

**2019 COLORADO YOUTH LACROSSE ASSOCIATION RULES OF PLAY**

**Introduction.**

The National Federation of State High School Associations (NFHS) 2019 Boys Lacrosse Rules as amended by US Lacrosse Youth Playing Rules shall govern CYLA boys youth play. The governing board of the CYLA has further amended the above set of rules; these rules shall be called the 2019 CYLA Official Rules for Boys Youth Lacrosse. The US Lacrosse Youth Rules (not including CYLA Rule exceptions) can be found in the “documents” section of the CYLA website. Additional Rules addressing conduct and sportsmanship may be found in the CYLA Operating Rules. The game is to be played with emphasis on the proper development of individual stick skills, team play, player safety, and sportsmanship. NFHS Rules governing uniforms and field considerations are considered to be “recommended” and not strictly enforced, except by the discretion of the Officials.

Rules highlighted in **GREEN** indicate a difference from US Lacrosse or NFHS rules.

Rules highlighted in **YELLOW** indicate a change in CYLA or US Lacrosse rules from the previous season.

**ALL PLAYING DIVISIONS**

**Age and Eligibility Guidelines.** The CYLA Rules contain eligibility guidelines in order to promote the game of lacrosse in Colorado in a safe and sportsmanlike environment. To best achieve this goal, the CYLA believes that youth lacrosse should seek to provide playing opportunities that, as much as possible, establish a "level playing field" among players of similar age, size, and ability. Exceptions to age divisions cannot be made on game day and all coaches must adhere to classifications as determined by the CYLA.

**2019 Age-Based Playing Divisions.** The CYLA will play the following age-based divisions: U15, U13, U12, U11, U10, U9, U8 and U7 (see table cut-off dates). In each age group, the CYLA will consider skill and past playing performance when assigning teams to competitive divisions within each age group. Each age division is subdivided into three skill levels: Red (advanced), White (intermediate) and Blue (basic). The cut-off date is determined by the player’s age on May 31<sup>st</sup> of the previous year.

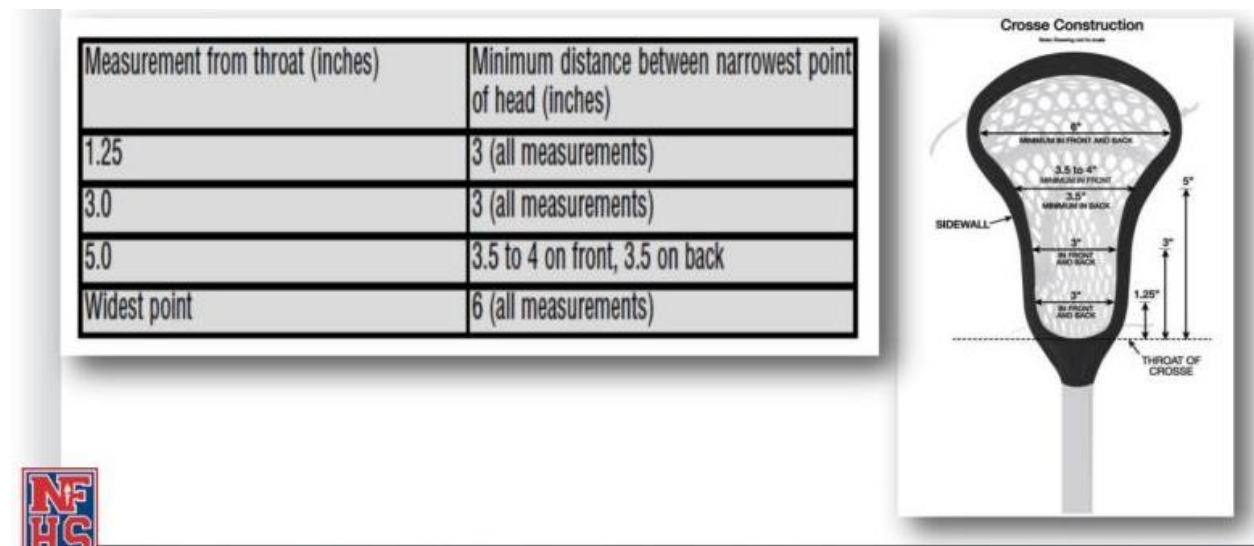
**Spring 2019 Age-Based Quick Reference Table**

<b>CYLA AGE DIVISION</b>		<b>CUT OFF DATE</b>
U7	Born On Or After	6-1-2011
U8	Born On Or After	6-1-2010
U9	Born On Or After	6-1-2009
U10	Born On Or After	6-1-2008
U11	Born On Or After	6-1-2007
U12	Born On Or After	6-1-2006
U13	Born On Or After	6-1-2005
U15*	Born On Or After	6-1-2003

\*Any player who was born before 6/1/2003, but who is in 8th grade may play in the U-15 division; under no circumstance can a 9th grader play on a CYLA youth team.

