

# Magnolia United Lacrosse Association



## CHUMASH LACROSSE RULES

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### THE GAME

Chumash is played by two teams of 3 players each. Each team will be allowed unlimited substitutes. The Goal(s) are/is in the center of the field. The objective of each team is to score on its respective side of the goal. Long sticks are illegal and sticks have to be at least 30 inches long. Chumash is designed to be as self-regulating as possible to enhance the joy of playing, and to make it easy to play a real game anytime, anywhere. The coaches will referee to help the kids exhibit sportsmanship and fair play.. The game was created to be fun and to teach skills, to involve parents and encourage them in teaching their children sportsmanship. It is the kind of game we can use to invite the world to play lacrosse with us. Anybody can play.

### THE FIELD

As a general guideline, the regular Chumash field is 50 yds. long and 30 yds. wide. The crease is elliptical-6-12' at the goal line extended and up to 15yds. at the top center. The younger players crease will be a standard 9 foot radius crease. The 6' high, 12" wide goal is centered in the crease, and the net shall be centered or sandwiched in the frame to accommodate shots from both sides. 20 yds. from the goal line and 5 yards from the boundary on each end there shall be a restraining or "take back" line.

### PLAY OF THE GAME

A game will consist of two 15 minute running time halves. Each team is allowed one two-minute timeout per half.

To start the game, the referee/coach will roll the ball out, the team that gains possession must take the ball back to their own restraining line. We will determine each team's "take back" line before play starts. There is no off-side rule in Chumash Lacrosse.

When there is a clear change of possession the team with the ball must pass or carry it back to the restraining line in front of their goal, much like 3 on 3 basketball. If a team fails to do this it is a technical foul and the ball is awarded to the other team. After a goal, the ball is put in play at the take back or restraining line.

If a shot is taken that misses the goal and goes out of bounds, the ball shall be awarded to the defensive team, not the team closest to the ball when it goes out of bounds.

Substitution may happen on the fly or on out of bounds change of possessions.

Shots may not be taken until a certain number of passes have been completed that will be determined by the age group and ability of the players. IE for little guys it will be 1 pass and for older kids it will be 3.

When the ball is on the ground in the crease, players from both teams are allowed to be inside the designated crease area.

Possession is gained, the ball must be immediately carried or passed out of the crease. Failure to do so is a technical foul and loss of the ball.

When the ball is in possession of team A, a player from Team B is allowed to be in the crease only if they are continually moving through it. A defensive player (team B) may not take a position to defend the goal while in the crease. A defensive crease violation will result in a man down situation for Team B.

Team A has cleared the ball, no player from Team A (the team with the ball) may ever be in the crease or on the crease line. During the clear there is no crease violation. However, the goal may not be used to pick an opponent at any time.

### FOULS

Personal fouls are illegal body checking, slashing, tripping, cross-checking and any touch of the head or face. On a personal foul the ball is awarded at the restraining line. The offended team doesn't have to clear the ball. On personal fouls, the offender must go to the sideline until there are 2 shots taken, or until his team gains possession of the ball, or there is a goal scored by the team with the advantage.

Technical fouls are interference, illegal screen, holding, warding off, pushing, withholding the ball, and crease violations. On a Technical foul, the ball is awarded at the goal line extended, and just inside the sideline. The ball must then be cleared to the restraining line. On technical fouls, the offending player must leave the field for 1 shot, or until his team gains possession of the ball, or there is a goal scored by the team with the advantage.