



**CPRA**  
COLORADO  
PARKS & RECREATION  
ASSOCIATION



# CARA Flex Lacrosse Rules

## INTRODUCTION

Lacrosse is a game for everyone. In this version of the game, all that's needed is a small group of players, a space that is about  $\frac{1}{4}$  the size of an athletic field, a crosse (lacrosse stick), and the appropriate ball. Ultimately, the purpose is to be safe, get moving, and have fun while playing the game of lacrosse. This is a non-contact, gender neutral, small-sided version of lacrosse play meant to be enjoyed by players of all ages.

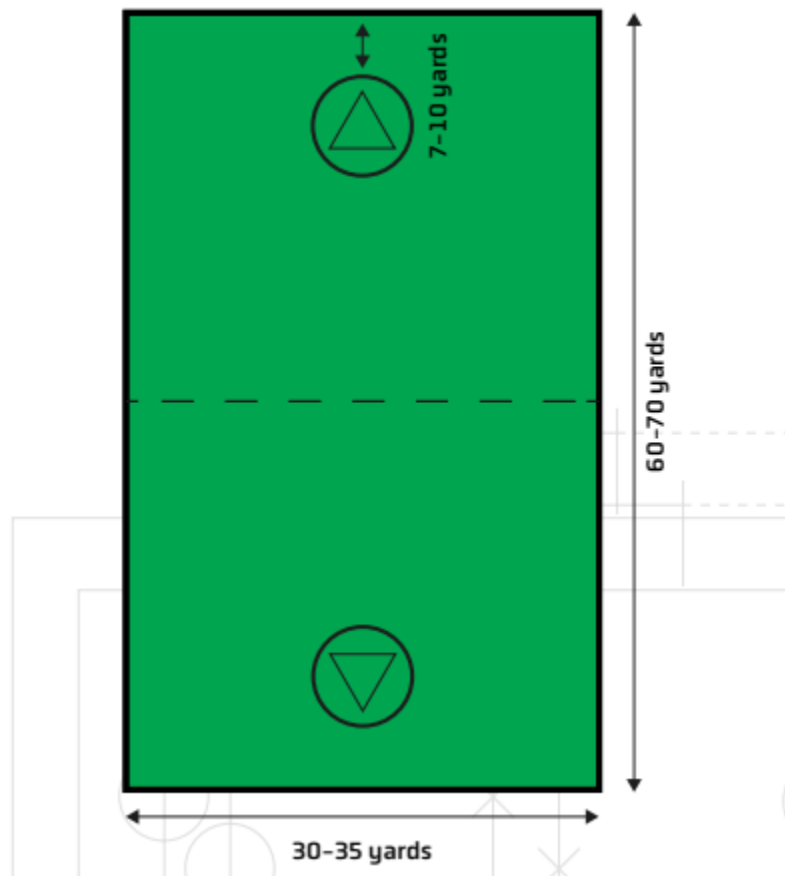
## THE GAME, SPACE, AND EQUIPMENT

### The Game:

The objective of each team is to score by causing the ball to enter the opponent's goal and to prevent the other team from possessing the ball and scoring. The ball is kept in play by being carried (cradled), thrown and caught, rolled, or batted with the crosse. The ball can also be kicked in any direction as long as the player kicking the ball has a crosse in his or her hands.

### General Field Layout:

Diagram:



To get started the minimum layout needed is endlines, sidelines, a center line and two goals.

### Space Behind the Goal:

You can have anywhere from 7-10 yards behind the goal where space is permitted.

### Crease/Goal Circle:

The recommended crease/goal circle size around the goal is 9 feet in diameter. Flat cones may be used instead of painted lines if necessary to define the crease.

**The Ball:**

A tennis ball will be used.

**The Goal:**

A pop-up goal with height and width dimensions between 3ft and 5ft. .

**Player Equipment:**

**The Lacrosse Stick (Crosse):**

All players will use a lacrosse stick based on preference—men's, women's, adult or youth sized, or fiddle stick. No PE soft sticks.

**Player Equipment:**

Players are required to wear closed toed athletic shoes.

A mouthguard may be worn if a player desires.

Players should have a jersey, pinney or shirt color similar to their teammates'. The color should be a color that contrasts their opponent. Or have pinneys that are able to distinguish from the opponent.

**Number of Players & Playing Time:**

There will be 6 players on the field and all players on the team must be in for at least 50% of the game or equal playing time to others based on having more than 12 players on the team.

**Goalies:**

All players are considered field players and there will be no goalie position played.

**Self Officiated:**

Players and head coaches will call their own foul and are on the honor system. In the event of a dispute that cannot be determined the disagreement will be settled with rock, paper, scissors (1 round, no best of)

**Time of the Game:**

(4) 10-minute running time quarters will be played with 2 minutes between the 1st & 2nd quarters and 3rd & 4th quarters, with a 4 minute half time. If there is an injury during play, time will only stop if the injured player needs assistance from medical professionals to exit the area of play

**Time outs:**

Each team will have (1) 30 second timeouts per half and the clock will not stop.

**Overtime:**

No overtime will be played. Games that are tied at the end of regulation will result in a tie.

**GAME PLAY:****Starting the Game:**

Team captains or a chosen representative for each team will participate in a rock , paper , scissors. The team that wins gets the first possession of a ball at the middle of the area of play (equidistant from each goal). The team captain that loses the round picks which side they will defend first.

