



2016

## Officially Sanctioned SPEED Lacrosse™ Rule Book

Speed Lacrosse™ is a combined version of field and box lacrosse with teams not to exceed 5 athletes competing on a court in a 3 vs. 3 format. Speed Sports Holdings, LLC recognizes the National Federation of State High School Associations (NFHS) and its affiliates as the standard for the rules of traditional field lacrosse. However, as a separate entity, Speed Sports Holdings, LLC™ exercises the right to develop its own SPEED Lacrosse™ rules, programs, and events. NFHS rules shall apply to SPEED Lacrosse™ programs and events except where specifically noted herein.

The sanctioned rules of SPEED Lacrosse™ are trademarked by  
SPEED Sports Holdings, LLC.

## RULES OF SPEED LACROSSE™

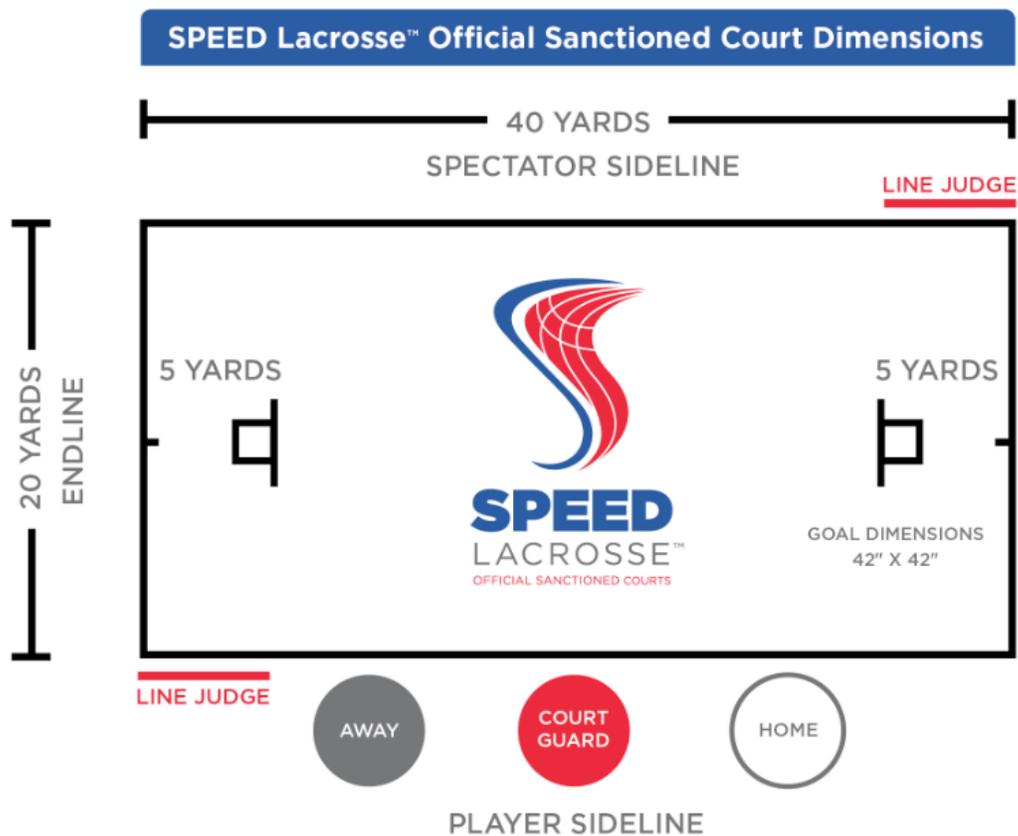
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### Appendix A The Spirit of SPEED Lacrosse™

#### *Additional Items of Importance*

- Protective Gear
- Court Guard and Line Judge Signaling
- Communication Age Groups
- The Role of Parents and Spectators in SPEED Lacrosse™

## Reference A COURT DIAGRAM



\* Spectators are only allowed on the Spectator Sideline and the Endlines at a distance of 5 yards back.

\*\* All SPEED court lines are clearly marked with the actual settings.

### RULE 1A - THE MATCH

Competition shall consist of 3 players vs. 3 players on a court. The court surface may vary by venue – i.e. sand, grass, synthetic turf, gymnasium floor, asphalt, concrete, etc.

