

ULAX – AUSTIN BOX LACROSSE RULES - 2022

Game Time

- Three 15 Minute Periods - Running Clock – 2-minute break between periods
- Each team gets 1 time out per game.
 - 30 sec. shot clock is not reset
- 30 Sec. Shot Clock - Time Keeper keeps shot clock – If no visible shot clock, trail official will use 20-second timer and 10-second hand count with a verbal 5-second count down.
 - Use timer and 10-second hand count if no visible shot clock
- Restraining nets are out of bounds
- 5-second crease count once possession is gained
- 10-second clearing count (Hand count by trail official)
- In the event of a tie score at the end of the game, a single sudden victory period will be played for (5) five minutes. Sudden victory, no timeouts, first goal wins. No score in overtime will result in a tie.

Players

- 5 Field (Runners)
- 1 Goalie
- Subs on the fly

Restraining Line

- Use the white lines closest to center for face offs
- Players release on whistle, not possession
- On face-off, restrained players may not enter the center circle

Restart

- Players must be 9 feet from player with ball
- Player with ball must be 15 feet from the net/goal
 - Unless offense is starting with ball in the crease in its defensive zone

Over and Back

- Enforcement of over and back starts when a team has or gains possession in its offensive half of the field. It remains in place until there is a shot on goal (ball hits goalie or pipe, goes out of bounds, goal scored, or defense last touches the ball before crossing the center line.) If a shot hits the back wall and rebounds past midline without defense touching the ball first, that creates an over and back situation.

Penalties

- Minor Interference (Possession)
- Minor Penalties = 1 minutes (Released after 1 goal)
- Major Penalties = 3 minutes (Released after 2 goal)
- Match Penalty = 5 minutes + player must leave game
- Game Disqualification = 3 Major Penalties, or any combination of 4 total penalties
- Penalty Shot = all criteria must be met (possession of the ball, in the offensive end, no one between the player and the goalie, denied a reasonable scoring opportunity, fouled from behind)
- 2 players from same team serving simultaneous minors, captain informs referee which penalty terminates first
- Misconduct Penalty – Player must leave the floor for 10 minutes and stay in penalty box; player may be immediately replaced. Offending player may return upon expiration of 10 minutes