — each team designates 3 shooters for 1 shot each; if still tied, go to sudden-death alternating shooters.

Seeding (Playoffs/Pools):

1. Overall record
2. Head-to-Head
3. Goal Differential (GF – GA)
4. Fewest Goals Allowed
5. Most Goals Scored

- For 3+ team ties, start at Step 2. Once reduced to two teams, restart at Step 1.

Forfeits: A forfeit is a team's inability or refusal to participate. Includes:

- Insufficient players to start/continue,
- Failure to meet game requirements (equipment/eligibility),
- Unsportsmanlike conduct violations warranting removal.
 - Result: Opponent awarded a 5–0 win.

SPORTSMANSHIP

- Only the Head Coach may address officials, and must do so respectfully.
- Head Coaches are responsible for players, assistant coaches, and fans.
- Zero tolerance for taunting, trash-talking, fighting, or harassment.
- The League Director may remove any coach, player, or fan at discretion. Warnings will be logged with the Field Coordinator and shared with the Director. Further incidents may result in removal/suspension.
- Respect your team, opponents, officials, and the game — and have fun.



CONTACT US

Staffing:

2 referees, 1 scoreboard operator, and 1 athletic trainer.

Facility Manager

Info@StLukesSportsCenter.com

League Manager

Events@StLukesSportsCenter.com

League Representative

Mike Bender

Phone Number

610-351-0352

Location

3323 Seventh St., Whitehall, PA 18052