RULE 1B - THE COURT – please refer to COURT DIAGRAM above

#### 1-B1 Court Dimensions & Set Up

The court dimensions are 40 yards in length & 20 yards in width. Cages (goals) will be centered on the end lines at 10 yards with the face of the cage 5 yards from the end line. All SPEED Lacrosse line systems are marked with the actual

field set up locations. The side & end line boundaries will be marked in contrasting colors to the match surface.

#### 1-B2 Court Guard and Location

The Court Guard is the referee or official who is in charge of the rules of the game. The Court Guard is located at the center of the court, 1 yard back from the inside line. The Court Guard shall have the final say in any and all field circumstances.

#### 1-B3 Line Judges and Location

During officially sanctioned SPEED Lacrosse™ and National events and at the discretion of a SPEED event organizer, up to two Line Judges may be added to assist the Court Guard in managing the game competition. The near Line Judge is positioned in the corner to the left of the players. The far Line Judge is positioned on the opposite sideline and diagonal to the other Line Judge. Each Line Judge is responsible for one end line, one goal line, and one sideline.

#### 1-B4 Team/Player and Substitution Location Area

Team zones are located on the same "inside" sideline as the Court Guard. The Away Team is located to the left of the Court Guard, and the Home Team is located to the right of the Court Guard. The "sub zone" is located between the team player zones. All substitutions are made through the sub zone. All foul time is also served within the sub zone. The sub zone is 5 yards in width and 5 yards in depth. All participant locations are clearly marked on each SPEED court line set up.

#### 1-B5 Non-Match Personnel Set Up

Spectators, media, vendors, etc. should respect a five-yard safety zone and are ONLY allowed to view the game from behind the "end lines" if protected by the backstop or the "outside" sideline opposite the Court Guard, teams and players "inside" sideline.

## RULE 1C - GEAR

### 1-C1 Cages (Goals) and Crease

Cages shall be 3' 6" (42") wide x 3' 6" (42") high with a secured net. There is no crease around the cage.

### 1-C2 The Ball

The official ball of SPEED Lacrosse™ is 3 oz., made of soft rubber foam and is the same diameter as a traditional lacrosse ball. The ball should be a contrasting color to the SPEED Court surface. A regulation tennis ball may be used at the discretion of SPEED Lacrosse Partner Affiliates or authorized program/event organizers

### 1-C3 The Stick

The stick may be a "short stick" only, defined as 40" to 42" in length for boys and 35 ½" to 43 ½" for girls. Standard regulations for pocket depth apply. Goalkeeper or defensive sticks (boys) may not be used. Boys shall use boy sticks when competing against boys only. Girls shall use girl sticks when competing against girls only. In co-ed games, participants may use the stick of their choice. Boys in the 5th grade & below may use a shorter stick, but no shorter than 36".

### 1-C4 Protective Mouth Guard and Athletic Cup

Each player shall wear a professionally manufactured mouth guard at all times when on the court. Additionally, boys/men shall wear an athletic cup.

### 1-C5 Protective – Arms, Hands, Shoulders, and Head

Due to the "limited contact" fundamentals of SPEED Lacrosse™, helmets, shoulder pads, padded gloves, & arm pads are not required, though integrated padding associated with athletic undergarments are allowed. Moderately padded or non-padded athletic gloves for the purpose of grip such as batting gloves, golf gloves, receiver gloves, and girls lacrosse gloves are allowed.

## 1-C6 Eyewear

Protective eyewear, such as sunglasses and safety glasses, is permitted.

## 1-C7 Uniforms & Apparel

Jerseys should be of a uniform predominate color and contrasting to the opposing team. Each team should have "dark" and "light" or reversible jerseys. Each like colored jersey shall have a different number for the purpose of tracking fouls. It is recommended that each athlete should be in shorts (or similar) matching their teammates. The home team will wear a "light" colored jersey and the visiting team will wear a "dark" jersey.

## 1-C8 Footwear

*Sand / Beach* – No cleats allowed. Players shall play barefoot or in soft rubber soled athletic shoes, water swim shoes or neoprene booties. On *Sand / Beach*, all players must agree to either play barefoot or not play barefoot

*Grass / Turf* – No metal cleats allowed. Players shall play in rubber molded cleated shoes or turf shoes.

