

Philadelphia Box Lacrosse Association



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OFFICIAL RULES

THE LACROSSE STICK:

The lacrosse stick shall measure not more than 46 inches, nor less than 40 inches in length, and not more than 8 inches, or less than 4.5 inches in width inside the frame. The goalkeeper's stick may not be more than 15 inches in width. There shall be no limit on the depth of the pocket.

Examination of sticks will only be performed after requested by the Captain/Alternate Captain during a stoppage in play. A minor penalty will be assessed to one of the teams.

THE TEAMS:

Each team shall be composed of six players, one of which may be a designated goalkeeper, and substitutes, one of which may be an additional designated goalkeeper.

Except for the purpose of defending against a penalty shot, any substitute goalkeeper entering the game for the first time shall be permitted a warm-up not exceeding two minutes and must remain in the crease until play resumes.

Each team shall select one Captain and one Alternate Captain. Only the Captain/Alternate Captain may ask for the referee's interpretation of a rule which has been applied.

Teams can hold up to 22 players provided two are goalies. If a team only has one goaltender, their roster will be limited to 21 players total.

THE GAME:

The duration of a game shall be three, twenty minute running time periods. If the score of the game is a difference of two goals or less the last two minutes of the third period shall be stop-time. Time will also be stopped for the assessment and recording of penalties.

The teams shall change ends after each period and there shall be two minute intermission between the first and second periods and a three minute intermission between the second and third periods.

If at the end of regulation time the score is tied, a shoot-out will be used to break the tie. The shoot out will consist of three rounds and tiebreakers if needed. If the game is a playoff, additional periods shall continue with five minute intermissions until a sudden death goal is scored.

If any unusual delay occurs within five minutes of the end of the first, second, or any overtime periods, the referee may order the intermission to be taken immediately and the balance of time added to that of the next period. If the event of excessive heat or other conditions caused by weather, teams may opt for shorter periods/game time provided both teams and the officials agree prior to the game.

STANDINGS:

League team place standings will be calculated by points earned for wins and losses for teams. A win earned in regulation time without a shoot-out equals 3 points. A win earned in a shoot-out situation equals 2 points. A loss in regulation time will equal 0 points but a team that loses in a shootout will be awarded 1 point.

CONDUCT WITH OFFICIALS: (referees, timekeeper, scorekeeper, shot clock operator, and league officials)

A major penalty and game misconduct shall be assessed to any player who threatens or makes intentional contact with a referee or any other game official and that player shall be liable for suspension or expulsion from the league. NOTE: There may be

times when it is necessary for an official to make contact with a player (as in stopping altercations or preventing a player from leaving the penalty bench early) but these times do not invalidate this rule.

A ten minute misconduct shall be assessed to any player who shows disrespect for a referee's ruling or uses any abusive language or actions.

A minor penalty for unsportsmanlike conduct shall be assessed to any player who does not immediately proceed to the penalty box after receiving a penalty. A minor penalty for unsportsmanlike conduct shall be assessed to any player other than the Captain/Alternative Captain who questions a referee's ruling. A bench minor penalty shall be assessed to the offending team if the offending player cannot be identified.

If a team refuses to continue play after a referee's ruling, the game shall be declared ended and forfeited to the non-offending team.

If involved in a fight, the combatants must stop all fighting upon referee intervention

TEAM JERSEYS:

All players must wear the PBLA team jersey given to him at the beginning of the season. No player may participate in a league game without a league jersey unless permission is granted from the league President or surrogate prior to play.

All equipment must be covered by the jersey, therefore cutting the jersey, (sleeves, collar, waist, etc.) is illegal. Any player who has cut his jersey will not be allowed to participate in league games until the jersey is replaced at the offending player's expense. In addition, the offending player's team shall be assessed a two minute bench penalty for each offense observed by the official.

In the event that a player rips or tears his jersey during a league a game, the player may continue play without penalty; however, the jersey must be repaired or replaced before he may participate in another league game.

PLAYING RULES

Attempt to Injure:

A 5 minute major penalty (10 minutes if injury is caused), game misconduct, and a suspension for the next two games shall be assessed to any player who attempts to injure an opponent and that player shall be liable for expulsion. This penalty shall be treated as though it is a player's second offense for fighting. If the offending player receives a fighting major or another "attempt to injure" at a later time in the season, or has already received a fighting major, the player will be expelled for the season.

