

MINI GAME FORMAT



Game Rules

1. The Mini Game playing surface is the width of a lacrosse box generally known as the offensive or defensive zones by regulation lacrosse rules. The “sideline” for each end of play are the centre zone restraining lines. Creases and nets are positioned against the sideboards facing each other and centre floor is estimated between the two goals.
2. The entire centre or neutral zone in Mini Game serves as the player’s bench or substitution area for players. Coaches organize and instruct players from this area.
3. The game format is three, ten-minute periods, no stop time. A 20-second shot clock is introduced to be governed by the regulation 30-second shot clock rules.
4. Teams are composed of nine players with three players on each line. Players participate in 2-minute shifts each period with a buzzer system in use. At the buzzer signalling the end of a shift, the player with the ball turns it over at that spot, where possession is then contested by substituting players from each team. Teams have a maximum of ten seconds to change players between line shifts.
5. Before a team can shoot on net, the offensive team must complete three successful passes. The referee will call aloud the number of successful passes during each possession. All passes must be initiated from the overhand passing position above the shoulder.
6. All loose ball situations are governed by “first to trap” rule where the referee will stop play and award possession to a player who has successfully trapped a loose ball first.
7. While game scores are not recorded, goals are scored by introducing open net, target and/or shooting board challenges to the game. After each goal, the team that has been scored on initiates play from centre floor on the referee’s whistle (ball possession rules apply).
8. Should the ball go out of bounds during play, the referee will award possession to the player on either team, positioned closest to where the ball went out of play.
9. Any actions of players which would result in a penalty under regulation box lacrosse rules will result in a penalty shot (instead of a time-served penalty) being awarded to the non-offending team. The player who was fouled will take the penalty shot, on the run, advancing directly toward the net from centre floor.
10. To facilitate skill development, any body contact, stick-to-body or stick-to-stick contact is illegal and will be considered a penalty for illegal contact, which will result in a penalty shot.
11. There are no goaltenders in the Mini Game format. Shooter tutors (of various sizes), shooting boards, Sniper Targets, balloons and other targets are used to challenge and develop shooting skills in Mini Game.
12. Other than exceptions noted, regulation box lacrosse rules apply to the OLA Mini Game.