

MCS BOX LACROSSE RULES

MCS box lacrosse is played with 6 players, including the goalie.

- **Generally, games are 8 minutes long.**
- **The game starts with one team placing a player at face-off, players against each wall on the wings, and a player on top of the offensive and defensive crease.**
- **MCS lacrosse begins with a face-off. The ball is placed between the sticks of two squatting players at the center of the field. On the whistle, each face-off player tries to control the ball. The players in the wing areas and crease areas can release.**
- **After a goal is scored, the team that was scored on restarts play (on the whistle) with possession of the ball starting in their defensive end.**
- **Players may run with the ball in the crosse, pass, and catch the ball. Only the goalkeeper may touch the ball with their hands.**
- **A player may gain possession of the ball by dislodging it from an opponent's crosse with a SAFE stick check, which includes the CONTROLLED poking and slapping of the STICK HEAD ONLY.**
- **No other contact is permitted. Players must wear goggles and goalies must wear helmets at all times.**
- **If the ball or a player in possession of the ball goes out of bounds, the other team is awarded possession of the ball.**
- **An attacking player cannot enter the crease for any reason. Crease violations will result in loss of possession at mid-court.**
- **A defending player may not move into the crease and out (“in and out”).**
- **During play, substitutions take place where the center line meets the sideline.**
- **MCS lacrosse requires players to possess the ball for no more than 10 seconds. Maintaining possession for too long, deliberately dropping the ball to repossess it, and the like will result in a loss of possession at the “spot of the ball.” Dislodged balls may be scooped up and time reset.**
- **When restarting play, the defense must give the offensive player possessing the ball 5 yards of space until the whistle.**
- **SHOTS MUST BE CONTROLLED AND UNDER 50 MPH!!!**
- **Illegal stick checks, roughing, unsportsmanlike conduct, and the like will result in a one minute penalty.**
- **Unsafe play will result in ejection from the game and a grade of 0 for the day. Continued problems will result in ejection from the lacrosse unit.**