



## Box Lacrosse Tournament Rules

(Updated 12/14/2021)

\*\*All Players must complete the online player waiver prior to participation. Mouth guards must be worn at all times along with appropriate equipment. \*\*

Youth / High School Indoor Events- will play using USBXLA/US Lacrosse Indoor Rules with the following modifications and / or points of emphasis. The East Coast Box Championships is a USBXLA event.

**Game Length-** CHILC & PILC: Three 10-minute periods with two 2-minute breaks. East Coast Box: Three 12-minute periods with two 2-minute breaks. Last minute of the 3rd period is stop time.

**Illegal Body Checking and Boarding-** Illegal body checking or body checking an opponent into the boards who is in a vulnerable position are the most dangerous checks in the game. Body checks that are reckless or attempted to deliberately injure an opponent will result in a major penalty or match penalty based on severity (*Match Penalty, see below*).

**Body Checking-** 6th grade and below, no body checking is allowed. Defensive players may place their stick on the ball carrier and push them away (Place and Push). Always protect the athlete.

**No Fighting-** Players who engage in fights must be removed from the game and will be suspended for the next game. The Tournament Director has the discretion to remove a player from the tournament. Always protect the athlete.

**Play the Ball-** When players are pursuing a loose ball, stick checking an opponent's stick and some body contact is allowed. If the body contact is more than equal pressure and a direct attempt to drive the opponent off the ball while making no attempt to play the ball, possession shall be awarded to the non-offending team for interference. Always protect the athlete.

**Penalties-** Man up / Man down. Players must remain in the penalty box while serving a penalty. Minor penalties are 1 minute; Major penalties are 3 minutes – locked in. Match penalties are 3 minutes – locked in and ejection from the game. All penalties are running time except for below:

- Penalty time will stop during a time-out, injury time-out or while another penalty is being called. The game clock will stop when a penalty is called with under 2 minutes in the game.
- Multiple penalties – teams cannot have less than 3 running players on the court. If a third player is penalized their penalty time will not begin until one of the former penalties is over.

# NXT

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- Penalty shots are used to restore a scoring opportunity which was lost as a result of a foul being committed by the opposing team. The offended player must have had a clear path to the goal.
- Match Penalty: Game disqualification with an in-home serving 3 Minutes at CHILC/PILC, or 4 Minutes at East Coast Box
- Goalie interference- When the goalie has possession of the ball in the crease and is checked, the 1st time is a team warning, 2nd time it happens to a team it is a minor penalty.

**Time-outs-** One (30) second time-out per game. The game clock will not stop during a time-out until the game reaches the 1:00 mark in the third period. Shot clock does not reset during a time-out. Any team “stalling” during a time-out may be penalized or lose possession of the ball.

**Face-offs-** Face-offs will take place at the beginning of each period and after every goal scored. \*No clamping on face offs and no knees down. Must rake the ball free.

**Crease-** All players can run through the crease if they do not have the ball. If an offensive player is in the crease while a goal is scored, the goal will be disallowed. Shooting players can dive or land feet first in the crease as long as the ball has crossed the goal line first. *\*\*If ball is in the crease players can reach in unless goalie has a clamp on the ball\*\**

**Counts-** Goalie has a 5 second count and there is a 10 second count to get the ball over midfield.

**Back Court Rule-** Backcourt will be enforced

**Picks-** Picks and moving picks are allowed. Picking players may not ‘drive’ another player. A cross checking two-minute penalty can be enforced for excessive force.

**Shot Clock-** A 30-second shot clock will be used. The shot clock will reset for any shot off the goalie, goal post or crossbar. The shot clock will not start again until a team gains possession. \*If the ball hits a goalie in the head, automatic turnover. Always protect the Athlete. \*\*If for some reason shot clock malfunctions officials will give an audible countdown versus stopping play as with the best judgment to the timing as humanly possible.

**Substitutions-** All substitutions are on the fly. The exiting player must have one foot in the substitution area before the entering player may step into the rink.



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**Stick Checks-** Coaches may not ask for a stick check during a game. Please see the tournament director for questions before or after games. \*Sidewall sticks are not allowed-Goalie stick rule (The Wall)

**Overtime-** Tie will go to a shootout with the exception of a championship game will be one 4-minute overtime. Each team will have three tries to score 1v1 against a goalie in the net and the team with the most goals will win the game. If still tied after 3 shots a piece, the tie breaker will go to sudden death. No repeat shooters.

**Playoff Seeds-** Teams will be seeded based on points; teams receive 3 points for win, 1 point for a tie. If two or more teams are tied on points after pool play, the following tiebreakers will be used: 1) Head-to-Head, 2.) Goals against, 3.) Goal differential (max 7 per game +/-), 4) coin flip. In the event of a 3-team tie, the tiebreaker process starts at step 2. Once a team is selected as winning the 3-team tiebreaker, the tie breaking process restarts at step 1 with the remaining 2 teams.

**Roster regulations-** No player can compete on more than one team within the same division. Limited exceptions can be made in advance at the discretion of tournament directors. If a team is caught in violation of this, the player will be removed from the tournament for the remainder of the day.

**No tolerance policy-** Alcohol, drugs, discrimination based on race, gender, religion, or sexual orientation by players, coaches, or fans. If a player, coach, or fan is proven to be in violation of this, the result will be an immediate ejection from the tournament venue.

**Referees-** Can stop the game for any reason that he/she feels fit. Abuse toward referees will not be tolerated from fans, coaches, or players.

**Issues or concerns-** Tournament Directors will only communicate with team head coaches and assistants on all matters. Tournament Directors have final say on all rule interpretations.

\*\*All mesh at XL sports is out of bounds