



CITY OF BANGOR  
PARKS & RECREATION

## Youth Street Lacrosse Rules

Street lacrosse is designed to be an accessible and exciting format of the game, suitable for various age groups and skill levels. It emphasizes speed, teamwork, and skill, making it a thrilling spectator sport.

### **Layout:**

4 Quarters 8-10 minutes running time with a 2 minute break between quarters.  
5 players with short sticks are on the court at all times. Each team will have 1 goalie totaling 6 players on one team.

### **Rules:**

Faceoffs will occur at the start of each quarter. A ref will throw the ball in the air. No players from other teams are allowed to step in play until the player is in possession of the ball. All players must be behind the foul line on the basketball court at the start of the faceoff.

Shot clock: A 30-second shot clock is enforced, encouraging quick offensive plays. The timer starts once a team gains possession. If a team does not shoot the ball within 30 seconds the other team gets possession from the last ball position. If the opposing goalie makes contact with the ball or the ball hits the goal post the clock resets if the shooting team retrieves the ball. If the defending team gets the ball the clock resets for them to shoot.

Out of Bounds: If a shot goes out of bounds, possession is awarded to the defense, regardless of which team was closest to the ball when it went out.

No Offsides: There are no offsides rules in Street lacrosse, allowing for more fluid movement across the field.

Subbing - Rolling subs. Everyone gets to play. If a player is tired they can come off the court and another player can come on the court. Volunteer coaches will ensure equal playing time is given.

Stick checks and body checks are not allowed.