

NH Sportsplex Official Box Lacrosse Rule Book and Code of Conduct



(Updated October 2024)

Overview-

The Box league will be played during an 8 week session with a 6 game regular season followed by 2 weeks of playoffs. The games will be played on a turf field. Each game consists of two twenty five minute halves. A tie at the end of regulation is decided in sudden-victory overtime. Each team has five runners (forwards, transition players, and defensemen) and a goaltender on the floor during the game.

Rules and Regulations-

Rosters: All teams must have a minimum of 13 players on roster. A team shall be composed of six players on the floor, five runners, and one goalie.

Time Format: Two 25 Minute halves. 5 minute halftime

Timeouts: Each team may take one 45-second timeout per half.

Sudden-Victory Overtime: Games ending regulation play with a tie score are decided by a sudden-victory overtime period. Play continues until a goal is scored. More than one overtime period is played if necessary

8-Second Violation: Occurs when the team on offense fails to advance the ball past midfield within 8 seconds after taking possession at their end of the floor.

Face-Offs: To determine possessions at the start of each quarter and after every goal, two players face their sticks at midfield with a game official placing the ball between the heads of the sticks. A small scrum usually occurs to secure the ball.

Shot Clock: Similar to professional and collegiate basketball, a 30-second clock begins counting down when a team assumes possession of the ball. The offensive team must put a shot on goal during that time or they will lose possession. If they

shoot on goal without scoring and recover possession of the ball (via rebound/loose ball recovery off the goaltender or goal posts), the clock is reset for a new 30 seconds.

Penalties-

Minor Penalties: On two-minute personal fouls, the penalized player is released from the penalty box if a goal is scored before the expiration of the two minutes.

Major Penalties: On five-minute major personal fouls, the penalized player stays in the box for the duration of the penalty, though the offending team returns to full strength if two goals are scored against them during the five minutes. When a second major penalty is imposed on the same player in a game, an automatic game misconduct penalty shall be imposed.

Use of Penalty Shot: Since a team cannot be more than two men down at a time, if a third penalty is called, the official will award a penalty shot to the non-offending team.

Ejection from Game: Players can be ejected from a game for several reasons including being the third man participating in a fight or accumulating two major penalties in one game. Ejections will result in a 1 week suspension from the league

Slow Whistle (Delayed Penalty): If a defending player commits a minor or major penalty against an opponent in possession of the ball, the 30-second shot clock expires, or a goal is scored or possession is gained by the non-offending team.

Coincidental Penalties: When each team is given the same amount of penalty time arising out of the same incident, the offending players shall not be released until the expiration of the penalty. Teams do not lose floor strength, and the ball is awarded to the team who was in possession prior to the fouls.

