

Philadelphia Box Lacrosse Association 2018 Official Rules

Overview: The rules of Philadelphia Box Lacrosse Association are based on the rules set forth by the Canadian Lacrosse Association. Rules have been modified to adapt to rink dimensions and other conditions as well as the desires of the PBLA.. These rules were last modified and adopted May 2018. Items in italics represent added or changed rules.

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Rule 1: The Lacrosse Stick

The lacrosse stick shall measure not more than 46 inches, nor less than 40 inches in length, and not more than 8 inches, or less than 4.5 inches in width inside the frame. No stick may be constructed, modified or strung in any way to withhold the ball from play or give a player an advantage over their opponent. The ball must fall out of the stick when inverted horizontally

The goaltender's stick may not be more than 15 inches in width but of any length. Nothing may be added to or attached to the outside of the stick. The measurement for width is to be inside frame measurement. There shall be no limit on the depth of the goaltender's pocket. Examination of sticks will only be performed after requested by the Captain/Alternate Captain during a stoppage in play. A minor penalty will be assessed to one of the teams. *Due to their extra large outer dimensions, wooden goaltender sticks are not permitted.*

Rule 2: Equipment

All players are expected to wear appropriate protective gear that is well maintained.

All players (including goaltenders) shall wear suitable and approved helmets for lacrosse.

All helmets shall meet NOCSAE or CSA approval with a chinstrap that is properly secured during play. Goaltenders MUST wear appropriate throat/neck guards.

PLAYERS' EQUIPMENT:

"All players are required to wear protective gloves, shoulder and arm pads, and a back/kidney pad, which must be approved for lacrosse. Players participating on the floor without all of the above equipment shall be assessed a two-minute minor and a game misconduct penalty.

*Referees shall not allow the use of any equipment that in their opinion is liable to cause injury. Referees shall report to the PBLA any case where dangerous equipment has been used."*¹

GOALTENDER EQUIPMENT:

"With the exception of the stick, all equipment worn by a goaltender must be solely constructed for the purpose of protection of the head or body, and must not include anything which would give the goaltender undue assistance in keeping goal.

The goaltender shall wear an approved helmet, facemask, and throat guard.

*The goaltender shall wear approved gloves for box lacrosse, not altered in any manner from the manufactured form. **NOTE:** Trappers and blockers are not allowed.*

The goaltender shall be allowed the use of CLA Category 3 approved lacrosse leg guards, but at no time shall be allowed the use of other material beyond the edge of the leg guard..

The goaltender shall be allowed the use of approved CLA Category 3 chest, shoulder, arm pads, leg guards and pants. All this equipment must conform to the shape of the body and must not include anything which would give the goaltender undue assistance in keeping goal.

The goaltender shall not be allowed the use of abdominal aprons or a jersey extending down the front of the thighs on the outside of the pants, below the crotch area. This prohibits the use of any type of material added to the team jersey.

The goaltender shall be allowed the use of approved safety toed shoes.

*All protective equipment except gloves, headwear, shoes or leg guards, must be worn entirely under the goaltender's uniform."*²

¹ Rule 13 – Players' Equipment." *Rule and Situation Handbook for Box Lacrosse 2017-2018*, Canadian Lacrosse Association, 2017, pp. 19–20, [secure.pointstreaksites.com/files/uploaded_documents/2253/2017-2018_CLA_Box_Lacrosse_Rule_and_Situation_Handbook_\(Encrypted\).pdf](https://secure.pointstreaksites.com/files/uploaded_documents/2253/2017-2018_CLA_Box_Lacrosse_Rule_and_Situation_Handbook_(Encrypted).pdf)

² Rule 12 - Goalkeepers Equipment." *Rule and Situation Handbook for Box Lacrosse 2017-2018*, Canadian Lacrosse Association, 2017, pp. 16–19,

Goaltender equipment checks will be made by referees before or during games. League calipers will be used to measure dimensions. Goaltenders can not play with equipment that does not comply with set rules. The goaltender can use the PBLA equipment, if available. A MAJOR PENALTY will be assessed if the infraction occurs during a game and the player will not be able to return to play until he is wearing equipment that complies with the set rules. (Modified 5/2017)

CHEST AND ARM PROTECTORS					
CLA GOALKEEPER EQUIPMENT STANDARD	AGE(S)	AGE DIVISION	MAX. WIDTH OF PADDING OUTSIDE OF ARM ON EACH SIDE	MAX. WIDTH OF ARM PADDING	MAX. THICKNESS ABOVE SHOULDER PLANE
3	16 + Years	Senior & Junior	4"	8"	3"
	13-21 Years	Bantam, Midget & Intermediate	4"	8"	3"

SHIN GUARDS AND PANTS					
CLA GOALTENDER EQUIPMENT STANDARD	AGE(S)	AGE DIVISION	SHIN GUARD MAX. WIDTH BELOW KNEE	SHIN GUARD MAX. OF KNEE CAP	PANTS MAX. THIGH WIDTH
3	13 + Years	Senior, Junior, Intermediate, Midget & Bantam	Tapered from 9" to 7"	11"	11"

Rule 3: The Teams

Each team shall be composed of six players, one of which may be a designated goaltender, and substitutes, one of which may be an additional designated goaltender. Except for the purpose of defending against a penalty shot, any substitute goaltender entering the game for the first time shall be permitted a warm-up not exceeding two minutes and must remain in the crease until play resumes.

