



Box Lacrosse

Section Overview:

Box League Structures

Box Lacrosse Modified Playing Rules & Mechanics

“Box on a Field” Optional Layout





BOX LEAGUE STRUCTURE

Coaches

Minimum 1 Coach and
1 Trainer per team

Officials

Required for U7 division and above
Minimum 1 minor official*

Equipment

Full equipment for players
Appropriate nets for division

Game Structure

Up to 2 x 20-min halves
Last 2 mins stop time
One timeout per team per game

Optional Variations

Leagues may institute a
5-second player possession rule
or a 2-pass rule

Face-Offs

Replaced by possession
to start the game / half

Scoring Restart

Free-clear to the face-off dot
after goals are scored

On-Body Contact

First infraction: Penalty Shot
Second infraction: Expulsion

Line Changes

Occur dynamically unless
association uses a buzzer

Crease Rules

No diving through the
crease in any division
(penalized as Interference, P/S)

Venue Type

Indoor Arena
Outdoor Box
"Box on a Field"

On-Body Contact is not permitted

Players may not initiate any body-to-body or stick-to-body contact at all during play, including setting picks

First infraction of no-contact rule: penalty shot

Second infraction of no-contact rule by the same player: expulsion from the balance of the game

Junior and Senior Box Leagues are eligible to determine alternate game structures to be approved by VP Junior-Major Jim Leworthy

* Minor official may include a
timekeeper, scorekeeper, and / or
shot clock operator (if applicable)



BOX PLAYING RULES

1/2

Game Play

- Games are no longer than 40 minutes (two 20-min halves, 3-min half time, teams do not change ends, no overtime in league play)
- Stop time is the last 30-seconds of each half (when the score is 5 goals or less)
- Games are played between 3v3 and 6v6
- There is no crease diving by an attacking player in any division (penalty shot for interference if any contact is made)
- Nets are appropriate to the age division

Face-Offs

- The visiting team is awarded possession to begin the game
- The home team is awarded possession to begin the second half
- In all other instances where a face-off may result (player injury, etc.), the team who had the ball last retains possession, unless the injury is sustained by a goalie, in which case the goalie is awarded possession

Post-Goal Restarts

- After a goal is scored, the opposing team is awarded a “free clear” to the face-off dot
- Players may not be within 3m (9ft) of the player who is awarded possession at centre, but may be positioned anywhere else on the floor or field
- The official does not touch the ball with their hands (the home team is responsible for ensuring additional balls are ready when needed)
- Play begins with the official’s whistle

Officials have full control over the game

Aside from these rule modifications, all CLA / OLA playing rules are in effect. Where a situation occurs in any scrimmage or game that is not covered by these rule modifications, the official’s decision is final and is guided by the principle of “erring on the side of caution in the interest of participant safety.” Situations that affect game play should be reported to the appropriate league representative for inclusion in updated versions of this document. Where these RTA protocols are not followed, officials and/or league personnel have the authority to suspend game play and file a report with VP Junior-Major Jim Leworthy or VP Minor Tanya Thompson.



BOX PLAYING RULES

2/2

Substitutions

- Occur dynamically during game play, unless a buzzer system is used to regulate line changes
- For indoor or outdoor boxes, teams should designate entry and exit doors on the bench to maintain consistent pathways for players

Loose-Ball Situations

- Players contesting a loose ball are awarded possession by the “first to reach / quick whistle” rule
- The official nearest the ball will stop play and call out the jersey colour of the player closest to the ball when play is stopped
- The closest player will pick up the ball and their opponent(s) must fall back at least 3m (9ft), and the official will quick whistle to restart play
- Players who do not fall back at least 3m on a “loose ball / quick whistle” are penalized by a Delay-of-Game penalty

Penalties

- No body-to-body contact or stick-to-body contact at all during play, including setting picks
- First infraction: penalty shot
- Second infraction, same player: expulsion
- For double-minor CFB penalties, 2 penalty shots will be awarded, but the player is not expelled if it is their first infraction
- For major, misconduct, gross misconduct or match penalties, the player will be expelled immediately, and 2 penalty shots will be awarded