**IMPORTANT NFHS RULES CHANGES FOR 2019: The NFHS (National Federation of State High School Associations) Boys Lacrosse Rules Book provides the foundation for the US Lacrosse and CYLA rulebooks. The following NFHS rule changes for 2019 will apply to all CYLA divisions.**

- Your attention is directed specifically to rule 6-3-3e, which now legalizes the cross-check hold, to rule 5-4-6, which creates a penalty for "targeting" the head or neck of an opponent, and to rule 5-10e, which creates an unsportsmanlike conduct penalty for any coach who is on the field obstructing play.
- 1.6: In 2019, the CYLA will now enforce the NFHS requirement that sticks must have a minimum distance of 6 inches at the widest point. The measurement points of 1.25", 3.0", and 5.0" will be enforced in 2019.



1-6-2: Measuring the length of the head at the front (face) of the head.

1-7-1: The pocket/net must be completely attached to the head and the side walls, leaving no gaps large enough for a ball to pass through.

1-9-1j: Beginning January 1, 2021, a goalkeeper chest protector designed for lacrosse that incorporates the NOCSAE ND200 at the time of manufacture shall be used by all goalkeepers.

4-5-9: A shot is considered a ball propelled toward the goal by an offensive player with the intent of scoring a goal. A shot can only be made when the ball is parallel to or above the goal line extended. Additionally, it can be either thrown from a crosse, kicked, or otherwise physically directed.

4-9-3: If any of the following occur between the end of the period and the shot entering the goal, the goal will be disallowed:

- The ball makes contact with any member of the attacking team or his equipment;
- The ball is touched by a player of either team other than the defending goalkeeper after hitting the goalkeeper or his equipment, goal posts or crossbar.

4-14-3: If the ball does not touch the center line or something over the center line, no infraction has occurred. A defensive player may reach over the center line with his crosse and bat the ball to keep it in his team's offensive half and thus prevent an over-and-back violation. However, he may NOT reach over the center line and bat the ball with his foot or any other part of his body excluding his gloved hand wrapped around his crosse. If he does so, it shall be a turnover.

5-3 PENALTY: Penalty for violation of Article 5 is a two- or three- minute, non-releasable foul, at the official's discretion. An excessively violent violation of this rule may result in an ejection.

5-4-4: A player shall not initiate a body check legally but slides up into or follows through to an opponent's head or neck.

5-4-5: A player shall not body-check a player in a defenseless position. This includes but is not limited to: (a) body-checking a player from his "blind side;" (b) body checking a player who has his head down in an attempt to play a loose ball; and (c) body-checking a player whose head is turned away to receive a pass, even if that player turns toward the contact immediately before the body check.

5-4-6: A player shall not initiate targeting, which is intentionally taking aim at the head/neck of an opponent for the purpose of making violent contact. This could include a check with the crown of the helmet (spearing) that targets the head or neck of an opponent. PENALTY: Three-minute, non-releasable foul. An excessively violent violation of this rule may result in an ejection.

5-4-7: A player shall not initiate targeting that intentionally takes aim at a player in a defenseless position. PENALTY: Three-minute, non-releasable foul. An excessively violent violation of this rule may result in an ejection.

5-10e: UNSPORTSMANLIKE CONDUCT: A coach who is on the field and obstructs play.

5-12-1 PENALTY: Three-minute non-releasable penalty for a player, substitute or non-playing team member or a one-minute non-releasable penalty for a coach and ejection for the remainder of the game. The ejected coach shall be removed from the premises (bench and field area). The ejected player, substitute or non-playing team member shall be removed from the premises if there is authorized school personnel present to supervise the ejected student. If no authorized school personnel is available, the student shall be confined to the bench area. The sponsoring authority is responsible for notifying the appropriate school of the ejection.

6-3-2a: A player shall not use the portion of the handle that is between his hands to hold an opponent, when his hands are more than shoulder-width apart.

6-3-3e: Holding is permitted if a player uses the portion of the handle that is between his hands, which are no more than shoulder-width apart, to hold an opponent on the torso with no more than equal pressure and no thrusting motion.

6-5-2b(4): A player shall not exchange his crosse with that of a teammate during live play while the ball is in either crosse.

6-11-2: A player in possession of the ball with both hands on his crosse shall not use his hand or arm to push the body of the player applying the check. NOTE: Illegal body checks (5-3), "spearing" (5-4-3) and unnecessary roughness (5-9-3 SITUATION E) shall be strictly enforced as personal fouls.

NFHS rules requiring faceoff players to have a visible contrasting tape color DO NOT APPLY in the CYLA.

