



Capital Box Lacrosse Classic- RULES

These rules, if a conflict, supersede the US Lacrosse Box Rules. Please refer to the [US Box Lacrosse Rules](#) if there is anything not addressed below. Box Lacrosse penalties are announced by the official on the floor by raising his arm. Offensive team will have possession of the ball until the defensive team gains control of the ball. The Official will then stop play and escort player to the penalty box or award possession of the ball to offensive team.

Format:

- 4 Games minimum guarantee.
- Games will be three 13-minute running time periods. 1-Minute breaks between periods.
- Stop Clock in final minute if game is within 2 goals.
- One 45 second time-out per game anytime. Clock stops.
- NO TIE GAMES. Tie Games go straight to 3-Man Shootout (NHL Hockey Style). Continue until team wins. 5-Man Shootout in a Championship Game
- Tie-Breakers (records): Head-to-Head, Goals Against common opponents, Goals against overall, Goals Scored.

Penalties:

- Technical fouls (in the crease, loose ball push, interference, over and back, etc.) change ball possession. NO Time Served.
- Minor fouls (holding, high stick, hit from behind with possession, charging, Moving picks, minor slashing, etc.). 2 Minute penalty (releasable).
- Major fouls (severe slashing, unsportsmanlike conduct, BOARDING). 4 Minute penalty (un-releasable).
- Major misconduct (fighting, etc.) -- 10:00 penalty (un-releasable) and ejection.

Equipment:

- Mouthpieces are REQUIRED.
- Rib Pads (box or field styles) are STRONGLY ENCOURAGED.
- Cleats or turf shoes are recommended for fields 1, 2, and 3. Basketball or training shoes are required for the sports court on field 4.
- **WALL goalie sticks are NOT permitted.**

Rosters and Waivers:

- Rosters must be submitted by every club and team entering this tournament at least 1 week prior to the start of the event. If a team is found to be using a player not on the roster or too old the team must rectify the situation at once to continue playing and they will be given a 10-5 loss for all games played with an ineligible player before.
- Parents of every player on the above-mentioned rosters is REQUIRED to submit a waiver at www.madlax.com/waiver at least 48 hours prior to the start of the event. MDLX Directors will cross reference rosters & waivers and players not submitting will not be allowed to play.

Additional Rules

Clearing and Off-Sides

You have 10 seconds to clear midline. Once the offensive team clears midline there is NO returning back behind the midline with ball. **This rule is just like basketball.** If the offensive team loses the ball in the defensive zone, it is live until that team touches the ball. Defensive players can play that ball.

Face-Offs

NO CLAMPING. Quick rakes only. All players who are NOT facing off start by standing behind the goal line. The ball is live after whistle for all players on the floor.

Shot Clock

We play a 30 second Shot Clock. If the shot clock is not working, the officials will use a 30-second timer with an audible buzzer and 10 second hand count down.

Fighting and Boarding

- **ZERO TOLERANCE!** Any instigation of fighting will result in suspension from the game and tournament. Leaving the bench to enter altercation will also result in tournament suspension.
- Boarding is any attempt to body check or propel a player with or without the ball into the boards. Boarding is considered any check of this manner within **5 feet** of the boards.
- **Boarding Penalty Guidelines individual player per game.**
1st infraction will result 4-minute non-releasable releasable penalty. Depending on severity of the boarding it could result in a game ejection.
2nd Infraction of same player will result in ejection and or season ending suspension if sever enough.
3rd Infraction will result in season ending suspension.
- ****Loose Ball Play Around Boards**** Players CAN and SHOULD play the ball within 5 feet of the boards during a loose ball. The Player SHOULD NOT PLAY THE MAN or use excessive force to bump, hit, press, or pin the player during this loose ball situation.

Picks / Screens

Picks and screens are allowed in Box lacrosse as they are in outdoor lacrosse. The only difference in Box is that you can shuffle your feet to block players getting by **AFTER you set your feet initially**. Picks/Screens cannot be set to the back or blind side ever.

Substitutions

All subbing is on the fly and through the sub box. Once you touch the wall or net with stick your teammate can jump out the other door. You can sub after fouls and goals as well. You must sub through designated doors.

