UVM Intramural Sports
Mini/Box Lacrosse Rules

THE GAME AND FIELD

1. The game consists of two (2) fifteen (15) minute halves. The clock will only be stopped for injuries, timeouts, or at a referee or supervisor’s discretion. If a team is leading by ten (10) goals in the second half, or seven (7) goals in the last 2 minutes of the game will end due to the Mercy Rule.

2. Each team is allowed one (1) timeout per half. They may only call for a timeout when they have control of the ball.

3. The playing area will be surrounded by a boundary line. If the ball leaves the field out of the boundary line, possession will change and the other team will have a restart from that spot.

4. The game shall be started with a face-off where the ball will start on the ground; a player from each team will put the head of their sticks next to the ball with the remainder of the stick parallel to the ground. Upon the referee blowing the whistle, the players will try to push the ball into their half of the field. All other players must be outside the center zone and in their own halves. Play will be restarted this way at the beginning of each half and after a goal. Any body contact during the face-off will result in the ball being awarded to the opposing team’s goalie.

5. A goal is scored when the entire ball crosses the goal line, between the posts and under the crossbar; a goal may not be awarded from with-in the goal area.

6. No player may hold the ball for more than ten (10) seconds.

7. Feet may be used to stop the ball or to keep control of the ball (may pass to yourself) but cannot be used to pass to a teammate or score a goal. Hands may be used to stop a ball and then placed directly in front of the player. Hands may not be used to advance the ball or score a goal.

8. In a 50-50 situation any player to cover the ball with their stick will receive one unimpeded chance (about 2 seconds) to pick up the ball. The ref will clearly state when the ball is covered and when the defender is to back off. If the defense does not allow the player to pick up the ball it will be given to the offensive goalie.

9. **Overtime:** A five (5) minute golden goal overtime period will be used. GOLDEN GOAL = First team to score in the overtime period wins and the game ends.

EQUIPMENT

1. All players, including the goalie, will provide their own sticks and protective equipment. All players are required to wear a helmet. If players do not have a helmet, one will be provided by Intramural Sports.

2. Goalies must wear a helmet, chest protector & gloves. Other protective equipment is recommended, but not provided by IMS.

PLAYER RULES

1. Team consists of six (6) players, one of which must be the goalie. In order for the game to be official, there must be at least four (4) players present per team (teams with less than six (6) players may choose to play without a goalie).
2. If at any time there are more then six (6) players on the field the offending team's captain will receive a one (1) minute penalty.

3. **Substitutions:** Substitutions may be made on the fly within the substitution area; a substitute may only enter the court after another player has left the court. Substitutes must remain in the designated area during play. Failure to comply with the above rules will result in a one (1) minute penalty to the captain of the offending team.

4. **Goalies:** The player designated as the goalie, is the only player allowed to use any regulation Goalie Stick. They may use any part of their body to stop the ball but, must distribute the ball using their stick. The goalkeeper may not cross half field and many not score a goal.

**FOULS**

1. **This is a NON-CONTACT/ NON-CHECKING Tournament.** The minimum penalty for checking or intentional contact will be a two (2) minute penalty. Some incidental contact may be allowed at the referee’s discretion.

2. **Crease Violation:** no offensive player may enter the crease. If this occurs, the defensive team will receive the ball behind their goal.

3. **Two (2) minute penalties** - A player will serve two (2) minute penalty in the penalty box and their team will play short-handed for the following penalties:
   
   a. Checking
   b. Illegal substitution (too many players on the court)
   c. Slashing
   d. Tripping
   e. Pushing
   f. Holding

   **The opposing team will receive the ball. The player may be released from the penalty box early if a goal is scored against their team.**

4. **Unsportsmanlike conduct** -A player will serve one (1) minute penalty in the penalty box and their team will play short-handed for the following penalties:
   
   a. Objecting by word of mouth or action to any decision of an official (dissent)
   b. All other Unsportsmanlike Conduct as outlined in the Intramural Handbook
   c. Reckless Actions ** The opposing team will receive the ball. A player may be released from the penalty box early if a goal is scored against their team.**

5. **Ejections** -Players will be ejected immediately for the following fouls:
   
   a. Cross-checking
   b. Receiving three (3), two (2) minute penalties
   c. Using insulting, offensive or abusive language
   d. Leaving the bench area to enter the field during
   e. Exhibiting violent conduct a fight or altercation
   f. Spitting at another person
   g. Physically damaging equipment or the facility

   ** The opposing team will receive the ball. Upon ejection a player may be replaced after a period of two (2) minutes **
6. If any team receives five (5), two (2) minute penalties the referee will terminate the game.
7. **Advantage** – If a foul occurs on a player while on offense the referee will hold up his/her hand signaling a foul. If the team that committed the foul gains possession of the ball, the foul will be enforced. If a goal is scored, the foul will not be enforced.