

Our Goal

Player Safety, Sportsmanship, Fair Play, and Fun Always

FOR LEVEL 5/6 GAMES ONLY (PLAYING WITH 12U RULES, REGULATIONS, AND GUIDELINES)

For athletes in 5th or 6th grade AND not 13 years old as of August 31st prior to the season.

- 10 v 10 Players on full-size regulation field (up to 120 x 65 yds is new Unified Field size)
- Up to four "long poles" measuring up to 60" (including stick head & shaft) are permitted
- Substitutions are allowed on all sideline out-of-bounds (not endlines)
- Level 5/6 teams will apply the 20-second count to clear the ball over the midfield line and will apply the 10-second count to get the ball into the offensive box
- The "over-and-back" rule will be in effect
- The 2-minute stalling rule will apply to level 5/6
- A stall warning can also be issued at any point in the game when an official feels an offensive team is not making an effort to make an attempt at scoring.

FOR LEVEL 3/4 GAMES ONLY (PLAYING WITH 10U RULES, REGULATIONS, AND GUIDELINES)

For athletes in 3rd or 4th grade AND not 11 years old as of August 31st prior to the season.

- 8 v 8 Players on modified field (at or near 90 x 40 yds)
- There are no time-served penalties or fast-breaks after penalties
- Substitutions are allowed on sidelines and endlines
- There are no body checks, no long poles, and no counts
- Downward stick checks are allowed as long as the checking player does not raise his hands above shoulder height
- There is offsides but no "over-and-back" rule
- When defending a player in possession of the ball, defender should use no more than equal pressure to prevent progress of ball carrier
- Team with possession of ball must make 1 completed pass in the offensive side of the field prior to shooting. In the event of a whistle, if the offensive team has made 1 completed pass, they are not required to complete another.
- 1 coach may be on the field (within 5 yards of the sideline) to give positive instruction without having to yell

FOR LEVEL 1/2 GAMES ONLY (PLAYING WITH 8U RULES, REGULATIONS, AND GUIDELINES)

For athletes in 1st or 2nd grade AND not 9 years old as of August 31st prior to the season.

- 7 v 7 Players on half-sized field (at or near 60 x 40 yds)
- Games are played in two 25-minute running-time halves
- There are no time-served penalties or fast-breaks after penalties
- Substitutions are allowed on sidelines and endlines
- There are no body checks, no long poles, and no counts
- Downward stick checks are allowed as long as the checking player does not raise his hands above shoulder height
- There is offsides but no "over-and-back" rule
- When defending a player in possession of the ball, defender should use no more than equal pressure to prevent progress of ball carrier
- Team with possession of ball must make 2 attempted passes in the offensive side of the field prior to shooting. In the event of a whistle, if the offensive team has made 2 attempted pass, they are not required to attempt another.
- 1 coach may be on the field (within 5 yards of the sideline) to give positive instruction without having to yell






Certified Coaches | Team Players | Fun Experience

2019 SEASON

IT'S YOUR LEAGUE Let's make it better & a great experience for all involved.

www.mbyll.org

 @MBYLL
 @mass_bay_youth_lax
 Mass Bay Youth Lacrosse League – MBYLL
General Email: operations@mbyll.org
Technical Support: support@mbyll.org



Parent & Player Guide
Mass Bay Youth Lacrosse
Spectator Expectations
& Rules Review

- 1 League: 100+ Cities/Towns in Massachusetts
- 1,200 Boys Teams: 3,700 Spring Games
- 2,000 Trained & Certified Coaches
- 15,000 Players, 1st – 8th Grade
- MBYLL Classic, Mass Bay Select, MBYLL Jamboree
- Non-Profit 501(c)(3), Volunteer-led Organization



Our Mission

To Teach, Grow, and Honor the Game

Thank you for your participation in Mass Bay Youth Lacrosse League. MBYLL is a volunteer-led confederation of nearly 100 community-based youth lacrosse town programs. Together, our 15,000 athletes and 2,000 certified coaches are unified into one of the largest and most influential lacrosse leagues in North America.

EXPECTATIONS FOR SPECTATORS

Lacrosse is an amazing game for spectators. It is fast, fluid, exciting and action-packed for 75 minutes. The players and coaches are certainly going to enjoy it. So should you.

But we also have behavioral expectations for our spectators. And for the first time, negative spectator behavior (including language, harassment, pestering, and refusal to adhere to official / town regulations) WILL impact the game. Teams can now face time-serving penalties for unsportsmanlike conduct from the fans.



Some tips and best practices for being a respectful spectator:

- Cheer positively for your team (in fact, cheer positively for both teams)
- Support your volunteer coaches and town directors with patience, encouragement, and gratitude
- Respect the officials and understand they are humans who WILL make mistakes this season
- Respect the coaches and understand they are humans who WILL make mistakes this season
- Respect the players and understand they are humans who WILL make mistakes this season
- Discourage heckling and abuse and remind fellow spectators of the consequences of harassment
- Refrain from arguing with spectators of the opposing team
- Stay in the designated spectator areas (always opposite of the team benches and never on the field or behind the goal area)
- If you do not understand a rule or call, please ask us about it. You can always provide feedback to the league, make an inquiry, or file a post-game report form.

