



***HOWARD COUNTY LACROSSE PROGRAM
SPRING 2018***

Coach's Manual





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Version 3.0

© Howard County Lacrosse Program
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www.HCLACROSSE.com
www.howardcountymd.gov/RAP



WELCOME!

Welcome to the 2018 Lacrosse Season! Thank you for volunteering this season to coach a team within such a great organization. We look forward to a season full of fun, learning and exciting games.

The Howard County Lacrosse Program (HCLP) is a program of Howard County Department of Recreation and Parks (HCRP) and exists to provide youth in the Howard County community with the opportunity to participate in an organized lacrosse program. By providing three levels of Lacrosse, COBRA (travel), HC Lax (recreational), and HoCo Club (club), HCLP hopes to reach the needs of all youth interested in playing lacrosse. The program intends to provide competitive play with and against participants of similar age, size and experience. It is the Program’s philosophy to provide playing time to all participants. HCLP’s mission is to provide children with the opportunity to have a positive lacrosse experience, incorporating core values of self-esteem, learning, fun, safety and sportsmanship.

This handbook was developed to help our Volunteer Coaches understand how our organization operates and what is expected of them. Without Volunteers HCLP could not exist! While we cannot cover every contingency in this handbook, you are asked to follow the spirit of what is outlined here and allow common sense to prevail.

One of the reasons our Program is so successful is the large number of people who volunteer their time. It takes many individual and group efforts to maintain and keep an athletic organization running efficiently and effectively. Your support and commitment is needed for the Program to thrive. Parents are needed to volunteer for board positions, as coaches and for various projects throughout the year. We encourage everyone to step forward and to take an active role in our program. Please contact any of the Board Members or HCRP Staff if you would be interested in volunteering more of your time and talent.

You can also find out more about the Program, including handouts, contact information and rules on our website at: www.hclacrosse.com. Please do not hesitate to contact your Age-Group Coordinator, HCLP Board Members or HCRP Staff with any questions, comments or issues you may have.

Sincerely,

Ray Hall
Community Sports Supervisor
Howard County Department of Recreation and Parks

Derek Ludlow Community Sports Manager
Howard County Department of Recreation and Parks

CONTACT INFORMATION

www.hclacrosse.com www.howardcountymd.gov/RAP (Registration)

Howard County Department of Recreation and Parks Contacts

Main Office	410-313-4700	
Registration Office	410-313-7275	
Ricky DuBois, Community Sports Supervisor	410-313-4736	RDubois@howardcountymd.gov
Ray Hall, Community Sports Supervisor	410-313-1689	ARHall@howardcountymd.gov
Derek Ludlow, Community Sports Manager	410-313-4706	DLudlow@howardcountymd.gov
Allen Harden, SASD Superintendent	410-313-4652	AHarden@howardcountymd.gov
Laura Wetherald, Recreation Bureau Chief	410-313-4640	LWetherald@howardcountymd.gov



ORGANIZATION

HCLP is a program of Howard County Department of Recreation and Parks. An Advisory Board is elected every year to help manage this program. The current advisory board is:

President – Mike Thompson	mandkthompson@gmail.com
Boys Executive Vice President – Jason Baer	bigdaddybaer@gmail.com
Girls Executive Vice President – Megan Veluona	maveluona@gmail.com
Boys Vice President, East – Sunny Bhatia	bhatia1321@gmail.com
Boys Vice President, West – Craig Prinn	cplax@verizon.net
Girls Vice President, East – Laurie Obitz	laurie.obitz@gmail.com
Girls Vice President, West – Tim Kelley	tkelley9175@gmail.com
COBRA Boys Coordinator – Bill Holland	bholland@mdlandgroup.com
COBRA Girls Coordinator – Eric Mauser	elmauser@comcast.net
Treasurer – Jerry Krasnick	hclptreasurer@gmail.com
Secretary – Jonda Martin	jondamartin@gmail.com
Boys Dir. of Coaching/Training/Recruitment – Rob Ferrer	referrer@workforcetactix.com
Girls Dir. of Coaching/Training/Recruitment – Alison Eyre	alison@srg.net
Equipment Coordinator – Toni Clements	tmariepalladino@gmail.com
Fields Coordinator – Eric Lawrence	ericglaw@aol.com
HCLP Sponsors and Uniforms – Charlie Fleck	cffarctic@verizon.net
Boys Club Director – Dustin Heusser	dustyh711@comcast.net
Girls Club Director – Mike Rhodovi	mrhodovi@gmail.com
Communications Coordinator – Kelle Machiran	kelle@machiran.net
Special Events Coordinator – Allison Cornelius	anewmister@hotmail.com
Community Outreach – Jack Milani	jackmilani@verizon.net

Board meetings will be held monthly, rotating among several HCRP facilities. Anyone wishing to attend a board meeting should contact a board member prior to attending the meeting to schedule a time to address the board. Specific dates, times and locations are posted on www.HCLacrosse.com.

COMMUNICATIONS / CHAIN OF COMMAND

We welcome your ideas, concerns, and input at all times! If you have a question or an insight to share, you should begin with your Age Group Coordinator. If you do not feel the situation is resolved, you can next speak with the Vice President of either Boys or Girls Lacrosse. If you still feel your concern has not been resolved to your satisfaction, you can take your concern to the President. HCRP staff can be contacted on all issues. We ask that you follow the chain of command on most issues before contacting HCRP.

GAME DAY COMMUNICATION / CHAIN OF COMMAND

On games days, the Chain of Command concerning any issues with Officials, Fields, Equipment, etc. is as follows:

- Age-Group Coordinator (for HC Lax) or Boys/Girls Coordinators (for COBRA)
- Boys/Girls Vice President
- HCLP Board Members, if on site (see above)

Communication of Game-Days issues should follow this chain before any HCRP Staff is contacted.



VOLUNTEERS

The volunteer efforts of parents, legal guardians and friends are the heart of the HCLP program and ensure its success. These volunteers act in a variety of roles year-round and are the lacrosse program's most valuable resource.

Quality lacrosse volunteer activities include:

- Coaching Positions (Head Coaches and Assistant Coaches)
- Lacrosse Advisory Board Positions (elections held at the end of season Coaches Party)
- Team Administrators
- Field Maintenance and Preparation
- Equipment

Volunteers who at any time will be with players are required to be members of the **Coaches Registry** (visit www.howardcountymd.gov/coachesregistry.htm for more information), which includes American Sport Education Program (ASEP) training, concussion training, submission of a photo ID and successful completion of a background check. Coaches should visit www.hclacrosse.com and click on "Hey Coach" for specific directions on completing the requirements.

SPORTSMANSHIP

MID-ATLANTIC RECREATION & PARKS SPORTS ALLIANCE

The Department of Recreation and Parks is a member of the Mid-Atlantic Recreation & Parks Sports Alliance.

The Alliance is comprised of more than thirty Recreation & Parks departments and sports organizations.

The mission of the Mid-Atlantic Recreation & Parks Sports Alliance is to develop and communicate a consistent message that organizations and their players, coaches and spectators will be held accountable to a code of conduct that promotes sportsmanship and keeps recreational competitive and non-competitive sporting activities in proper perspective.