**IMPORTANT US LACROSSE RULE CHANGES FOR 2019: The following US Lacrosse rule changes will apply to all CYLA divisions.**

- A clarification was issued to the warding off rule for offensive players. It is illegal for the offensive player, with two hands on the crosse, to push their opponent with their crosse to create separation. However, it is legal for a player with the ball and two hands on their crosse to contact the crosse of their opponent using their arm. [as per NFHS]
- Language was updated for players releasing on a faceoff when using a small-sided game format. Under the new language, all players can release from their positions on the sound of the whistle and all players must play the ball until possession is gained on the faceoff. Failure to play the ball on a faceoff can result in a penalty. [This will be a change from current CYLA rule of releasing upon possession].
- Each coach is required to name a defender at the start of the game who will serve penalties for teams that dress only one goalie for a game in the event the goalie is charged with a penalty.

**The following US Lacrosse rule changes from 2018 will continue to apply to all CYLA divisions.**

- Including spectators as a potential cause of unsportsmanlike penalties for a team.
- Applying a one-minute releasable penalty the second time a field player from the same team steps in the crease and acts as a goalie.
- Adding language that a shot that hits the pipe or the goalie shall remove a stalling warning.
- Aligning the wording at the U13 Red and U15 Red level to match NFHS rules regarding stalling in the final two minutes of the game, requiring teams to keep it in their offensive zone only if they are ahead by four goals or fewer.
- Aligning with other rule sets so that a goal can be scored if the shot is released (rather than crosses the goal line) before the period ends.
- Adjusting the rule at the U7, U8, and U9 age groups to read that officials should award the ball via alternate possession rules when at least three players are involved for a scrum for the ball for more than four seconds without gaining possession.

**The CYLA applies NFHS stick checking rules for all divisions, rather than US Lacrosse stick checking rules. One-handed stick checks remain prohibited at all age levels in the CYLA. One-handed stick checks will be penalized as slashing, even if the check does not land.**

### **NUMBER OF PLAYERS - RULE 1 SECTION 1**

The CYLA is fundamentally a 10 v 10 league, however a team may start a game with as few as (8) players without having to forfeit the game and play “man-down.” A team that cannot start the game with (8) players will forfeit the game.

### **FIELD DIMENSIONS - RULE 1 SECTION 2**

CYLA 10v10 fields will follow National Federation of High Schools (NFHS) guidelines and 7v7 fields will follow US Lacrosse guidelines. Minor alterations which are acceptable to both coaches and officials will be allowed. (US Lax Rule 1-2)

### **PLAYER EQUIPMENT – NFHS RULE 1 SECTION 9**

- Equipment shall conform to NFHS requirements, including gloves, arm pads, shoulder pads, mouth piece, and NOCSAE-approved helmets, which must be properly fitted and worn, with the following modifications:
- Officials and coaches are directed to note NFHS Rule 1.7.3: “Any additional strings or laces (e.g. shooting strings, V channels) must be located within 4 inches of the top of the cross.” This means that players may not use sticks with “V” or “U” shooting strings and standard penalties apply.
- All players are required to wear a protective cup. A player will not be penalized for not wearing a protective cup, but cannot play without one.

NOTE: The Officials are not required to inspect the wearing of a protective cup, and may rely on the coach’s certification and/or a player’s statement regarding satisfaction of the requirement.

### **TEAM TIME OUTS / BREAKS BETWEEN PERIODS**

- (2) per half, per team (1 minute in length)
- No Time Outs during OT periods
- 2 Minute Break Between 1<sup>st</sup> and 2<sup>nd</sup> quarters, and 3<sup>rd</sup> & 4<sup>th</sup> quarters
- 5 Minute Halftime Break

### **OFFICIALS’ TIME OUTS**

- If a Player in possession of the ball loses any required equipment the official will immediately stop play as per NFHS Rule 1-9-3. Officials’ discretion to apply NFHS Rule 5-6 (Illegal Equipment), e.g. mouth guard.

### **COACHES – RULE 2 SECTION 3**

- ONLY the Head Coach may talk to the officials. (ALSO SEE INDIVIDUAL PLAYING DIVISION RULES)

### **TIME FACTORS – RULE 3 (SEE INDIVIDUAL PLAYING DIVISION RULES)**

#### **PRE-GAME TEAM MEETING - RULE 4 SECTION 2 (re: LINE UP)**

- Game officials shall call for a pre-game meeting before the opening faceoff. They will assemble all players (not just the starters) and coaches to the center of the field or in front of the scorers’ table. At this time the game officials will convey the equipment, safety, and fair play information, in addition to explaining any special ground rules as required under CYLA Rules & Individual Playing Divisions (US LAX/NFHS RULE 4-2.)
- Head coaches MUST present a CYLA-verified roster at this time.
- If the head coach does not present a verified roster, official shall assess a 2 minute unsportsmanlike conduct penalty to begin the game.
- U9-U8-U7: If a head coach does not present a verified roster, official shall award possession to the offended team to begin the game. If neither team presents a roster, possession shall be awarded on the basis of alternate possession.

