



HILTON BOX Lacrosse

Overview & Rules

The rules of BOX lacrosse and tactics utilized are much the same as basketball. Unlike Field Lacrosse there is no off side and the goaltender may be pulled for an additional player. When a team is in possession of the ball, all players are on the attack. When a team is not in possession of the ball, all players are on the defence and trying to get possession from the opposing team.

To Help You Better Understand The Game

These are our box lacrosse rules designed to keep it safe and keep play clean.

General lacrosse rules apply to this league in addition to those outlined below

Box lacrosse teams will consist of a minimum of Six players (5 field players and 1 Goalie)

- There are no off-sides. This keeps the pace of the game moving very quickly.
- Play time – 3 / 16 minute periods with a 2 minute break between periods.
- Pass Rule – 1 pass in the offensive zone will be required ONLY at the 3-4 grade division.
- Each Team will be allowed one 30 second time out per game.
- The goalie may be pulled at anytime in favour of a 6th attack player.
- Face –off at centre after every goal. Players may not clamp and hold the ball from play during the face off. Other players may not enter the circle until the ball is free.
- When the ball goes over the boards, the opponent of the team who last touched the ball gets possession
- Players cannot pass the ball to the goalie in the crease at any time.
- An illegal stick-check is defined as any stick check other than poke or slap checks. Two hand only checks with contact being made to the stick and or hands will be allowed. Wrap checks and hands together swings will result in a minor penalty. The referee may issue a major penalty on any action deemed with intent to injure.
- Slashing is not allowed at all! The stick may not be used to make contact with any part of the body other than the hands.
- When a goalkeeper is hit on the mask, play is stopped. The goalkeeper restarts play with possession of the ball in their crease.
- If 2 players are going after a "loose" ball they must play the ball. This can be a little misleading especially when each player is battling and jostling for the ball. Incidental body contact is to be expected.
- Aside from incidental body contact when playing the ball. Any pushing other than boxing out and equal pressure defence with good body position will result in possession awarded to the other team
- When a penalty is assessed, the non-offending team restarts play with possession of the ball near the centre of the floor.
- If a goal is scored during a delayed penalty call and the offending team is at full strength, the goal shall count towards the delayed penalty. The delayed penalty will be recorded on the score sheet.

- If a goal is scored during a delayed penalty call and the offending team is short-handed, the goal shall count towards the penalty that made the team short-handed and the delayed penalty shall be assessed in the normal manner.
- HAYLO has amended the rules of box lacrosse to promote skill development.
 - Fighting is an automatic suspension from the league with no refund.
 - Any player who gets 5 minor penalties or 1 major plus 2 minor penalties in the same game is expelled from that game and one more.
 - A repeat occurrence results in expulsion from that game and 2 more.
 - A third occurrence of this behaviour results in expulsion from the league with no refund.
- Minor penalties require the removal of the offending player without substitute for two minutes, unless terminated by a goal.
 - Illegal Stick Check
 - Slashing
 - Tripping
 - Holding with Stick and/or arms
 - Cross check or push from behind
 - Goalie contact while in the crease
 - Hand ball
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- Major Penalties require the removal of the offending player without substitution for 5 minutes. Release only when time expires on a dead ball. Upon 2 goals scored the player's position may be substituted from the bench players.
 - Boarding a player – an intentional check into the boards. Anything more than incidental contact.
 - Cross Check – the use of the shaft of the stick to push off a player from the front side or behind.
 - Any action deemed with the intent to injure. This includes wild out of control stick checking at the discretion of the referee.
- High sticking is another area of confusion for parents. In some cases “incidental” contact with the helmet by an opponent’s stick is not automatically a penalty!! It is again a referee’s judgement call.
- In BOX lacrosse the ball can **NOT** be kicked into the goal for a score.
- During a penalty the teams must keep the ball in their offensive zone. Aside from a shot on goal-if the ball goes back into the defensive zone an over & back penalty will be called with possession awarded to the non offending team.
- Crease violations – a player may not voluntarily step in pass through or enter the crease of the opposing team. A player however may enter their own team's crease.
- Substitutions may be made on a dead ball and on the fly. In coming player may not enter the field of play until the exiting player enters the substitution box.

The goalie in Lacrosse can function just like any other player on the floor and can go anywhere on the floor. Remember there is no off-sides.