

APPENDIX H – FEMALE BOX LACROSSE RULES

Note: These are modifications to the existing CLA rules for box lacrosse. Where there is a conflict between the CLA rule book and these special rules for women's box, then the women's box rules shall apply.

Note: Option L shall be used for all national championships.

NOVICE (9 & 10) RULES

OPTION X

The Game

- a) The duration of a game shall be three twenty-minute straight time periods, with intermissions of three minutes between periods. Each period shall start with a centre face off.

Score Sheet

- a) A score sheet must be completed prior to each game.
- b) All goals, assists, and penalties are recorded and the score is displayed on the scoreboard. A differential of more than five goals is not displayed.

Contact

- a) Defensive players may place their stick on a ball-carrier and use equal pressure to prevent her movement.
- b) Stick contact is only allowed on non-ball-carriers within the 24 foot dotted line, and the contact may only be equal pressure to prevent her movement.
- c) Any offensive player (including the ball-carrier) who deliberately charges directly at a defensive player may be assessed a charging penalty.
- d) There is to be no body-checking.
- e) A defensive player may check an offensive player by placing their stick head on an opposing player's stick head.

Fall Back Rule

- a) The fall back rule applies when possession is awarded to the goalie. All defensive players must enter the neutral zone. All the defensive players must stay in the neutral zone until the offensive player with the ball has entered the neutral zone.

PEE WEE (11 & 12) RULES

OPTION X

Contact

- a) Defensive players may place their stick on a ball-carrier and use *equal pressure* to prevent her movement.
- b) Stick contact is only allowed on non-ball-carriers within the 24-dotted line, and the contact may only be equal pressure to prevent her movement.
- c) Any offensive player (including the ball-carrier) who deliberately charges directly at a defensive player may be assessed a charging penalty.
- d) There is to be no body checking.
- e) A defensive player may check an offensive player by placing their stick head on an opposing player's stick head.

BANTAM (13 & 14) RULES

OPTION A

Contact

- a) Defensive players may *place* their stick on the ball-carrier and *push* them away.
- b) Place and Push is only allowed on non-ball-carriers within the offensive zone.
- c) Any offensive player (including the ball-carrier) who deliberately charges directly at a defensive player may be assessed a charging penalty.

MIDGET (15 & 16) RULES

OPTION A

Contact

- a) Defensive players may *place* their stick on the ball-carrier and *push* them away.
- b) Place and Push is only allowed on non-ball-carriers within the offensive zone.
- c) Any offensive player (including the ball-carrier) who deliberately charges directly at a defensive player may be assessed a charging penalty.

INTERMEDIATE/JUNIOR (17 - 21) RULES

OPTION A

Contact

- a) Defensive players may *place* their stick on the ball-carrier and *push* them away.
- b) Place and Push is only allowed on non-ball-carriers within the offensive zone.

Any offensive player (including the ball-carrier) who deliberately charged directly at a defensive player may be assessed a charging penalty.