Ways in which you can support your athlete, your team, your town, and your league:

- Help your athlete and his coach set goals and track his progress with encouragement and support
- Your first question after a game should be, "How was it?" or "Did you have fun?", not "Who won?"
- Be respectful of the coach's time and planning by arriving to practice early and picking the athlete up on time
- Cheer for all positive plays, not just goals (faceoff wins, defensive turnovers, smart passes, hustle plays, goalie saves, successful clears, great attempts, and overall good effort)
- Understand that for a goal to be scored, 9 other players had an impact before the ball left the shooter's stick
- Reversely, understand that for a goal to be scored against your team, 9 other players had an impact before the goalie even entered the picture
- Volunteer some time, effort, or resources to your town program
 - Consider being a team parent / team manager to assist with communication and organization
 - Consider helping on game day with timekeeping, scoring, or concessions
 - Consider joining your local board and assisting with administration
- Learn about the league, its philosophy, its policies, and its mission to teach, grow, and honor the game of lacrosse

Our Philosophy

- **Evenly Balanced Teams at All Levels in Classic program: No 'A' or 'B' or 'stacked' Teams**
- **Equal Playing Time for All Players on Team in All MBYLL Classic Games**
- **Players participating on Mass Bay Select Team must also play on their Classic Team**
- **Coaches are Teachers & Role Models focused on Teamwork, Fundamentals & Fun-Factor**

UNIVERSAL RULES & POINTS OF EMPHASIS

- **Safety & Sportsmanship are top priorities. Zero tolerance** for taunting, swearing, obscene or out-of-control, overly-aggressive conduct by a player, coach, or spectator on the field, bench, sideline, or viewing area. These actions (including those of spectators) will result in an unsportsmanlike 'locked-in' penalty & could END game.
- **3-YARD rule: Controlled stick & body checks** (aka "Man ball" GB) allowed at Levels 5/6 and 7/8 only within 3 yards of the ball. However, NO hitting or pushing a player from behind at any level and NO helmet-to-helmet hits. Contact must be from the **front, above the waist, and below the neck** and NOT a take-out check.
- **Uncontrolled stick check, 1-handed check, or a wild "swing 'n' miss" are all called a SLASH** and result in a 1-minute personal foul penalty. **Cross-checking or repeatedly stick checking** free hand, arm, or side of a player with or without ball is NOT allowed and will also be given 1-minute penalty.
- **Take-out checks (or blindsides checks) are NOT allowed and will be severely penalized.** A take-out check is defined as any hit with or without possession of the ball that has the **intent** – in the Referee's opinion – of injuring OR putting OR knocking the opponent to the ground. NO checks are allowed against an opponent in a defenseless position.
- **Take-out check is an unsportsmanlike conduct foul** and results in an automatic time-serving **non-releasable** 2 or 3-minute penalty (Ref's discretion). A 2nd offense by the same player results in an immediate **Ejection** from game (team serves another non-releasable penalty).
- **A player who accumulates 3 personal fouls or 5 minutes in personal foul penalty time** shall be disqualified from the game.
- **If any team gains a 6+ goal lead**, the trailing team receives the ball at midfield and faceoffs are suspended – unless waived by the trailing team – until the goal margin returns to 5 goals or less.
- **If any team gains a 12+ goal lead**, the game clock becomes running time and the coach of the lead team should make **discrete** adjustments.
- **Coaches are reminded to stay off the field** – except as allowed for in Level 1/2 and 3/4 games – and remain out of the substitution box area, during the game unless official(s) request or safety dictate otherwise. Parents & spectators are to view game on opposite side from teams.
- **Player lineup before start of game is highly recommended.** Starting players on each team should lineup at midfield facing their opponent 5 yards apart. Official should give brief pregame equipment reminders (mouthpieces in, etc.), review any field issues, as well as expected game conduct (safety, sportsmanship, and fair play). Players should then shake hands and go to their positions before game start.

FOR LEVEL 7/8 GAMES ONLY (PLAYING WITH 14U RULES, REGULATIONS, AND GUIDELINES)

For athletes in 7th or 8th grade AND not 15 years old as of August 31st prior to the season.

- 10 v 10 Players on full-size regulation field (up to 120 x 65 yds is new Unified Field size)
- Up to four "long poles" measuring up to 72" (including stick head & shaft) are permitted
- Substitutions are allowed on all sideline out-of-bounds (not endlines)
- Level 7/8 teams will apply the 20-second count to clear the ball over the midfield line and will apply the 10-second count to get the ball into the offensive box
- The "over-and-back" rule will be in effect
- The 2-minute stalling rule will apply to Level 7/8
- A stall warning can also be issued at any point in the game when an official feels an offensive team is not making an effort to make an attempt at scoring.