



RULES

3SamCup 2026

FOREWORD

The games will be played largely according to the current World Lacrosse field lacrosse rules, which you can find here (in English): [World Lacrosse Rules](#).

Mixed games are played by women's rules.

The following rule adaptations apply to match our tournament format:

PLAYING FIELD

The field measures approx. 60 m x 40 m. There are no restraining or wing lines. The distance from the goal to the end line is 6 metres. A circle with a 5 m radius surrounds the face-off/draw X.

PLAYERS

Games are played 8 vs 8. At any time during live play, a maximum of 5 players may be in the attacking half and 6 in the defending half (offside rule).

In men's games, up to two longpole players are allowed on the field.

In women's games, goalkeepers are not allowed to score goals.

DRAW*FACEOFF

After a goal, there is no draw/face-off – the ball starts with the goalkeeper. A face-off occurs at the start of each half and each overtime period, unless there is a woman/man-up situation (see World Lacrosse rules).

At draw/face-off, all other players must keep at least 5 m distance from the ball (i.e. remain outside the centre circle) and are released on the whistle.

OVER AND BACK

The “over and back” rule follows the **Sixes Lacrosse** format. There is no restraining line – the rule applies immediately.

MATCH DURATION AND TIMING

match duration: **2 x 20 minutes**

Half-time: 3-minute side change break. In the final 30 seconds of each half, the clock stops with every whistle and resumes on the restart.

Women: No self start when the clock is stopped.

Each team has **one 60-second timeout** per match.

There is **no shot clock**.

DRAWN MATCHES AFTER REGULAR GAME TIME

If the score is tied after regular time – even during group stages – a **2-minute sudden victory** period is played. The direction of play is decided by a coin toss.

If no goal is scored during that period, the game continues in **Braveheart mode** until a winner is determined: One field player and one goalie are allowed on field.

In men's games, the goalkeeper may take the face-off. In women's games, the goalkeeper may take the draw, but only with a regular field stick. Offside is reduced to 1 player in offence, 2 in defence, and still applies during the face-off/draw.

RANKING

In group stage the teams are ranked by:

Wins > **GD** > **GS** > Direct Matchup > Coin Toss

GD: Goal Difference; GS: Goals Scored