



CTWBLL League Rules – Winter 2024 Season:

- **PLAYER SAFETY.** *Player Safety at ALL TIMES is the number one priority of the CTWBLL and ALL decisions by the Master Coaches/Referees are made with the first rule being player safety. We will not sacrifice this for any component in the game however we know that the games can be 100% true box lacrosse games provided all players are adhering to this overriding concern yet playing tough, physical, smart lacrosse. That is NO DIFFERENT from the field.*
- **GOALIE EQUIPMENT – Each Team MUST provide their own goalies each week. We will NOT provide your team a goalie!** We have goalie equipment for each team for their goalie. The goalie can show up 15 minutes early to pad-up intime for the game (Team Goalies should bring their own helmet, protective cup, and stick)
- **ABSOLUTELY NO FIGHTING!!** There will be a zero tolerance for fighting, players will be kicked out of the game and suspended for the rest of the league season without a refund. There are NO INSTANCES where you should think fighting is part of this game. Your High School coach will be immediately notified as well of your behavior. If you do not like the way you got hit, it is certain the Refs/coaches on the field will have seen it and it will be addressed.
- Intentional violent play, or obvious attempt to injure another player will result in being dismissed from the league and there will be no refund. This will not be permitted
- **EXCESSIVE LANGUAGE AND CHIRPING – POOR SPORTSMANSHIP.** There is simply no place for this in our League just as there is NO PLACE for it on your high school Team. You will be accountable to a high standard just as you would be with team/coach/family.
- **FLOOR COACHES/REFEREES** – the manner and permissible play will be controlled by the Floor Coaches/Referees for each session. They have the ultimate discretion with regard to all rules and behavior.
- **PLAYER REGISTRATION** – Any non-rostered players will not be allowed on the floor. There will be zero tolerance for anyone attempting to play who is not registered. This is a safety concern, and we must strictly adhere to it.
- **TRAINING AND GAME PLAY.** Each Week will include 40 minutes of training led by our master coaches. 2 x 17/20 min running halves plus 2 min half time based on time remaining.

- 30 second shot clock on possession will be maintained on the floor by the Referee. Ref will count down final seconds.
- **SHOTS** - Any shot off the PIPE or Goalie will result in a 30 Second Shot Clock Reset.
- **SHOT OUT OF BOUNDS** - Any shot off the Goalie or Pipe that goes out of bounds will remain offensive teams possession but will NOT reset the shot clock. Any Shot or Pass that goes directly of out play into the netting or the roof is a change of possession.
- Any shot that goes into the Netting behind the goal is awarded to the closest to the ball as it crosses into the netting.
- **OVER and BACK** – once the ball crosses into the team’s offensive zone, the ball must stay on that half of the field. If the ball or ball carrier crosses back over the middle of the field it will be a change of possession
- **CREASE DIVE** – Allowed to land in the crease as long as ball is out of the stick before player lands in
- **FACE OFF AFTER EVERY GOAL** – use EAST-WEST modified faceoff – both players may only pull the crosse – no clamping !!!
- During Face Off all other players must start behind the line and not released until there is a possession. That is rule not true to authentic box and is a change purely because of safety and is to prevent a player running in and potentially hitting the face-off man before he has the ball.
- **LOOSE BALL** – There is no contact permitted on a loose ball - you cannot play the man – Must play the ball.
- **PICKS AND “CROSS CHECKS” – NO HIGH PICKS/CROSS CHECKS ARE PERMITTED – THOSE NEAR/AT THE NECK AND ABOVE.** Moving picks are permitted but may NOT set a pick with ARMS EXTENDED in CROSS CHECK and you may not “*blow the man up*”. Extending the arms below the shoulder to waist is a permitted pick even if in the back. No take-out checks. Ref's discretion.
- Defending the Ball. Cross checking is legal from the front and side. Above the waist and below shoulders. ***You can only cross check the player with the ball***
- Any Cross Check to the HEAD is at least 1 min locked.
- **BOARD PLAY** – Players are not allowed to BOARD a player. Pushing a player into the boards is permissible but any player taking a running start of move then 2 yards to hit a player in the boards is not allowed. Any Hit into the boards from behind is at least 3 minutes locked or result in ejection from the game. Our Coaches/Refs will be reminding players to “take it easy” “watch out” “easy” and similar comments for all balls that are near the boards as a reminder there is no excessive hitting in the boards.
- There are No play-ons. Ref will Blow whistle and Award ball and re-start play.
- Goalie CANNOT receive a pass back from his teammate while he is in the crease
- Goalie CAN pick up ball with his hand while he is in the crease
- Diving is allowed. They still must dive away from the goalie if they dive straight into goalie, 1 min locked

- Offensive player is not allowed in the crease with possession. He can run thru the crease to get to a loose ball, BUT he cannot be the first person to play or touch the ball
- PLAYERS ON THE FLOOR – 6 including the goalie – 5 in the field unless goalie pulled.
- SUBSTITUTION – Players will be given leeway to get on and off the floor as long as they are against the box area waiting to exit the field at the discretion of the refs.
- Teams Can pull their goalie during a slow whistle after a penalty, but goalie must be at the boards before extra player comes on
- **OFF BALL PLAY** – players may not make excessive contact with an off ball player other than within the rules for setting picks and getting thru on offensive. Defensively – you may not make excessive contact with a player without the ball and that includes cross checking or slashing a player moving on the field without the ball.
- **OTHER PENALTIES** – Slashing – Tripping – Cross Checks – Interference – etc. – all other penalties will be enforced as necessary and if called that player must sub off – one arm wild wrap checks are penalties in the box too – as are pushes from behind !!

We will not permit anything that strays beyond good sportsmanship and strong physical play.

BOTTOM LINE – *We want this league to a SAFE FUN EXCITING and CHALLENGING opportunity for our boys to learn to play Box Lacrosse and the many cross-over benefits to field play. However playing Box Lacrosse is not an excuse to play undisciplined and the game does not permit the unnecessary contact away from the ball or high hits or boarding players or anything excessive that would not be allowed outside. ALL players should focus on proper picking and defending pick techniques within the rules of play.*