### FACING OFF - RULE 4 SECTION 3

- Each quarter shall begin with a face-off regardless of the score differential, unless an extra-man situation/exception is in effect under NFHS Rule 4-3, i.e. Players from the offensive zone may no longer participate in a face-off in man-down situations. (ALSO SEE CYLA INDIVIDUAL PLAYING DIVISIONS).
- Officials and coaches are directed to note the adoption of NFHS Rule 3, Section 3 in its entirety. This rule changes the faceoff mechanic to conform with NCAA rules, including positioning of the faceoff players and the official's adjustments of crosses before the ball is placed between the crosses.
- Officials shall use the commands "Down" and "Set" before backing away from the faceoff and blowing the whistle to commence play. Officials should vary the whistle cadence with every faceoff.
- "A violation will be called if the player picks up and carries the ball on the back of his stick. It is legal to clamp the ball...but it must be moved, raked, or directed immediately...defined as within one step."

### "OVER AND BACK RULE"—NFHS RULE 4, SECTION 14, ARTICLE 3

- "Once the ball has successfully been advanced into the goal area, a team is provided the opportunity to run its offense in the offensive half of the field. If the offensive team carries, passes or propels the ball to its defensive half of the field and the offensive team was last in possession, and last touched the ball (except on a shot), the result will be an immediate turnover or play-on.
- "If the ball does not touch or go over the center line, no infraction has occurred. Defensive players may legally bat the ball to keep it in the offensive half of the field, but if it is possessed and their feet are in the defensive half, it shall be a turnover."
- This rule applies to all 10v10 levels of CYLA Lacrosse, from U10 through U15.
- This rule does not apply to 7v7 levels of CYLA Lacrosse. However, an "over and back" situation will reset the one-pass rule at the 7v7 levels (U9-U8-U7).

### 3-YARD RULE (MULTIPLE RULE SECTIONS)

- All stick checks, body checks, legal holds, and legal pushes must be on a player in possession of the ball or within 3 yards of a loose ball or ball in flight. (NFHS uses "5 yards.")

### ILLEGAL BODY CHECK - RULE 5 SECTION 3

- An avoidable body check of an opponent after he has passed or shot the ball is an illegal body check. The definitions below supplement, but do not supplant, all aspects, points of emphasis, and Play Rulings of NFHS Rule 5-3.
- **NO TAKE-OUT CHECKS** are permitted by any player at any age level.  
A take-out check is defined as:
  - Any body check in which the player lowers his head or shoulder with the force and intent to put the other player on the ground.
  - Any body checks considered more aggressive or more physical than necessary to stop the advancement of the player carrying the ball or to keep or move a player away from a loose ball. This includes but is not limited to: (i) any check in which a player makes contact with sufficient force and intent to knock down the opposing player; (ii) any check in which a player makes contact with sufficient force and intent to injure the opposing player; and (iii) any check made in a reckless or intimidating manner.
  - Any body check on a player in a defenseless position. This includes but is not limited to: (i) body checking a player from his "blind side"; (ii) body checking a player who has his head down in an attempt to play a loose ball; and (iii) body checking a player whose head is turned away to receive a pass, even if that player turns toward the contact immediately before the body check.
  - NOTE: *Sports medicine research indicates that the severity of certain injuries may be reduced if a player can anticipate and prepare himself for an oncoming hit. Other sports medicine research indicates that peripheral vision may not be fully developed in many boys before approximately age fifteen. Game officials should be especially alert to blind side checks at all youth levels.*
  - Penalty for Illegal Body Check is mandatory 2-3 minute non-releasable penalty (NFHS RULE 5-3-5).

**CHECKS INVOLVING THE NECK/HEAD - RULE 5 SECTION 4**

- ARTICLE 1 ... A player shall not initiate contact to an opponent's head or neck with a cross-check, or with any part of his body (head, elbow, shoulder, etc.). Any follow through that contacts the head or neck shall also be considered a violation of this rule.
- ARTICLE 2 ... A player shall not initiate an excessive, violent or uncontrolled slash to the head/neck.
- ARTICLE 3... A player, including an offensive player in possession of the ball, shall not block an opponent with the head or initiate contact with the head (known as spearing).

PENALTY: 2-3 minute non-releasable foul, at the official's discretion. An excessively vionent violation of this rule may result in an ejection.

**UNNECESSARY ROUGHNESS - RULE 5 SECTION 9**

US Lacrosse calls attention to the NFHS Rule 5 Section 9, UNNECESSARY ROUGHNESS, making the penalty non-releasable.

- ARTICLE 1: An excessive violent infraction of the rules against holding and pushing.
- ARTICLE 2: Deliberate and excessively violent contact made by the defensive player against an offensive player who has established a screening position.
- ARTICLE 3: Any avoidable act on the part of a player that is a deliberate and excessively violent, whether it be with the body or crosse. The may include a legal body check.
- ARTICLE 4: A check delivered with the gloved hand or hands may not be delivered with a punching blow.
- PENALTY: Penalty for Unnecessary Roughness shall be 1-2-3 minute non-releasable (NFHS RULE 5-9/US LAX 5-9).

