



3X3 HOUSE LEAGUE

RULES

Version V1.0 - Revised Dec 3, 2022

1. GENERAL

- 1.1. Game play shall be in accordance with CLA Rules Option X with the exceptions provided herein.

2. PLAYING SURFACE

- 2.1. Games shall be played cross-floor on half rink between the end board and the restraining lines (or blue lines).
- 2.2. Player benches are not used. Substitute players wait on the sideline of the neutral zone (or between the blue lines).
- 2.3. Playing surface can be wood, resilient flooring, pavement, grass, artificial grass, or turf. Mechanically troweled concrete floors and other extremely smooth floors are only permitted indoor as they present a slipping hazard when wet.
- 2.4. Playing surface shall include markings for goal creases and faceoff circles. Surfaces can be marked by paint, vinyl, or chalk. Goal creases can also be marked by removable crease overlays.

3. GOALS

- 3.1. Goals shall be 3' x 3', red or orange in colour and meet CLA requirements for sizing.
- 3.2. Goals can be collapsible or non-collapsible.
- 3.3. Goals shall be placed minimum 3' from the sideboards (measured from the tail of the goals).
- 3.4. The goal crease shall be an arc that starts two feet on either side of the goal posts and extends as far back as the tail of the goal.

4. LACROSSE STICK

- 4.1. Players sticks shall be short sticks between 26" to 37" inches in overall length; measured from the butt of the stick to the top of the head.

5. BALLS

- 5.1. The balls used shall be SwaxLax Balls or soft lacrosse balls conforming to CLA standards and approved by CLA.

6. PLAYER'S EQUIPMENT

- 6.1. Mandatory players equipment:
 - 6.1.1. Hockey or lacrosse helmet and mask. Helmet must have a chin strap. Helmets and masks to be CSA approved hockey helmets or NOCSAE approved helmets and mask;
 - 6.1.2. Mouthguard;
 - 6.1.3. Running shoes or cleats (if playing on grass surfaces);
 - 6.1.4. Hockey or lacrosse gloves;
 - 6.1.5. Jock or jill strap;
- 6.2. Optional player equipment:
 - 6.2.1. Hockey or lacrosse shoulder pads;
 - 6.2.2. Hockey elbow pads or lacrosse slash guards;
 - 6.2.3. Knee pads; and
 - 6.2.4. Kidney or rib pads.

7. TEAM SIZE

- 7.1. Teams shall have between 6 to 9 players.



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8. GAME FORMAT

- 8.1. Games shall be played with two 15-minute skill development sessions followed by two 15-minute game periods.
- 8.2. Players shall play 3min shifts. Shifts shall be timed and signaled by whistle or buzzer.
- 8.3. Faceoffs will take place at the start of shifts; there are no faceoffs after goals or any other stoppage of play.
- 8.4. Games shall be played 3 on 3 with no goalie. Shot blockers or shooter tutors can be used to challenge and develop players.
- 8.5. Double shifting will not be allowed when a team has 6 or more players at a game. In the event a team has less than 6 players, double shifting will be permitted, however must rotate equality through the players.
- 8.6. Possession of loose balls will be awarded to the team who first traps the ball. Upon trapping the ball, possession will be awarded, and the other team shall fall back minimum 10ft from the player who is awarded possession.
- 8.7. Upon gaining ball possession, teams must make 3 successful overhead or bounce passes before shooting on net.
- 8.8. Upon scoring a goal, the whistle is blown, and the ball is awarded to the other team in their crease. The team who scored the goal shall fall back into their zone.
- 8.9. Upon ball out of play, the whistle is blown, and the ball is awarded to non-offending team closest to where the ball went out of bounds. The offending team shall fall back minimum 10ft from the player who is awarded possession.