**Out of Bounds and Ball Possession**

Play shall be stopped immediately when the ball goes out of bounds, touches the line, or touches something that is out of bounds; the ball goes to the opposite team. Play restarts closest to the location where the ball went out of bounds and the player will self-start once inbounds and are stationary for at least one second.

**Goal Scored**

Goals count when a ball passes completely over the goal line and into the goal. A ball can be kicked, propelled, or shot as long as a player has both hands on their crosse. The player cannot cross into the crease on a shot. All goals are recorded as one point.

**Goal Not Scored**

- No goal if a shot originates from behind the goal line extended.
- No goal if a shot releases after the end of a period.
- No goal if a shot originates in the defensive half of the field.
- No goal if a player shoots the ball with only one hand on their crosse.
- If using a crease, no goal if the player enters the crease while shooting.

**Restarts After a Goal**

To restart play after a goal, a player from the defending team must take the ball out of the goal, put it in their crosse, and either pass or run it out of the crease to resume play.

**Change of Goals**

Teams will change goals between periods. After halftime, each team will defend the other side of the area of play.

**Substitutions**

Substitutions on the fly are permitted by players touching sticks at the bench area. Exceptions are for injury substitutions or when a team does not have enough players on the field when play is ongoing.

## 10 BASIC SAFETY AND FAIR PLAY LAWS

This game is a gender-neutral version of lacrosse and is intended to be fun and simple. If players adhere to the below 10 laws, play will be safe and enjoyable. In some cases a player may intentionally or unintentionally violate a law and foul another player. Below are the laws all players are expected to abide by and what the penalty is if they are violated.

- 1. No stick to stick, body to body, or stick to body contact*
- 2. Maintain control of your body at all times*
- 3. No covering the ball with your stick or body*
- 4. Other than using your foot, no intentionally playing the ball off the body*
- 5. No entering the crease with your body (except to get the ball out of the goal after a shot is scored)*
- 6. No defending goal by standing in the 5 yard space in front of the goal (except when playing a stick's length away from an attacking opponent)*
- 7. No dangerous propelling (passing or shooting through someone, or passing or shooting without looking first; it is the responsibility of the person with the ball to make a safe pass or shot)*
- 8. No dangerous follow through with the stick (following your pass or shot)*
- 9. Respect your teammates and opponents at all times—use good sportsmanship*
- 10. Take care of the equipment and the space*

### **Law 1 Point of Clarification: Stick Checking**

Stick Checking is NOT permitted. Incidental stick contact may occur and should not result in a penalty. Incidental contact may occur while the ball is on the ground and players are attempting to pick up the ball.

### **Law 1 Point of Clarification: Defending**

Players defending the ball carrier should be a stick length away from the ball carrier and the defender's stick should not be used in a menacing or dangerous way near the ball carrier's body. The stick shall not enter the space around the ball carrier's neck or head. Imagine a bubble an arm-length wide around each player's head. This is the space that a stick may not enter.

### **Law 1 Point of Clarification: Illegal Touching**

Touching the ball with a hand not wrapped around the crosse is a violation of Law 1. Kicking a crosse is not allowable.

### **Law 1 Point of Clarification: Warding**

A player in possession of the ball shall not use their free hand or arm to hold, push, or control the direction of the movement of the crosse or body of the player.

**Law 1 and 2 Point of Clarification: Body Contact**

Body to body contact is NOT permitted. Incidental contact may occur and should not result in a penalty if the contact is very minor. Defensive players may occupy a space to prevent an offensive player from entering. Any offensive player who deliberately charges directly at a defensive player and makes contact will receive a penalty. This is considered a violation (see penalty below).

**Law 2 Point of Clarification: Illegal Screen**

No offensive player, while in motion, shall move into and make contact with a defensive player. The player setting the screen must be stationary to be legal.

**Law 3 Point of Clarification: Withholding**

A player shall not lie on the ball, trap it with their crosse longer than is necessary for them to control the ball and pick it up with one continuous motion, or withhold the ball from play in any other manner

**PENALTIES**

The penalty for violating any of the Laws is the ball is awarded to the offended team (Change of Possession). The player awarded the ball may pass or start running/cradling (self-start). All other players should move five stick lengths away from the player in possession of the ball, however the player with the ball does not need to wait for this to occur.

If a player repeatedly violates the laws, particularly Laws 1 and 2, or it is deemed he or she is putting other players in danger, the player should be removed for a one minute penalty. Another player may be substituted.

**Violation on a Shot**

If a foul occurs on a shot that goes in the goal, the goal counts. Play will resume as normal with the defending team taking the ball out of the goal to continue play. If the violation occurs on a shot that does not go in the goal, play will stop temporarily so that the player fouled can regain possession and should restart at least 10 yards away from the goal (self-start).

**Unsportsmanlike Conduct**

Any unsportsmanlike behavior such as vulgar language, conduct issues, arguing, and/or obscene gestures or abuse of equipment or the space in violation of Law 9 and 10 should result in a one-minute suspension from the game and awarding possession of the ball to the offended team. While the player is suspended from the game, another player may substitute in the person's place.

**Too Many Players on the Field**

The opposing team must call the foul and the additional player(s) leave the field, then resume play where the team that did not have too many players starts with possession.