

# 3v3 Lacrosse (“Chumash”) Rules

## GAME OVERVIEW

Two teams of three players each play the game. Each team may have up to 2 additional players (5 total) as substitutes - you will want substitutes. Players are not allowed to use long or goalie sticks. Short sticks must be legal length for division (40-42”, 38” minimum for Juniors).

A single goal will be set up in the middle of the field. The objective is for each team to score on its respective side of the goal. Goals are unprotected, with no goalie, keeping the speed and intensity of the game very high.

## THE GOAL

The single, two-sided goal in the middle of the field is 6 feet high by 1 foot wide. A goal is scored when the ball hits the net or when the ball hits two posts before bouncing away from the goal.



## TIME (Samammish shootout 10 minute halves, 30 second TOs)

A 3v3 LAX game consists of two 10-minute running time halves. After a 3 minute halftime break, the two teams change sides for the 2<sup>nd</sup> half. Each team is allowed one 30 second time-out per game (the game clock will remain running during the timeout). Timeouts are not permitted with 3 minutes or less remaining in each half.

## **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.

## **REQUIRED EQUIPMENT**

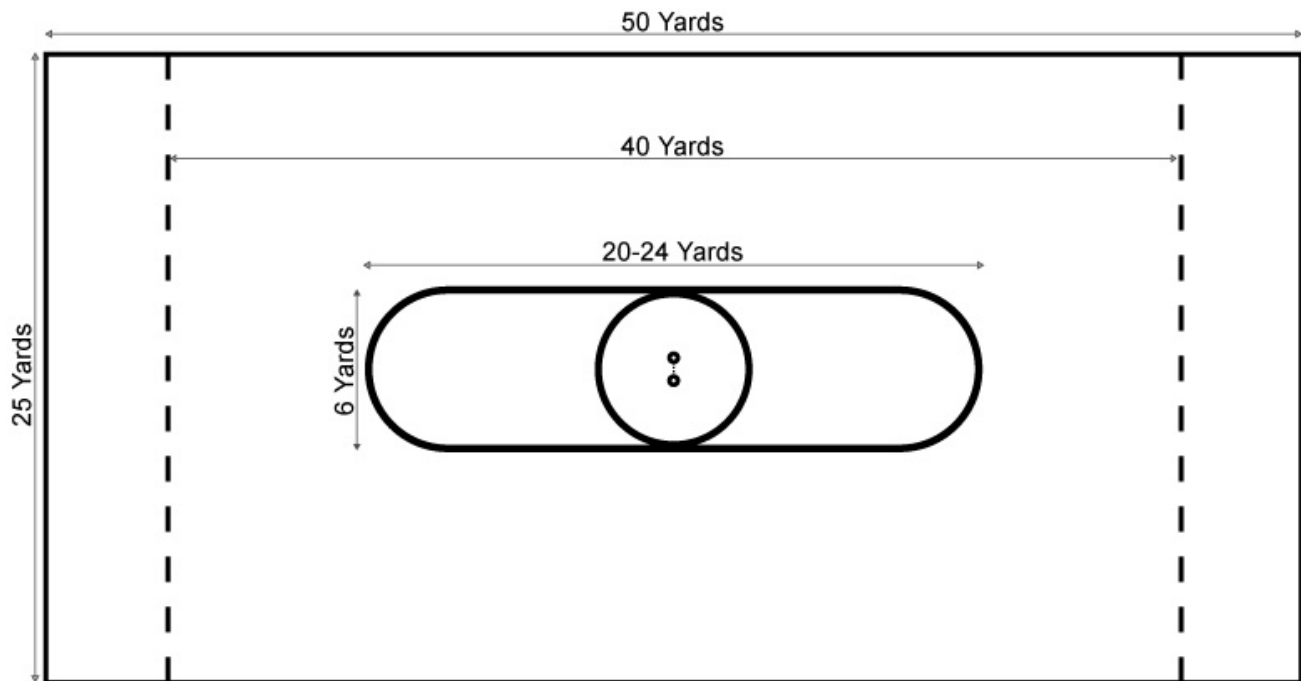
Boys: Stick, Mouthguard, Helmet, and Pads (shoulder, rib, and forearm as desired)

Girls: Stick, Mouthguard, and Eyewear

## **THE FIELD**

The 3v3 LAX field is 50 yards long by 30 yards wide, with the single goal anchored in the middle of the field. There are TAKE BACK lines that are 20 yards from the goal line in each direction and extend the width of the field.

