

SAGEBRUSH MINI BOX LACROSSE

OFFICIAL LEAGUE RULES

FORMAT	SEASON	GAME TIME	BALL
4v4	18 Games	2 x 13 Min	Tennis Ball
3 Field Players + Goalie	6 Players / Team	4 Min Halftime	Fast + Recreational

THE IDEA: Mini Box is built to be fast, fun, affordable, and easy to play. These rules keep the game moving and give every player plenty of touches, shots, substitutions, and even a turn in goal.

1. LEAGUE PHILOSOPHY

Mini Box Lacrosse is a recreational, small-sided version of indoor lacrosse. The goal is simple: play fast, get lots of reps, compete, and have fun.

Officials and league staff may use common sense when applying the rules. We are here to play lacrosse - not spend half the game debating technicalities.

2. TEAM FORMAT

- 6 players per team.
- Games are 4v4: 3 field players + 1 goalie.
- The remaining 2 players are substitutes.
- Substitutions are made on the fly.
- All field players may play anywhere on the floor. Goalies must remain on their defensive half and may not cross the midline.

TWO SIGNATURE MINI BOX RULES

1. EVERY PLAYER PLAYS GOALIE.

Each player must play goalie for at least 3 games during the 18-game season. With 6 players, that creates exactly 18 goalie assignments.

2. SCORE A GOAL? SUB OUT.

Any field player who scores must immediately substitute out before play restarts. The goalie is exempt if they score.

3. GAME LENGTH

- Each game is 30 minutes total.
- First Half: 13 minutes.
- Halftime: 4 minutes.
- Second Half: 13 minutes.
- Game clock uses running time. Teams should be ready to play so games stay on schedule.

4. THE BALL

All games are played with a tennis ball instead of a traditional lacrosse ball. The tennis ball is treated like a normal lacrosse ball for passing, shooting, possession, loose balls, crease play, and scoring.

- Only league-approved tennis balls may be used.
- Tennis balls may not be cut, weighted, punctured, or otherwise modified.

5. EQUIPMENT

- Standard short sticks only for field players - no long poles.
- Players wear standard protective lacrosse equipment appropriate for their age level.
- Mouthguards and required protective equipment must be worn.
- League-approved goalie equipment may be used.

6. STARTING & RESTARTING PLAY

- A faceoff begins each half.
- There is no faceoff after a goal.
- After a goal, the scored-on team receives possession and the goalie restarts play.
- The player who scored must complete their mandatory substitution before the restart.
- Restarts should happen quickly.

7. POSSESSION & OFFENSE

- There are no offsides for field players - all 3 field players may play anywhere on the floor.
- Goalies may not cross the midline. A goalie must remain on their team's defensive half of the floor.
- Teams must advance the ball across midfield within 10 seconds.
- Once established in the offensive half, a team may not intentionally carry the ball back across midfield.
- Teams are expected to attack. If a team is obviously stalling, the official may give a verbal warning/count to force an offensive attempt.

8. SUBSTITUTIONS

- Substitutions happen on the fly.
- Players leaving the floor should be reasonably close to the substitution/bench area before a replacement enters.
- Mandatory scoring substitution: any field player who scores must leave the floor and be replaced before play restarts.
- The scorer may return later during a normal substitution.
- Goalies are exempt from the scoring substitution rule.
- If no substitute is available because of injury, penalty, or another unusual circumstance, the official may temporarily waive the rule.

9. PHYSICAL PLAY

Mini Box allows normal lacrosse contact, but this is not a heavy-contact box league. Play hard and stay under control.

- Stick checks and normal body positioning are allowed.
- Controlled contact while competing for the ball is allowed.
- No boarding, checking from behind, head/neck contact, violent cross-checks, fighting, or intentionally dangerous hits.
- Officials have discretion to stop contact that becomes excessive.

10. CREASE RULES

- Offensive players may not enter the goalie crease while attacking.
- Players may reach their stick into the crease for a loose ball as long as they do not interfere with the goalie.
- A goal does not count if an attacking player illegally enters the crease before the ball crosses the goal line.
- Goalies must be given reasonable space to play the ball safely.

11. PENALTIES

Penalties are kept simple so unsafe play is discouraged without slowing the game down.

- Minor - 1 minute: slashing, tripping, holding, interference, illegal contact, illegal cross-check, too many players, etc.
- A minor penalty ends if the opposing team scores.
- Major - 3 minutes: dangerous hits, boarding, intentional head contact, excessively violent play, or serious unsportsmanlike conduct.
- Major penalties do not end after a goal.
- Fighting, intentionally dangerous play, or repeated unsportsmanlike behavior may result in removal from the game.

12. POWER PLAYS

- A normal power play is 3 field players vs. 2 field players, plus goalies.
- A team will not be required to play with fewer than 2 field players + goalie.
- Additional penalties may be delayed or served consecutively when needed.

13. BALL OUT OF PLAY

- If the ball stays inside the playing area, it remains live and may be played off the boards.
- If the ball leaves the playing area, possession goes to the team that did not touch it last.
- Play restarts quickly from the nearest reasonable location.

14. SCORING & STANDINGS

- Each goal is worth 1 point.
- The team with the most goals at the end of the second half wins.
- Regular-season games may end in a tie.
- Standings may use wins, head-to-head record, goal differential, and goals scored as tiebreakers.

15. SPORTSMANSHIP

This is a recreational league. Players are expected to compete hard while respecting teammates, opponents, officials, and the facility.

Trash talk, fighting, excessive arguing, or intentionally dangerous play may result in removal from a game or the league.

HAVE FUN. PLAY FAST. KEEP IT SAFE.

Sagebrush Mini Box is designed to create more touches, more movement, more opportunities, and a different way to enjoy lacrosse.