Each team shall select one Captain and two Alternate Captains. Only the Captain/Alternate Captain may ask for the referee's interpretation of a rule which has been applied. Only one

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³ Appendix A – Goalkeeper Equipment Specifications." *Rule and Situation Handbook for Box Lacrosse 2017-2018*, Canadian Lacrosse Association, 2017, pp. 121–122,

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Captain from each team may be involved in a conversation with an official. If a team's Captain or Alternate Captain is not present for the game another player may identify himself or herself as a Captain to the head referee before the game. If a Captain withdraws from the contest due to injury or disciplinary reasons, another player may identify himself or herself as a Captain to the head referee at that time or at another stoppage in play. (Modified 8/2017)

Teams can hold up to 23 players provided two are goaltenders who can never play as a forward. If a team only has one goaltender, their roster will be limited to 22 players total.

Rule 4: The Game

The duration of a game shall be three, twenty minute running time periods. If the score of the game is a difference of two goals or less in the last two minutes of the third period the game clock shall be altered to stop-time. Time will also be stopped for the assessment and recording of penalties.

The teams shall change ends after each period and there shall be a two minute intermission between the first and second periods and a three minute intermission between the second and third periods.

If at the end of regulation time the score is tied, a shoot-out will be used to break the tie. The shootout will consist of three rounds and tiebreakers if needed. If the game is a playoff, additional periods shall continue with five minute intermissions until a sudden death goal is scored. There shall be no shoot-out in the playoffs.

If any unusual delay occurs within five minutes of the end of the first, second, or any overtime periods, the referee may order the intermission to be taken immediately and the balance of time added to that of the next period. If the event of excessive heat or other conditions caused by weather, teams may opt for shorter periods/game time provided both teams and the officials agree prior to the game.

If Philadelphia temperatures during the day exceeded 90 degrees the captains and officials may consider to agree to go with 18-minute periods (a 54-minute game). If a more extreme situation exists and further time needs to be cut, due to flooding for example, that again can be agreed to by captains and officials. For a game to be considered "complete" there must be at least 36 minutes of competition.

Rule 5: Standings

League team place standings will be calculated by points earned for wins and losses for teams. A win earned in regulation time without a shoot-out equals 3 points. A win earned in a shoot-out situations equals 2 points. A loss in regulation time will equal 0 points but a team that loses in a shootout will be awarded 1 point.

The top four teams in the standing will advance to the playoffs. The first place team will play the fourth place team. The second and third place teams will play each other. The winners will play for the championship.

In the event of a tie in the standings the tie breakers will go as such:

- 1) *Head to head record -- This is based on the standing points system. For example if Team A wins a regulation game vs Team B and Team B wins a shootout vs Team A, Team A would take the high seed. Goals scored in-game are not factored in. Hence, if Team C defeated Team D by a score of 10-5 and Team D defeated Team C 15-2, then they are 1-1 against each other and still tied.*
- 2) *Regulation Wins -- This means if a two teams tied in points but one team earned more points thru regulation wins as opposed to a combination of shootout wins and losses, the team with more regulation points takes the higher seed.*
- 3) *Winning percentage -- This would only come into play in the event of a shortened season, which could be due to excessive rainouts, a facility issue, or some unforeseen circumstance out of the PBLA's control, which led to some imbalance of games being played and no reasonable way of playing those games. The system used would be 1.000 for a regulation win, .667 for a shootout win, .333 for a shootout loss, .000 for a regulation loss.*
- 4) *Goals for and against differential -- If Team A scores 120 goals and gives up 100 goals and Team B scores 110 goals and gives up 95 goals, Team A would take the higher seed due to its plus 20 goal differential. **(Please note: The PBLA rule of a per-game max of 15 goal differential applies to discourage "running it up" on opponents. Hence a team with 120 goals scored who had won a game 22-2 would have five goals deducted from its goals-scored total for the purpose of tiebreakers.)***
- 5) *If the goal differential was the same the next tiebreaker would be the lower goals-against.*
- 6) *In the unlikely event of a standings tie after all of those issues were factored in, in the event of a tie for the last playoff spot only, a preference would be given to a team with the longer current streak of missing the playoffs. New teams and the playoff teams from the previous season would be give a 0.*
- 7) *Play-in game or coin toss. For first, second and third place a coin toss applies here. For the final playoff spot all efforts would be made to avoid a coin toss ending a team's season. A play-in game date and location would be sought and conducted ASAP. (Modified 8/2017)*

Rule 6: Conduct with Officials (referees, scorekeeper, league officers, and volunteers)

A major penalty and game misconduct shall be assessed to any player who threatens or makes intentional contact with a referee or any other game official and that player shall be liable for suspension or expulsion from the league. NOTE: There may be times when it is necessary for an official to make contact with a player (as in stopping altercations or preventing a player from

leaving the penalty bench early) but these times do not invalidate this rule.

