

Junior Olympics Lacrosse Men's Game Rules

Game Procedures

1. The game shall consist of 5 on field players and 1 goalie.
 - a. A team may have an additional 6 players serve as substitutes on the sideline.
 - b. Each team will be allowed 2 coaches, 1 designated as head Coach.
2. Game time is 4 quarters of 8 minutes running time each.
 - a. 2 minute break after the 1st quarter and after the 3rd quarter.
 - b. 5 minute break for half time between the 2nd and 3rd quarters.
3. The game time shall begin when the official blows the whistle to start the first face off of each quarter.
 - a. The only time game time will stop is:
 1. During a team timeout
 2. During an injury
 3. During the last 2 minutes of the 4th quarter if the score is within 2 goals
4. Each team will be allowed two 30 second timeouts a half.
 - a. A team must be in possession to call a timeout.
 - b. A timeout may be called anywhere on the field.
5. Overtime consists of 4 minute sudden victory periods.
 - a. Each team will receive 1 timeout per overtime period.
 - b. If game remains tied after the first OT, it is followed by additional 4 minute sudden victory OT periods until a winner is determined.
6. Teams will switch ends they are defending after each quarter and OT period.
 - a. Initial ends defending will be determined via a coin toss prior to the start of the game. Winner of the coin toss chooses first alternate possession or end to defend to begin play.
 - b. Alternate possession shall be taken 2 yards inside the closest line including the midfield line. The official's whistle will restart play.
 - c. Prior to the first OT, an additional coin toss will be utilized to determine the end defending.

Alternate possession remains.

Equipment

1. All players' Equipment

a. Crosse

1. Must be 40"-42" in overall fixed length
2. Shooting strings must be located within the top 4" of the top of the head
3. Pocket depth: The official must observe that the top of the ball cannot be seen below the Sidewall

b. Protective equipment:

1. Helmet: NOCSAE approved and an intra-oral mouthpiece
2. Gloves
3. Shoulder Pads
4. Arm Pads

2. Goalie's equipment

a. crosse

1. Must be 40"-72" in overall fixed length
2. The head of the crosse must be 10"-12" wide with a maximum head length of 16 1/2 "

Protective equipment:

1. Helmet: NOCSAE approved and an intra-oral mouthpiece
2. Gloves: may be specially made for goalies
3. Chest protector and throat protector

Play of the Game

1. Each quarter shall start with a face off unless the previous quarter ends with an uneven situation and possession by one team or the other.

2. Restarting Play:

a. After a goal the team scored upon will be awarded possession. Play resumes once the goalie has possession of the ball inside the crease.

b. On an Out of Bounds: The ball shall be awarded to the opposing team at the point where the ball was declared out of bounds. The player shall self start.

1. When the ball goes out of bounds after a shot or pass, the team that caused the ball to go out of bounds shall lose the possession. The ball is awarded where the ball was declared out of bounds. The player shall self start.

2. The player shall restart in bounds with a pass or a step. They may run in from out of bounds.

3. All players must allow 2 yards of space for the boundary restart.

c. After a penalty, timeout or any other stoppage of play: the team being awarded possession shall start the ball 2 yards inside the closest boundary line from where the ball was when play was stopped.

1. If in their offensive half, the closest boundary line may also be the center line.

2. If in their defensive end, play may resume at the spot of the foul.

3. The play shall be restarted with the official's whistle except for technical fouls.

d. Self-Start: Following any technical foul and all boundaries play shall restart with a self-start by the player closest to the boundary or foul. Self-start is not allowed following any time serving foul or anytime the clock has been stopped.

3. Advancing the ball

- a. The goalie, with the ball in his possession, may not remain in the crease for more than 4 seconds.

- b. A timeout, taken while the goalie in possession of the ball in the crease shall not reset the count.

4. Over and Back: Once the ball is over the midline the offensive team may not bring it back over to their defensive end unless the ball was last touched by the defense or a shot leaves the offensive half of the field.

5. Technical Fouls

- a. The penalty for a loose ball technical foul or a technical foul by the team in possession shall be the awarding of possession to the offended team. The player awarded possession may self-start.

- b. The penalty for a time serving technical foul shall be a 20 second non-releasable suspension of the offending player from the game. Restart at the spot of the foul if in the defensive half. The official's whistle shall restart play.

6. Personal Fouls

- a. The penalty for a personal foul shall be a 45 second non-releasable suspension from the game for the offending player.
- b. If the personal foul is of a more serious nature the officials may increase the time served to 90 seconds non-releasable.
- c. If the personal foul occurs in the offended team's defensive half of the field then the ball shall be advanced to their offensive half at midfield.
- d. If the foul occurs in the offended team's offensive half then the ball shall be awarded at the closest boundary line or centerline.
- e. Once the penalty is reported and the offense is ready to restart play, the official should blow their whistle, regardless if the penalized player is off the field or not. Penalty time does not start until the penalized player is seated in the penalty area.
- f. The official's whistle shall restart all time serving penalties.

7. Penalty Time

- a. All technical time serving fouls are 20 seconds non-releasable and personal fouls are 45 or 90 seconds non-releasable.
 - 1. Penalty time begins when the player serving the penalty is seated in the penalty area.
The player must remain seated for the entirety of the penalty time.
 - 2. Any player serving a technical or personal foul must serve the entire time.
 - 3. If a goal is scored before a technical foul is assessed then the penalty is eliminated.

8. Fouling Out

- a. Any player that accumulates more than 3 minutes of personal foul time served shall not be permitted to reenter the game. He is disqualified.

