

MCS LACROSSE RULES

MCS lacrosse is played by 8 or 10 players:

10 player game: goalie, 3 attack, 3 midfield, 3 defense.

8 player game: goalie, 2 attack, 3 midfield, 2 defense

- Each team must keep at least 4 players (3 when there is 2 defense), including the goalie, in its defensive half of the field and 3 in its offensive half (2 when there is 2 attack). 3 midfielders may roam the entire field.
- Generally, games are 24 minutes long, with a change of sides after 12 minutes.
- 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 can release; the other players must wait inside the "18" until one player has gained possession of the ball.
- Center face-offs are also used after a goal and at the start of each half.
- 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 at that spot. If the ball goes out of bounds after an unsuccessful shot on goal, the player nearest to the ball when and where it goes out of bounds is awarded possession.
- An attacking player cannot enter the crease for any reason.
- 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.
- Off sides, crease violations, and releasing from the box too early will result in loss of possession at midfield.
- SHOTS MUST BE CONTROLLED AND UNDER 50 MPH!!!
- Illegal stick checks, roughing, unsportsmanlike conduct, and the like will result in a one minute penalty. A penalized team must be down a player or players when they are on the defensive side of the field until the penalty is over. In a 10 player game you are allowed 7 players on defense. In an 8 player game you are allowed 6.
- 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.