*Gym Floor* - Players shall play in "non-marking" athletic shoes.

*Asphalt / Concrete* – Players shall play in soft rubber soled athletic shoes.

## RULE 2 MATCH PARTICIPANTS

*Players* - A team roster shall consist of a minimum of 3 players and not exceed 5 players, which is the recommended roster size.

*Coaches* - A coach is not required, however, should they so choose, teams may have only 1 designated coach during a SPEED match. Coaches must remain in the designated spectator areas and not engage in any coaching activities during game play. Coaching activities are allowed only during the 2-minute breaks between the 1<sup>st</sup> and 2<sup>nd</sup> and the 2<sup>nd</sup> and 3<sup>rd</sup> periods of a match.

*Additional Officials / Referees* - Additional officials may be added for the purposes of timekeeping or scoring and shall be situated in the Court Guard zone area.

*Pace Administrators / Ball Retrieval* - "Ball girls/boys" may be used for the purpose of retrieving shots and/or passes that carry out of bounds. Event managers/coordinators will provide balls to maintain the flow of the match.

### RULE 3 TIME AND SCORING ADMINISTRATION

A regulation match play shall consist of 3 periods, each 6:00 minutes in length. There will be a 2:00 minute break between the 1<sup>st</sup> and 2<sup>nd</sup> and 2<sup>nd</sup> and 3<sup>rd</sup> periods. Teams may leave the court during intermission. There are no timeouts unless issued by the Court Guard.

#### 3-1 Shot Clock

A :15 second shot clock will be in effect for the final 2:00 minutes of each period. Prior to that, the Court Guard may arbitrarily issue a stall warning and enforce the Stalling possession foul (see RULE 6).

#### 3-2 Initializing Period Possession

Each team should have a designated captain for the purposes of the "stick flip" to determine initial possession and to determine the sequence of a shootout in the event of a tied period. There are no face-offs. See RULE 4-1

#### 3-3 Tied Periods / *Instant Shootout*

In the event of a tie at the end of a regulation period, an *Instant Shootout* will be played in a manner similar to professional hockey. The first team to score a goal in the shootout is subject to the opposing team matching their goal. This continues until the last goal is unmatched. The first unmatched goal determines the period winner. The sequence of shooters must rotate in order throughout the team lineup. Each team must repeat the same order sequence for all players on the team for the duration of the *Instant Shootout*.

In an *Instant Shootout*, the offensive player must run from midcourt without slowing down or breaking stride to the cage (a "continuous run") on the scoring attempt and may not initiate contact with the cage or defensive player with their stick or body. Initiating contact with the cage or defensive player on a scoring attempt that crosses the goal line will not be considered a goal.

Any player may tend the cage defensively.

### 3-4 Determining Match Winners

A match win is credited to the team that wins the best 2 out of 3 periods. This is similar to the rules in tennis. Each period will be scored separately, resulting in a winner at the end of each period. The score then resets to zero-zero at the start of each subsequent period. The first team to win 2 periods wins the match, meaning many matches will only last two periods in the event one team is victorious in both the first and second periods.

**Note:** SPEED Lacrosse™ matches are played male v. male, female v. female and co-ed. All rules remain the same regardless of the composition of participants.

## RULE 4 PLAY OF A SPEED LACROSSE™ MATCH

### 4-1 Initializing Period Possession

Each team shall designate a captain for the purposes of the “stick flip” to determine initial possession and also to determine the sequence of an *Instant Shootout* in the event of a tied period. There are no face-offs.

Initial possession is determined at the beginning of the match with a stick flip that is administered by the Court Guard. The captain of the visiting team will call “up” or “down”. The position of the stick face when it rests on the surface will determine the winner. The team that does not win initial possession will be allowed to choose which goal they prefer to defend.

Play begins with the Court Guard placing the ball on the ground at the opposite cage at goal line extended. The opposing team should be positioned in the other half of the court, past midcourt, as determined by the position of the Court Guard & sub zone. The period is considered live when the ball is initially scooped off the surface and possessed in the pocket of the stick.

### 4-2 Initiating Possession After Goal Scoring

After a goal is scored, the ball is put into play by circling the cage. The defending team may engage the non-inbounding offensive players at any

location on the court after a scored goal. The defense is not permitted to defend the inbound player within 3 yards of goal line extended. Breach of this protocol will result in the possessing team inbound from midcourt.