9. PENALTIES

- 9.1. No contact is permitted. Body contact, stick-to-body contact and stick-to-stick contact will result in a minor penalty.
- 9.2. Upon an infraction the whistle is to be blown, the offending player is identified, and the rule explained to the offending player.
 - 9.2.1. Minor penalties - will result in a penalty shot.
 - 9.2.2. Major penalties - will result in a penalty shot and the offending player removed from play and escorted to the sideline where they will sit out one line change.
 - 9.2.3. Misconduct penalties - will result in a penalty shot and the offending player removed from play and escorted off the rink for the remainder of the game.
 - 9.2.4. Regardless of the penalty assessed, games are played 3 on 3.
- 9.3. Ball possession for penalty shots is awarded at the centre of the half rink. The penalty shot must be taken on the run. After the shot is made, the game resumes immediately.

10. PARTICIPANT MISCONDUCT AND DISCIPLINE

- 10.1. Gryphons Lacrosse Zone promotes good sportsmanship, respect and fair play.
- 10.2. Gryphons Lacrosse Zone has a zero-tolerance policy towards unsportsmanlike conduct, including harassment, taunting, trash-talking and fighting.
- 10.3. All parents, spectators, players, coaches and officials shall abide by the Manitoba Lacrosse Association Code of Conduct. Failure to comply by the Manitoba Lacrosse Association Code of Conduct will result in player and/or team discipline up to and including removal from the league and potentially further sanctions by the team's governing body.
- 10.4. Spectators shall comply with the same requirements as parents.
- 10.5. Teams are responsible for the behaviors and actions of parents, spectators, players and coaches.

BOX LACROSSE - Active Start Mini-Tyke: 6 and under

LTAD OBJECTIVES

FUN

- Introduce skills
- Basic rules
- Fair play
- Physical activity
- Play agility games (i.e. tag)

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL
Cradling, trap and scoop, catch, overhand pass, overhand shot, defensive body position

TACTICAL
Give-and-go, cutting

GOALIES
No goalies at this stage

CLA RULES

BOX SIZE
Play cross-floor on 1/2 of box.

PLAYERS PER TEAM
3 on 3, NO goalie, 6-8 players per team

NET

3 ft. wide x 3 ft. high.
Net tail 3 ft. from boards.

CONTACT

Body position

SCOREBOARD

HOME	VISITORS
X	X

No scores displayed
No score sheets

EQUIPMENT

Helmet, mask, knee pads (optional), small stick, soft ball, jock/jill strap.

OFFICIATING

Coaches remain on floor. Referees may be introduced. Modified CLA rules. Fall back rule applies.

SUBS

Equal participation
3 minute shifts

SESSIONS

2 x 15 min. skill training
2 x 15 min. games
No face-offs

SUSTENANCE

Water bottle, healthy snacks. No pop, chips or sugar



FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions
PLAYERS: Honour the game; new friendships; equal participation; co-operation; new experiences; volunteering

BOX LACROSSE - FUNDamentals 1 Tyke: 7-8

LTAD OBJECTIVES

FUN

- Introduce skills
- Basic rules
- Fair play
- Physical activity
- Train ABCs

SKILLS INTRODUCED AT THIS LEVEL


TECHNICAL
Cradling, scoop, catch, overhand pass, overhand shot, defensive body position, face-off, creating space

TACTICAL
Give-and-go, cutting, face-off, floor positioning

GOALIES
Stance, angles, passing, stopping shots


CLA RULES

BOX SIZE
Play cross-floor on 1/2 of box.




PLAYERS PER TEAM
3 on 3, plus goalie (optional), 6-9 players per team

NET



3 ft. wide x 3 ft. high.
Net tail 3 ft. from boards.

CONTACT



Body position

SCOREBOARD

HOME	VISITORS
X	X

No scores displayed
No score sheets
Use roster sheet for legal purposes

EQUIPMENT



Helmet, mask, knee pads (optional), small stick, soft ball (optional), jock/jill strap. Goalies: Category 1 equipment.

OFFICIATING



Coaches manage games. Modified CLA rules. No players sent to penalty box. Coaches stop play & explain whistles.

SUBS



Equal participation.
3 minute shifts.
All play goal.

SESSIONS



2 x 15 min. skill training
2 x 15 min. games
No face-offs

SUSTENANCE



Water bottle, healthy snacks. No pop, chips or sugar



FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions
PLAYERS: Honour the game; new friendships; equal participation; teamwork; win with dignity & lose with grace; volunteering