A ten minute misconduct shall be assessed to any player who shows disrespect for a referee's ruling or uses any abusive language or actions.

A minor penalty for unsportsmanlike conduct shall be assessed to any player who does not immediately proceed to the penalty box after receiving a penalty.

A minor penalty for unsportsmanlike conduct shall be assessed to any player other than the Captain/Alternative Captain who questions a referee's ruling. A bench minor penalty shall be assessed to the offending team if the offending player cannot be identified.

If a team refuses to continue play after a referee's ruling, the game shall be declared ended and forfeited to the non-offending team.

If involved in a fight, the combatants must stop all fighting upon referee intervention.

Game misconducts or league expulsion may be assessed to any player who abuses an official league administrator, league volunteer, or score/stat keeper. (Added 8/2017)

Rule 7: Team Jerseys

All players must wear the PBLA team jersey given to him at the beginning of the season. No player may participate in a league game without a league jersey unless permission is granted from the league President or surrogate prior to play.

All equipment must be covered by the jersey, therefore cutting the jersey, (sleeves, collar, waist, etc.) is illegal. Any player who has cut or altered his jersey will not be allowed to participate in league games until the jersey is replaced at the offending player's expense. In addition, the offending player's team shall be assessed a two minute bench penalty for each offense observed by the official. In the event that a player rips or tears his jersey during a league game, the player may continue play without penalty; however, the jersey must be repaired or replaced before he may participate in another league game.

PLAYING RULES

Rule 8: Attempt to Injure

A 5 minute major penalty (10 minutes if injury is caused), game misconduct, and a suspension for the next two games shall be assessed to any player who attempts to injure an opponent and that player shall be liable for expulsion. This penalty shall be treated as though it is a player's

second offense for fighting. If the offending player receives a fighting major or another “attempt to injure” at a later time in the season, or has already received a fighting major, the player will be expelled for the season.

Rule 9: Back in / Back over

If any member of a short-handed team carries or causes the ball to go back over the center line in any other manner than a shot on goal, possession shall be awarded to the non-offending team.

Rule 10: Ball Out of Bounds

A ball is not out of bounds until it touches something that is out of bounds. If the ball goes out of bounds, the referee shall award possession to an opponent of the player who last touched the ball nearest the spot where the ball went out of bounds. If the ball is deflected out of bounds by the goaltender or deflects off the goal, the offensive team will be given possession. If the referee is in doubt as to who last touched the ball there shall be a face-off in the nearest circle.

Rule 11: Ball Striking Referee

If the ball hits a referee it shall be in play unless deflected directly into the goal or out of bounds, in which case there shall be a face-off.

Rule 12: Boarding

A major penalty shall be assessed to a player who checks an opponent in such a manner that causes the opponent to be thrown into the boards.

A game misconduct shall be assessed to any player who injures an opponent as a result of boarding and that player shall be liable for suspension or expulsion. NOTE: Trapping an opponent along the boards is not boarding but all players must be responsible for making a controlled check along the boards. This includes slowing or stopping momentum if necessary.

Rule 13: Broken Stick

If a player's stick breaks he must drop it immediately but he may continue to play without it provided he remains within the other playing rules. A goaltender may continue to play with a broken stick provided he and his stick remain within the goal crease. Violation shall result in a minor penalty to the offending player.

Rule 14: Butt-Ending

A major penalty (and a game misconduct at the discretion of the referee) shall be assessed to a player who butt-ends an opponent. *NOTE: Attempt to butt-end an opponent can be considered butt-ending regardless of contact.*

Rule 15: Change of Players (Too many men)

Substitution of players may be made during a stoppage in play for a face-off, or after a penalty is assessed. Substitutions may be made at other times, provided the players leaving the playing area are at the player's bench and out of play before the change is made. Violation shall result in a bench minor penalty to the offending team. In the last minute of regulation play, violation shall result in a penalty shot for the non-offending team. *NOTE: A player may return to the bench without penalty provided he stays within the immediate area of the bench (or dotted substitution box if available) and does not become involved in play.*

Rule 16: Charging

A minor or major penalty shall be assessed to a player who jumps into an opposing player or runs more than three strides into an opposing player. *NOTE: This does not apply to strides made to pursue the opposing player if he is not stationary but all players are responsible for making a controlled check including slowing momentum if necessary.*

Any check in which a player blindly runs into an opponent is also considered a charge. This also includes "setting-up" a player for dangerous check while he is receiving a pass (e.g.buddy pass).

Rule 17: Checking From Behind

A minor or major penalty shall be assessed to a player who checks an opponent from behind, except when the opposing player is backing toward the player or turns his back to protect the ball. *NOTE: When a player follows the path of an opposing player in pursuit of him, he must be responsible not to check from behind, including slowing momentum if necessary.*

If the check from behind is made along the boards, a major penalty can be assessed.