**2019 CYLA Rules Applicable to INDIVIDUAL Playing Divisions****U15**

- **Body Checking is permitted.** To be legal a body check should be delivered in a generally upright position with both hands on the stick and the player initiating the check may not use his lowered head or shoulder to make the initial contact.
- **No one-handed checks allowed.**
- **Stick length:** 40" - 42" / Long 52" – 72" (NFHS RULE 1-6) (NFHS 2-1-2).
- **Game Time (Red/White/Blue):** will consist of four 12-minute running-time quarters; game clock stops only for a team timeout, an official's timeout, or an injury timeout; penalty clock stops for all whistles. Game Clock stops for all whistles during the last 2 minutes of the game with goal differential of 2 or less. In the event of a tie, two 4-minute sudden-victory overtime periods will be played.
- **Final Two Minutes of Game:** the Final Two Minute stalling rule shall be enforced (NFHS RULE 3-3/6-10-3).
- **Stalling:** All NFHS Stalling rules are in effect, including NFHS Rule 6-10. If a game official detects an effort to stall the official will give a verbal command to "get it in/keep it in" followed by a visual 10-second hand count. If the team so warned does not attempt to advance the ball to the goal area within the 10-second count, a turnover will occur with restart at the point of the stalling infraction (or laterally outside the goal area). A defensive player must attempt to play the ball.
- **Faceoff (Red Only):** all NFHS face off rules will be followed (NFHS RULE 4-3).
- **Faceoff (White/Blue):** at any point during a game when there is a six-goal lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the six-goal lead is maintained, unless waived by the coach of the trailing team.
- **Advancing the Ball (Red Only):** the defensive 20-second count will be used and the offensive 10-second count will be used (NFHS RULE 4-14 / 15).
- **Advancing the Ball (White/Blue):** 20 second/10 second rules do NOT apply.
- **Get It In/Keep It In (Red Only):** RULE 4 SECTION 31 applies (as long as the offensive team leads by four goals or fewer).
- **Get It In/Keep It In (White/Blue):** RULE 4 SECTION 31 does NOT apply.
- **Slashing:** shall be called per NFHS rules. One handed check is considered a slash (US LAX RULE 5-7). NOTE: If the defensive player's hand comes off his stick in his legitimate follow-through motion after, or during his recovery from, a controlled poke check, this need not be considered a slash solely because his hand came off the stick. US Lax Rule 5-7 art 4.
- **Time Serving Penalties:** are enforced per NFHS rules (NFHS RULE 7-1 / 7-2).
- **Fouling Out:** Any player who accumulates 3 personal fouls or 5 minutes in personal foul penalty time shall be disqualified from the game. For U15, a substitute for that player may enter the game when the disqualified player would have been permitted to re-enter had he not fouled out (US LAX 5-11).



## U13

- **Body Checking is permitted.** To be legal a body check should be delivered in a generally upright position with both hands on the stick and the player initiating the check may not use his lowered head or shoulder to make the initial contact.
- **Stick length:** 40" - 42" / Long 52" – 72" (NFHS RULE 1-6) (NFHS 2-1-2).
- **Game Time:** will consist of four 12-minute running-time quarters; game clock stops only for a team timeout, an official's timeout, or an injury timeout; penalty clock stops for all whistles. Game Clock stops for all whistles during last 2 minutes of the game with goal differential of 2 or less. In the event of a tie, two 4-minute sudden-victory overtime periods will be played.
- **Final Two Minutes of Game:** the Final Two Minute stalling rule shall be enforced (NFHS RULE 3-3/6-10-3).
- **Stalling:** All NFHS Stalling rules are in effect, including NFHS Rule 6-10.  
If a game official detects an effort to stall the official will give a verbal command to "get it in/keep it in" followed by a visual 10-second hand count. If the team so warned does not attempt to advance the ball to the goal area within the 10-second count, a turnover will occur with restart at the point of the stalling infraction (or laterally outside the goal area). A defensive player must attempt to play the ball.
- **Faceoff (Red Only):** all NFHS face off rules will be followed (NFHS RULE 4-3).
- **Faceoff (White/Blue):** at any point during a game when there is a six-goal lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the six-goal lead is maintained, unless waived by the coach of the trailing team.
- **Advancing the Ball:** 20 second/10 second rules do NOT apply.
- **Get It In/Keep It In (Red Only):** RULE 4 SECTION 31 applies. (as long as the offensive team leads by four goals or fewer).
- **Get It In/Keep It In (White/Blue):** RULE 4 SECTION 31 does NOT apply.
- **Slashing: NO One-handed checks are allowed.** Any one-handed check will be considered a slash, whether or not it makes contact with the opposing player (US LAX 5-7).  
NOTE: If the defensive player's hand comes off his stick in his legitimate follow-through motion after, or during his recovery from, a controlled poke check, this need not be considered a slash solely because his hand came off the stick. US Lax Rule 5-7 art 4.
- **Time Serving Penalties:** are enforced per NFHS rules (NFHS RULE 7-1 / 7-2).
- **Fouling Out:** Any player who accumulates 3 personal fouls or 5 minutes in personal foul penalty time shall be disqualified from the game. For U13, a substitute for that player may enter the game when the disqualified player would have been permitted to re-enter had he not fouled out (US LAX 5-11).