Back in / Back over:

If any member of a short-handed team carries or causes the ball to go back over the center line in any other manner than a shot on goal, possession shall be awarded to the non-offending team.

Passing to goaltender in the crease is permitted but is limited to one pas per play.

Ball Out of Bounds:

A ball is not out of bounds until it touches something that is out of bounds and a player may reach over the boards with his stick to retrieve the ball. If the ball goes out of bounds, the referee shall award possession to an opponent of the player who last touched the ball nearest the spot where the ball went out of bounds. If the ball is deflected out of bounds by the goaltender, the offensive team will be given possession. If the referee is in doubt as to who last touched the ball there shall be a face-off in the nearest circle.

Ball Striking Referee:

If the ball hits a referee it shall be in play unless deflected directly into the goal or out of bounds, in which case there shall be a face-off.

Boarding:

A major penalty shall be assessed to a player who checks an opponent in such a manner that causes the opponent to be thrown into the boards. A game misconduct shall be assessed to any player who injures an opponent as a result of boarding and that player shall be liable for suspension or expulsion. NOTE: Trapping an opponent along the boards is not boarding but all players must be responsible for making a controlled check along the boards. This includes slowing or stopping momentum if necessary.

Broken Stick:

If a player's stick breaks he must drop it immediately but he may continue to play without it provided he remains within the other playing rules. A goalkeeper may continue to play with a broken stick provided he and his stick remain within the goal crease. Violation shall result in a minor penalty to the offending player.

Butt-Ending:

A major penalty (and a game misconduct at the discretion of the referee) shall be assessed to a player who butt-ends an opponent. NOTE: Attempt to butt-end an opponent can be considered butt-ending regardless of contact.

Change of Players (Too many men):

Substitution of players may be made during a stoppage in play for a face-off, or after a penalty is assessed. Substitutions may be made at other times, provided the players leaving the playing area are at the player's bench and out of play before the change is made. Violation shall result in a bench minor penalty to the offending team. In the last minute of regulation play, violation shall result in a penalty shot for the non-offending team. **NOTE:** A player may return to the bench without penalty provide he stays within the immediate area of the bench and does not become involved in play.

Charging:

A minor or major penalty shall be assessed to a player who jumps into an opposing player or runs more than three strides into an opposing player. **NOTE:** This does not apply to strides made to pursue the opposing player if he is not stationary but all players are responsible for making a controlled check including slowing momentum if necessary. Any check in which a player blindly runs into an opponent is considered a charge. This also includes "setting-up" a player for dangerous check while he is receiving a pass (e.g. buddy pass).

Checking From Behind:

A minor or major penalty shall be assessed to a player who checks an opponent from behind, except when the opposing player is backing toward the player or turns his back to protect the ball. **NOTE:** When a player follows the path of an opposing player in pursuit of him, he must be responsible not to check from behind, including slowing momentum if necessary. If the check from behind is made along the boards, a major penalty can be assessed.

Crease Play:

- The goal crease, a marked semi-circle surrounding the goal, shall measure no more than a nine foot radius emanating from the center of the goal line. In addition, the base of the goal shall be surrounded by a rectangle measuring the same width as the goal crease.

- Reaching in the crease to retrieve the ball or push the ball into the net is permitted however play immediately stops if any contact is made with the goaltender. Also, once the goaltender has possession, the crease cannot be violated.

-If an offensive player, with or without the ball, is pushed into the crease, he will be given a chance to leave the crease before being called for a crease violation. No shots or contact with the goalie or goal can be made while in the crease regardless of reason of entry.

-A minor penalty shall be assessed to a player who cuts through an opponent's crease to check the ball carrier. If a player cuts through an opponent's crease to recover a loose ball, possession shall be awarded to the opponent. If a player checks an opponent who is within the crease, he shall be assessed a minor penalty. Defenders may run through their own crease to check opponents.