A note on rule modifications

In order for scrimmages or games to be played, the Province of Ontario mandates modifications to all sports where “contact is inherent to play.” As a result, these rule modifications are mandatory for any sanctioned club playing within their own association or in a cohort league with a neighbouring community. While these modifications will be an adjustment to the way we approach lacrosse, they are rooted in a safety-first approach. In all cases, clubs are advised to ease into activity with a focus on participant safety prior to introducing scrimmages or game play.

box lacrosse GAME MODIFICATIONS ^{1/2}

Start of the Game:

At the beginning of the game, the visiting team is awarded possession of the ball in their own defensive end. For the beginning of the second half, the home team is awarded possession of the ball in their own defensive end. The officials will begin play with a whistle, which will begin the countdown of the game clock.

Goals Scored:

When a goal is scored, the team the goal was scored against is awarded possession at the face-off dot in the centre of the floor. All players (whether teammates or opponents) must be positioned at least 3m (9ft) away from the player who is awarded possession. The officials will begin play with a whistle.

Ball Lodged in Goaltender's Equipment / Crease Violation:

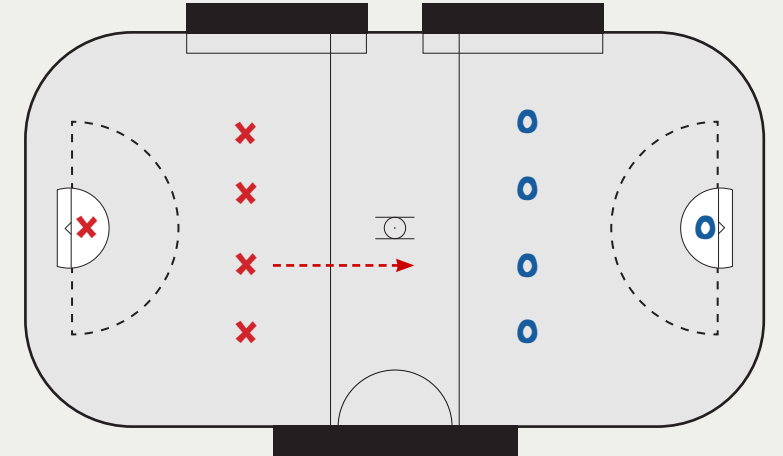
When a player commits a crease violation, or when the ball becomes lodged in the goalie's equipment, the officials will stop play and possession will be awarded to the goaltender within their crease. At no point will the officials touch the ball with their hands.

Loose Balls:

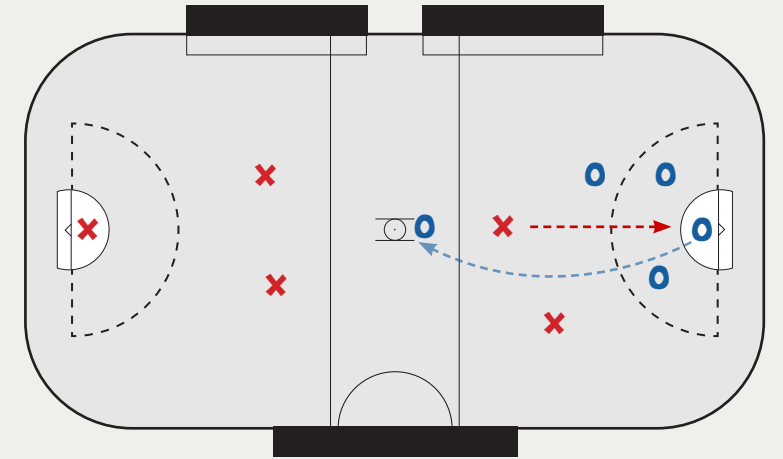
When two players are contesting a loose ball, the officials will apply the "closest player / quick whistle" mechanic to award possession to the team who is closest to the ball. The official will stop play and award possession to the player who is nearest to the ball within a 3m radius. The closest player does not need to reach the ball in order for play to be stopped; once the first player has entered the 3m radius, play is stopped and any opposing players must re-position themselves with enough room for the official to restart play quickly. Players who do not fall back at least 3m on a loose ball to allow for a quick whistle restart are penalized by a delay-of-game penalty.

