

# Winter Box League Rules & POE

## League Rules:

6 players per team on the floor at a time (5 runners and 1 goalie)

Running clock: 4, 12-minute quarters; 2 minutes between quarters and for half time

Shot Clock: A 30-second clock begins (counting down) when a team assumes possession of the ball. If the offensive team recovers the ball after the shot, the shot clock resets to 30 seconds. A SHOT is ONLY considered a SHOT when it makes contact with the Goal Pipe or the goalie.

Time Outs: Each team may take one 30-second timeout per half

Minor Penalty: 2 minute, releasable penalty, could be technical OR personal fouls in field lacrosse

Major Penalty: Five minute, non-releasable penalty for infractions deemed as extreme unsportsmanship

Overtime: Braveheart

**NO TAKEOUT OR TAKEDOWN BODY CHECKS WILL BE TOLERATED AND WILL RESULT IN EJECTION FROM THE GAME. 2ND INFRACTION IS EJECTION FROM THE LEAGUE.**

## Equipment & Other Notes:

No cleats; running/tennis shoes recommended. Rink is constructed of an all-purpose surface similar to a basketball court but more forgiving to falls

No illegal picks (arms must stay at your sides when setting a pick)

Goalie's wear big pads that will be provided, but goalies should still bring all their equipment

All substitutions are on the fly

No long poles

Players are required to wear ABLA pennies. Box Jersey & mouthpiece required

No cross checking