SPORTS CODE OF CONDUCT

The Mid-Atlantic Recreation & Parks Sports Alliance utilizes a common Sports Code of Conduct and shares disciplinary actions related to poor sportsmanship. Member jurisdictions may jointly enforce disciplinary sanctions imposed on an individual or organization. **Failure to comply with these standards may result in disciplinary actions by The Mid-Atlantic Recreation & Parks Sports Alliance**

Sports Code of Conduct:

As a Coach, I recognize that coaches are role models for their team members and all participants involved in the activity, and that sports help to develop a sense of teamwork, self worth and sportsmanship.

As such, I agree to abide by the following:

- Place the emotional and physical well being of my players ahead of a personal desire or external pressure to win.
- Do my best to provide a safe playing environment for all participants.
- Lead by example by demonstrating fair play and sportsmanship to all involved.
- Provide a sports environment for my team that is free of drugs, tobacco, alcohol, and abusive language and refrain from their use at all sporting events.
- Respect the game and league officials and communicate with them in an appropriate manner.
- I will strive to be knowledgeable of the league rules and regulations, and teach these rules to all players on my team.



- Encourage my team members to play by the league rules and respect the rights of other players, coaches, fans and officials.
- I am responsible for my own behavior and the behavior of my team members, their parents and fans.

As a Parent/Guardian, I recognize that parents/guardians are the most important role models for their children, and that sports help to develop a sense of teamwork, self-worth and sportsmanship.

As such, I agree to abide by the following:

- Encourage good sportsmanship by demonstrating positive support for all players, coaches, fans and officials at games practices and other sporting events.
- Place the well being of my child before a personal desire to win.
- Advocate a sports environment for my child that is free of drugs, tobacco, alcohol and abusive language, and refrain from their use during youth sporting events.
- Encourage my child to play by the rules and respect the rights of other players, coaches, fans and officials.



AGE GROUPS

HCLP has designated divisions of play based on age for lacrosse. The age determination date (below) is during the year prior to the start of the season, e.g. September 1st, 2017 for the 2018 season.

LACROSSE AGE GROUP BREAKDOWN

<u>Age Group</u>	<u>Ages</u>	
CLINIC	4, 5 & 6 Year Olds	Age-Determination = September 1 st , 2017
U8	6 & 7 Year Olds	Age-Determination = September 1 st , 2017
U10	8 & 9 Year Olds	Age-Determination = September 1 st , 2017
U12	10 & 11 Year Olds	Age-Determination = September 1 st , 2017
U14/15	12, 13 & 14 Year Olds	Age-Determination = September 1 st , 2017

(Ineligible to play if on a high school roster; freshman/sophomore, junior varsity, or varsity)

HCLP GAME FIELD LOCATIONS

Blandair Park	Western Regional Park
Cedar Lane Park (West)	Various Howard County Public Schools
Rockburn Branch Park (East- Landing Road Entrance)	

Visit the web site:

www.hclacrosse.com (Locations & Directions) for GAME & PRACTICE FIELD DIRECTIONS

INCLEMENT WEATHER

After severe weather or rain, the County may close or restrict the use of outdoor facilities. No team is to play or practice on a closed facility.

Heat Index and Air Quality: The heat index is defined by the National Weather Service as the combination of air temperature and relative humidity. We will monitor the heat index to ensure that a code alert is issued if necessary. Teams will ensure during practice and games that water is available at all times, and that appropriate breaks are taken.

INCLEMENT WEATHER NUMBERS

Blandair Park	(410) 313-3673
Cedar Lane Park	(410) 313-4453
Rockburn Branch and Troy Parks	(410) 313-4455
Western Regional Park	(410) 313-4372
Howard County Public School Fields	(410) 313-6827

LIGHTNING AND THUNDER POLICY

In the event of lightning or thunder, the Game Official MUST suspend play immediately. All Players, Coaches, and Assistant Coaches MUST promptly leave the playing field and take shelter, preferably in automobiles. Play may only be resumed if there has been neither sighting of lightning nor sound of thunder for thirty (30) minutes. Resuming play is entirely the judgment call of the Official; Coaches will have no say in the determination to resume play.



HCLP GAME FIELD INSTRUCTIONS (SETUP & BREAKDOWN)

- Water ONLY allowed on the Synthetic Turf Fields (Blandair, Cedar Lane, Rockburn and Western Regional).
- Each game field has a job box with cones, scoreboard, clock, table and chair.
- It may be possible your field has the goals locked and nets need to be installed to each goal.
 - Your key will work to get into the job box.
- Please set-up the cones on the restraining lines (both sides of the field).
 - This is very important for Game Officials to call off-sides.
- Please set up the table and chair with the scoreboard at the center of the bench sideline.
- Please clean up your bench area when finished with your game.
- Teams playing the last game should place cones, table, chair, scoreboard and clock back in job box.
 - Please lock job box when game field materials are returned
 - If required please lock goals and put nets back in job box. (Nets on Park Fields stay on the goals.)

POST SCORES ONLINE

The Coach of the winning team will be obligated to enter the score no later than the morning after a game; coaches should enter scores directly on www.hclacrosse.com.

Each Age Group Coordinator shall maintain a record of the final scores for his/her age group.

Standings are kept for the following age groups ONLY: Lightning, Midget and Junior.

Standings are kept on www.hclacrosse.com.

SUPERVISION GUIDELINES

Under no circumstance should a Volunteer Coach of HCLP be alone with a participant (child) of the program. It is of every Coach's best interest to make sure he/she is never alone with a child before, during or after any HCLP event. No Coach should stay after a practice or game alone waiting for a child's transportation to arrive. Maintaining another Volunteer with you is the safest way to handle such situation. All Volunteers of HCLP are required to undergo Background Checks with the Howard County Department of Recreation and Parks. Approved Volunteers are the only Adults that should have such supervision over participants in the Howard County Lacrosse Program.

INCIDENT REPORTS

In the event that an incident takes place or any player suffers a serious injury, it is the responsibility of both team's coaches to prepare reports of the incident or injury and to obtain the names of witnesses to the incident or injury.

Incident report forms are available on www.hclacrosse.com and in the job boxes at every game and practice site.

INFORMATION REQUIRED

The manager/coach should use the Injury/Accident Report form provided by HCRP.

Information that needs to be documented in the report includes:

- The date, place, and time of the incident or injury.
- The name(s), addresses and telephone numbers of the person(s) involved.
- The name(s), addresses and telephone numbers of any witness(es).
- Were police or EMS called? Did they respond? Was a formal police or EMS report prepared?
- A description of the events that took place before, during and after the incident or injury.
- How was the matter resolved?
- What additional issues, if any, need to be resolved?



SUBMISSION OF REPORTS

The Coach of each team shall notify the Age-Group Coordinator of his/her age-group orally within three hours of the incident or injury. Formal written reports must be submitted within 24 hours of the incident or injury to the Age-Group Coordinator who in turn must submit form to Recreation & Parks within 48 hours of incident/injury.

ANY TIME AN AMBULANCE IS CALLED – PLEASE ADVISE YOUR AGC ASAP.

AGCs: PLEASE PHONE RAY HALL IMMEDIATELY TO INFORM OF AN AMBULANCE BEING CALLED.