Substitutions may occur at any point during the match. The substitute may not enter the court until the active player exits the court through the sub zone. Any violation is considered an interference foul (see 5-A2 below) and results in a :15 second penalty.

#### 4-3 Out of Bounds & Inbounding

Shots on cage and passes are determined to be out-of-bounds based on the last player to touch the ball. "Backing up" the end line is not allowed. Players stepping on end lines and sidelines are considered out-of-bounds and shall result in a change of possession.

Balls shall be put back into play by a single player standing off the court in proximity to where the ball left the court or player carried it out. The inbound player must pass the ball to a player on the court – similar to basketball.

On the sidelines, inbound players may move 3 yards in either direction. Exceeding the 3 yards will result in a possession turnover with the opposing team inbound at mid court. On end lines, inbound players may run the length of the end line. Inbound players may not be interchanged with any other player on the court.

Players have :05 seconds to inbound the ball. Failure to inbound within the allotted time will result in a possession turnover with the opposing team inbound at mid court.

Defending players will respect a one-yard boundary for the inbound player. No contact by the defender is permitted with the inbound player or their stick. Any contact will result in the offensive team inbound at mid court.

Inbound players may not shoot on the cage. The inbound ball must be possessed by another player before a shot attempt may occur.

## RULE 5 MINOR FOULS, MAJOR FOULS AND EJECTION

### Foul Management & Fouling Out

SPEED Lacrosse™ is a low contact sport most similar in physicality to basketball or soccer.

In a match, a player is allowed 4 fouls. When a player reaches 4 fouls they are deemed “fouled out” and cannot participate from that point forward in the current match. This also includes expulsion from an *Instant Shootout* situation that may occur at the end of periods.

The purpose of fouls in SPEED Lacrosse™ is to teach the rules and develop the fundamental skills of traditional field lacrosse in a simplified manner while limiting the presence of over physical play.

### RULE 5A – MINOR FOULS

Minor fouls count as 1 foul toward the 4 fouls allowed. All Minor fouls shall result in a :15-second penalty to be served in the sub zone. All minor fouls are releasable upon a scored goal by the opposing team.

#### 5-A1 Roughing

Each of the following are considered “Roughing” resulting in a :15-second penalty, loss of possession and 1 foul towards the 4 foul total.

*Cross Checking*

*Down Checking* from above shoulder height

*Slashing*

*Shot Slash* - striking the defense on a shot follow through

*Body Checking*

*High Sticking* - contact above shoulders

*Swim Dodging* - raising the stick above the shoulders while dodging

*Pushing / Unequal Pressure* - extending or locking the elbows

*Heat* - shooting with excessive force

## 5-A2 Interference

Each of the following are considered "Interference" resulting in a :15 second penalty, loss of possession, and 1 foul towards the 4 foul total.

*Holding*

*Tripping*

*Hand Ball*

*Illegal Substitution*

*Charging* - loss of body control while dodging

*Intentionally Moving the Goal* - shots on goal will be deemed good

*Knee Goaltending* – defender at goal may only remain on knees for a count of 2

*Goal Digging* - altering the surface in front of or within the goal

*Goal Plugging* - defenders are not permitted inside the goal

*Goal Blocking* – only one player may defend a goal at any given time in a match

*Cherry Picking* - players must reasonably transition from defense to offense

## RULE 5B – MAJOR FOUL

### 5-B1 Sportsmanship Foul

Each of the following is considered a Sportsmanship Foul. A Sportsmanship Foul is a major foul and shall result in a :60 second penalty and count as 2 fouls towards the 4 foul total. These are assessed at the full and sole discretion of the Court Guard

*Foul Language / Swearing*

*Arguing Calls*

*Fighting*

*Overly Physical Play*

*Breaking the "Spirit of the SPEED Lacrosse™" - see Appendix A*

## RULE 5C –EJECTION

A Sportsmanship Foul resulting in ejection shall at a minimum disqualify the player from their next match. Event management and the attending Court Guard reserve the full and exclusive right to make this determination and any subsequent determination including expulsion and removal from the entire event.