-The offensive team on gaining or being awarded possession of the ball within their own goal crease, must pass or carry the ball out of the crease within five seconds or possession shall be awarded to the opposing team. Players other than the goalkeeper may enter their own crease to retrieve a loose ball but no player (including the goalkeeper) carry the ball back into their own crease after gaining possession outside the crease, or possession shall be awarded to the opposing team.

- If the goaltender is struck in the helmet with a shot, possession shall be awarded to the goaltender. Contact with an excessively large throat protector may be called at the discretion of the referee.

- Entering and crossing the plain of the crease when making a shot in the crease is permitted provided the ball crosses the goal line before the shooter makes contact with the floor. Any player that enters the crease and makes contact with the goaltender in the crease in a manner that could injure the goaltender may be assessed a 5 minute major penalty.

Cross-Checking:

A minor or major penalty shall be assessed to a player who cross-checks an opponent if the opponent is not in possession of the ball. **NOTE:** This does apply to a defender preventing an opponent from advancing on his goal.

Delaying the Game:

A minor penalty shall be assessed to any player or team that is not on the playing floor ready to start or continue the game when instructed by referee. If the players of one team are on the floor but not in position, the referee may conduct a face-off with only one center man.

A minor penalty shall be assessed to the team of a Captain/Alternate Captain who requests examination of a stick that is deemed legal.

A minor penalty shall be assessed to any player who does not drop the ball or knocks or shoots the ball away after play is stopped.

A minor penalty shall be assessed to any player who displaces a goal from its normal position. In the last 2 minutes of play, a violation shall result in a penalty shot for the non-offending team.

A minor penalty shall be assessed to any player who, while the ball is outside the crease, deliberately withholds the ball from play, except when facing off. If the ball is inadvertently withheld from play, there shall be a face-off in the nearest circle.

Games will start promptly on time. Game clock will start on time. If your team has not fielded a 6 players at the start of the game your team will receive a 2-minute delay of game penalty. If your team has not fielded 6 players within 5 minutes from the start time your team will be penalized an additional 2 minutes. All penalties will start when the late team is ready to play and must be physically served – a man must be in the penalty box for the duration of the penalty.

Ex. Game starts at 7:00pm – clock starts and 2 minute penalty assessed if team has not fielded 6 players.
7:05pm – 2 minutes added to original penalty if team has not fielded 6 players
7:10pm – game is forfeited if late team is still in violation.

If your team has not fielded 6 players by 10 minutes into the game clock, the game will be considered a forfeit. No exceptions.

Elbowing:

A minor penalty shall be assessed to any player who uses his elbow to foul an opponent.

Face-Offs:

A face-off shall be conducted at the center circle at the start of each period or after any goal is scored. In the case of coincidental penalties, doubt as to possession, or the ball becoming inadvertently trapped in play there shall be a face-off in the nearest circle.

Players taking the face-off shall place the frames of their sticks flat along the playing surfaces parallel to the center line. The open face of each player's stick shall face his goal, and his feet shall not cross the parallel lines at the circle until the ball is drawn out from the center. The ball shall be placed on the floor between the player's sticks and play shall start with a whistle. The players shall not kick, step on, or touch the opponent's stick with their hands. The players may clamp-down on the ball but shall not deliberately withhold the ball from play. No other players but the two facing off shall be permitted into the circle until the whistle is blown. No other players but the two facing off shall be permitted to play the ball until the ball is drawn out from the center. All other players must line up behind the face-off hash-marks located in the offensive zones.

If a player attempts to face-off in an illegal manner or a player enters circle prematurely, possession shall be awarded to the non-offending team. If a player from each team is in violation the face-off shall be repeated.

Fighting:

A major penalty and a game misconduct shall be assessed to any player who fights and that player shall be liable for suspension or expulsion. See penalty below:

- 1st Fight: 5 min major penalty, expelled from game and suspension for the next game
- 2nd Fight: 5 min major penalty, expelled from game and suspension for next 2 games
- 3rd Fight: 5 min major penalty, expelled for season

If a player is first to join an altercation already in progress, a game misconduct in addition to any other applicable penalties shall be assessed to that player and that player shall be liable.

If there is a clear aggressor in a fight, an additional minor penalty may be assessed to the offending player at the referee's discretion.

