

Department of Recreational Sports | Intramural Sports 2022-23

3v3 Lacrosse Information Sheet

Rules of the Game

1. Players and Substitutes
 - a. Games are played between 2 teams of 3 players.
 - b. Teams must have **at least 2 players** in order to begin a game.
 - i. If a team falls below 2 players during the game due to injuries or ejections, play may continue as long as the game remains competitive.
 - c. Substitutions may be made at any time, provided a player leaves the field through the substitution box and another player subsequently enters the field through the same box.
 - d. **Only two Sport Club or Registered Student Organization team members may be on a team roster in their sport or allied sport.**
 - e. If a team does not have the required minimum number of players checked in at the scheduled game time, a 10-minute grace period is given.
 - i. If a team (or teams) doesn't have the required number of players by the end of the 10-minute grace period, the game is recorded as a forfeit.
 - ii. If one team is present at the start of the grace period (scheduled game time), that team has the option to start up by the mercy rule (10 goals) when their opponent arrives during the grace period. However, the present team may also elect to decline the penalty and start the game with a score of 0-0.
2. Game Equipment
 - a. All players must wear lacrosse goggles and mouthguard while playing.
 - b. Only women's lacrosse sticks are permitted. Sticks, goggles, and mouthguards must be brought by players.
 - c. Lacrosse balls will be provided.
3. The Field
 - a. All games will be played at the SRA Fields.
 - b. The field is approximately 60 yards in length and 33 yards in width.
 - c. There will be a crease surrounding each goal 5 yards from the end line.
4. The Game
 - a. Games consist of two 15-minute halves with a 5 minute halftime.
 - b. Teams have 1 timeout per half.
 - i. A timeout may be called after a goal or by the team in possession of the ball during play.
 - c. Games are played with a running clock except for the last 30 seconds of the first half and last 2 minutes of the second half, in which the clock is stopped on all whistles.
5. Starting Play
 - a. A coin-toss will be made between the two captains before the start of play. The winning captain shall have a choice of alternating possession or choice of ends with the losing captain taking the remaining option.
 - i. Alternating possession awards the ball to one team and then the other is alternating fashion when a call cannot be decided in favor of one side.
 - b. Each half of the game is started by a draw at the center of the field. All players must be on their own side of the field with the exception of the player taking the draw.
6. Out of Bounds
 - a. When the ball goes out of bounds, either from a shot or pass, the ball is awarded to the opposite team of who last touched the ball.
7. Scoring
 - a. A goal is scored when the ball has passed over the goal line, between the goal posts, and under the crossbar from in front provided it was not propelled there illegally.
 - i. Goals will be called off if an offensive player is illegally in the crease, if a goal is scored by the use of a hand, or if the stick is thrown into the net with the ball.
8. Goalkeeper

- a. There are no goalies, but there will be goalie shot trainer attached to each goal.
- b. There will be no draws after scores, but the non-scoring team will get the ball from the net and gain possession.
- c. If the ball comes to a stop in the crease, one player on the defensive team may enter the crease to obtain the ball. No other player may enter the crease at any other time.
 - i. The defensive player must clear the ball in 10 seconds.

9. Playing Rules

- a. Stick Checking
 - i. Stick checking is permitted provided that the player who is checking checks with a swift up and down motion. The player who is checking may not hold down their opponent's stick.
 - ii. Any stick check that contacts the opponent on the hands or makes contact with the arms will result in a 1 minute penalty.
 - iii. Any stick check that contacts the opponent's head will result in a 2 minute penalty.
- b. There are no restraining line violations.
- c. "Hot Rule"
 - i. A goal can only be scored in a team's designated goal after at least one pass is complete on that side of the field.
 - ii. A shot that is made into the goal by a "Not-Hot" team is not a score and will result in a change of possession.
 - iii. If the ball goes out on the offensive side of the field, it is no longer "hot" and another pass must be completed to make it "hot" upon return to the offensive zone.

10. Fouls and Penalties

- a. Minor (misplay, procedural), penalty administration is 4 meters away from the ball and the ball is no closer than 12 meters to the goal circle.
 - i. Contested ground balls
 - ii. Covering the ball
 - iii. 3 seconds closely guarded
 - iv. Touching the ball with one's hand
 - v. Defensive player fails to clear the ball from the crease in 10 seconds.
- b. Major (safety), penalty administration is 4 meters behind and the ball is no closer than 8 meters to the goal circle.
 - i. Shooting space
 - ii. Crease violation
- c. Cardable/Misconduct (excessive), penalty administration is a card. Ball is no closer than 8 meters to the goal circle. For a card, the player will serve a specific time penalty AND the team will play short.
 - i. A player will serve 2 minutes for a yellow card and serve the duration of the game for a red card. The cards are non-releasable.
 - 1. Contact
 - 2. Illegal Checks
 - 3. Shooting Fouls
 - 4. Unsportsmanlike Conduct

11. Free Position

- a. All players must move 4 meters away from the player with the ball. When play is resumed, the player may run, pass, or shoot the ball.

12. Overtime procedure

- a. In the event of a tie, overtime will consist of a 5-minute sudden victory running clock period. There will be no timeouts.

13. Mercy Rule

- a. If a team is winning by 10 goals in the last 2 minutes of the second half, the game will end and the team ahead by 10 will be declared the winner.