

**WHEELCHAIR LACROSSE USA**  
**RULE GUIDEBOOK**  
 Updated 08/09/23



<b>FIELD SETUP</b>	<b>FIELD SIZE</b>	Roller Hockey Rink (approx. dimensions) <b>Length:</b> 185' <b>Width:</b> 85'
	<b>GOAL SIZE</b>	4' x 4'
	<b>CREASE DIMENSIONS</b>	7' radius in front of goal Straight line drawn from 1' behind goal line to back of goal
<b>PLAYERS</b>	<b>NUMBER OF PLAYERS</b>	8v8 (including Goalkeepers)
	<b>POSITIONS</b>	1 Goalkeeper; 2 Defense; 3 Midfield; 2 Attack
	<b>AB (ABLE-BODY) PLAYERS</b>	Each team is allowed to have a maximum of three (3) AB Players on the court at one time. Wheelchairs of all AB players must be clearly marked using brightly colored tape and their legs and feet must be fully strapped down at all times.
<b>EQUIPMENT</b>	<b>BALL</b>	No-bounce lacrosse ball made of solid rubber
	<b>STICK LENGTH</b>	<b>Short stick:</b> 40"-42" <b>Long stick:</b> 47"-50" <b>Goalkeepers:</b> 30"-50" <b>*Note:</b> Teams may have a maximum of 2 long sticks on the court at one time (not counting the Goalkeeper's stick)
	<b>PLAYER EQUIPMENT</b>	<b>Required:</b> Lacrosse helmet; ND200 certified chest protector; arm pads; gloves; mouthguard; protective cup <b>Optional:</b> Knee pads; rib pads
	<b>GOALKEEPER EQUIPMENT</b>	<b>Required:</b> Lacrosse helmet; throat protector; ND200 certified chest protector; gloves; mouthguard; protective cup <b>Optional:</b> Shin pads; knee pads; additional chest and arm protection (Ice Hockey goalie pads are allowed) <b>*Note:</b> Box lacrosse goalie chest and arm protectors are <u>NOT</u> allowed
<b>TIME FACTORS</b>	<b>LENGTH OF GAME</b>	4 Quarters 10 minutes running time each
	<b>OVERTIME</b>	4v4 (including Goalkeepers) Sudden Victory 4-minute running time periods No AB (able-body) players allowed on court during overtime except Goalkeepers
	<b>TIMEOUTS</b>	1 timeout per team per half 1 timeout per team per overtime period
	<b>COUNTS</b>	4 seconds to pass or exit the crease after a save Unlimited time to clear the ball past the midline No additional counts

PLAY OF GAME	<b>COIN TOSS / AP</b>	The team that wins the pre-game coin toss shall receive choice of goals or control of the first Alternate Possession (AP). The team that loses the coin toss shall receive the option not selected
	<b>FACEOFFS</b>	Faceoff players will face their opponents goal at the Center Dot. The ball is placed evenly between their sticks, which are held in the air at approximately head level. The Official will say "Set" (players must remain motionless), and then <i>WHISTLE</i> . Players must move their sticks up and away from one another and the ball must go higher than their heads
	<b>FACEOFF POSITIONING</b>	Midfield wing players must remain motionless with the back of their wheelchair against the boards until the <i>WHISTLE</i> . Goalkeeper, Defense, and Attack players must remain behind their respective restraining line (Blue Line) until "Possession" is called
	<b>SUBSTITUTION ZONE</b>	On-the-fly and dead ball substitutions are allowed and each team has their own Substitution Zone Bench players cannot enter the game or play the ball until the player coming off the court enters the Substitution Zone The ball will be considered out of bounds if it touches any player or wheelchair in the Substitution Zone or Penalty Box
	<b>OFFSIDES</b>	Each team may have a maximum of 5 players in their Offensive half and 6 players in their Defensive half
	<b>BODY CHECKING</b>	All body checking must be made in FRONT of the opponent's wheelchair AXLE Body checking of an opponent in possession of the ball or within three (3) yards of a loose ball is legal Body checking that targets a player in a defenseless position is illegal
	<b>STICK CHECKING</b>	Controlled stick checking of an opponent's stick, hands, or arms with the intent to dislodge the ball is legal Swinging a stick at an opponent's stick or body with deliberate viciousness or reckless abandon is illegal
	<b>INTERFERENCE</b>	A player shall not interfere in any manner with the free movement of an opponent, including a player using their chair to obstruct or "jam" a player, except when that opponent has possession of the ball, the ball is in flight and within three (3) yards of the players, or both players are within three (3) yards of a loose ball.
	<b>OFFENSIVE SCREENING</b>	Stationary and motionless offensive screening of an opponent is legal
	<b>PLAYER TURNED OVER / OUT OF THEIR CHAIR</b>	Play should continue as long as the player is clearly not injured and away from the play Stop play immediately if the player is injured or in a dangerous position near the play If play is stopped, the ball is awarded to the team in possession at the time of the <i>WHISTLE</i> If no team has possession, then the Alternating Possession (AP) rule is applied
<b>BALL OUT OF BOUNDS</b>	Possession is awarded to the team which has not touched the ball last except for a shot on goal that deflects directly off the goalpost or goalkeeper and goes out of bounds	
PENALTY ENFORCEMENT	<b>PENALTIES</b>	All NFHS High School Boys' Lacrosse penalties apply, including all technical and personal fouls unless otherwise noted
	<b>PENALTY TIMING</b>	<b>Technical Fouls:</b> 30 seconds <b>Personal Fouls:</b> 1-3 minutes, depending on Official's judgement of severity and intent <b>*Note:</b> Penalty time does not run during stoppage of play A maximum of 2 players per team can serve penalties at the same time
	<b>DELAYED PENALTIES</b>	Flag is Down, Slow Whistle – When the ball hits the ground (not on a shot), the slow whistle is terminated
	<b>FOULING OUT</b>	Any player who accumulates five (5) minutes of personal foul time shall be disqualified from the game
POINTS OF EMPHASIS	<b>BOARDING</b>	Body checking of an opponent into the boards is illegal <b>*Note:</b> this is not intended to apply to clearly unintentional "forcing" a player into the boards
	<b>CHECKS INVOLVING THE HEAD / NECK</b>	A player shall not initiate contact to an opponent's head or neck with a cross-check, or with any part of their body (head, elbow, shoulder, etc.). Any follow through that contacts the head or neck shall also be considered a violation of this rule.
	<b>SPORTSMANSHIP / TAUNTING</b>	<b>Policy:</b> WLUSA disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender, national origin, or disability/ability. <b>Penalty:</b> Three (3) minute non-releasable penalty and ejection for the remainder of the game and the team's next game