



Raleigh BoxFest Rules & Policies

All divisions, including high school, will use 2017 US Lacrosse Box Lacrosse rules with the following modifications:

Time Factors

- Game Length is two (2) 15 minute running clock periods, with 3-minutes between periods.
- Overtime - pool play: There will be no overtime play in pool play games.
- Overtime - bracket play: There will be no overtime period. A championship bracket game which ends in a tie will proceed directly to a 3-player shootout. If still tied after three attempts, each team will get one shooter each until an advantage is gained. All field players must shoot before anyone can take their second attempt.
- There are no timeouts.
- 30 Second Shot Clock
- 10 second Clearing Count and Back Court Violation - Only applicable when a team is shorthanded due to penalties. In this case once possession is gained in a team's defensive zone they have 10 seconds to clear the ball past the center line. When a loose ball or a player with possession of the ball comes in contact with the centerline of the floor for any reason other than a shot on goal or the defensive team as the last to touch the ball, the ball will be awarded to the offended team.

Game Play

- Faceoffs are not field style. Player's first motion must be straight down the line, no trapping allowed. Faceoffs will occur at the start of each period and after each goal. The players not facing off must start behind the marked line on the field. There is no "release" call. Players may run to the ball once the whistle is blown, but **MUST PLAY THE BALL.**
- Checking rules; All checking from behind is a penalty, even on loose balls. Players will be penalized 2 minutes for a minor hit from behind, and a major penalty of 5 mins. This is the official's discretion. **PLAY THE BALL ON ALL GROUND BALLS.** No Man Ball, No pushing in the back.
- Any hit into the boards is a 2 or 5 minute penalty. A major/flagrant hit into the boards can result in ejection from the game and tournament. This is the official's discretion.
- Cross checking is legal and must occur below the shoulder and above the waste in a pushing manner. Not a pounding or hard punching manner. Referees and coaches are encouraged to instruct players to push with their cross, not cross check violently.
- Crease dive is legal, however if contact is made to the goalie, a 2 min minor or 5 minute major is assessed and the goal is disallowed.
- For a goal to count, the stick head must be above GLE when releasing the ball.
- You cannot bat, kick, or otherwise redirect the ball into the goal without having possession of it in your stick. Quick sticks count, hockey slaps don't count.
- Once possession is clearly secured, a 30 second shot clock will begin. The shot clock resets with a shot hitting the goalie or goal post from above goal line extended. A shot off the back of the

goalie which is released from behind GLE results in possession being awarded to the goalkeeper or defensive team in their own crease.

- Throwing the ball back to the goalie after possession has been gained results in change of possession. Over and back will ONLY be called when the offending team is serving a penalty.
- Substitutions These occur on the fly. Players enter an area that extends the length of the team bench area and about 1.5' off the boards. Incoming players may enter the field of play only once the substituting player enters this area. If substituting in transition, the player leaving the field may step into this area at one end and release the oncoming player at the far end.
- Penalties against the goalie: If only one goalie is dressed, then another player may serve the penalty to maintain game flow. Flagrant/egregious penalties against the goalie can result in ejection even if no other goalie is suited up. Should this occur, the offending team may have to forfeit the win if a substitute goalie is not in goal within a reasonable amount of time. This decision is at the official's discretion.

Penalties

- Minor Foul - 2 Minutes (Penalty released after penalty time expires or on a goal is scored.)
- Major Foul - 5 Minutes (Penalty released after penalty time expires or after 2 goals are scored, if the latter then a team can add a player to go back to even strength but the player who received the major foul must stay in the penalty box for the full 5 minutes of penalty time)
- Match Foul - 5 Minute Major served by the in-home and player is removed from the game.

Contact

- No Body Checking. Defensive players may make contact by interfering with the progress of an attacking non-ball carrier using their body or by placing their stick on the ball carrier in a push checking motion (Place and Push).
- Stick Checking is Permitted.
- When players are pursuing a loose ball, stick checking an opponent's stick and some body contact is allowed. If the body contact is more than equal pressure and a direct attempt to drive the opponent off the ball while making no attempt to play the ball, possession shall be awarded to the non-offending team for interference.
- Any offensive player who deliberately charges directly at a defensive player may be assessed a roughing penalty.
- There is no intentional contact with the goalie or a defender in the goal crease by an attacking player's body or stick. If contact is made to the goalie or a defender a minor foul shall give to the offending player. An official may give a major or match penalty based on the degree of violence of the penalty to an opponent.
- A player who loses their stick may continue to play without their stick. A player may not play with a broken stick. If a stick possesses a danger to any player play should be stopped as soon as possible.

Face-offs, Possession, and Crease Play

- Face-offs shall occur to start each period, after goals are scored.
- A ball is not out of bounds until it touches something that is out of bounds (mesh netting, lighting, ceiling, player on the bench, etc). A player may reach over the boards to catch a ball.
- When a ball goes out of bounds off the goalie or goal post, on a shot, the attacking team will keep possession. If the ball goes out for any other reason the team that did not last touch the ball shall be given possession.

- When a shot hits the goalie's mask or throat protector play is immediately stopped, the official checks for injury and possession is awarded to the goalkeeper or defensive team in their own crease.
- There is no contact with the goal crease or goal by an attacking player's body or stick. If contact is made play shall be stopped for interference and the ball shall be awarded to the offended team.

Player Participation Waiver & Proof of Age

- All players and coaches MUST hold active US Lacrosse Memberships.
- All participants must submit an online waiver to compete in Raleigh BoxFest.
- Age & Profile Information must match Team Rosters submitted by each coach prior to tournament play.