

OLA Paperweight Lacrosse Playing Regulations:

1. Games will be played with three 15 minute periods, with a run time buzzer every 3 minutes for line

2. A coach for each team will be permitted on the floor for the purpose of aiding and assisting players with various points of play including positioning and general encouragement. They are NOT permitted to have a stick. Only 5 bench personal one of which must be a carded coach, one a carded trainer and the three remaining can be listed as volunteers. The coach on the floor is included in the 5 bench personal count. The floor coach is NOT permitted to speak to or address the referees.

3. Face offs will ONLY happen at the start of each period and after each goal.

4. Possession will also be awarded to the team who last held it/was likely to have gained it following a line-change buzzer. The ball will be awarded where it was when the buzzer sounded.

5. Penalties will not be formally assessed. In the case of an infraction, play will be stopped as usual, the referee will briefly explain the infraction and send the player to his/her bench. The shift will remain short-handed for the remainder of that shifts time on the floor.

6. There is no shot clock, no over and back and no 10 second rule in paperweight.

7. No pulling goalies, there must be 5 players and a goalie at all times on the floor unless there is a player penalty.

8. All players must change at each buzzer, no player can play more than 1 shift in a row. (The only exception to this rule would be if there are less than 10 players on the bench).

Minor Council