## RULE 6 CHANGE OF POSSESSION

All of the following are considered "Possession" fouls resulting in the loss of possession

*Stalling* - One warning that applies to both teams. :10 seconds to shoot

*Trapping* - excessively covering the ball to gain possession

*Raking* - pulling a ground ball back into the stick pocket False In-Bounds

*Warding* - using a free hand to push off the defensive player

*Illegal Screen* - creating a screen for a player with un-stationary feet

## RULE 7 FOUL ENFORCEMENT

### 7A Serving Foul Time

If a player commits a foul, he/she will report immediately to the sub box where the foul time will begin as soon as play is live. Foul time initiates with the ball being possessed in the pocket at the offended team's midcourt without pressure from the defense.

### 7B Foul Time Release

Foul time ends when the assigned :15 second penalty expires. The Court Guard will say "release".

With the exception of a Sportsmanship foul, all fouls are "released" upon a scored goal by the fouled team. A goal scored by the short-handed team (fouling team) does not release the player in the sub box. Should a player from

each team be serving foul time, both players will be released when a goal is scored by either team.

#### 7C Fouling Out

If a player receives 4 fouls he/she will be considered "fouled out" of the match and will report immediately to the bench area. If a substitute player is available, the player that fouled out may be substituted for before play resumes.

#### 7D Ejection

If a player is ejected from the match, he/she will report to the sub box and remain there until the match is over.

If a coach is ejected from play, he/she will be relegated to the spectator area provided the event management and attending Court Guard agree that the behavior warrants remaining on the premises.

## Appendix A - The Spirit of SPEED Lacrosse™

We believe:

- o That lacrosse is North America's first sport.
- o That we are obligated to introduce someone new to lacrosse each week.
- o That lacrosse must be simple to try.
- o That lacrosse must be affordable for all.
- o That anyone can play lacrosse – forever.
- o That lacrosse can be played at anytime.
- o That lacrosse can be played anywhere – in places you've never imagined.
- o That exercising the fundamentals of lacrosse is the key to improvement.
- o That being in a match means rapid touches, decisions & development.
- o That the SPEED Lacrosse™ experience will be fast, fun, & consistent.
- o That we respect each other in competition & off the court.
- o That athletes of all skill levels have a future in the lacrosse community.
- o That learning lacrosse can be fiercely competitive w/o excessive contact.
- o That box lacrosse is incredible & unique.
- o That field lacrosse is incredible & unique.
- o That women will have a pro lacrosse tour & that we will help that happen.
- o That lacrosse will be an Olympic sport & that we will help that happen.

### Additional Items of Importance

#### *Protective Gear*

It was considered by the rules committee to permit padded arm guards and gloves. However, it was determined that the presence of this gear encouraged more contact than desired and was disruptive to the pace and style of SPEED Lacrosse™. It remains difficult for players to be physically consistent when defending players with varying levels of protective gear. As a result, these items are not allowed and a consistency of physicality is achieved.

#### *Court Guard Signaling & Communication*

A whistle will indicate a foul. A red flag will indicate possession direction. He/she will verbalize the uniform number of the offending player, the foul that was committed, & their current foul total. The Court Guard will announce when there are 2:00 minutes remaining in a given period. This will signal the engagement of the shot clock.

### *Line Judge Signaling & Communication*

Line Judges shall declare "out", "goal" or "no goal". He/she will use a red flag to indicate possession direction. Line Judges will not use a whistle or any other audible signaling. In all rules cases or disputes, the Court Guard shall make the final call/decision after consulting with any ruling by a Lines Judge.

### *Age Groups*

SPEED Lacrosse™ recommends age groups by 2-year increments. Due to the limited contact, a player's size, gender & body weight does not play a significant role in player safety.

### *The Role of Parents and Spectators in SPEED Lacrosse™*

This sport is about the players – young, old, & in between.

- We help the young experience critical, varied improvement with visual & verbal encouragement.
- We help the seasoned athlete remained involved with lacrosse without the eminent risk of injury.

We are committed to all athletes loving the game, and need you to help us with this. As parents and fans, if you can contain your emotions and embrace this community, then SPEED™ is the ideal place for you!

And if you find yourself really getting excited on the sidelines, we encourage you to grab a stick, enter an event, get on the court and play!