

# Boston Strong Lacrosse Rules 2026

Each team will play with seven players; 1 goalkeeper, 2 attack, 2 defense and 2 midfield, net protectors will be used if a team does not have a goalkeeper.

Games will be 24 minutes with 2 minutes in between games. All teams will play 3 games. If a 4th game is scheduled, the game will not count against the team that played in its 4th game.

Boston Strong Tournament will follow all 2026 US Lacrosse Rules

All players/coaches are required to wear all proper lacrosse equipment: mouth guard and protective women's lacrosse goggles. Goal keepers must wear ALL protective equipment: helmet with chin guard, chest protector, protective pants, shin guards (optional HS), gloves and a mouth guard. Please note no jewelry, this includes taped ears covering earrings, permanent bracelets, etc.

All substitution will be on the fly or at a stoppage of play that is acknowledged by the official. Players are not allowed to stand on the field waiting to be substituted. All players must substitute in the substitution box.

A goalkeeper has ten seconds to clear the ball once she has gained possession. If a goalie leaves the crease area with the ball she cannot return to the crease with possession of the ball. Goalkeepers are not allowed to cross the midfield line.

**3rd/4th Grade ONLY: After a goal, a goalkeeper will be allowed a FREE clear. Once the ball has been passed, it is a live ball and can be played**

Full checking 7/8 and High School divisions, modified checking for 5th/6th grade division, no checking 3/4 grade division.

ONE PASS RULE: Teams must make one pass once over the Midfield line before going to goal. This will slow down fast breaks and encourage passing.

- If the attacking team intercepts a goalie clear after a saved shot or a goal they may go directly to goal. No additional pass required.
- Any interception from the goalie or defensive player in the offensive zone, including a good check to cause a turnover, does not need an additional pass, however if the ball has cleared the offensive zone, marked by the restraining line, and a turnover occurs: one pass is required.

The mid-line will be used as the offsides line. Two players from each team must remain behind the restraining line.

All fouls will be called by officials in accordance with 2025 US Lacrosse rules for both youth & High School. **NO STICK TO BODY CONTACT ALLOWED. Emphasis this year on physical contact and sportsmanship!**

A player who receives a YELLOW CARD will result in a two-minute penalty and the team will play a man-down. A second yellow card to the same player, the player may not play in the rest of the game. Four yellow cards to one team in a game, the team must play short the rest of the game.

## Teams will receive:

2 points for a win

1 point for a tie

0 points for a loss

## Tie Breakers:

1. Goals Against
2. Goals For
3. Flip a coin

\*we will not use head to head as not all teams play each other!

\*If the finals end in a tie, teams will play a braveheart