

# Maryland Youth Lacrosse Association Rec Rules

## Rule Highlights – 2021

*NFHS Rules to be used with the following exceptions*

**OLD Federation Sticks (less than 3" throat are LEGAL)**

### **Equipment:**

Mouthguards	<b><u>All players must wear</u></b> – including goalie Violation is <b><u>not a penalty</u></b> unless repeated			
Chest Protector	<b><u>NEW NOCSAE ND200 MUST be used</u></b>			
Shoulder Pads	<b><u>Goalie excepted</u></b> All field players must wear Football shoulder pads are prohibited			
Helmets	<b><u>Hockey helmets</u></b> are prohibited <b><u>Football helmets</u></b> are prohibited Helmets must have current NOCSAE certification			
Arm Pads	<b><u>ALL PLAYERS</u></b> - <b><u>including Goalie</u></b> must wear			
Gloves	Top side of all fingers must be completely protected – <b><u>padding must be secured to the fingers</u></b> Worn-out or cut-out gloves are permitted but fingers must remain “in” (protected) by the glove <b><u>Unsafe gloves are not to be assessed a penalty</u></b> – but must removed from the game immediately (may return if repaired)			
Crosses	<b><u>Tykers</u></b>	<b><u>Lightnings</u></b>	<b><u>Mid &amp; Jun</u></b>	
	Legal Lengths	36” - 52”	36” – 72”	40”-42” & 52”-72”
	Long Crosse Limits	N/A	4, 42”+ max	4, 42”+ max
	Illegal Crosse Penalty	- <b><u>by book 2 min Full Time may correct &amp; use</u></b>		
	Stick head dimensions may be legal by <b><u>either</u></b> the <b><u>OLD</u></b> HS Federation (throat width less than 3” is OK) or NCAA rule book. But <b><u>stick must be completely legal by one or the other.</u></b>			

### **Play of the Game:**

4 Goal Rule	Free clear following goal for the team losing by 4 goals or more <b><u>Face-off to begin every quarter</u></b> unless excepted by NFHS rule
1 Hand Check	Personal foul (a slash) Penalize only legitimate attempts to dislodge the ball
Body-checks Tyker	<b><u>Tyker ONLY</u></b> – bodychecking allowed <b><u>ONLY</u></b> on player with possession of ball
Substitutions	Substitution horn on <b><u>ANY</u></b> out-of-bounds ball - <b><u>NO HORN</u></b> on Non-time serving penalties, inadvertant whistles, Officials’ Time-outs (not including

	injuries)
Play-on	Used only with regard to interference with goalie in the crease
Time-outs	2 per half and 1 in each OT period for all levels playing OT Time-outs during play can be called <u>ANYWHERE ON THE FIELD</u>
Stalling	<u>AUTOMATIC “KEEP IT IN”</u> during the <u>last 2 minutes of game</u> for the team ahead – <u>EXCEPT TYKERS!</u> Officials may put “stall warning” on if appropriate at any time during game. <u>Midgets ONLY</u> – During the <u>LAST 2 MINUTES</u> of the game, (regardless of the score) both teams required to follow NFHS clearing rules (counts). <u>Juniors ONLY</u> – During the <u>ENTIRE</u> game, (regardless of score) teams will be required to follow NFHS clearing and count rules (20/10). <u>In and Back</u> – Juniors will follow the “Backcourt” rule as stated in NFHS manual. Once offensive team has advanced ball into the offensive box, it is illegal for ball to go back into defensive end unless last touched by defense or a shot. <u>Midgets use during final 2 minutes.</u>
Restarts & Substitution Horns	MYLA will continue to use the substitution horn on ANY out-of-bounds ball. The Federation rulebook allows for “quick” restarts – <u>we won’t use quick restarts</u> in our games.
Goalie Foul	Goalie will serve a penalty only if the penalty is Unsportsmanlike Conduct or a VIOLENT Penalty. Otherwise, the in-Home will serve any Goalie penalties. Replacement goalie has 2 minute warm-up period.
Field Player in GOAL	<u>NO PLAYER</u> other than the <u>designated Goalie</u> may assume the position of a Goalie in the mouth of the goal. If this occurs, there will be <u>IMMEDIATE</u> (no flag down slow whistle) whistle stopping play. Penalty will be illegal procedure – 30 second time-serving penalty.
Conduct	Inappropriate conduct by an official, player, coach, or spectator has no place in the MYLA. Inappropriate conduct must be dealt with immediately and appropriately. First responder to inappropriate conduct is to be the coach if a player or spectator is at fault. If the coach doesn’t act or if the spectator doesn’t comply, the official needs to take charge and remedy the situation. If possible, the official should follow the SLOA prescribed sequence: Verbal warning Technical Foul Personal Foul Expulsion Expulsions or complaints need to be <u>reported to me immediately</u> upon the conclusion of the game.

**Penalty Time** By book unless excepted above. Tykers never play “man-down”. For a “time-serving” penalty in a Tyker game, the offending player leaves the field for the appropriate length of time. He is substituted for immediately. The offended Tyker team is awarded a “fast break” – ALL middies except ball carrier are held at midfield. Player with ball is positioned 5 to 8 yards into offensive area. Attack and defensive players position themselves as they wish but always allowing the player with ball 5 yards on restart. All players are “live” with whistle.

**Field** No penalty if incorrectly marked.

**Ball** All balls must have official NOCSAE stamp. NO NOCSAE = NO GAME.

**Counting** Offensive and defensive counts are as explained in “Stalling”.

**Alternate Possession** Used and determined as per NFHS rules.

**Game Time** Home team is expected to have clock and timer at the table. If the refs need to keep time on the field, they are to time each quarter as below:

<u>Division</u>	<u>w/ clock at table</u>	<u>if refs time</u>
Tyker & Lightning	10 min RT	10 min RT
Midgets	8 min start/stop	11 min RT
Juniors	10 min start/stop	13 min RT

Penalty time should always be start-stop.

Stop time on time-outs and during last 2 minutes of game w/i 2 goals.

**Overtime Play**

Tykers	NO overtime play
Ltgs, Midgets & Juniors	by book – 4 minute periods change goals Advancing Counts continue in OT

Lightning, Midget, & Junior games MUST NOT END IN A TIE!!

### Procedure:

**Equipment Checks** Equipment checks are to be conducted per NFHS rules

**Equipment** Referee will “CERTIFY” both coaches prior to game as to all players being “legally equipped according to league rules”.

**Face-off** NO contrasting tape required. Use 2021 FACEOFF MECHANICS.

**Injury** Injured player – except Goalie – must come out of game  
If injury is to goalie, he may remain in the game if he and his coach agree.

**Spectators** All spectators should view the game from the non-bench side of the field.

ILLEGAL HITS THAT ARE SERIOUSLY VIOLENT SHOULD BE CONSIDERED FOR EJECTION.