Rule 18: Crease Play

The goal crease area is to be a circle with a 9 foot radius cut off flat 6 inches behind the goal line to the back of crease.

Reaching in the crease to retrieve the ball or push the ball into the net is permitted however play

immediately stops if any contact is made with the goaltender. Also, once the goaltender has possession, the crease cannot be violated.

If an offensive player, with or without the ball, is pushed into the crease, he will be given a chance to leave the crease before being called for a crease violation. No shots or contact with the goaltender or goal can be made while in the crease regardless of reason of entry.

A minor penalty shall be assessed to a player who cuts through an opponent's crease to check the ball carrier.

If a player cuts through an opponent's crease to recover a loose ball, possession shall be awarded to the opponent.

If a player cuts through an opponent's crease to pursue a ball carrier, the team in possession shall be awarded a free-clear and fresh shot clock upon restart of play.

If a player checks an opponent who is within the crease, he shall be assessed a minor penalty.

Defenders may run through their own crease to check opponents.

The offensive team on gaining or being awarded possession of the ball within their own goal crease, must pass or carry the ball out of the crease within five seconds or possession shall be awarded to the opposing team. *If a team fails to advance out of the crease in the last few seconds of a game or period the referee may opt to award a penalty shot to the non-offending team.* (added 8/2017)

Players other than the goaltender may enter their own crease to retrieve a loose ball but no player (including the goaltender) may carry the ball back into their own crease after gaining possession outside the crease, or possession shall be awarded to the opposing team.

Passing to goaltender in the crease is permitted but is limited to one pass per team possession.

Entering and crossing the plain of the crease when making a shot in the crease is permitted provided the ball crosses the goal line before the shooter makes contact with the floor.

Players are permitted to dive across the crease provided the player only enters from the side and the ball crosses the goal line before the shooter makes contact with the floor. An automatic minor penalty is assessed if the shooter makes contact with the goaltender.

Any player that enters the crease and makes contact with the goaltender in the crease in a manner that could injure the goaltender may be assessed a **5 minute major** penalty.

Rule 19: Cross-Checking

A minor or major penalty shall be assessed to a player who cross-checks an opponent if the opponent is not in possession of the ball. NOTE: This does apply to a defender preventing an opponent from advancing on his goal.

Rule 20: Delaying the Game

A minor penalty shall be assessed to any player or team that is not on the playing floor ready to start or continue the game when instructed by referee. If the players of one team are on the floor but not in position, the referee may conduct a face-off with only one center man.

A minor penalty shall be assessed to the team of a Captain/Alternate Captain who requests examination of a stick that is deemed legal.

A minor penalty shall be assessed to any player who does not drop the ball or knocks or shoots the ball away after play is stopped.

A minor penalty shall be assessed to any player who displaces a goal from its normal position. *Goaltenders are responsible for either maintaining the goal in proper position or alerting the closest official that the goal is ajar. Failure to comply will result in a warning by the referee and then two-minute bench minors for subsequent offenses. (Added 8/2017)*

In the last 2 minutes of play, a violation shall result in a penalty shot for the non-offending team.

A minor penalty shall be assessed to any player who, while the ball is outside the crease, deliberately withholds the ball from play, except when facing off. If the ball is inadvertently withheld from play, there shall be a face-off in the nearest circle.

A bench minor penalty will be assessed to any coach or team volunteer who does not vacate the playing floor after a time-out. (Added 8/2017)

Games will start promptly on time. Game clock will start on time. If your team has not fielded six players at the start of the game your team will receive a 2-minute delay of game penalty. If your team has not fielded six players within 5 minutes from the start time your team will be penalized an additional 2 minutes. All penalties will start when the late team is ready to play and must be physically served – a man must be in the penalty box for the duration of the penalty.

Ex. Game starts at 7:00 pm – clock starts and 2 minute penalty assessed if team has not fielded 6 players.

7:05 pm – 2 minutes added to original penalty if team has not fielded 6 players

7:10 pm – A game shall be forfeited if late team is still in violation. If the team's players are in the building but not yet "dressed" and "equipped" for play the referee will award a goal to the non-offending team. The offending team will have until 15 minutes of the scheduled start time to

be on the floor. At that point the score will be 1-0 and the offending team will be man-down for 4 minutes.

If a team has not fielded 6 players by 15 minutes into the game clock, the game will be considered a forfeit. No exceptions.

(See Rule 54 for ramifications of forfeiture)

Rule 21: Elbowing

A minor penalty shall be assessed to any player who uses his elbow to foul an opponent.

Rule 22: Face-Offs

A face-off shall be conducted at the center circle at the start of each period or after any goal is scored. In the case of coincidental penalties, doubt as to possession, or the ball becoming inadvertently trapped in play there shall be a face-off in the nearest circle.

