

## **Chumash Lacrosse (3 v 3)**

### THE GAME

Chumash is played by two teams of 3 players each. Each team may have two substitutes. There is one goal in the center of the field. The purpose of each team is to score on its respective side of the goal. Long sticks are illegal.

One player must be substituted after each goal

### THE FIELD

The Chumash field is 50 yards X 30 yds. The crease is elliptical-6-12' at the goal line extended and up to 15yds. at the top center. The younger players should be closer. 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 yards from the goal line and 5 yards from the boundary on each end there shall be a restraining or "take back" line.

### OFFICIALS

The game shall be controlled by one official.

### PLAY OF THE GAME, TIME FACTORS, ETC.

A game will consist of two ten minute halves. Each team is allowed one two-minute timeout per game.

### PRE-GAME PROCEDURES

A Faceoff from the lowest angle possible in relation to the goal shall be enforced to start game play at the beginning of the game, after each goal and to start the second half

### OFF-SIDES

There is no off-sides.

### PLAY OF THE BALL

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 so, it is treated as possession has not changed.

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.

### SUBSTITUTIONS

Substitutions can be made during the course of the game. The outgoing and incoming players must touch sticks while at least one of the two players is off the field; outgoing player must immediately exit playing area. Substitutions can happen anywhere around the perimeter of the field, provided it is not interfering with games at adjacent fields. Substitution violations will result in a Technical foul.

### GOAL CREASE PRIVILEGES

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

After 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, as per NCAA rule on a technical foul with possession.

After 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.

#### OTHER GAME PROCEDURES

Most play of the game falls under the guidelines of the NCAA. There are no rules governing time for ball advancement, etc.

#### TECHNICAL FOULS

Technical fouls are interference, holding, pushing, and defensive CREASE AREA violations. A technical foul will result in a “man down” situation and the offending player will go to the sidelines and remain there until one of the following events have occurred:

- The opposing team has taken one shot.
- The offending player’s team gains possession of the ball.
- The opposing team scores a goal.

#### PERSONAL FOULS

Personal fouls are illegal body checking, slashing, tripping, and cross-checking, based on age-division appropriate interpretations. Any touch or “Brush” of an opponent’s head or face with a stick or arm is also an automatic Personal foul. A personal foul will result in a “man down” situation and the offending player will go to the sidelines and remain there until one of the following events have occurred:

- The opposing team has taken two shots.
- The offending player’s team gains possession of the ball.
- The opposing team scores a goal.

Playoff games must have a winner.

- Successive 3 minute sudden-death periods until there is a winner
- 30 second break between OT periods. No TOs
- Alternating possession; first OT possession determined by coin flip.

#### REQUIRED EQUIPMENT

Stick, Mouthguard, Helmet, and Pads (shoulder, rib, and forearm as desired)

# Trash Can Lacrosse

## THE BASICS

1. Helmets and gloves required for every game
2. No longsticks, No goalie sticks...VERY IMPORTANT!
3. Three players per team
4. NO STICK CHECKS
5. NO BODY CHECKS

## FIELD

1. Trashcan
2. Clear Line established with Cone or other landmark 12-15yds from trashcan opening.

## GOALTENDING

1. While on defense, a team must have a player in the goal at all times
2. The goalie's knees CANNOT touch ground
3. The goalie's rear end CANNOT come below "crossbar" of goal
4. Goalies CANNOT pick-up ball with free hand, but may use free hand to make save.
5. Goalie is played like a street hockey goalie...

## SCORING

1. A goal will be scored when the entire tennis ball enters the trashcan
2. Game are played to 3.
3. An offensive players stick MAY NOT touch the can while trying to score. Smashing it in is just not cool or that skilled.

Never saw a shot I didn't like in the game of trashcan. Can't score if you are afraid to shoot. Rip it!!

## PLAY

1. Lady, Hunter, Bear decides First possession
2. A goal will be scored when the entire tennis ball enters the trashcan
3. Games are played to a score of 3.

## Rule Violations

Any violations of rules can result in a change of possession or in tournament play, a penalty shot. A penalty shot consist of a 1v1 with goalie starting from clearing cone.