## U12

- **Body Checking is permitted.** To be legal a body check should be delivered in a generally upright position with both hands on the stick and the player initiating the check may not use his lowered head or shoulder to make the initial contact.
- **Stick length:** 40" - 42" / Long 52" – 72" / Goalie 40"-72" (NFHS RULE 1-6 ) (NFHS 2-1-2).
- **Game Time:** will consist of four 12-minute running-time quarters; game clock stops only for a team timeout, an official's timeout, or an injury timeout; penalty clock stops for all whistles. Game Clock stops for all whistles during last 2 minutes of the game with goal differential of 2 or less. In the event of a tie, two 4-minute sudden-victory overtime periods will be played.
- **Final Two Minutes of Game:** the Final Two Minute stalling rule shall NOT be enforced
- **Stalling:** All NFHS Stalling rules are in effect, including NFHS Rule 6-10.  
If a game official detects an effort to stall the official will give a verbal command to "get it in/keep it in" followed by a visual 10-second hand count. If the team so warned does not attempt to advance the ball to the goal area within the 10-second count, a turnover will occur with restart at the point of the stalling infraction (or laterally outside the goal area). A defensive player must attempt to play the ball.
- **Faceoff (White/Blue):** at any point during a game when there is a six-goal lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the six-goal lead is maintained, unless waived by the coach of the trailing team.
- **Advancing the Ball:** 20 second/10 second rules do NOT apply.
- **Get It In/Keep It In:** RULE 4 SECTION 31 does NOT apply.
- **Slashing: NO One-handed checks are allowed.** Any one-handed check will be considered a slash, whether or not it makes contact with the opposing player ( US LAX 5-7).  
NOTE: If the defensive player's hand comes off his stick in his legitimate follow-through motion after, or during his recovery from, a controlled poke check, this need not be considered a slash solely because his hand came off the stick. US Lax Rule 5-7 art 4.
- **Time Serving Penalties:** are enforced per NFHS rules (NFHS RULE 7-1 / 7-2).
- **Fouling Out:** Any player who accumulates 3 personal fouls or 5 minutes in personal foul penalty time shall be disqualified from the game. For U12, a substitute for that player may enter the game when the disqualified player would have been permitted to re-enter had he not fouled out (US LAX 5-11).

## U11

- **No Body Checking of any kind is permitted.** Legal pushes (RULE 6 SECTION 9, PUSHING) and holds (RULE 6 SECTION 3, HOLDING, ARTICLE 3 A & D) are allowed, substitute 3-yards for NFHS 5 yards. In all loose ball situations players should “play the ball,” but incidental contact, “boxing out”, or screening techniques during such play shall not be considered a violation of this rule. If loose ball is not moving, stuck, or the players are having difficulty picking the ball up, referee may re-start play following the alternate possession rule.
- **Stick Length:** 37” - 42” / Long 47” – 54” (US LAX RULE 1-6). ONLY (4) LONG POLES PERMITTED. (NFHS 2-1-2)
- **Game Time:** will consist of four 12-minute running-time quarters; game clock stops only for a team timeout, an official’s timeout, or an injury timeout; penalty clock stops for all whistles. Game Clock stops for all whistles during last 2 minutes of the game with goal differential of 2 or less. In the event of a tie, two 4-minute sudden-victory overtime periods will be played.
- **Final Two Minutes of Game:** Final Two Minute stalling rule shall NOT be enforced (US LAX RULE 3-3).
- **Stalling:** All NFHS Stalling rules are in effect, including NFHS Rule 6-10.  
If a game official detects an effort to stall the official will give a verbal command to “get it in/keep it in” infraction (or laterally outside the goal area). A defensive player must attempt to play the ball, followed by a visual 10-second hand count. If the team so warned does not attempt to advance the ball to the goal area within the 10-second count, a turnover will occur with restart at the point of the stalling
- **Faceoff (White/Blue):** at any point during a game when there is a six-goal lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the six-goal lead is maintained, unless waived by the coach of the trailing team.
- **Advancing the Ball:** 20 second/10 second rules do NOT apply (US LAX RULE 4-14 / 15)
- **Get It In/Keep It In:** RULE 4 SECTION 31 does NOT apply.
- **Slashing: NO One-handed checks are allowed.** Any one-handed check will be considered a slash, whether or not it makes contact with the opposing player ( US LAX 5-7).  
NOTE: If the defensive player’s hand comes off his stick in his legitimate follow-through motion after, or during his recovery from, a controlled poke check, this need not be considered a slash solely because his hand came off the stick. US Lax Rule 5-7 art 4.
- **Time Serving Penalties:** are enforced per NFHS rules (NFHS RULE 7-1 / 7-2).
- **Fouling Out:** Any player who accumulates 3 personal fouls or 5 minutes in personal foul penalty time shall be disqualified from the game. For U11, a substitute for that player may enter the game when the disqualified player would have been permitted to re-enter had he not fouled out (US LAX 5-11).
- **Stick Checking:** CYLA enforces NFHS stick-checking rules at this age level rather than US Lacrosse rules. CYLA has adopted the US Lacrosse prohibition against one-handed stick checks at all age levels.
- **Field Size:** CYLA shall continue to play U11 lacrosse on a full-sized field.

