



2019

#LABOX2019

## Men's rules

The tournament will be played according to the men's field lacrosse rules of the German Lacrosse Federation (DLaxV). The following points represent adjustments necessary to account for the indoor setting.

1. Each team is allowed five active outfield players carrying shortsticks plus one goalie at a time. Each team may consist of 15 players maximum, the goalie may be female. Box goalie equipment is allowed, except for box goalie sticks. The goals measure box dimensions.
2. A match is 2x10 minutes. The halftime break is 90 seconds in duration. Each team is allowed one time-out of 30 seconds per match. Every half starts with a face-off. All players except the two face-off players have to remain behind the restraining lines until the whistle. The last 30 seconds of each half „stop-clock“ is in effect.
3. Shot clock: Transition across the midfield line must not take longer than 8 seconds. Starting with possession, the attacking team has 30 seconds to take a shot on the goal. To reset the shot clock, a shot needs to hit the goalie or the pipes from above the goal line extended (GLE). The shot clock is reset after every foul whistle.
4. After each goal, the ball starts in the crease with the goalie. The play restarts with a whistle from a referee.
5. If the score is tied after the regular game time, a shoot-out will determine the winner.
6. After a foul all players must keep a distance of 3 m and must not obstruct the player carrying the ball. Doing so will be punished as Delay of Game (Rule 37; FIL).
7. Body-Checking into the boards or boxes is not allowed. This includes legal checks in regards to Rule 41, 53, 70 (FIL). A „push“ (Rule 53; FIL) will be assessed as a personal foul. An „illegal bodycheck“ (Rule 70; FIL) will be assessed with a minimum of 2 minutes.
8. Once the team in possession crosses the midline, the ball is not permitted to cross this line again, except after a valid shot (Rule 61.18; FIL)
9. Three penalties at the same time are not possible. The team that was fouled gets a penalty shot and the first penalty is released.

If you have any question feel free to contact us! Our contact details can be found below.

We are stoked to see you all in December!

Göttingen Lacrosse



### Questions regarding the rules?

Ask Moritz: [m.dehl@goettingen-lacrosse.de](mailto:m.dehl@goettingen-lacrosse.de)

### You want more #Labox 2019?

Mail: [labox@goettingen-lacrosse.de](mailto:labox@goettingen-lacrosse.de)

Instagram: [@LaboxGoe](https://www.instagram.com/LaboxGoe)

Facebook: [@LaboxGoe](https://www.facebook.com/LaboxGoe)

### Dates of Tournament

Arrival: starting 6<sup>th</sup> Dec. 2019 at 6pm

Gamedays: 7<sup>th</sup> and 8<sup>th</sup> Dec. 2019

final Sunday at 4pm





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## Women's rules

1. Each team is allowed five active outfield players plus one goalie at a time. Each team may consist of 15 players maximum, the goalie may be male. Box goalie equipment is allowed, except for box goalie sticks. The goals measure box dimensions.
2. A match is 2x10 minutes. The halftime break is 90 seconds in duration. Each team is allowed one time-out of 30 seconds per match.
3. Every half starts with a draw. All players except the two draw-takers have to remain behind the restraining lines until the whistle. The last 30 seconds of each half „stop-clock“ is in effect.
4. After each goal the goalie restarts the ball from within the crease after a whistle.
5. Shot clock: Transition across the midfield line must not take longer than 10 seconds. Starting with possession, the attacking team has 30 seconds to take a shot on the goal. To reset the shot clock, a shot needs to hit the goalie or the pipes from above the goal line extended (GLE). The shot clock is reset after every foul whistle and out of bounds.
6. Backcourt violation: After a team owned possession in the offensive half, it may not touch the ball in its defensive half. An exception is a deflection of a shot off the goalie or the pipes.
7. If the score is tied after the regular game time in the brackets, a shoot-out will determine the winner. Teams take turns shooting until one team has more goals than the other (i.e. minimum one shooter per team).
8. All players may move freely at all times. Every player can restart with the ball after a foul whistle. After a whistle all players must keep a distance of 3 m or must not obstruct the player carrying the ball. Doing so constitutes a major foul.
9. All major fouls result in a one-minute penalty which is cut short if the opposing team scores. A yellow card results in a two-minute penalty. The player has to leave the field and a teammate gets the penalty. It is cut short if the opposing team scores twice. A red card results in a five-minute penalty. The player has to leave the field and a teammate gets the penalty. This penalty cannot be cut short.
10. The major foul Shooting Space results in an immediate whistle. The player gets a penalty and the ball starts at the center line. For all other major fouls, the whistle is held and advantage is given, when the attack has possession and the defence fouls.
11. Players can walk through their own crease, if they play defense. Only the defender, who defends the ballcarrying attacker, is allowed to stay in the crease. Shooting Space counts even in the crease. If a defender in the crease (except the goalie) tries to stop obviously a shot on the goal with her body, the defender gets a red card. A defender in the crease can pick up the ball or catch him, if her feet are in the crease. If the defending team loose possession, they have to leave the crease.
12. Three penalties at the same time are not possible. The team that was fouled gets a penalty shot and the first penalty is released. After the penalty shot the game is restarted by the goalie with a whistle.

If you have any question, please feel free to contact us! See below for our contact details.  
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