Howard County Lacrosse Program		
Directors and Age Group Coordinators		
	Boys	Girls
HCLP Vice Presidents	Sunny Bhatia - East Craig Prinn – West	Laurie Obitz – East Tim Kelley - West
Age Group Coordinators	HCLP Age Group Coordinators	
U8 - 6/7 years	Andy Veliouna - East Matt Eyre - West	Mark DeBels - East Carrie Kelley - West
U10 - 8/9 years	Brenden Mahoney - East John Hanna -	Lisa McCollum - East Jonda Martin - West
U12 - 10/11 years	Julie Jones- East Jeff Taylor - West	Julie Jones- East Chris Murn - West
U14/15 – 12/13/14 years	Julie Jones- East Jeff Taylor - West	Mike Pellegrini – East/West



HCLP COACHES CHECKLIST of RESPONSIBILITIES

- Complete all Coaches Registry paperwork to include the following:
 - Howard County Recreation & Parks Volunteer Application (needed only once)
 - Howard County Recreation & Parks Volunteer Agreement (every season/sport coached)
 - Photo ID copy/scan (must be able to see picture clearly and read all information on ID)
 - Concussion Training
 - SSCI Background Release form (online authorization is only needed once but HCRP will run check annually)
- Complete the 'Coaches Code of Ethics' found on www.hclacrosse.com and submit to Age Group Coordinator
- Attend one of the scheduled HCLP Equipment Pick-Up dates.
 - Dates can be found at www.hclacrosse.com – calendar posted
 - Dates will also be emailed to Coaches as identified
 - First Aid kits will be picked up at this time along with all equipment/balls needed
- Receive HCLP 'Job-box' key from your Age Group Coordinator (AGC)
- Prepare handouts for Players/Parents which should include:
 - Player/Parent Code of Ethics – to be held in Coach's records
 - Team Roster – Phone Tree, Players names, etc.
 - Inclement Weather numbers
 - Team Schedule
 - Direct Parents/Players to:
 - Age Group and League Rules
 - Directions to Practice/Game field locations
 - HCLP Board Member list (www.hclacrosse.com)
 - On-line version of team schedule (HCLP website)
 - League Standings (HCLP website)
 - www.hclacrosse.com: League News, Updates, Handouts
- Distribute uniforms to Players
- Distribute 'Picture Day' information/forms to each Parent prior to scheduled team picture day
 - Information/Forms will be distributed by Age-Group Coordinators
- Remind Players/Parents to provide a water bottle for each game/practice
- Bring Age-Group/League rules to each game
 - Review Age-Group rules exceptions with Game Officials before each game
- Check equipment before each use:
 - Damaged equipment should be returned to HCLP Equipment Coordinator
- Report any 'Code of Conduct' Violations, Injuries or Accidents to your Age-Group Coordinator
 - Incident/Accident/Injury report forms can be found in your Coaches packet
 - 'Code of Conduct' Violations should be in written form; email is acceptable
- Prepare Game Field for each scheduled game to include:
 - Set-up of Cones, Table, Chair, Scoreboard
 - Found in each Game Field Job-Box
 - Goals on County Parks will have nets attached, nets are to stay attached
 - Goals on Board of Education sites need nets attached before each game/practice
 - Lacrosse Game Clocks are located in the Job Box at each Boys Lacrosse Game Field
- Remove all trash from the field/sideline after each game/practice
- Return all Coaches Equipment, Job Box key and First-Aid kit at seasons end
 - Equipment return dates will be posted, please do not return equipment outside of these dates
- Be Safe, Play Hard, Have Fun!!!



RULES

Volunteers are the heart and soul of HCLP and are who run this program. These volunteers will make mistakes as will the players and the officials. Nothing is gained by emphasizing these errors. For this program to be considered a success, it is essential the emphasis be on instruction and positive reinforcement. Game officials have a broad authority to ensure that the program objectives are achieved by controlling play, the players, the coaches, and the spectators. The officials will adhere to the regulations of the game and enforce the regulations in their best judgment.

HCLP follows the rules set forth by the Maryland Youth Lacrosse Association (MYLA). The HCLax program adds rules to better accommodate the introductory and recreational spirit of play. Amended rules for each specific age group follow these general overview rules of the program.

PHILOSOPHY

The objectives of the Howard County Lacrosse Program (HCLP) are:

1. To have fun
2. To teach the game of lacrosse
3. To develop fitness and coordination
4. To foster team work
5. To encourage and reinforce good sportsmanship

Since these objectives are sought in a competitive environment, winning and losing become factors. Winning and losing are, however, incidental to the 5 primary objectives of the program.

TIME KEEPING

- The official game clock will be kept either on the sideline or by referee on the field. The penalty clock can also be maintained by either on the sideline or by the referee on the field. Both coaches may agree to a coach or parent of one team to keep penalty time for the game.
- In the event of a tie at the end of regulation time, a 4-minute sudden death (first goal scored wins) overtime period will be played. Only one overtime period is to be played, even if the overtime period ends in a tie. Tie games are okay!
- There are two (2) timeouts per half for each team.

SCORING

- Each team will keep track of the score for their respective teams. Scores must be reported to the Age Group Coordinator as soon as possible after each game.
- If one team is winning by more than 3 goals there is no face off and the losing team is awarded possession.

PARTICIPATION

- All players will play at least 2 quarters in each game.

POSITIONS

- Players are to be given multiple opportunities to play each position (attack, midfield, defense, and goalie) up to their abilities. This is in line with one of the main objectives, which is to teach the game of lacrosse. Pigeonholing a player in a particular position (i.e. goalie) is strongly discouraged. That said, no player should be forced to play a position that they do not want to play or that is unsafe for that particular player.



PENALTIES

- Maryland Youth Lacrosse Association (MYLA) rules apply, except as noted otherwise.
- No one-handed checks. This is a slashing penalty with time to be served.
- A player committing a time serving foul will serve the penalty in the penalty box on the sideline as instructed by the referee.
- Penalties on the goalie do not have to be served by the goalie, except for unsportsmanlike conduct penalties. Coaches may designate another player to serve the penalty as long as the serving player is on the defensive side of play (defense or midfielder).
- Players can foul out of games – 5 personal fouls and a player is not allowed to play in that game anymore.

UNSPORTSMANLIKE CONDUCT

- Unsportsmanlike conduct penalties are strictly enforced against players, coaches, and spectators. The officials have complete discretion in calling unsportsmanlike conduct penalties, including the authority to demand a player, coach, and/or spectator leave the field and the immediate area surrounding the field.
- Questioning of calls by players, coaches, and/or spectators is not permitted. There will be bad calls; they are part of the game...expect them and accept them. Coaches and spectators should try to be role models for the players. Let's remember it is only a game.
- Player disciplinary actions – If a player is ejected from a game because of unsportsmanlike conduct, he will be assessed a suspension for the next game – no exceptions.

BENCHES

- Players are confined to their respective side of the field throughout the game. Proper bench conduct is expected and should be enforced by the coaches. Keep substitute players on the sideline and off the field of play. This includes sticks, gloves, balls, and pads.

SPECTATORS

- Spectators will be seated on the sideline opposite from their team's bench area. No spectator is allowed on the team side during the game.

PLAYER CELEBRATIONS

- Since winning and losing are part of the game, there is bound to be some celebrating by the winning team. Coaches, you are encouraged to keep this as low-key as possible. There will be no throwing of sticks or other equipment. There will be no player 'pile-ons'.