Free Hand Play:

If a player touches the ball with a free hand outside of the goal crease, possession shall be awarded to the non-offending team. A goalkeeper may handle the ball with a free hand inside the crease, but if he passes the ball out of the crease using a free hand, possession shall be awarded to the non-offending team.

If any defending player, other than the designated goalkeeper, touches the ball with his free hand while the ball is in the crease, a penalty shot shall be awarded to the non-offending team or if the goalkeeper has vacated the goal crease, a goal shall be awarded to the non-offending team.

If a ball carrier pushes off a defending player or manipulates his stick with a free hand, possession shall be awarded to the non-offending team.

A minor penalty shall be assessed to a defensive player who uses a free hand to push an opponent or his stick.

Goals:

A goal shall be scored when the ball completely crosses the goal line.

Goalkeeper Outside of the Crease:

A goalkeeper by definition is allowed special treatment provided he remains within the crease. Outside of the crease he is a very dangerous player because of the equipment he is allowed to wear. If a goalkeeper charges at or sets up directly a player looking back for a pass, the goaltender shall receive a major penalty. If injury occurs it must be a game misconduct penalty.

High Sticking:

A minor or major penalty shall be assessed to any player who checks an opponent in such a way that contact is made between his stick and the opponent's neck, face, or helmet. Incidental contact may be disregarded.

Holding:

A minor penalty shall be assessed to a player who impedes an opponent's progress by holding with his hands or arms.

Hooking:

A minor penalty shall be assessed to a player who impedes an opponent's progress by hooking with his stick.

Illegal Players:

All players must be officially registered with Philadelphia Box Lacrosse Association. Any team found to be playing with players that are not officially on their roster or PBLA records shall automatically be awarded a forfeit for that game and all individual player statistics recorded for that game will be invalidated for the offending team. Identification may be requested by PBLA Officials or administrators at any time for any questionable player(s).

Illegal Sticks:

A minor penalty shall be assessed to any player who is found to have been using an illegal stick and that stick shall be removed from play.

Injured Players:

At any time, if any players appear to be seriously injured play shall be stopped immediately. If a player appears to have a minor injury play shall be stopped when his team gains possession if he is still on playing surface. The injured player must leave the playing surface if play is stopped.

If a goalkeeper is injured play shall be stopped immediately. If the goalkeeper cannot recover within a reasonable amount of time, he must leave the playing surface. If the goalkeeper is hit the face mask, possession shall be awarded to the goalkeeper.

Interference:

When players are pursuing a loose ball, checking the opponent is permitted. However, if there is no attempt to play the ball, possession shall be awarded to the non-offending team. **NOTE:** Repeated cross-checking shall be considered excessive.

Contact to prevent a player advancing on his opponent's goal or to prevent screening of the goaltender is permitted. If the contact is excessive, it shall be penalized under the appropriate rule.

A player may impede the progress of a non-ball carrying opponent using his body and stick as a pick provided he is in a relatively stationary position when contact is made and does not drive through his opponent. The only permissible offensive moving pick is when both opponents are moving in exactly the same path and direction and the lead player slows down or stops. Violation shall result in possession being awarded to the non-offending team.

A minor penalty shall be assessed to any player who deliberately prevents an opponent from regaining possession of a dropped stick.

A minor penalty shall be assessed if any player not on the floor who interferes with the movement of the ball or an opponent while play is in progress.

Kicking/Kneeing:

A minor or major penalty at the discretion of the referee shall be assessed to any player who kicks or attempts to kick an opponent.

Kicking the ball shall be permitted but a goal may not be scored by kicking the ball directly into the opposing team's goal.

A minor or major penalty shall be assessed to any player who uses his knee to foul an opponent.

Leaving the Bench/Crease:

A minor penalty, in addition to his unserved time, shall be assessed to any player who leaves the penalty bench to join play prematurely.

A minor penalty in addition to any other penalties shall be assessed to a goalkeeper who leaves his crease during an altercation

A major penalty and a game misconduct in addition to any other penalties shall be assessed to any player who leaves his bench during an altercation and that player shall be liable for suspension or expulsion.

A major penalty and a game misconduct in addition to any other penalties shall be assessed to any player who leaves the penalty bench during an altercation and that player shall be liable for suspension or expulsion.

