

2019 CYLA Rules Matrix

****BEFORE THE START OF EACH GAME OFFICIALS MUST CONDUCT A PRE-GAME MEETING w/ ALL COACHES & PLAYERS TO GO OVER RULES****

H/C should have CYLA verified roster at field. Penalty: (U10-U15 = 2-min USC to start the game); (U8/U9 = possession awarded to offended team)

Game Ball labeled: "MEETS NOCSAE STANDARD" if no NOCSAE stamped ball is available, then game is NOT played. Eye black and eye black strips are allowable as long as they do not contain offensive words, shapes, images, or logos.

All Players must wear a protective cup. No equipment violation penalty is assessed for not wearing cup. Officials rely on H/C's certification. NO "Vs or Us" permitted in ANY crosse. Mouth guard violation = Technical Foul. NO FISH HOOKING!

Number of Players: U7-U9: 7v7. U10-U15: 10v10 - A team may start w/ 8 players and play "man down" w/o forfeit. Long Poles: 4 Maximum on the Field when permitted by Rule.

Only H/C may speak to Officials. Each team is allowed **ONLY 3 COACHES** in the COACHES BOX. ALL spectators must sit on the far side of the field. No parents/ photographers on bench sideline or end lines.

Facing Off: U10-U15: F/O each Quarter regardless of score (Exception: flag down at end of period or man-up and period ends with team in possession). See Rule Book. U7-U9: F/O ONLY at beginning of Qtr. Pinch & Pop = 1-Step!

Timeouts: Each Team - 2 per Half (1 Min); (b) 1st/2nd Qtr. & 3rd/4th Qtr. (2 Min); (c) Halftime (5 Min). NO Timeouts in OT. Defense may restart play w/ ball in goal area or in the crease.

3-Yard Rule: ALL LEGAL Stick Checks, Body Checks, Legal Holds, Pushes MUST BE w/in 3 Yards of Player in Possession of Ball or w/in 3 Yards of Loose Ball or Ball in Flight. 5 Yard Distance for all Re-Starts.

All Unnecessary Roughness Penalties are NON-RELEASABLE! MERCY RULE: 6 Goal Lead at any time during game (N/A to U13 Red & U15 Red) OVER & BACK. U7-U9 (1 Pass Rule Resets); U10-U15: Apply NFHS Rules

NO TAKE-OUT CHECKS AT ANY AGE LEVEL IN THE CYLA! NO BODY CHECKING OF A PLAYER IN A DEFENSELESS POSITION: "Blind Side," Playing w/ Head Down, Head Turned Away to Receive Pass. THESE PENALTIES ARE NON-RELEASABLE!

Checks to Head/Neck: Blocking w/ Head, Targeting, Spearing, Initiating or Following Through to Head/Neck = 2-3 Min. Non-Releaseable Penalty (mandatory) OR Ejection for Flagrant Misconduct

ALL CYLA Games are 12 Min. Running Timed Quarters. ALL Substitutions are "on-the-fly." EXCEPTION: U7/U8/U9 provide "time breaks" for sub every 3-4 min. on loose ball or out-of bounds whistle. DO NOT KILL A FAST BREAK!

	Body Checking (3-Yard Rule)	NFHS Stick Checking Rules	1-Handed Stick Check is a Slash	Stick Length	Game Time	Timeouts (1 min), No T/O in OT	2 goal or less differential in last 2 min.; clock stops on whistle	The Game: Sudden Victory 2, 4 min. Ots. No Braheheart	4 goal or 1 less differential: "Keep it in" last 2 minutes of game	4 Sec. GK Count	20 Sec. Def. & 10 Sec. Off. Counts	MCR (goal differential)	Time-Saving Penalties	Fouling Out (FO)	Eye Black/ Eye Black Stripes	1-Pass rule	Coach on Field	Subs (3-4 Min. Timed Breaks)	Over & Back	Equip. Check	
U7-U8	NO	YES	YES	37"-42"	4-12 Min. Running Qtrs.	Yes. 2 per half. 1-min. each.	YES	YES	NO	YES	NO	YES	YES (Sub In)	3 Personal Fouls or 5 total penalty minutes	YES	YES	YES	YES	YES	YES. 1-Pass Rule Resets	Head Coach Request
U9	NO	YES	YES	37"-42"	4-12 Min. Running Qtrs.	Yes. 2 per half. 1-min. each.	YES	YES	NO	YES	NO	YES	YES (Sub In)	3 Personal Fouls or 5 total penalty minutes	YES	YES	YES	YES	YES	YES. 1-Pass Rule Resets	Head Coach Request
U10	NO	YES	YES	37"-42"	4-12 Min. Running Qtrs.	Yes. 2 per half. 1-min. each.	YES	YES	NO	YES	NO	YES	YES (Stop Clock)	3 Personal Fouls or 5 total penalty minutes	YES	NO	NO	NO. On the Fly	YES		Head Coach Request
U11	NO	YES	YES	37"-42" 47"-54"	4-12 Min. Running Qtrs.	Yes. 2 per half. 1-min. each.	YES	YES	NO	YES	NO	YES	YES (Stop Clock)	3 Personal Fouls or 5 total penalty minutes	YES	NO	NO	NO. On the Fly	YES		Head Coach Request
U12	YES	YES	YES	40"-42" 52"-72"	4-12 Min. Running Qtrs.	Yes. 2 per half. 1-min. each.	YES	YES	NO	YES	NO	YES	YES (Stop Clock)	3 Personal Fouls or 5 total penalty minutes	YES	NO	NO	NO. On the Fly	YES		Head Coach Request
U13 Blue U13 White	YES	YES	YES	40"-42" 52"-72"	4-12 Min. Running Qtrs.	Yes. 2 per half. 1-min. each.	YES	YES	NO	YES	NO	YES	YES (Stop Clock)	3 Personal Fouls or 5 total penalty minutes	YES	NO	NO	NO. On the Fly	YES		Head Coach Request
U13 Red	YES	YES	YES	40"-42" 52"-72"	4-12 Min. Running Qtrs.	Yes. 2 per half. 1-min. each.	YES	YES	YES	YES	NO	NO	YES (Stop Clock)	3 Personal Fouls or 5 total penalty minutes	YES	NO	NO	NO. On the Fly	YES		Head Coach Request
U15 Blue U15 White	YES	YES	YES	40"-42" 52"-72"	4-12 Min. Running Qtrs.	Yes. 2 per half. 1-min. each.	YES	YES	NO	YES	NO	YES	YES (Stop Clock)	3 Personal Fouls or 5 total penalty minutes	YES	NO	NO	NO. On the Fly	YES		Head Coach Request
U15 Red	YES	YES	YES	40"-42" 52"-72"	4-12 Min. Running Qtrs.	Yes. 2 per half. 1-min. each.	YES	YES	YES	YES	YES	NO	YES (Stop Clock)	3 Personal Fouls or 5 total penalty minutes	YES	NO	NO	NO. On the Fly	YES		Head Coach Request

U7/U8/U9 ONE PASS RULE: After the game officials have recognized a team has made their 1-attempted pass, the 1-PASS RULE resets ONLY AFTER A WHISTLE in a team's offensive end of the field.

For Example: There can be multiple changes of possession in offensive end after attacking team makes their 1-attempted pass. These turnovers have no effect on the 1-Pass rule. The attacking team is HOT can still go to goal.

NOTE: Lead Official will extend his/her arm & hold 1-finger in the air to designate that team must make their 1-pass. Lead Official will point in the direction of goal to designate the team may now shoot.