AFTER THE GAME

- Both teams will line up to shake the other team's hands.
- If there is a game following yours, it is the coaches' responsibility to clear the field and bench area of players, spectators, equipment and trash as soon as possible after the game. If you are the last game of the day, please police the bench areas and field for trash and forgotten equipment.



HCLP GIRLS RECREATIONAL LACROSSE RULES CLARIFICATIONS- 2018

Philosophy

The objectives of the Howard County Lacrosse Program (HCLP) are:

1. To teach the game of lacrosse,
2. To develop fitness and coordination,
3. To foster teamwork,
4. To encourage and reinforce good sportsmanship, and
5. To have FUN!

Girls must have a girl's crosse (lacrosse stick), protective eyewear and a colored mouth guard to play. The mouth guard cannot be white or clear. The crosse (lacrosse stick) is made of wood, laminated wood, or synthetic material, with a shaped net pocket at the end. Boy's lacrosse sticks cannot be used to play in the girl's league. A girl's crosse must be an overall length of 35 1/2 - 43 1/4 inches. Eye protection must meet the most current ASTM Specification Standard F803 for women's lacrosse. Players who wear glasses may wear protective eyewear over them or wear prescription sport goggles. Girls may play with a modified pocket. The top of the ball must be visible when looking over the crosse when a ball is in the pocket.

HCLP follows the girls youth rules developed by US Lacrosse and the Maryland Youth Lacrosse Association (MYLA). The rules are described in the 2016 Women's Rule Book published by US Lacrosse. This rule book may be obtained from the US Lacrosse website and most lacrosse stores. The link is below:

<http://www.uslacrosse.org/TopNav2Right/Rule/WomensRules.aspx>

Additional information is also available on the MYLA website: www.mylalax.com.

Some of the general girls' lacrosse rules are listed below:

- No covering the ball with stick head
- No raking the ball with stick or go between the legs with the stick
- Can't kick the ball with feet or use your body to move the ball
- Can't touch the ball with your hands
- No body contact – no pushing, or holding or hitting with stick
- No field player can go into the goal circle - including stick
- Shooting Space – can't stand alone in the area in front of the goal without closely guarding a player

There are many other rules and penalties that are described in detail in the 2016 Women's Rule Book. These are just a few of the general rules. Attached are the age-specific clarifications for the 2016 season.



HCLP GIRLS RECREATIONAL LACROSSE RULES CLARIFICATIONS

CLINIC (5-6) - 2018

All HCLP age brackets:

- Only coaches who have met the county class and screenings are allowed to be coaching the team and must wear their issued coaches registry badge at all times.
- No more than 1 head coach and two approved assistants on the team sideline.
- All spectators on opposite side of team zone.
- All players must have jewelry off. No taped earrings. No clear or white mouth guards – only colored. Protective eyewear is mandatory.

Clinic Age Group:

- The Clinic age group plays with seven players and no goalkeeper. There are 2 attack players, 3 midfielders and 2 defense players. Practices and games are played with pink, soft lacrosse ball.
- Coaches or parent volunteer keep game time.
- One coach from each team referee/coach the game are on the field – 1 whistle from each team – Coaches should provide game instruction and help to players.
- Four-8-minute running-time quarters, with time allowed for general substitution half way through each quarter (or eight- 4 minute periods) – teams should not change sides between halves.
- One timeout per half.
- 8-minute halftime break.
- Shooting space strictly enforced for safety reasons.
- Midfield line will be the restraining line for both sides – 2 back.
- Three (3) passes required before shooting on goal. A pass is defined as a stick's length in distance. Pass count starts anywhere on the field. If attack turnover occurs between the goal they are shooting on and restraining line, and possession is regained, the attack's pass count does NOT reset.
- No zone or double-teaming allowed in Clinic. Girl-on-girl defense
- Only one girl from each team on a ground ball. Players may box-out their opponent.
- Direct free position will be awarded to a player who is fouled in the act of shooting. All other free positions are indirect.
- No score is kept in clinic, but when coaches recognize there are more than 3 goals scored, without a return goal from the other team, the other team gets possession at the center draw area.
- Substitution is allowed after goals or as close to the half-quarter mark as possible, no substitutions allowed on-the-fly. (to more easily monitor equal playing time easily identify girl-on-girl defensive marking)
- All players should get equal playing times and rotate positions.



HCLP GIRLS RECREATIONAL LACROSSE RULES CLARIFICATIONS

U8 (6-7) – 2018

All HCLP age brackets:

- Only coaches who have met the county class and screenings are allowed to be coaching the team and must wear their issued coaches registry badge at all times.
- No more than 1 head coach and two approved assistants on the team sideline.
- All spectators on opposite side of team zone.
- All players must have jewelry off. No taped earrings. No clear or white mouth guards – only colored. Protective eyewear is mandatory.
- All games will be played with an equal number of players participating on the field from each team. (with the exception of penalties) Adjusted positions will be agreed upon by both head coaches and the officials prior to game play starting or continuing. If additional players arrive after a game has started additional players may be added to the field at the officials' discretion (during a time out, stoppage of play, best judgement) until full lineups are met. If an injury occurs to a team with no substitutions available both teams will adjust their lineup. **THERE IS NO EXCEPTION TO THIS RULE.**

U8 Age Group:

- U8 age group plays with eight players. There are 2 attack players, 3 midfielders and 2 defense players and a goalkeeper. **All games are played with NOCSAE stamped ball.**
- Officials keep game time, unless official asks coaches to keep time and they both agree.
- One coach from each team is allowed on the field for purpose of coaching only – not officiating. Should provide game instruction and help
- Four– 10-minute running time quarters with time allowed for general substitution half way through each quarter (or eight- 5 minute periods) – team change sides between halves.
- One timeout per half. Clock stops at timeouts and Official's timeout. May call a timeout either on possession or dead ball (after a goal).
- 8-minute halftime break.
- Shooting space strictly enforced for safety reasons.
- Midfield line will be the restraining line for both sides – 2 back and goalkeeper.
- Three (3) passes required before shooting on goal. A pass is defined as a stick's length in distance. Goalkeeper pass (in or out of crease, does count as one of the passes) Pass count starts anywhere on the field. If attack turnover occurs between the goal they are shooting on and restraining line, and possession is regained, the attack's pass count does NOT reset. If a save is made by the Goalkeeper and a turnover occurs on the clear, pass count will reset.
- No zone or double-teaming allowed. Girl on girl defense.
- Only one girl from each team on a ground ball. Players may box-out their opponent.
- Direct free position will be awarded to a player who is fouled in the act of shooting. All other free positions are indirect.



- If a team is up 4 goals or more the losing team gets possession at the center draw area. (winning team highly recommended to use non-dominant hand-both catching and throwing) A draw shall be done at the beginning of the half, regardless of score.
- Substitution is allowed after goals or as close to the half-quarter mark as possible, no substitutions allowed on-the-fly. (to more easily monitor equal playing time and easily identify girl-on-girl defensive marking)
- All players should get equal playing times and rotate positions, especially goalkeeper.
- Goalkeepers can only play ½ of each game as goalkeeper; goalkeepers must be substituted at half time.
- Goalkeeper cannot drop the ball in the crease, step out of the crease, (no dumping) to allow another player without a goalkeeper stick to pick it up and clear the ball.