Lodged Ball:

If the ball becomes lodged in a player's stick or back of the goal, play shall stop, the ball shall be freed, and play shall restart with possession to the player or goalkeeper.

If the ball becomes lodged somewhere on the playing floor, play shall stop, the ball shall be freed, and a face-off shall restart play.

Shoot-outs:

Shoot-outs will be used to resolve ties for regular season games. Each shootout contest will consist of three rounds (or alternating turns.)

Each team must select three players and determine the order of shooting prior to the start of the shoot out. Selected players must have played in the game in question.

When ready, the referee shall place the ball on the center circle and start the penalty shot with a whistle. Once the ball has been carried into the attacking zone it must be kept in motion toward the opponent's goal line. The shot shall be considered complete when the ball crosses the goal line or if the shooter stops his motion.

Scorekeeping:

Each team may be requested to provide personnel to keep score and operate the scoreboard and shot clock for the opposite games that night. If this is required, a schedule will be created. An exception to this will be in emergency situations.

Shot Clock Violation: (if shot clocks are used)

When a team gains possession of the ball, they must take a shot on goal within thirty seconds or possession shall be awarded to the non-offending team. The shot clock will be used to time ball possession.

The shot clock shall be reset to thirty seconds whenever possession of the ball changes. The shot clock still advances during loose balls and counts down for the team to last have possession. If possession is gained by the opposing team it shall be reset to thirty seconds as soon as possession of the ball is achieved.

When a shot is made on goal, the referee shall signal for the shot clock to be reset. If the clock reaches zero, a horn shall sound to signal the referee. The referee shall determine whether or not a shot on goal has been taken or possession has changed prior to the signal.

If the remaining time in the period or game is less than thirty seconds, the shot clocks may be disabled since a violation would be impossible.

NOTE: A shot on goal is defined as a shot made by the offensive team that makes contact with the goal tender in the goal frame area, hits the forward goal posts or cross bar, or enters the goal. The shot clock **will not** be reset for shots that are over or wide of the goal. The shot clock will not be reset for shots that rebound off the boards and hit any part of the goal or goal tender.

Slashing:

A minor or major penalty at the discretion of the referee shall be assessed to any player who swings his stick at an opponent or stick checks an opponent's body by winding up beyond his own shoulder. **NOTE:** A controlled stick check to an opponent's stick, gloves, forearms, or elbow in an attempt to jar the ball loose is not a slash.

A minor or major penalty shall be assessed to any player who slash checks a non-ball carrying opponent's body. A minor or major penalty at the discretion of the referee shall be assessed to any player who while in the process of shooting or passing, follows through with his stick and strikes his opponent, but any goal shall count. **NOTE:** A follow through slash is when a player shoots or passes without regard for avoiding contact with an opponent already within his range, not when a defending player moves into his range after forward motion has begun.

Spearing:

A major penalty (and a game misconduct at the discretion of the referee) shall be assessed to any player who spears an opponent. **NOTE:** Spearing is stabbing an opponent with the mouth of the stick. Attempt to spear an opponent can be considered spearing regardless of contact.

Ten Second Rule:

When a team is short handed, they shall advance the ball across the center line within ten seconds of gaining possession of the ball or the non-offending team shall be awarded possession.

Throwing a Stick:

A major penalty shall be assessed to any player who throws a stick or any other object at an opponent.

A bench minor shall be assessed when a stick is thrown from the bench to the playing area for the purpose of replacing a dropped or broken stick. If the stick is picked up or caught, the player receiving the stick shall be assessed an additional minor penalty.

In all other cases, a player shall be assessed a ten minute misconduct for throwing a stick or any object.

Time-Outs:

Each team shall be allowed one 60 second time-out per period with a maximum of three time-outs per game. The time-out shall be granted only during a stoppage in play or when the requesting has possession of the ball.

Tripping:

A minor penalty shall be assessed to any player who uses his stick or any part of his body to trip or check an opponent below the waist.

Unnecessary Roughness (Roughing):

A minor or major penalty shall be assessed to any player who uses excessive contact on an opponent. NOTE: This includes grabbing the face mask, using your helmet, checks made after the whistle or after an opponent has passed or shot the ball, and any contact in an altercation.