Line Changes on a Buzzer System:

For associations using a buzzer system to automate line changes at younger age divisions, the team who was in possession at the time of the buzzer will retain possession to restart play.



Visiting Team starts with possession at the beginning of the game. Home Team starts with position for the second half. Officials will not touch the ball with their hands.



After a goal is scored, play will restart at the face-off dot. Players are responsible for bringing the ball to the draw circle. Officials will not touch the ball with their hands.

box lacrosse GAME MODIFICATIONS 2/2

Penalty Shot Procedure:

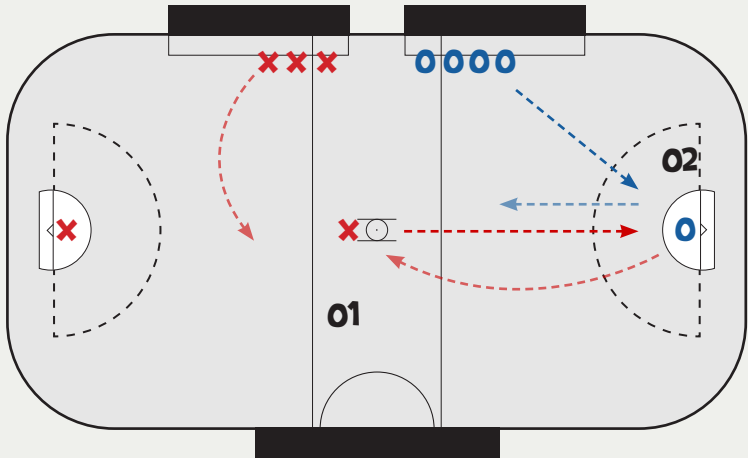
Penalty shots are awarded to the player who was fouled, unless they are unable to take the shot because of injury or expulsion. Penalty shots that are awarded as a result of bench minor penalties can be taken by any player from the opposing team. All penalties are reported by the official, who remains physically distanced from the minor officials, for tracking against each player’s two-penalty limit.

Penalty shots that are awarded as coincidental minor penalties (one penalty to each team) will be canceled out, the offending players must be immediately substituted at the player’s bench, and play is restarted with the team who was in possession at the time of the stoppage. If no team is in possession, the ball is awarded to the goaltender in the defending zone where the infractions took place. All simultaneous penalties can be canceled one-for-one, and if any penalties remain, they will be assessed as penalty shots.

Simultaneous Penalty Cancellation Example 1	
Red Team 2min SL	Blue Team 2min HS
<ul style="list-style-type: none">Neither team is awarded a penalty shotBoth penalized players are sent to the bench and are substituted by teammatesThe officials report both the penalties to the minor officials for the purpose of tracking penalties	

Simultaneous Penalty Cancellation Example 2	
Red Team 2min CFB + 2min CFB	Blue Team 2min HS
<ul style="list-style-type: none">Blue team is awarded one penalty shotBoth penalized players are sent to the bench and are substituted by teammatesThe officials report all of the penalties to the minor officials for the purpose of tracking penalties	

Where a major, misconduct, game misconduct, gross misconduct or match penalty would be assessed, the player is expelled immediately, and the non-offending team is awarded two penalty shots.



The game clock continues to run during all penalty shots, unless less than 30-seconds remains in the half.

The player taking the penalty shot will pick up the ball and go to the centre face-off. All of the other players on both teams line up in front of their respective team benches.

After a penalty shot, play restarts in the crease, regardless of whether a goal is scored or not. The player who took the penalty shot must clear to centre before re-engaging in play.

The defending players can enter their own zone to restart play as soon as the penalty shot is complete.



Fields do not necessarily need to be professionally lined by the municipality; pylons or other markers can be used as a cost-effective and simple solution for clubs to organize box on a field. 30-second clocks are useful, but not required in this format.

This diagram demonstrates how regulation outdoor fields are large enough to accommodate two separate box lacrosse games played simultaneously. By reducing floor costs, associations may take advantage of increased opportunities for players to participate according to these RTA guidelines, while minimizing the health risks associated with indoor participation.