HCLP GIRLS RECREATIONAL LACROSSE RULES CLARIFICATIONS

U10 (8-9) - 2018

All HCLP age brackets:

- Only coaches who have met the county class and screenings are allowed to be coaching the team and must wear their issued coaches registry badge at all times.
- No more than 1 head coach and two approved assistants on the team sideline.
- All spectators on opposite side of team zone.
- All players must have jewelry off. No taped earrings. No clear or white mouth guards – only colored. Protective eyewear is mandatory.
- All games will be played with an equal number of players participating on the field from each team. (with the exception of penalties) Adjusted positions will be agreed upon by both head coaches and the officials prior to game play starting or continuing. If additional players arrive after a game has started additional players may be added to the field at the officials' discretion (during a time out, stoppage of play, best judgement) until full lineups are met. If an injury occurs to a team with no substitutions available both teams will adjust their lineup. **THERE IS NO EXCEPTION TO THIS RULE.**

U10 Age Group:

- The U10 age group plays with 12 players. There are 4 attack players, 3 midfielders and 4 defense players and a goalkeeper. **All games are played with NOCSAE stamped ball.**
- Officials keep game time, unless official asks coaches to keep time and they both agree.
- Coaches may move along full team boundary & behind opponent's team bench area & score table. Coaches must stay out of the substitution box.
- 20-minute half periods. 8-minute halftime break.
- The clock runs except for the last two minutes of each half. Clock also stops at time-outs and Official's time-out. No stopping the clock after goals.
- One timeout per half. May call a timeout either on possession or dead ball (after a goal).
- Three (3) passes required before shooting on goal. A pass is defined as a stick's length in distance – strictly enforced to eliminate the “flip” pass. Goalkeeper pass (in or out of crease, COUNTS as one of the passes). Pass count starts anywhere on the field. If attack turnover occurs between the goal they are shooting on and restraining line, and possession is regained, the attack's pass count does NOT reset. If a save is made by the Goalkeeper and a turnover occurs on the clear, pass count will reset.
- 3 Second Checkable
- Shooting space strictly enforced for safety reasons.
- Modified checking allowed only below the waist. The check needs to be controlled, with two hands and a short chop.
- When a yellow card is issued, a player must leave the field for 2 minutes. When a red card is issued, a player must leave the field for **4 minutes** and the carded player may not return to that game. Her team may provide a substitute for her and doesn't play down a player.
- Maximum defense is: slide/DOUBLE team inside 12-meter fan. No TRIPLE TEAM/swarm defense.



- If a team is up 6 goals or more the losing team gets possession at the center draw area. (winning team highly recommended to use non-dominant hand-both catching and throwing) A draw shall be done at the beginning of the half, regardless of score.
- May substitute on the fly or after a goal is scored from the score table area only.
- Goalkeeper must pass the ball out of goal area. She cannot drop the ball, step out and have a short stick pick up the ball to clear. (No dumping)
- All players should play half of a game and get opportunities to play multiple positions.



HCLP GIRLS RECREATIONAL LACROSSE RULES CLARIFICATIONS

U12 (10-11) - 2018

All HCLP age brackets:

- Only coaches who have met the county class and screenings are allowed to be coaching the team and must wear their issued coaches registry badge at all times.
- No more than 1 head coach and two approved assistants on the team sideline.
- All spectators on opposite side of team zone.
- All players must have jewelry off. No taped earrings. No clear or white mouth guards – only colored. Protective eyewear is mandatory.
- All games will be played with an equal number of players participating on the field from each team. (with the exception of penalties) Adjusted positions will be agreed upon by both head coaches and the officials prior to game play starting or continuing. If additional players arrive after a game has started additional players may be added to the field at the officials' discretion (during a time out, stoppage of play, best judgement) until full lineups are met. If an injury occurs to a team with no substitutions available both teams will adjust their lineup. **THERE IS NO EXCEPTION TO THIS RULE.**

U12 Age Group:

- The U12 age group plays with 12 players. There are 4 attack players, 3 midfielders and 4 defense players and a goalkeeper. **All games are played with NOCSAE stamped ball.**
- Officials keep game time, unless official asks coaches to keep time and they both agree.
- Coaches may move along full team boundary & behind opponent's team bench area & score table. Coaches must stay out of the substitution box.
- 25-minute half periods. 8-minute halftime break.
- The clock runs except for the last two minutes of each half. Clock also stops at time-outs and Official's time-out. No stopping the clock after goals.
- One timeout per half. May call a timeout either on possession or dead ball (after a goal).
- Two (2) passes required before shooting on goal. A pass is defined as a stick's length in distance – strictly enforced to eliminate the "flip" pass. Goalkeeper pass (in or out of crease, COUNTS as one of the passes). Pass count starts anywhere on the field. If attack turnover occurs between the goal they are shooting on and restraining line, and possession is regained, the attack's pass count does NOT reset. If a save is made by the Goalkeeper and a turnover occurs on the clear, pass count will reset.
- 3 Second Checkable
- Shooting space strictly enforced for safety reasons.
- Modified checking allowed only below the shoulder. The check needs to be controlled, with two hands and a short chop.
- When a yellow card is issued, a player must leave the field for 2 minutes. When a red card is issued, a player must leave the field for **4 minutes** and the carded player may not return to that game. Her team must play short in both their offensive and defensive ends of the field. Four players must be behind the restraining line while playing down



- If a team is up 6 goals or more the losing team gets possession at the center draw area. (winning team highly recommended to use non-dominant hand-both catching and throwing) A draw shall be done at the beginning of the half, regardless of score.
- May substitute on the fly or after a goal is scored from the score table area only.
- Goalkeeper must pass the ball out of goal area. She cannot drop the ball, step out and have a short stick pick up the ball to clear. (No Dumping)
- All players should play half of a game and get opportunities to play multiple positions.



HCLP GIRLS RECREATIONAL LACROSSE RULES CLARIFICATIONS

U15 (12-14) - 2018

All HCLP age brackets:

- Only coaches who have met the county class and screenings are allowed to be coaching the team and must wear their issued coaches registry badge at all times.
- No more than 1 head coach and two approved assistants on the team sideline.
- All spectators on opposite side of team zone.
- All players must have jewelry off. No taped earrings. No clear or white mouth guards – only colored. Protective eyewear is mandatory.
- All games will be played with an equal number of players participating on the field from each team. (with the exception of penalties) Adjusted positions will be agreed upon by both head coaches and the officials prior to game play starting or continuing. If additional players arrive after a game has started additional players may be added to the field at the officials' discretion (during a time out, stoppage of play, best judgement) until full lineups are met. If an injury occurs to a team with no substitutions available both teams will adjust their lineup. **THERE IS NO EXCEPTION TO THIS RULE.**

U15 Age Group:

- The U15 age group plays with 12 players. There are 4 attack players, 3 midfielders and 4 defense players and a goalkeeper. **All games are played with NOCSAE stamped ball.**
- Officials keep game time, unless official asks coaches to keep time and they both agree.
- 25-minute half periods.
- Coaches may move from own substitution area to end line in their own half of field. Coaches must stay out of the substitution box.
- The clock runs except for the last two minutes of each half. Clock also stops at time-outs and Official's time-out. No stopping the clock after goals.
- One timeout per half. May call a timeout either on possession or dead ball (after a goal).
- 8-minute halftime break.
- No pass count
- No 3 Second Checkable
- Shooting space strictly enforced for safety reasons.
- Full checking allowed. The check needs to be controlled, with two hands and a short chop.
- When a yellow card is issued, a player must leave the field for 2 minutes. When a red card is issued, a player must leave the field for **4 minutes** and the carded player may not return to that game. Her team must play short in both their offensive and defensive ends of the field. Four players must be behind the restraining line while playing down.
- If a team is up 6 goals or more the losing team gets possession at the center draw area. (winning team highly recommended to use non-dominant hand-both catching and throwing) A draw shall be done at the beginning of the half, regardless of score.
- May substitute on the fly or after a goal is scored and timeouts from the score table area only.



