

LIGHTNING LACROSSE

Rules

- 12 minute halves.
- 4 on the field, rolling subs.
- A team must attempt 3 passes before a shot can be taken.
- Once 3 passes are attempted, players may only hold the ball for 4 seconds maximum to take their shot. If they can't safely take a shot in this time, then the ball must be passed.
- No contact / charging (player to initiate contact is penalised).
- Defenders must keep stick vertical while defending ball carrier.
- No crankshots (outside / hard shots) or crankshot fakes.
- Only one defensive player is allowed in the goalie circle as a goalie (no other players can be in the circle).
- If an attacker fouls, the ball is turned over.
- Dangerous play is man down until the next goal.
- No outs, if play becomes dangerous, the umpire will stop play and give the ball to the closest player.