



INDOOR BOX LACROSSE LEAGUE RULES & REGULATIONS

SOUTH SUBURBAN YOUTH BOX LACROSSE 2025 - 2026 RULES:

1. All USBOXLA rules will govern play except those listed below: USBOXLA - <https://membership-usboxla.wildapricot.org/rulebook>
2. Timing: Games will be (3) 12-minute running time periods, 1-minute period breaks.
 - a) One (30 second) timeout per game (clock starts after 30 seconds!).
 - b) If score is within (2) points, stop-time will take place for the last 1 minute of period 3.
 - c) If score is still tied at the end of regulation a tie will be denoted as the result of the game.
 - d) A 30 second shot clock will be used during game play. Reset on change of possession, hits the goalie, hits the any post of the goal, and restarting after penalties.
3. Penalties: Penalty time will be stopped during dead ball. (Starts when play restarts and offending player is in the penalty box).
 - a) Disqualifications are for a specified game or number of games. Ejections disqualify for the remainder of the game and next full game.
 - b) Minor fouls will be considered 2 minute penalties.
 - c) Major fouls will be considered 5 minute penalties.
 - d) If any player receives 2 unsportsmanlike penalties in a single game, the player will be ejected.
 - e) If any player receives 4 unsportsmanlike penalties during a season, he will be disqualified for the remainder of the season.
 - f) Any taunting or offensive language/gestures to players, coaches, officials, or spectators will result in unsportsmanlike penalties or ejections based on the official's discretion. Future disqualifications are reviewable under elastic power of League Coordinator.
 - g) Unnecessary rough and dangerous play and/or fighting will result in ejections based on the official's discretion.
4. Mercy Rule: If one team is winning by 8 goals or more, the team that is behind will receive the ball in place of a face-off after any goals. The coach may decline the ball and continue with face-offs. If the score comes within five the face-off will be reinstated.
5. Forfeits: If less than 6 players are present within 5 minutes after game time, the opposing team has the option of accepting an immediate forfeit.
6. Protests and complaints: Must be submitted to Hannah Krats at hkrats@ssprd.org.
All protests and complaints must cite the rule in World Lacrosse Indoor Rules or this rule document, the date, time and place of the game and all details pertaining to the issue. The League Coordinator has elastic power in determining action regarding protests.

Weather Hotline: 303-219-1150 x1#

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3/4 Rules Modifications

1. Any 1 handed check will be considered a slash regardless of if contact is made.
2. Take Out Checks will not be permitted (Checks that the player goes out of their way to attempt to take a player down).
3. CAT 1 goalie gear used, no larger than CAT 2

5/6 Rules Modifications

1. Any 1 handed check will be considered a slash regardless of if contact is made.
2. Take Out Checks will not be permitted (Checks that the player goes out of their way to attempt to take a player down).
3. CAT 2 or CAT 1 goalie gear used, no larger than CAT 2

7/8 Rules Modifications

1. Take Out Checks will not be permitted (Checks that the player goes out of their way to attempt to take a player down).
2. CAT 2 or CAT 3 goalie gear used.

HS Rules Modifications

1. Take Out Checks will not be permitted (Checks that the player goes out of their way to attempt to take a player down).
2. CAT 2 or CAT 3 Goalie Gear Used



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How We Work: Professional, Active, Innovative & Inclusive