- Goalkeeper must pass the ball out of goal area. She cannot drop the ball, step out and have a short stick pick up the ball to clear. (No Dumping)
- Goalkeeper can play in goal the entire game.
- All players should play half of a game and get opportunities to play multiple positions.



HCLP GIRLS RECREATIONAL LACROSSE RULE CLARIFICATIONS

MISCONDUCT:

The head coach will be responsible for the behavior of parents and personnel affiliated with her team, including all assistant coaches, and will receive any cards related to lack of bench decorum.

Sticks may not be thrown in any circumstance.

ALL AGE GROUPS

The throw has been replaced with alternating possession when offsetting fouls occur. The winner of the coin toss has the option of choosing ends of the field and having the first possession that occurs. In the clinic age group, coaches may decide between themselves since there is no paid officials.

Notable Rule Changes for 2018:

- a. Player's sticks may touch the ground over the center circle and restraining line on the draw.
- b. During the draw, both sticks must be parallel to and above the center line.

NEW EMPHASIS for 2018 – Mainly U12 and UP:

ILLEGAL DEFENSIVE POSITIONING

The Rules Committee's emphasis on illegal defensive positioning is a clarification of the process and understanding of these fouls. It is an effort to minimize injuries in the critical scoring area not to create more fouls. When a defender is in three seconds or the free space to goal, she illegally occupies a space to which she is not entitled. The illegal defender reduces opportunities for the offense to safely attack and is placing herself at risk of injury.

For Illegal Defensive Positioning to occur, the attack must create opportunity. First, the ball must be above the goal line extended and within the Critical Scoring Area. Second, the attacker must physically have the potential to shoot, and the path to goal must be clear of legal defenders. If opportunity to shoot does not exist, the call should not be made.

CONTACT IN THE MIDFIELD- INCIDENTAL V. DANGEROUS

The safety of all players is a priority to the committee, and rough or dangerous play in the midfield not only disrupts the flow of play, but also put players at significant risk for injury. Legal contact (incidental or deliberate) can occur between opponents during the normal course of play. However, contact that occurs that physically forces the opponent off of their position or path is illegal contact. Deliberate illegal contact (e.g. cross-checks or pushes) made to the body of any player in a defenseless position must be carded.

CROSSE IN THE SPHERE/CHECK TO THE HEAD

It is the responsibility of the defender to keep her stick out of the sphere and throat area of the ball carrier. Defenders who penetrate this space and throat area should be assessed a major foul. Repeated violations of this rule may be carded. This rule applies even when the ball carrier does not have her stick in a legal checking position. A check to the head or a check that causes the attacker's stick to contact her head is a mandatory card.



PROFESSIONALISM

US Lacrosse continues to encourage all coaches, players, officials and administrators to conduct themselves in a professional manner before, during, and immediately following all contests. The rules committee reminds coaches and players to avoid the use of excessive dissent or abusive language and reminds coaches to stay in his or her coaching area. The committee encourages calm, patient and productive dialogue between coaches, players, and officials.



HCLP GIRLS RECREATIONAL LACROSSE RULES CLARIFICATIONS

HCLP POINTS OF EMPHASIS FOR 2018:

Sportsmanship – Positive and sportsmanlike conduct by all is necessary for the integrity of the game both on and off the field. Parents, Coaches, Players and Officials should work together to preserve the spirit of girls' lacrosse.

Dangerous Play – Officials are vigilant in keeping the play safe and fair. Strict enforcement of safety rules is essential (Cross check, slashing, deliberate hitting, etc.).

The “win at all costs” mentality affects the safety of all players on the field. Coaches should teach and encourage appropriate play and players should play within the rules.

Offensive Fouls – Officials are vigilant to see the attack player fouls and enforce all fouls equally and fairly. Examples include: charging, cradling in sphere, illegal picks, dangerous shots, dangerous follow-through.

HCLP POINTS OF EMPHASIS FOR 2018:

Dangerous Contact (Mandatory Yellow Card)

A new mandatory yellow card has been added. Dangerous Contact is defined as any action that thrusts or shoves a player with or without the ball who is in a defenseless position. This includes but is not limited to: head down, from out of the visual field, in the air or out of balance especially in the kidneys, ribs, lower back, shoulder blades or aimed at the neck or head.

While some body contact will occur during normal play, there is no justification for deliberate and violent collision by any player especially intentional player-to-player collisions with defenseless players. The increase in the severity of the penalty is intended to send a strong message that this type of play is unacceptable.

All participants must work together to reduce or eliminate such violent collisions from the game.

- Officials must apply this collision rule and utilize the more severe penalty
- Coaches must teach players to avoid excessive or illegal contact, and support the officials when they penalize such contact
- Players need to consider the consequences of this illegal action for the opponent and themselves and choose a legal action to play within the rules of the game.

Attack Fouls

Offensive players will be penalized for dangerous play. Attack players may not force themselves through defense. When body contact occurs, officials must determine who established position first, and who initiated illegal contact to make a fair call. Attack players who shoot over the top of defenders or follows through, with or without body contact may create a dangerous situation.



FOR U10 and UP:

Any player or coach receiving 2 yellow cards or 1 red card will be suspended for the remainder of the game. However, they may participate in the next game. Should a team receive its fourth card (any color), of the game they must play short for the remainder of the game.

The penalty area will be in front of the scorekeeper's table. Carded players must sit or kneel in front of the player. Players that enter early on a card, must serve 2 additional minutes.

Body Contact

Minor body contact happens but should not be called by referee unless it is initiated. Because two people bump into each other, no foul has happened. If one person displaces another then she has fouled. If two people bump into each other then back off, no foul has happened.

3 Second Checkable – Player with the ball may not hold the ball for more than 3 seconds when she is closely guarded (marked), either in front, to the side or behind, and the defender has both hands on her stick. Closely guarded is when a defender is within a stick length of another player. The defense must be in a position to legally check if full checking were allowed. This rewards players who are playing good defense.

Note: If the player with the ball takes the stick to the other side of her body and thus away from the defender making a legal check impossible, the 3-second count would be over. If the defender adjusts her position to where a legal check could be made, or the stick is brought back to a checkable position, or another teammate joins the defender and that second defender is in good position to check, then the count starts again. The umpire will give an audible and visible 3-second count. The count should follow this sequence: one-one thousand, two-one thousand, immediately followed by a whistle when the third hand chop reaches its full extension thus marking count number three without saying three-one thousand.

