



"PGHBOXLAX"

Box Lacrosse Rules 2015

Format

6vs6 - 5 players (runners) and 1 goalie can be on the floor at one time

OFFSIDES- There are no offsides, all players can go in all zones. Everyone is going to play offense and defense

GAME LENGTH- Two (approximately) 20 minute running halves

PENALTIES- Penalties shall be assessed as 2 minute or 5 minute running time, or game ejections. Players may be released from the penalty box if the opposing team scores during the penalty. However, if one player from each team is in the box (even strength) neither player will be released after a goal and each must remain in the penalty box until their respective penalties expire.

Substitution

-From a team's bench area, one player at a time may enter the game by waiting for the player he is replacing to have one foot within his team's Substitution Area. The player may exit and enter at different doors or through the same door or over the boards. The player exiting the floor has the right of way and substitution must be imminent. The player exiting the floor must leave the floor and enter his team box area.

-Teams may substitute or "pull" their goalie for a sixth field player at any time. The entering player must wait for the goalie to exit the playing area before entering as set forth in the substitution rule.

ILLEGAL SUBSTITUTION

-If the Offensive team is found to have an illegal substitution, too many men, it will result in a loss of possession.

-If the Defensive team is found to have an illegal substitution, too many men, it will result in a 2 minute penalty

Game Flow

10 SECOND RULE: When a team gains possession in the defensive half of the floor, they must get the ball across the centerline within ten (10) seconds of gaining possession.



BACK COURT RULE: The basketball back-court rule is in effect. Once a team crosses the half-court line with possession, it must keep the ball in the offensive zone or lose possession.

- *The exception to the backcourt rule is when a ball is either deflected by a defender or rebounds off of the goalie or goal post the offensive player may retrieve it on their defensive end.*

30-SECOND SHOT CLOCK : The team in possession is required to take a shot on goal within 30 - seconds of gaining possession. Failure to take a shot on goal will result in the 30 - second clock timer sounding a horn. Possession goes to the non-offending team. The referee shall have the authority to reset the 30-second clock to cover any unusual situation not specifically covered under these rules. Shot clock times may be adjusted depending on age-level (i.e.- we may decide to implement a 40-second shot clock (15 to advance plus 25 in offensive zone) for U11 and U13 games.

CREASE RULES: Players can run through the crease on offense if they do not have the ball

-The player who is shooting can land in the crease as long as it is not a dive, and the ball crosses the goal line first.

-Another offensive player cannot be in the crease when a goal is scored. If they are, the goal is disallowed and there will be a change of possession.

-A shooter who steps into the crease and misses a shot cannot be the first one to touch the ball. If he is, a turnover will result.

-If an attacking player travels through the crease, gaining an advantage, and makes contact with the ball or interferes with an opposing player who is attempting to pick up the ball he is in violation and the ball shall be awarded to the non-offending team

-Any player (including goalie) who has the ball in their own crease must vacate the crease within 5 seconds or gaining possession. There can be no contact with the player whose feet are inside their own crease.

-There shall be no physical contact with the goalie when he is outside of the crease. Stick on stick checks are allowed but no hitting the body. The result will be a 2 minute penalty

Body Contact

UNNECESSARY FORCE: Generally, any player found guilty of a penalty or penalties may be immediately ejected from the game by the referee if, in the referee's judgment, the player used unnecessary force. Players guilty of this infraction may also, at the sole discretion of the PSL General Manager, be immediately or subsequently suspended from the current league without a refund and also be forbidden to participate in future leagues.

CROSS-CHECKING: Cross-checks are illegal and will result in a penalty. Push checks, with hands together on the stick, may be made with moderate force on the arms, below the



shoulders and above the waist, and on the ball-carrier only are legal. **This rule shall be tightly enforced.** Push-checks using excessive force will result in a penalty and may lead to ejection from the game by the referee. Repeated cross-checking infractions may, at the sole discretion of the PSL General Manager, be cause for the player's immediate or subsequent suspension from the current league without refund and the player may also be forbidden to participate in future leagues.

OFF BALL CONTACT: Limited off-ball contact is permitted. The use of excessive force in off-ball contact shall result in a penalty, and may result in ejection depending on the discretion of the referee.

BOARDING: **There is to be absolutely no contact with the dasher boards or glass.** A boarding penalty shall be assessed on any player who checks an opponent in such manner that causes an opponent to hit the glass. **This rule shall be tightly enforced.** Any player who commits more than one boarding penalty, or who commits a boarding penalty recklessly or with excessive force, shall be immediately ejected from the game by the referee and, at the sole discretion the PSL General Manager, may also be suspended from the current league without refund and forbidden to participate in future leagues.

CHECKING FROM BEHIND: Any check from behind on the back of another player's body shall result in a penalty. A check from behind using excessive force shall result in immediate ejection from the game by the referee and, at the sole discretion the PSL General Manager, the penalized player may also be suspended from the current league without refund and be forbidden to participate in future leagues.

FIGHTING: Zero tolerance. Any fighting or violent conduct will result in an immediate ejection from the game. A second offense shall result in the players' immediate ejection from the PGHBOXLAX league without refund and the players involved may, at the sole discretion the PSL General Manager, also be suspended from the current league without refund and be forbidden to participate in future leagues.

PICKS: The player setting the pick is allowed to shuffle his feet to block players from getting by after his feet are initially set.

-The player setting the pick cannot extend arms or legs to interfere with other players. This can result in a loss of possession or a penalty, left to the referee's discretion

-If the referee deems unnecessary force was used while setting a pick, or running through a pick, it can result in a loss of possession and/or a penalty.

PHYSICAL ABUSE OF REFEREES

The referee at his discretion, may assess appropriate penalties if, in his judgement, a player deliberately applies physical force in any manner against an Official, in any manner attempts to injure an Official, physically demeans, or deliberately applies physical force to an Official solely



for purpose of getting free of such official during or immediately following an altercation, shall be suspended from the league without refund.

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