

2023 Premier Box Lacrosse League Rules

The GNLL Box Lacrosse Leagues will use modified National Lacrosse League rules. Please start with the [Premier Box Lacrosse League Base Rules Document](#), which is an edited NLL rule set that has most of the rules we will not use deleted. Other rule variations are explained in this document.

General

Rules about fines, public address announcers, TV timeouts, instant replay, and sponsorship have been deleted from the base rule document linked above.

Officials

Officials must have and wear a helmet with a clear visor. Officials will wear striped shirts.

Rules 9 and 10

Game time will be three 12-minute periods if the games are scheduled in 45-minute time slots or three 15-minute periods if the games are scheduled in 1-hour time slots. There will be 2 minutes between periods. Players serving penalties must remain in the penalty area between periods.

Rule 12

There will be no overtime except in playoff or tournament games.

Rule 13.5

Teams will defend the goal closest to their benches in the first and third periods.

Rule 14

Teams will be allowed one timeout per game of 45 seconds in duration (with no additional timeouts granted for overtime in playoff games).

Rule 15.2

A player with blood on the uniform must leave the game until the situation is corrected.

Rule 17

Games will use 2 or 3 officials.

Rule 24

Roster limits are 20 runners and 2 goalies. Officials will meet with the coaches prior to the game to get the numbers of the captains, assistant captains, and in-home for each team. Officials will ask the head coach for each team, "Coach, do you certify that all players are legally equipped by rule?" Each coach must answer "yes" before the game can begin.

Unlike field lacrosse, if a team does not have a backup goalie and their goalie is penalized, the in-home will be allowed to serve the penalty. If a team's goalie must leave the game due to injury, ejection, or any other reason and the team does not have a backup goalie dressed, the team will be allowed to switch the goalie gear to another player but will be assessed a minor penalty for delay of game.

A player may not enter his own crease for the purpose of blocking shots or acting as a goaltender. First offense by the team is a minor penalty. The second and subsequent infractions are major penalties.

Rule 29

Game balls must meet NOCSAE requirements.

Rule 32

Stick handles need not be hollow if they are manufactured to be solid, but hollow shafts may not be filled with any substance. Wood shafts are prohibited.

Rule 33

For high school and youth games, all players must wear protective cups and arm pads. Officials will not inspect for protective cups.

Players may use NOCSAE certified field lacrosse helmets or HECC certified box lacrosse helmets. Facemasks must pass the stick and ball test as described in Rule 33.2. Hockey-style goalie helmets are not permitted; goalies must have a helmet meeting the above requirements with a throat protector.

Rule 34

No jewelry is permitted. Violations will result in a minor penalty.

Rule 35

Goalie equipment provided by the league will be deemed legal for play. Personal goalie gear will be subject to the decisions of the officials. If there are concerns about the legality of goalie

equipment, coaches must bring it to the attention of the officials prior to the start of the game. Officials will not have calipers for measuring goalie equipment and will use their best judgment.

Rule 41

A player assessed a match penalty will be suspended from the remainder of the current game and one (high school) or two (youth) additional games for the first offense. Subsequent offenses will result in longer suspensions. The count of match penalties carries over from season to season.

Rule 47

Teams will have 10 seconds to clear the ball from the defensive end to the offensive end.

Rule 69

For youth games: If an attacking player, in possession of the ball and outside the crease area, dives or jumps (becomes airborne of his own volition), prior to, during or after the release of the shot and lands in the crease or makes contact with the goalkeeper in the crease, the goal shall be disallowed. An attacking player may legally score a goal and touch the crease area, provided the ball enters the goal before the contact with the crease and his feet are grounded prior to, during and after a shot.

For high-school-level games, diving will be allowed subject to the NLL rules. However, any contact of any kind with the goalie before or after the ball is in the goal will receive at least a minor penalty, and a major penalty will be assessed for violent contact and for significant contact below the waist.

Rule 70

~~On a loose ball, players must play the ball, not the opponent. Hip checking, body checking, and man-ball boxing out are prohibited during a loose ball and may result in a technical violation, a minor penalty, or a major penalty.~~

For 12U and 14U games, there are no take-out checks of any kind permitted. For 14U games only, body checking of a player in possession is permitted if both players are completely upright and the check is not initiated with the force and intent to put the opponent on the ground. During a loose ball, man-ball contact and stick checking can only occur within 3 yards of the ball.

Rule 75

Note deleted text.

Rule 80

Fighting will always result in *at least* a match penalty. Players or coaches leaving the bench during a fight without being asked to come onto the floor will receive at least a game misconduct penalty.

Rule 85

Note that a roughing penalty may be assessed against any offensive player who deliberately charges at a defensive player and initiates violent contact.

Rule 87.7

This will result in a match penalty.

Rule 88

Officials will conduct random equipment checks at least once per game. Arm pads and protective cups are required for all players. Officials will not check for protective cups.




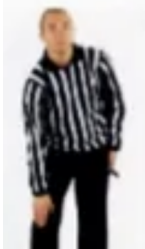

Rule 91






If a player's helmet becomes dislodged, play will be stopped immediately and the player will be sent off until after the next dead ball. Second and subsequent offenses on the same team will result in a minor penalty for delay of game.

Rule 94

Any post-game obscene/profane gestures or verbal abuse of the officials will result in a suspension.

Signals not shown in NLL rule book

Slashing	Illegal pick	Charging	Kneeing	Reset shot clock
				

Extra attacker: six runners	10-second violation	4-second violation	Shot-clock violation	Faceoff
				

High sticking	Warding			