Overtime: 3-minute BREAK after regulation, followed by ONE 3 MINUTE sudden-victory OVERTIME (RUNNING CLOCK the entire time). One timeout is permitted on overtime play (no carryover from regulation). If no team scores, game remains as a tie.

Game Termination: - If 80% of playing time has elapsed and a game is interrupted by events beyond the control (ex: weather), the game may be terminated by mutual agreement of the opposing coaches and the game counts as final.

Game Suspension: – If less than 80% of playing time has elapsed and a game is interrupted by events beyond the control (ex: weather), the game must be played from the point of interruption.



BOYS U8 (6 - 7) - 2018

Objectives:

1. To teach the game of lacrosse.
2. To develop fitness and coordination.
3. To foster teamwork.
4. To encourage and reinforce good sportsmanship.
5. To have fun.

Rules

U8 Boys Lacrosse will follow the normal boys' lacrosse MYLA rules with the following exceptions:

Game Management

- Eight (8) **five** minute periods using a running clock and a **one** minute break between periods and a five-minute half-time break between the 4th and 5th period
- Each period will begin with a face-off at midfield unless the score dictates possession (See 3-goal rule below)
- Players from both teams will occupy one sideline and all parents and spectators **MUST** remain on the opposite side of the field. The only exception is in injury situations where a coach asks for assistance from the parent of the injured player.
- End lines shall remain clear of both coaches and spectators for the duration of the game (no coaching from behind the goal)
- Player substitution is only allowed at end of each period or if there is a player injury. An injured player must leave the field but can be re-substituted at the next play stoppage.
- Two time outs per half are allowed per team

Coach Responsibilities

- Each team is allowed a maximum of three coaches (two on sideline and one on-the-field coach).
- Prior to the start of the game, coaches must introduce themselves to one another and talk through game logistics to ensure positive facilitation of the game
- Prior to the start of the game, coaches must introduce themselves to the referees to review rules and expectations of play.

Players

- One Goalie
- Two Attackmen
- Three Midfielders
- Two Defenseemen

(Note: Coaches must make every effort to ensure that every player gets equal playing time in every game. Also, coaches should attempt to rotate players through all positions during a game, with the exception of goalie.)

Checking/Hitting

Body Checking

- Intentional illegal use of the body to knock down another player is not allowed.



- In ground ball situations body positioning contact (“boxing-out”) is allowed and expected.
- All pushes from rear, unnecessary roughness, illegal body checks (use of head and overly aggressive play) is strictly enforced.

Stick Checking

- Poke checking and “lifting” checks to the stick are allowed.
- Controlled slap checks are also allowed but only for the purpose of dislodging the ball from the opposing players stick. Checks must contact the stick or gloved hands.
- One handed checks are not allowed and a slashing penalty shall be called whether contact is made or not.

Penalties and stopping play

- There are no timed or man-down penalties at the U8 level.
- When a foul is called the referee should stop play and instruct players on appropriate play/technique.
- Play should be allowed to continue after an infraction by the defense in “continuation type situations (i.e. fast breaks). Play should be stopped and instruction given as soon as possible thereafter (i.e. after a whistle, shot, dead ball, out of bounds).
- On defensive side of field a penalty will result in free clear for offense.
- All penalties result in the referee or on-field coaches providing instruction. In the case of personal fouls, the penalized player must leave the field but can return to field at next play stoppage or whistle.
- Players involved in flagrant or repeated fouls will be asked to sit out the remainder of the quarter and a substitute player put into the game
- Play **MUST** be stopped immediately whenever there is an injury on the field; this overrides any “continuation” situation
- When play is stopped by referee after the **first** ground ball scrum results in neither team possessing the ball, possession is awarded to the Home team. The alternate possession rule is used from that point forward as determined by the referees.

Three-Pass Rule

- A team must attempt three passes before shooting on goal
- Each pass must be a “real pass” of approximately 5 feet or more. “Buddy passing” or quick back-and-forth passing is not allowed nor in the spirit of teaching the sport of lacrosse at U8. (Coaches should emphasize the importance of ball movement)
- A pass can be attempted anywhere on the field, on either the offensive or defensive side of the field and the pass counts as one of the three required. The outlet pass from the goalie after a save counts as one pass
 - (Note: A pass is defined as an **attempt** by one player to pass the ball to a teammate even if a catch is not made. A pass is exactly that, a pass – not a pass and a catch.)
- The referees will keep track of the pass count and they will display hand count by raising arm and call out each pass (i.e. 1, 2, 3) and then announce to the players when they can shoot on goal, by indicating “HOT”. The referee, not the coaches or parents, will make this determination.
- Once a team completes three passes they may shoot on the goal **and** can continue to attempt shots until the opposing team takes possession **and** clears the ball past the midfield line.

Clearing and resetting the pass-count

- The pass count is reset when the opposing team takes possession **and** maintains that possession across midfield to their offensive end of the field or makes a successful pass across the midfield line to their offensive end of the field.



- A player must have **possession and control** of the ball past the midfield line to clear the ball and restart the pass count. Clearing and resetting the pass count does **not** automatically occur when the ball crosses over the midfield line (i.e. a Gilman clear), but rather possession and control on that side of the field must be evident.

Other Guidelines and Ensuring Competitive Games

- Coaches **MUST** work together and adjust the rules (i.e. 3, 4 or 5 pass rule) as needed to keep the games competitive. Prior referee approval is required before the rules are modified.
- There is no overtime and games can end in a tie.
- Possession of the ball after a goal will be awarded automatically to the losing team if they are down by 3 or more goals. Possession is awarded at midfield line.
- Teams up by 4 or more goals must complete one additional pass equal to the number of goals they are up (up by 4 – attempt 4 passes, up by 5 – attempt 5 passes, etc.)
- Teams up by 6 or more goals must instruct their players use their opposite or weak hand
- Only man-to-man defense is allowed. Zone defense is not allowed including “organized” double teaming. A technical foul may be called with loss of possession and free clear will be awarded to the other team. This does not include man-ball play on groundballs, it is solely in reference to double-teaming a player of the opposite team with the ball in their possession.
- Limit the duration of “scrum” - when multiple players are going after a ground ball and their efforts are not productive. Referees should allow a count of 5 and then stop play and the alternate possession rule is used.

**Maryland Youth Lacrosse Association
Rule Highlights**

Equipment

Mouth guards	<ul style="list-style-type: none"> • All players must wear - including goalie
Shoulder Pads	<ul style="list-style-type: none"> • All field players must wear
Helmets	<ul style="list-style-type: none"> • Hockey and Football helmets are prohibited (mouthpieces must be worn) • Adequate facemask is mandatory
Arm Pads	<ul style="list-style-type: none"> • All players - including goalie - must wear
Gloves	<ul style="list-style-type: none"> • The entire hand must be covered by original manufacturer’s material

Lacrosse Stick Rules

Legal Lengths	U8: 36” – 42” U10: 36” – 72” U12/14: 40” – 42” & 52” - 72
Long Stick Limit	N/A 4, 42” + max
Illegal Stick	No Penalty Stick head dimensions may be legal by either the HS Federation or NCAA rule book. But stick must be completely legal by one or the other.



