



HAMILTON LACROSSE ASSOCIATION



TYKE HOUSELEAGUE 2010 3-on-3 PLAYING RULES

Played from April 26 to June 14

- The Game play area is about 60% of regulation box lacrosse floor size.** The goal nets will be placed as follows:
 - one net stands in its regulation position on the floor;
 - one net stands at 2nd rag line, facing the first goal (crease markings are taped to indicate the goal area).
- For safety purposes,** players are required to wear a helmet/facemask, mouth (shock) guard, jock (or jill for girls) protective gloves, and full box lacrosse protective equipment (ie: lacrosse arm pads, back/kidney pads, knee pads{optional}). Goalies must wear full equipment as defined by box lacrosse regulations.
- Body contact and stick to body contact is legal and expected.** All rules of box lacrosse apply with following exceptions as noted below.
- The game format is two (2) twelve (12) minute periods; no stop time.**

Thirty (30) seconds are allowed for a shot on net.
Before a goal is awarded to any team, the offensive team must attempt to change possession of the ball as it moves down the floor. Passes are encouraged between players.
- A team is composed of three (3) lines with three (3) players on each line (max.) and one fully attired goalie.**
- Players are on the floor for two (2) minute shifts.**

The timekeeper will signal the buzzer every two (2) minutes during the game. The referee will stop play to allow teams the opportunity to change lines. Teams will have a maximum five (5) second time limit to change players between line shifts then the game goes on. The team with the ball at time of the line change shall retain possession. The referee will blow play in to begin play.
- Should the ball go out of bounds** over the boards, regulation box lacrosse possession rules prevail.
Should the ball go out of bounds on the open end of the floor (that is, the line behind the centre floor net), the team of the player that is first to the place where the ball went out of bounds will be awarded possession of the ball (similar to Field Lacrosse out of bounds ball rule).
- Actions which would result in a penalty** (by reg. box lacrosse rules) will result in a penalty shot (i.e- no man-short situations). The fouled player will be awarded the penalty shot. The Player initiates the penalty shot from the centre floor hash mark on the signal of the referee. The penalty shot is taken on the run with the shooter advancing directly toward the net. The game continues immediately after.
- When a goal is scored,** play starts with the team scored against moving the ball starting in their crease. The team which scored must set up at mid-floor.
- Three team format.** Each night one of the three teams will play two // twenty-four minute games, while each of the other two teams will play one game then practice at the unused end of the floor.

5-on-5 Lacrosse : Played from June 14 to June 26

- During the week beginning June 14 two teams will be made up from the 3-on-3 teams
- The two teams will have two - ½ floor practices
- June 21 – Game – played according to OLA rules for Tyke – 2 minute buzzer used for line changes
- June 24 – Practice
- June 25 – Championship weekend

