



MARCH BREAK LACROSSE

THE WEEK THAT NEVER ENDED!



2020 Return-to-Play

Game Rules

The Game

1. The game shall consist of 2 x 20 minute halves with up to a 3 minute rest between periods. Play will be straight time.
2. Games will be played widthwise on a standard sized soccer field (~35m x 85m).
3. Indoor box lacrosse nets will be used with OLA regulation sized creases.
4. There will be no timeouts.
5. All players on a team shall wear the same coloured jerseys.
6. Loose balls will be played for up to 3 seconds, otherwise the ball will be awarded to the player closest when the ball is contested.
 - a. Trapping a loose ball without the intent to pick it up will result in possession being awarded to the opposing team.
 - b. At any point, there is excessive body contact, or more than 3 players are competing for the ball, play is to be blown dead, and the ball will be awarded to the player closest to the ball when originally contested.
7. Team in possession of the ball retains possession for restart after stoppage for any injury.
8. After a penalty to one player, play shall resume with the non-offending team having possession at center.
9. On a whistle indicating change in possession, the ball must be immediately placed on the ground, failure to do so will result in a delay of game penalty.
10. When the ball, or ball carrier, runs out of bounds, the other team will be awarded the ball closest to the point where the ball went out of bounds.
11. Shots that travel out of bounds shall be awarded to the team who's player is closest to the ball when the ball exits the playing surface.
12. Players are not permitted to run the length of the field, unless on a clear break away, players must execute at least 1 pass (paperweight, tyke, and novice) and 2 passes (peewee and up) while engaged in offensive play.
13. Players are required to play man-on-man defence (peewee and up) to avoid players without equipment blocking shots (goaltending).
14. Dangerous shots -- ball striking another player (regardless of team) on route to the net -- will result in a change in possession.
 - a. It is not considered a dangerous shot if the player moves to block the shot.
15. Shifts will be timed for paperweight level players, recommended shift length is 2 minutes to permit existing players to exit the field, and new players to engage in play, however this can be modified if both coaches are in agreement.



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Players

1. Teams will be made up of at least 8 players and 1 goalie.
2. Before the start of the game, coaches are permitted to negotiate the number of players that will be on the field at one time (i.e. playing 4 on 4, or 5 on 5).
3. Goalies may be permitted to play for more than one team.

Officiating & Bench Staff

1. Each team will have a minimum of one coach.
2. Each game will have a Trainer/Health & Safety Manager shared between teams, provided by the home team.
3. Each game will be officiated by a referee, who will maintain control of the game at all times.
4. Each game will have a time-keeper in charge of keeping score, and the timing of the games.

Equipment

1. Goalies are to play in CLA approved box lacrosse goalie equipment.
2. Helmets with facemask and gloves are mandatory.
 - a. Slash guards and lacrosse approved cleats are optional.
3. Long field lacrosse sticks are illegal and not allowed. There will be no stick measurements.

Checking / Body Contact

1. Controlled stick checks will be permitted.
2. Guiding/bump checks permitted under control.
3. No deliberate contact permitted, only positional defence permitted.



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Face offs

1. Possession at the start of the game shall be awarded by a game of rock-paper-scissors, with the opposing team starting with the ball after halftime.
2. After a goal is scored the goalie is awarded the ball in their crease and the scoring team must retreat past half.

Penalties

1. In lieu of timed penalties, players will be awarded penalties based on the opposing teams shots. For a minor penalty (2 minutes), the offending player will return to their team bench, and their team will play shorthanded until the opposing team takes one shot. After which, the player's penalty is released and play resumes with both teams at even strength.
 - a. Double minor penalty = 2 shots
 - b. Major = 3 shots
 - c. Bench Minor = 3 shots
2. Penalties are stackable. If a player is awarded a penalty and another player from the same team is awarded a penalty before the first player's penalty is released, the second player shall proceed off the field, and be replaced by another player from the bench. The non-offending team shall be awarded another shot before the offending team may return to even strength.
3. In the event that there is a coincidental penalty assessed to both teams, both offending players will return to their respective team benches. Play is resumed with possession given to the team winning the best 2 of 3 in rock-paper-scissors.
4. Players receiving more than 3 penalties in the game shall be expelled for the balance of the game.
5. Any player penalized for fighting will be expelled for the remainder of the return-to-play program.

All other rules will be per OLA interpretation of the CLA Rule and Situation Handbook 2018/2019 Edition.