Wrap Around:

A minor penalty shall be assessed to any player who impedes the progress of an opponent (including the use of the free hand) with a wrap check.

NOTE: If the player's stick makes contact with the opponent's body, this can be considered a slash.

INFRACTIONS

Possession:

No player shall be allowed within nine feet of an opponent being awarded possession and possession shall not be awarded near or behind an opponent's goal crease.

Penalties:

-Minor penalties require removal of the offending player without substitute for two minutes, unless terminated by an early goal. Bench minor penalties may be served by anyone on the bench at the time of the penalty.

-Major penalties require removal of the offending player without substitute for five minutes, unless terminated early by two goals.

-When penalties to two players of the same team terminate at the same time, the Captain of that team shall determine which player shall return to the playing floor first.

-When a player is assessed a non-coincidental major and one or more minors, the major shall be served first. When a player is assessed a non-coincidental major and another player on the same team is assessed one or more minors, the minors shall be served first.

-Coincidental penalties are those of equal duration assessed to players of both teams that start at the same time. Coincidental majors, but not minors, may be served by a substitute.

-Penalties assessed to a goalkeeper, other than a game misconduct, may be served by one of the players who were on the floor at the time of the penalty.

-If a third player of any team shall be penalized while two players of the same team are serving penalties, the penalty assessed to the third player shall not commence until the penalties to one of the first two players has terminated. If a fourth player of the same team is penalized, a penalty shot shall be awarded to the non-offending team.

Misconducts:

- Ten-minute misconducts require the removal of the offending player with substitute for ten minutes.

- When a player receives a penalty and a misconduct at the same time, a substitute shall serve the penalty.

- Game misconducts require the removal of the offending player with substitute for the remainder of the game. Any penalties incurred by the player shall be served by a substitute.

- A game misconduct shall be assessed to any player receiving his fifth penalty, second major, or second misconduct.

Penalty Shots:

In addition to the circumstances specifically listed in the playing rules, a penalty shot shall be awarded to any player who is fouled, preventing a scoring opportunity, with no defenders between himself and the goalkeeper. If the goalkeeper has vacated the crease, a goal shall be awarded to the player.

In cases where a penalty shot has been awarded, the player who has been fouled shall take the penalty shot. If by reason of injury or penalty for retaliation the player is unable to do so, the shot may be taken by a player who was on the floor at the time of the infraction.

When ready, the referee shall place the ball on the center circle and start the penalty shot with a whistle. Once the ball has been carried into the attacking zone it must be kept in motion toward the opponent's goal line. The shot shall be considered complete when the ball crosses the goal line or if the shooter stops his motion.

Play shall restart with a face-off at center.

Assessment of Penalties:

Should a penalty occur by a player of the team in possession of ball or while the ball is loose, play shall be stopped immediately and the penalty assessed to the offending player.

Should a penalty occur by a player when his opposing team is in possession of the ball, except for checking in the crease, the referee shall signify the penalty by raising his hand. He shall stop and assess the penalty only when the offending team gains possession or is able to contest a loose ball.

Should coincidental penalties occur, play shall be stopped immediately and the penalties assessed to offending players.

If a goal is scored during a delayed penalty by the non-offending team, the penalty shall be assessed but not served unless the offending team is already shorthanded.

If, during a delayed penalty, the ball enters the goal of the non-offending team as a direct result of action of a player of that team, the goal shall be allowed and the penalty shall be assessed in the normal manner.

If, during a delayed penalty, either team commits another infraction, play shall be stopped immediately and the appropriate penalties assessed.

Play shall restart with possession to the non-offending team, except in the case of coincidental penalties, when play shall restart with a face-off.

Suspensions:

In the event that a multi-game suspension is warranted because of an incident, a hearing will take place before all team captains. The length of suspension or other deemed punishment shall be determined by a majority consensus of all team captains

These rules are for the Philadelphia Box Lacrosse Association only. Rules for other leagues will vary. The PBLA rules are based on the Canadian Rules but have been modified to fit the needs and desires of the PBLA. These rules were last modified June 2012.

For league info, schedules, standings, stats, online registration, and updates go to:

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