Players taking the face-off shall place the frames of their sticks flat along the playing surfaces parallel to the center line. The open face of each player's stick shall face his goal, and his feet shall not cross the parallel lines at the circle until the ball is drawn out from the center. The ball shall be placed on the floor between the player's sticks and play shall start with a whistle. The players shall not kick, step on, or touch the opponent's stick with their hands. The players may clamp-down on the ball but shall not deliberately withhold the ball from play.

No other players but the two facing off shall be permitted into the circle until the whistle is blown. No other players but the two facing off shall be permitted to play the ball until the ball is drawn out from the center.

All other players must line up behind the face-off hash-marks located in the offensive zones.

If a player attempts to face-off in an illegal manner or a player enters circle prematurely, possession shall be awarded to the non-offending team. If a player from each team is in violation the face-off shall be repeated.

Rule 23: Fighting

A major penalty and a game misconduct shall be assessed to any player who fights and that player shall be liable for suspension or expulsion. See penalty below:

- 1st Fight: 5 min major penalty, expelled from game and suspension for the next game
- 2nd Fight: 5 min major penalty, expelled from game and suspension for next 2 games
- 3rd Fight: 5 min major penalty, expelled for season

If a player is first to join an altercation already in progress, a game misconduct in addition to any other applicable penalties shall be assessed to that player and that player shall be liable.

If there is a clear aggressor in a fight, an additional minor penalty may be assessed to the offending player at the referee's discretion.

A player receiving a Game Misconduct in the 3rd period of a regular season game is suspended for the next game

A player receiving a Fighting Major at any point in a game is suspended for the next game.

It is the penalized player and team captain's responsibility to check the scorebook for any information regarding the penalty and serve the suspension accordingly. Ignorance to the assessment of a "Fighting" penalty is not an excuse for mistakenly playing in the next game.

In the event of a player illegally playing in the subsequent game the following actions will be taken by the league:

The player and team captain will be suspended for the next game

The player will be removed from the game immediately

If the player was not discovered until the third period of the game he/she will be suspended for the next two games

If the opposing team is the entity that discovers the suspended player playing in the game all of the same actions above are enforced as well as one goal will be removed from the offending team's current score (This is regardless of whether the suspended player scored or not. Stepping foot on the floor is enough.). (Modified 8/2017)

Rule 24: Free Hand Play

If a player touches the ball with a free hand outside of the goal crease, possession shall be awarded to the non-offending team.

A goaltender may handle the ball with a free hand inside the crease, but if he passes the ball out of the crease using a free hand, possession shall be awarded to the non-offending team.

If any defending player, other than the designated goaltender, touches the ball with his free hand while the ball is in the crease, a penalty shot shall be awarded to the non-offending team or if the goaltender has vacated the goal crease, a goal shall be awarded to the non-offending team.

If a ball carrier pushes off a defending player or manipulates his stick with a free hand, possession shall be awarded to the non-offending team.

A minor penalty shall be assessed to a defensive player who uses a free hand to push an opponent or his stick.

Rule 25: Goals

A goal shall be scored when the ball completely crosses the goal line.

Rule 26: Goaltender Outside of the Crease

A goaltender by definition is allowed special treatment provided he remains within the crease. Outside of the crease he is a very dangerous player because of the equipment he is allowed to wear. *A double minor or major penalty plus a game misconduct shall be assessed to a player/goalkeeper who, at the discretion of the Referee, based on the degree of violence of the impact, intentionally pushes, body-checks, illegally cross-checks or hits an opposing player from behind anywhere on the floor. (Modified 8/2017)*

Rule 27: High Sticking

A minor or major penalty shall be assessed to any player who checks an opponent in such a way that contact is made between his stick and the opponent's neck, face, or helmet. Incidental contact may be disregarded.

Rule 28: Holding

A minor penalty shall be assessed to a player who impedes an opponent's progress by holding with his hands or arms.

Rule 29: Hooking

A minor penalty shall be assessed to a player who impedes an opponent's progress by hooking with his stick.

Rule 30: Illegal Players

All players must be officially registered with Philadelphia Box Lacrosse Association. Players will only appear on rosters if they have officially registered with the PBLA.

Any team found to be playing with players that are not officially on their roster or PBLA records shall automatically forfeit that game. All individual player statistics recorded for that game will be invalidated for the offending team.

Official photo identification (state issued ID, school ID, etc) may be requested by PBLA Officials or administrators at any time for any questionable player(s). Hence, all players are required to have identification with them at PBLA games.

Rule 31: Illegal Sticks

A minor penalty shall be assessed to any player who is found to have been using an illegal stick and that stick shall be sent to the scorer's box and removed from play for the duration of the game. No adjustments or modifications may be made once the stick is found to be illegal until after the game.

Rule 32: Injured Players

At any time, if any players appear to be seriously injured play shall be stopped immediately. If a player appears to have a minor injury play shall be stopped when the player's team gains possession if he or she is still on playing surface.

The injured player must leave the playing surface if play is stopped or a Delay of Game penalty will be assessed.

