

TRASHCAN LACROSSE

THE RULE BOOK

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THE Basics to Starting

1. We recommend wearing helmets and gloves for every game
2. No longsticks, No goalie sticks... VERY IMPORTANT!
3. Two Players per team. Some people do play other variations. Do what makes you happy!!!
4. **NO STICK CHECKS . LET THE BALL DO THE WORK!!!!**
5. **NO BODY CHECKS**

FIELD

1. Any trashcan on its side will do the job.
2. Clear Line established with Cone or other landmark will do 10-12 yards from trash can
3. You will need some space around the trashcan as well.

GOALTENDING

1. While on defense, a team must have a player in the goal at all times
2. The goalie's knees CANNOT touch ground
3. The goalie's rear end CANNOT come below "crossbar" of goal
4. Goalies CANNOT pick-up ball with free hand, but may use free hand to make save.
5. Goalie is played like a street hockey goalie....

SCORING

1. A goal will be scored when the entire tennis ball enters the trashcan
2. Game are played to 2. (King of the court)
3. An offensive players stick MAY NOT touch the can while trying to score. Smashing it in is just not cool or that skilled.

Never saw a shot I didn't like in the game of trashcan. Can't score if you are afraid to shoot. Rip it!!!

PLAY

1. Games starts with a toss of the stick. Call front or back before it lands or go old school rock/paper/scissors as always house rules.
2. A goal will be scored when the entire tennis ball enters the trashcan
3. Games are played to a score of 2 or whatever the house rules.

Rule Violations

Any violations of rules can result in a change of possession or in tournament play, a penalty shot. A penalty shot may consist of **either** a 1v1 with goalie starting from cone **or** a shot from cone with no goalie. Rules of play must be clearly stated before start of game. House Rules... **How do you play in your house!!!**