There is an elliptical RESTRICTED AREA that extends 10 yards in both directions from the goal line. At the goal line, the RESTRICTED AREA is 10 feet wide. The RESTRICTED AREA reduces gradually in width as it moves further from the goal.



## **GETTING STARTED**

A coin toss will determine which team gets possession of the ball to start the game. The team that wins possession will put the ball in play from behind their TAKE BACK line. The other team gets first alternate possession, normally possession after half.

## **PLAYING THE GAME**

Each team can use the entire field and there are no offsides. However, a goal can only be scored from a team's designated side of the field. A shot that is made into the goal by a team from the opponent's side of the field is not a score and will result in a change of possession.

When there is a clear change of possession, the team with the ball must pass or carry the ball behind the TAKE BACK line on their side of the field before they can begin attacking the goal. If a team fails to pass or carry the ball beyond the TAKE BACK before they begin attacking the goal, the ball will be awarded to the other team. The TAKE BACK line does *not* establish a “safe” zone.

After a goal, the ball is put in play from beyond the TAKE BACK line.

If the ball goes out of bounds, either from a shot or pass, the ball is awarded to the opposite team of who last touched the ball.

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 of lacrosse anytime, anywhere. You don't have to have a referee, but you do need to exhibit sportsmanship and fair play. If a call is in question, use a system of alternating possessions. The game was created to be fun and to teach skills and sportsmanship. It is the kind of game we can use to invite the world to play lacrosse with us. Anybody can play.

### **THE SMALLER CREASE**

There are two creases, the first is a regular lacrosse goal crease with a nine-foot radius. The goal is centered inside this circle. There is no goalie and it is illegal to "guard" the goal in Chumash. No one can go in the smaller crease unless the ball is down in there. Then, the player may only pick up the ball, must not attack the goal, and must leave the crease by the most direct route. Failure to do so will result in a technical foul and loss of possession.

### **THE LARGER CREASE**

The second crease uses the same arc. The top of the arc is 10-12 yards from the goal line. Players may move through this larger crease with or without the ball. They may not stop nor may they shoot from inside the larger or smaller crease. Players can "dive", but they may not land in the smaller crease ever. If they do it is no goal and possession is awarded to the other team.

A player may catch a pass inside the larger crease, then step out of it, turn and shoot. Crease lines are a part of the crease.

### **CREASE AREAS PRIVILEGES**

When the ball is on the ground in the CREASE AREAS, players from both teams are allowed to be in this area to gain possession of the ball. When there is a clear change of possession the team with the ball must pass or carry it back to the TAKE BACK line in front of their goal, much like 3 on 3 basketball. If a team fails to do this the ball is awarded to the other team (see below).

Players from the team that does not have possession of the ball (“defensive players”) are allowed to be in the CREASE AREAS but only if they are continually moving through it. A defensive player cannot take a position to defend the goal while in the CREASE AREAS. A CREASE AREAS violation by a defensive player will result in a technical foul (see below).

Players from the team in possession of the ball (“offensive players”) may not stop in or shoot from inside the CREASE AREAS Per the above, any player may enter either crease area when the ball is on the ground and the players are attempting to gain control. A CREASE AREAS violation by an offensive player (e.g., stopping in or shooting from outer crease, stepping in inner crease) will result in a change of possession.

## **OTHER GAME PROCEDURES**

There are no rules governing time for ball advancement, etc.

5 yard (1 meter for girls) rule strictly enforced on inbounds play, interference, etc.

The integrity with which you play brings honor to the game.

## **LOSS-OF-POSSESSION FOULS**

A change of possession will occur on illegal screens, warding off, withholding the ball, and offensive CREASE AREA violations.

## **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:

- a) The opposing team has taken one shot.
- b) The offending player’s team gains possession of the ball.
- c) 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:

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

## **SAMMAMISH SHOOT-OUT TOURNAMENT RULES**

- Lightning, junior & senior: One-handed checks are slashes by definition, and a personal foul will be called.
- All pool games on all fields will start and end at the same time.
- Tie games are allowed in pool play
- 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.