## U10

- **No Body Checking of any kind is permitted.** Legal pushes (RULE 6 SECTION 9, PUSHING) and holds (RULE 6 SECTION 3, HOLDING, ARTICLE 3 A & D) are allowed, substitute 3-yards for NFHS 5 yards. In all loose ball situations players should “play the ball,” but incidental contact, “boxing out”, or screening techniques during such play shall not be considered a violation of this rule. If loose ball is not moving, stuck, or the players are having difficulty picking the ball up, referee may re-start play following the alternate possession rule.
- **Stick length:** 37”-42” (US LAX RULE 1-6).
- **Game Time:** will consist of four 12-minute running-time quarters; game clock stops only for a team timeout, an official’s timeout, or an injury timeout; penalty clock stops for all whistles. Game Clock stops for all whistles during last 2 minutes of the game with goal differential of 2 or less. In the event of a tie, two 4-minute sudden-victory overtime periods will be played.
- **Final Two Minutes of Game:** Final Two Minute stalling rule shall NOT be enforced (US LAX RULE 3-3).
- **Stalling:** All NFHS Stalling rules are in effect, including NFHS Rule 6-10.  
If a game official detects an effort to stall the official will give a verbal command to “get it in/keep it in” followed by a visual 10-second hand count. If the team so warned does not attempt to advance the ball to the goal area within the 10-second count, a turnover will occur with restart at the point of the stalling infraction (or laterally outside the goal area). A defensive player must attempt to play the ball.
- **Faceoff (White/Blue):** at any point during a game when there is a six-goal lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the six-goal lead is maintained, unless waived by the coach of the trailing team.
- **Advancing the Ball:** 20 second/10 second rules do NOT apply (US LAX RULE 4-14 / 15).
- **Get It In/Keep It In:** RULE 4 SECTION 31 does NOT apply.
- **Slashing: NO One-handed checks are allowed.** Any one-handed check will be considered a slash, whether or not it makes contact with the opposing player ( US LAX 5-7).  
NOTE: If the defensive player’s hand comes off his stick in his legitimate follow-through motion after, or during his recovery from, a controlled poke check, this need not be considered a slash solely because his hand came off the stick. US Lax Rule 5-7 art 4.
- **Time Serving Penalties:** are enforced per NFHS rules (NFHS RULE 7-1 / 7-2).
- **Fouling Out:** Any player who accumulates 3 personal fouls or 5 minutes in personal foul penalty time shall be disqualified from the game. For U10, a substitute for that player may enter the game when the disqualified player would have been permitted to re-enter had he not fouled out (US Lax 5-11).
- **Stick Checking:** CYLA enforces NFHS stick-checking rules at this age level rather than US Lacrosse rules. CYLA has adopted the US Lacrosse prohibition against one-handed stick checks at all age levels.
- **Field Size:** CYLA shall continue to play U10 lacrosse on a full-sized field.