Sportsmanship

Exemplary sportsmanship is required by all players and parents participating in the Capital Box Lacrosse Classic. Please remember we are all playing this game to have fun, get better, compete, and get ready for a successful spring season. Please support the directors, referees, and coaches in promoting only good hard and fair play.

Details on BOX RULES:

Checking:

- Cross checking (checking with your stick between the hands) is legal UNLESS it is done a) with excessive force, or b) against a player NOT carrying the ball. It must be between the hips and shoulders ONLY.
- Slashing is striking the opposing player in the usual illegal areas (head, neck, leg, back, crotch).
- High Sticking is raising your stick above the shoulder of the opponent. Over-the-head checking, and pencil checking are illegal in box lac.
- All checking fouls will be called as major or minor fouls, depending on severity.

A minor or major penalty shall be assessed to a player/goalkeeper who while in the process of shooting or passing, follows through with the stick and slashes an opponent. Should a goal be scored on the shot, the goal shall be awarded, and the penalty assessed. Unintentionally striking an opponent who is moving into the range of the follow through of a shot or pass should not be penalized.

Warding:

- Warding, the act of pushing the defenseman's stick out of your way, is legal in box lacrosse. However, if the offensive player grasps the defender's stick or body, this is a (technical) foul called a player control foul.
- Grasping an opponent's stick while the ball is loose is a player control foul. Player control rules apply during face-offs.

Charging:

- While a pick setter is allowed to move his feet after setting a pick, interfering with a defensive player without first setting the feet is a penalty. Interference (technical foul) or charging (minor foul) are called, depending on the severity of the infraction.
- Offensive charging is called against an offensive player using his head to butt or attack his defender.

CHECK FROM BEHIND

- A major penalty or match penalty shall be assessed to a player/goalkeeper who at the discretion of the referee, based on the degree of violence of the impact, shall be assessed to any player who intentionally pushes, bodychecks, illegally cross-checks or hits an opposing player from behind anywhere on the floor.
- Where a player is high sticked, cross-checked, body-checked, pushed in any manner from behind into the boards or goal net, in such a way that the player is unable to protect or defend him/herself, a Match penalty shall be assessed.

NOTE: A check from Behind is defined: intentionally pushes, bodychecks, illegally cross-checks, or hits an opposing player from behind anywhere on the floor; intensity of impact affects only the type of penalty assessed.

The Crease:

- Offensive players may not be in the crease while the ball is in the crease. Offensive players **may pass through the crease** or may be in the crease following the scoring of a goal or dive.
- Offensive players may not interfere with the goalie at any time including when the goalie is out of the crease.
- Diving (launching into the crease and shooting while air born) is legal UNLESS contact is made with the goalie.

- The goalie may be stick-checked when carrying the ball out of the crease but may not be body-checked at any time.
- The goalie may not check offensive players at any time.

Boarding:

- No contact is allowed within 5 feet of the boards. Pushing (minor foul) or Boarding (major foul) will be called, depending on the severity.
- Hitting a player from behind and propelling them into the boards is EXTREMELY dangerous, a major misconduct foul, resulting in a 10:00 penalty and ejection. No exceptions.

INTERFERENCE ON LOOSE BALLS

This is a safety issue and must be enforced, players are very vulnerable when they are attempting to pick up a loose ball and they must be protected.

- When the ball is loose, all players must play only the ball. Never can there be any bodily interference with a player attempting to pick up the ball. The severity of the interference will determine the penalization. Less severe would be a possession call. A 'take out' hit would be a minor or a major penalty, and finally a Match penalty can be assessed for hits that are determined to be an Attempt to Injure.

OFF-BALL CONTACT

- When an opposing player is in the offensive zone the defender may apply equal pressure through a cross check pushing the player anywhere in the offensive zone.
- The offensive team must have possession of the ball to engage in off-ball contact.
- The offensive player must be in the offensive zone, or an interference call shall be assessed.
- Offensive players cannot cross check in retaliation, or an interference call shall be assessed.

Unnecessary Roughness:

- Unnecessary roughness can be called for any unsafe play or conduct, resulting in minor or major misconduct penalties.