If a goaltender is injured play shall be stopped immediately. If the goaltender cannot recover within a reasonable amount of time, he or she must leave the playing surface. If the ball hits the goaltender in the mask/helmet, play will continue unless an injury has occurred.

Rule 33: Interference

When players are pursuing a loose ball, checking the opponent is permitted. However, if there is no attempt to play the ball, possession shall be awarded to the non-offending team. *Repeated cross-checking shall be considered excessive. NOTE: This is a rule in which box lax differs field lax. In field a defender can specifically take the "man" if they are within 5-yards of the ball. In box the player must be making an attempt at the ball. (Modified 8/2017)*

Contact to prevent a player advancing on his opponent's goal or to prevent screening of the goaltender is permitted. If the contact is excessive, it shall be penalized under the appropriate rule.

A player may impede the progress of a non-ball carrying opponent using his body and stick as a pick provided he is in a relatively stationary position when contact is made and does not drive through his opponent.

The only permissible offensive moving pick is when both opponents are moving in exactly the same path and direction and the lead player slows down or stops. Violation shall result in possession being awarded to the non-offending team.

A minor penalty shall be assessed to any player who deliberately prevents an opponent from regaining possession of a dropped stick.

A minor penalty shall be assessed if any player not on the floor who interferes with the movement of the ball or an opponent while play is in progress.

Rule 34: Kicking/Kneeing

A minor or major penalty at the discretion of the referee shall be assessed to any player who kicks or attempts to kick an opponent.

Kicking the ball shall be permitted but a goal may not be scored by kicking the ball directly into the opposing team's goal.

A minor or major penalty shall be assessed to any player who uses his knee to foul an opponent.

Rule 35: Leaving the Bench/Crease

A minor penalty, in addition to his unserved time, shall be assessed to any player who leaves the penalty bench to join play prematurely.

A minor penalty in addition to any other penalties shall be assessed to a goaltender who leaves his crease during an altercation

A major penalty and a game misconduct in addition to any other penalties shall be assessed to any player who leaves his bench during an altercation and that player shall be liable for suspension or expulsion.

A major penalty and a game misconduct in addition to any other penalties shall be assessed to any player who leaves the penalty bench during an altercation and that player shall be liable for suspension or expulsion.

Rule 36: Lodged Ball

If the ball becomes lodged in a player's stick, he shall lose possession.

If the ball becomes lodged on back of the goal play shall stop, the ball shall be freed, and play shall restart with possession to the player or goaltender.

If the ball becomes lodged somewhere on the playing floor, play shall stop, the ball shall be

freed, and a face-off shall restart play.

Rule 37: Shoot-outs

Shoot-outs will be used to resolve ties for regular season games.

Each shootout contest will consist of three rounds (of alternating turns.) The "Home" team decides which team shoots first.

Each team must select three players and determine the order of shooting prior to the start of the shoot out. Selected players must have played in the game in question.

When ready, the referee shall place the ball on the center circle and start the penalty shot with a whistle.

Once the ball has been carried into the attacking zone it must be kept in motion toward the opponent's goal line. The shot shall be considered complete when the ball crosses the goal line or if the shooter stops his motion.

Rule 38: Scorekeeping

Each team may be requested to provide personnel to keep score and operate the scoreboard for the opposite games that night. If this is required, a scheduled will be created.

Rule 39: Shot Clock Violation

When a team gains possession of the ball, they must take a shot on goal within thirty seconds or possession shall be awarded to the non-offending team. The shot clock will be used to time ball possession.

The shot clock shall be reset to thirty seconds whenever possession of the ball changes.

The shot clock still advances during loose balls and counts down for the team to last have possession. If possession is gained by the opposing team it shall be reset to thirty seconds as soon as possession of the ball is achieved.

When a shot is made on goal, the referee shall signal for the shot clock to be reset. If the clock reaches zero, a horn shall sound to signal the referee. The referee shall determine whether or not a shot on goal has been taken or possession has changed prior to the signal.

If the remaining time in the period or game is less than thirty seconds, the shot clocks may be disabled since a violation would be impossible.

NOTE: A shot on goal is defined as a shot made by the offensive team that makes contact with the goaltender in the goal frame area, hits the front or forward facing goal posts or cross bar, or

enters the goal. The shot clock will not be reset for shots that go over or wide of the goal. The shot clock will not be reset for shots that rebound off the boards and hit any part of the goal or goaltender.

Rule 40: Slashing

A minor or major penalty at the discretion of the referee shall be assessed to any player who swings his stick at an opponent or stick checks an opponent's body by winding up beyond his own shoulder. NOTE: A controlled stick check to an opponent's stick, gloves, forearms, or elbow in an attempt to jar the ball loose is not a slash.

A minor or major penalty shall be assessed to any player who slash checks a non-ball carrying opponent's body.