## U9-U8-U7 (See additional rules on 7v7)

- **No Body Checking of any kind is permitted.** Legal pushes (RULE 6 SECTION 9, PUSHING) and holds (RULE 6 SECTION 3, HOLDING, ARTICLE 3 A & D) are allowed, substitute 3-yards for NFHS 5 yards. In all loose ball situations players should “play the ball,” but incidental contact, “boxing out”, or screening techniques during such play shall not be considered a violation of this rule. If loose ball is not moving, stuck, or the players are having difficulty picking the ball up, referee may re-start play following the alternate possession rule.
- **Stick Length:** 37” – 42” (US LAX RULE 1-6).
- One coach per team may be allowed on the field during play to provide instruction during the game.
- **Game Time:** will consist of four 12-minute running-time quarters; game clock stops only for a team timeout, an official’s timeout, or an injury timeout; penalty clock stops for all whistles. Game Clock stops for all whistles during last 2 minutes of the game with goal differential of 2 or less. In the event of a tie, two 4-minute sudden-victory overtime periods will be played.
- **Substitutions:** Players are substituted every 3-4 minutes with “time breaks” announced by the time keeper in order to foster equal playing time for all players; substitutions should be made during loose ball or out-of-bounds situations, i.e., not during possessions.
- **Final Two Minutes of Game:** Final Two Minute stalling rule shall NOT be enforced (US LAX RULE 3-3).
- **Stalling:** All NFHS Stalling rules are in effect, including NFHS Rule 6-10. If a game official detects an effort to stall the official will give a verbal command to “get it in/keep it in” followed by a visual 10-second hand count. If the team so warned does not attempt to advance the ball to the goal area within the 10-second count, a turnover will occur with restart at the point of the stalling infraction (or laterally outside the goal area). A defensive player must attempt to play the ball.
- **ONE-PASS RULE:** Preceding a shot on goal, a team must (a) complete a clearing pass from their defensive zone to their offensive zone; or (b) once the ball is in their offensive zone make one attempted pass. The One-Pass requirement is in effect (resets) after every whistle that stops play. Click here to view the One Pass Rule Sheet: [CYLA ONE PASS RULINGS](#)
- **Advancing the Ball:** 20 second/10 second rules do NOT apply (US LAX RULE 4-14 / 15).
- **Get It In/Keep It In:** RULE 4 SECTION 31 does NOT apply.
- **Slashing: NO One-handed checks are allowed.** Any one-handed check will be considered a slash, whether or not it makes contact with the opposing player (US LAX 5-7).  
NOTE: If the defensive player’s hand comes off his stick in his legitimate follow-through motion after, or during his recovery from, a controlled poke check, this need not be considered a slash solely because his hand came off the stick. US Lax Rule 5-7 art 4.
- **Time Serving Penalties:** offending player must leave the field and remain out of the game for the length of his penalty time but his team may replace him with a substitute on the field. No man up situation should occur. Ball is awarded per NFHS rules (US LAX RULE 7 – 1/2/3). The offending player must serve the full time of the penalty in the box and will release to his team area. Timekeepers are reminded to track personal fouls and total penalty minutes.
- **Fouling Out:** Any player who accumulates 3 personal fouls or 5 minutes in personal foul penalty time shall be disqualified from the game. For U9-U8-U7, a disqualified player must leave the field but his team may replace him with a substitute; no man up situation should occur (US LAX 5-11).
- **Ground Ball Scrum:** officials should award the ball via alternate possession rules when at least three players are involved for a scrum for the ball for more than four seconds without gaining possession.
- **Stick Checking:** CYLA enforces NFHS stick-checking rules at this age level rather than US Lacrosse rules. CYLA has adopted the US Lacrosse prohibition against one-handed stick checks at all age levels.
- **Field Size:** CYLA shall continue to play U11 lacrosse on a full-sized field.

### **CYLA Rules for 7v7 Play at U9-U8-U7 levels**

CYLA administrators approved a change to 7v7 play for all U9-U8-U7 divisions, effective Spring 2016.

#### **Officials and coaches should note the following rules and adaptations:**

- **Field Size:** Maximum 65 yds. long by 35 yds. wide. Clubs may use the offensive box area of a full-sized lacrosse field to obtain an optimally sized field of 60 yds. long by 35 yds. wide.
- **Field Lining:** Sidelines, end lines and creases must be present. A midline should be painted or delineated by use of cones. Creases may be painted, portable, or coned out. Creases will maintain the standard 9' radius. No box or wing lines are required.
- **Goal size:** 5' by 5' goals are preferred and will be used for CYLA Championship play. 5' by 6' goals or 6' by 6' goals are acceptable for season play. Full size 6' by 6' goal frames may be used, with a one-foot tall strip of plywood or similar rigid material used to block off the top 1' of the goal for the full width of the goal.
- **Player positioning:** Each team shall consist of two attack players, two midfielders, two defense players, and one goalie. Offsides shall be enforced if more than four players occupy the offensive side of the field or more than five players occupy the defensive side of the field.
- **Faceoffs:** Will occur at the beginning of quarters only. One midfielder will face off, the second midfielder shall be positioned on the left side of their team's faceoff midfielder at the furthest edge of the field. The attack and defensive players shall be positioned behind Goal Line Extended for faceoffs. **All players are released upon the official's whistle.**
- **Restarts after a goal:** After a goal, possession is awarded to the non-scoring team at midfield. Standard restart procedure including 5 yard distance from all opposing players should apply. Attack and defensive players shall be positioned below Goal Line Extended for restarts after a goal. They are released upon the official's whistle.
- **Ground Ball Scrum:** officials should award the ball via alternate possession rules when at least three players are involved for a scrum for the ball for more than four seconds without gaining possession.
- **Ball:** Regular NOCSAE approved lacrosse balls shall be used.
- **Goalie equipment** shall conform to current CYLA and US Lacrosse Rules.
- **Penalty enforcement remains consistent with previous rules for U9-U8-U7 play. The offending player shall be substituted out of the game but his team shall not play man-down. The offending player must serve the full time of his penalty in the substitution box as occurs at older age levels.**
- **Over and back rule** does not apply to 7v7 levels. However, an "over and back" situation *does* result in a reset of the One Pass rule for these levels.

See Coach Placement and Faceoff Setup diagrams on the following page.

## U7/U8/U9 Designated Coach Placement on Field



## U7/U8/U9 CYLA Faceoff on Short Field

