



Box Lacrosse - League Rules

Registration/Organizational

The team's captain/contact must register the team online or in person.

Teams may submit scheduling requests at time of registration. We will try to honor scheduling requests whenever possible but they are never guaranteed. Only the team captain/contact can submit a scheduling request.

Game times cannot be changed once the full season schedule is released.

The team must pay the referee fee in cash prior to each game.

Teams that forfeit a game are responsible for paying a forfeit fee (both teams' referee fees).

Zero-tolerance policy: Any verbal or physical abuse towards a referee or any other GoodSports USA staff will not be tolerated. Doing so will result in ejection from the facility and possible suspension. This goes for all players, coaches, and spectators before, during, or after a game.

Team Roster

All players must be on their team's roster to play. Teams are recommended to have a minimum of 10 players.

Non-rostered players are not permitted to play. Doing so may result in a forfeit loss. A backup goalkeeper is an exception.

Any issues with non-rostered players playing for the opposing team need to be brought to the attention of GoodSports staff prior to the game.

General Rules

The league is played 6v6, five field players and a goalie.

Game begins with a face-off in the center circle and four players behind restraining lines. At the whistle, players may leave restraining lines and approach the face-off circle. Players cannot reach in or enter the circle until ball is possessed or the ball leaves the circle.

In high school and youth leagues, there is limited contact. In all leagues, there is no checking or riding into the boards. There is NO man/ball allowed, however you may check the stick of a player or box out if you are playing the ball.

The offense cannot reach into the goal crease for a loose ball. Interference with the goalie is a time serving foul.

There is a 30-second shot clock. No counts or offside except for a 5-count on the goalie.

A shot that hits the goal post or the goalie resets the shot clock. A shot off the goalie or net that goes out of play stays with the offense. Any other shot that leaves play goes to the defense.

Once a ball is possessed by the defense outside the crease it cannot return to the crease, i.e. passed back to the goalie to clear.

Once the ball is possessed in the offensive side of the field it cannot go back over the midfield line.

In high school or youth leagues, there is no diving the crease. In men's leagues it is allowed, but the shot must be a legal shot with the ball being shot with feet outside the crease. A shooter's crosse that contacts the net, pipes, or goalie is a violation and the goal will not count.

Moving picks are legal (pick & roll). However, body blocks, cross checks, punches, and unnecessary hits are not a part of a pick & roll and will be penalized accordingly.

A shot to the head of the goalie is a 1 minute penalty. This is a rule in box lacrosse to protect the goalie.

Totaling 5-minutes in personal fouls will result in an ejection.

In box lacrosse, the ball can be kicked. Unlike in field lacrosse however, the ball cannot be kicked into the goal.

There is a slow whistle on fouls in men's box lacrosse. The ball will be blown dead after a shot is attempted, goal is scored, ball goes out of play, or defense gains possession. Ball going back over midfield also stops play.

In youth leagues, a player cannot continue playing without a crosse.

In youth leagues, one handed checks are not allowed.