A minor or major penalty at the discretion of the referee shall be assessed to any player who, while in the process of shooting or passing, follows through with his stick and strikes his opponent, but any goal shall count. NOTE: A follow through slash is when a player shoots or passes without regard for avoiding contact with an opponent already within his range, not when a defending player moves into his range after forward motion has begun.

Rule 41: Spearing

A major penalty (and a game misconduct at the discretion of the referee) shall be assessed to any player who spears an opponent. NOTE: Spearing is stabbing an opponent with the mouth of the stick. Attempt to spear an opponent can be considered spearing regardless of contact.

Rule 42: Ten Second Rule

When a team is short-handed, they shall advance the ball across the center line within ten seconds of gaining possession of the ball or the non-offending team shall be awarded possession.

Rule 43: Throwing a Stick

A major penalty shall be assessed to any player who throws a stick or any other object at an opponent.

A bench minor shall be assessed when a stick is thrown from the bench to the playing area for the purpose of replacing a dropped or broken stick. If the stick is picked up or caught, the player receiving the stick shall be assessed an additional minor penalty.

In all other cases, a player shall be assessed a ten minute misconduct for throwing a stick or

any object.

Rule 44: Time-Outs

Each team shall be allowed one 30-second time-out per period with a maximum of three time-outs per game.

The time-out shall be granted only during a stoppage in play or when the requesting team has possession of the ball.

Rule 45: Tripping

A minor penalty shall be assessed to any player who uses his stick or any part of his body to trip an opponent.

Rule 46: Unnecessary Roughness (Roughing)

A minor or major penalty shall be assessed to any player who uses excessive contact on an opponent. NOTE: This includes grabbing the facemask, using your helmet, checks made after the whistle or after an opponent has passed or shot the ball, and any contact in an altercation.

Rule 47: Wrap Around

A minor penalty shall be assessed to any player who impedes the progress of an opponent (including the use of the free hand) with a wrap check. NOTE: If the player's stick makes contact with the opponent's body, this can be considered a slash.

INFRACTIONS

Rule 48: Possession

No player shall be allowed within nine feet of an opponent being awarded possession and possession shall not be awarded near or behind an opponent's goal crease.

Rule 49: Penalties

Minor penalties require removal of the offending player without substitute for two minutes, unless terminated by an early goal. Bench minor penalties may be served by anyone on the bench at the time of the penalty.

Major penalties require removal of the offending player without substitute for five minutes, unless terminated early by two goals.

When penalties to two players of the same team terminate at the same time, the Captain of that team shall determine which player shall return to the playing floor first. Unless there was a clear chronological order to the penalties committed before the clock stopped. In that case, the order of the penalties would determine who was released first if a goal is scored. The referee would decide the order.

When a player is assessed a non-coincidental major and one or more minors, the major shall be served first. When a player is assessed a non-coincidental major and another player on the same team is assessed one or more minors, the minors shall be served first. (To clarify, the physical service time would be served concurrently. The offending team would play shorthanded 5v3. The concept of whether the major or minor is served "first" only relates to when the penalties would be released in the event of a man-up goal being scored. A minor releases on one goal, a major releases on two goals. Hence the team with a player assessed a major and minor at the same time would not have a player released on one goal as that player would serve the major first and need two goals to release the first penalty (the 5v3 continues). A team with two players assessed penalties simultaneously, with one being a major and the other a minor, shall have the minor served first - one goal would release the first minor.

Coincidental penalties are those of equal duration assessed to players of both teams that start at the same time.

Penalties assessed to a goaltender, other than a game misconduct, may be served by one of the players who were on the floor at the time of the penalty.

If a third player of any team shall be penalized while two players of the same team are serving penalties, the penalty assessed to the third player shall not commence until the penalties to one of the first two players has terminated. If a fourth player of the same team is penalized, a penalty shot shall be awarded to the non-offending team.

Any penalty committed with a few seconds left on the clock with intention to run out the clock (for example a holding call) may result in a penalty shot being awarded.

Rule 50: Misconducts

Ten-minute misconducts require the removal of the offending player with substitute for ten minutes.

When a player receives a penalty and a misconduct at the same time, a substitute shall serve the penalty.

Game misconducts require the removal of the offending player with substitute for the remainder of the game. Any penalties incurred by the player shall be served by a substitute.

A game misconduct shall be assessed to any player receiving his fifth penalty, second major, or second misconduct.

Rule 51: Penalty Shots

In addition to the circumstances specifically listed in the playing rules, a penalty shot shall be awarded to any player who is fouled, preventing a scoring opportunity, with no defenders between himself and the goaltender. If the goaltender has vacated the crease, a goal shall be awarded to the player.

In cases where a penalty shot has been awarded, the player who has been fouled shall take the penalty shot. If by reason of injury or penalty for retaliation the player is unable to do so, the shot may be taken by a player who was *on the floor* at the time of the infraction.

When ready, the referee shall place the ball on the center circle and start the penalty shot with a whistle. Once the ball has been carried into the attacking zone it must be kept in motion toward the opponent's goal line. The shot shall be considered complete when the ball crosses the goal line or if the shooter stops his motion. Play shall restart with a face-off at center.

Rule 52: Assessment of Penalties

Should a penalty occur by a player of the team in possession of ball or while the ball is loose, play shall be stopped immediately and the penalty assessed to the offending player.

Should a penalty occur by a player when his opposing team is in possession of the ball, except for checking in the crease, the referee shall signify the penalty by raising his hand. He shall stop and assess the penalty only when the offending team gains possession or is able to contest a loose ball.

Should coincidental penalties occur, play shall be stopped immediately and the penalties assessed to offending players.

If a goal is scored during a delayed penalty by the non-offending team, the penalty shall be assessed but not served unless the offending team is already shorthanded.

If, during a delayed penalty, the ball enters the goal of the non-offending team as a direct result of action of a player of that team, the goal shall be allowed and the penalty shall be assessed in the normal manner.

If, during a delayed penalty, either team commits another infraction, play shall be stopped immediately and the appropriate penalties assessed.

Play shall restart with possession to the non-offending team, except in the case of coincidental penalties, when play shall restart with a face-off.

Rule 53: Suspensions:

In the event that a multi-game suspension is potentially warranted because of an incident, a hearing will take place before all team captains (or their proxies). The length of suspension or other deemed punishment shall be determined by a majority consensus of all team captains.

The Commissioner, or his or her proxy, shall preside over the meeting. In the unlikely event of non-consensus the Commissioner shall rule and assess a penalty within the extremes of the captain's recommendations.

The offending player and any affected parties (opposite teams, injured persons, or any other interested entity) may submit a letter as testimony. If a PBLA team's captain is the offending player in the incident a proxy may be sent to the hearing on behalf of the team.

Rule 54: Forfeits

In the event that a team forfeits a game, the following will be assessed:

- *The game will be ruled as 1-0 victory for the opponent.*
- *The offending team will be disqualified from postseason games unless a verifiable reason is given that proves the forfeit was unavoidable (ie: traffic accident that shut down roads). Documentation required.*
- *In the event of a second forfeit in the same season, the offending team will not be able to return to the PBLA and the captain of the offending will be banned from leading another team.*

(Added 8/2017)

Rule 55: Post-Season (Play-off) Player Qualifications:

In order to participate in post-season games (playoffs), rostered players must have played in at least half of the scheduled games.

(Added 8/2017)

Rule 56: Post-Season Seeding (Playoffs)

The top four teams qualify for post-season play:

Semi-finals:

First game: 1st place vs 4th place

Second game: 2nd place vs 3rd place

Championship:

Winner of 1st vs 4th plays winner of 2nd vs 3rd

PBLA Officers:

Steve Innamarato - President

- League operations and finance
- Game Scheduling
- League planning

Bob Stewart - Commissioner

- Rule interpretations and enforcement
- Public Relations and Social Media

Officials: Joe Fratoni - referee scheduler

Walt Biujak

George Golding

Kevin Neibauer - Scorekeeping and Statistics

Bill Kennedy - Administrative assistant

Brief History of Philadelphia Box Lacrosse Association

The Philadelphia Box Lacrosse Association was created in 1986 by Bill Malizia who served as its first President along with Walt Bujak as Treasurer. Frank Menschner took over as President in 1987 and served until his passing in 2015. Joe Fee served as Treasurer from 1988 to 1992. Doreen Menschner, Frank's wife who worked as scorekeeper took on the Treasurer role for 1993 season until her sudden passing in September 1993. Steve Innamarato was appointed treasurer for 1994 season and served in that capacity until Frank's passing in 2015. Steve is now President along with Bob Stewart who serves as League Commissioner.

All games are played at the Ralph A. Rizzo Rink located at Front Street and Washington Avenue in Philadelphia's Penn's Landing area. League nights take place on Monday and

Wednesday nights in a summer season that starts the first Wednesday after Memorial Day and goes through late August.

The league started with four teams of about 12 players each. In the first year, teams had to share 2 league goaltenders. The PBLA now boasts of 7 teams of 23 players each. The league could easily add more teams but is maxed out due to rink availability. Each year, each team plays 12 regular season games plus playoffs to battle for the PBLA Championship and get their name on the Frank and Doreen Menschner Memorial Cup.

The PBLA was one of the first lacrosse leagues in the nation to embrace the internet by launching its own web site in 1996 to post schedules and stats and the first in the tri-state area to do online registration in 2001.

Over the years, the PBLA has always been a driving force in promoting box lacrosse in the region. While accepting players of all levels, the league has always been very competitive and making it the premier lacrosse league in the area.

For league info, schedules, standings, stats, online registration, and updates go to:
WWW.PHILLYBOXLACROSSE.ORG OR EMAIL STEVE INNAMARATO AT
STEVE@PHILLYBOXLACROSSE.ORG

For press and media inquiries email Bob Stewart at BStew74@zoho.com or call at 267.825.3668

The PBLA strives to be as accommodating as possible for outside media. Please don't hesitate to ask how we can help you.