Procedure

Pre-game	The referees and the head coaches will meet in front of the table area immediately prior to the game for an exchange of information and field check.
Equipment Check	Referees will confirm with coaches that their players are properly attired

Play of Game

Time-outs	<ul style="list-style-type: none">• 2 per half• Time-outs during play can be called ANYWHERE ON THE FIELD, so long as your team is in possession of the ball.
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Bench:

- Players are to be confined to their designated bench areas on the bench-side of the field throughout the game.
- Proper bench conduct is required and will be enforced by the coaches.
- Extra equipment, including all sticks, gloves, balls and pads should be kept within the bench area and off the playing field while games are in progress.
- Players' family members (including older and younger siblings) and all other spectators are prohibited from the bench side of the field while games are in progress.
- Each team is allowed a maximum of three coaches on the sideline. All coaches must carry proper HCRP credentials on the playing field.

Spectators:

- While games are in progress, all player family members and other spectators must remain on the side of the field opposite the bench-side at all times.

Player Celebrations:

- Coaches are encouraged to keep celebrations as low-key as possible.
- Throwing of sticks and other equipment, and "pile-ons" is not allowed.

Post-Game:

- At the end of each game, all players on both teams should immediately line up to shake hands.
- Both coaches are responsible to clear the bench and field areas of players, parents, equipment and all other debris, in preparation for the next game.



BOYS U10 (8 - 9) – 2018

Objectives:

1. To teach the game of lacrosse.
2. To develop fitness and coordination.
3. To foster teamwork.
4. To encourage and reinforce good sportsmanship.
5. To have fun.

Philosophy: Our objectives are pursued in a competitive environment, so winning and losing become factors. However, winning and losing are incidental to the five primary objectives of the program.

Volunteers at all levels run the program, and will make mistakes, as will the players and officials. Nothing is gained by emphasizing these errors. Emphasis on instruction and positive reinforcement is critical to this program's success. Game officials have a broad authority to ensure that the program objectives are achieved by controlling play, the players, the coaches and the spectators. The officials will adhere to the regulations of the game and enforce the regulations in their best judgment.

Time Keeping:

Game time = four, 8-minute start-stop (unless ref is not able to do based on circumstance). Clock stops as follows:

- Time-outs (2 per team per half).
- Player injury.
- Official's time-out.
- Official game clock is kept on the field by the Official or by sideline parent or coach.
- Penalty clock is kept by coach whose player is serving penalty if a timekeeping is not available.
- It is acceptable for games to end in a tie. Overtime is optional and at the mutual discretion of the opposing coaches, and as time permits. If played, overtime shall be limited to one 3 to 5 minute sudden-death period, at discretion of coaches and referees, depending on field availability.

Scoring:

- Game score is kept on the field by the game Official, if an official timekeeper is not available.
- After a goal is scored, **if one team leads by four or more goals, the other team will receive possession at midfield with no face-off.**
- The winning coach is responsible to report the game score on the website, as soon as possible, after the game.

Bench:

- Players are to be confined to their designated bench areas on the bench-side of the field throughout the game.
- Proper bench conduct is required and will be enforced by the coaches.
- Extra equipment, including all sticks, gloves, balls and pads should be kept within the bench area and off the playing field while games are in progress.
- Players' family members (including older and younger siblings) and all other spectators are prohibited from the bench side of the field while games are in progress.

Each team is allowed a maximum of three coaches on the sideline. All coaches must carry proper HCRP credentials on the playing field



Participation:

- Each player is required to play at least two quarters per game.
- Coaches are permitted discretion to restrict play for disciplinary reasons or for lack of participation in practice.

Position Play:

- Players are to be given ample opportunity to play each of the four positions (A, M, D, G), subject to individual ability. “Pigeon-holing” is strongly discouraged.
- No player should be forced to play a position against their will or that would be unsafe for that particular player, such as goalie.

Equipment:

- **Absolutely required:** helmet, mouthpiece, four-position chinstrap, arm pads (both arms), shoulder pads, gloves. Additionally, goalies MUST wear a chest protector, neck protector, and athletic “cup” protector.
- **Strongly recommended:** cup (all players), cleated shoes (rubber molded, no screw-ins).
- **Optional:** hip-thigh-need pads (i.e. football pants-goalie only), rib pads (all players).
- **Lacrosse Stick.**
 - Length measured from top of head to butt-end.
 - Minimum length = 36 in.
 - Maximum length = 52 in.
 - Only four long sticks (per team) at a time permitted in game.

Body Checking:

- Body checking that begins outside of 5 yards from the opposing player is not allowed
- Violations will be considered personal fouls punishable by a minimum penalty of one (1) minute served in the penalty box for illegal contact.

Penalties:

- MYLA rules apply.
- Player called for a foul will serve penalty in penalty box as instructed by game official.
- Timekeepers or the referees will keep the player’s penalty time.
- In the event of a goalie penalty, coach may designate another defensive player to serve time, except in the case of unsportsmanlike conduct for which goalie must serve his own penalty.
- Players foul out of game after five fouls.
- Questioning of Officials’ calls by players, coaches and/or spectators is strictly prohibited, and may result in players being removed from the game, and coaches and/or spectators being asked to leave the area of the playing field.
- At the Officials’ complete discretion, unsportsmanlike conduct rules will be strictly enforced with penalties to include game ejection for players, and coaches and/or spectators being requested to leave the area of the playing field.
- Player game ejection for unsportsmanlike conduct will also result in a suspension of that player for his next scheduled game—no exceptions. In the event of an ejection, AGCs and VPs are to be notified immediately following the game.



Bench:

- Players are to be confined to their designated bench areas on the bench-side of the field throughout the game.
- Proper bench conduct is required and will be enforced by the coaches.
- Extra equipment, including all sticks, gloves, balls and pads should be kept within the bench area and off the playing field while games are in progress.
- Players' family members (including older and younger siblings) and all other spectators are prohibited from the bench side of the field while games are in progress.
- Each team is allowed a maximum of three coaches on the sideline. All coaches must carry proper HCRP credentials on the playing field.

Spectators:

- While games are in progress, all player family members and other spectators must remain on the side of the field opposite the bench-side at all times.

Player Celebrations:

- Coaches are encouraged to keep celebrations as low-key as possible.
- Throwing of sticks and other equipment, and “pile-ons” is not allowed.

Post-Game:

- At the end of each game, all players on both teams should immediately line up to shake hands.
- Both coaches are responsible to clear the bench and field areas of players, parents, equipment and all other debris, in preparation for the next game.



BOYS U12 (10 - 11) - 2018

Philosophy

The goals of the Howard County Lacrosse Program (HCLP) are:

1. To teach the game of lacrosse,
2. To develop fitness and coordination,
3. To foster team work,
4. To encourage and reinforce good sportsmanship, and
5. To have FUN!!!

Since these goals are sought in a competitive environment, winning and losing become factors. Winning and losing are, however, incidental to the 5 primary goals of the program.

Volunteers at all levels run the program. These volunteers will make mistakes as will the players and the officials. Nothing is gained by emphasizing these errors. For this program's success, it is essential that the emphasis be on instruction and positive reinforcement. Game officials have a broad authority to ensure that the program goals are achieved by controlling play, the players, coaches and the spectators. The officials will adhere to the regulations of the game and enforce the regulations in their best judgment.

Time Keeping

- Game Time: Four (4), 8 minutes "stop and start" timed quarters. Please confirm this with the referees before each game.
- The official game clock will be kept either on the sideline or by referee on the field. The penalty clock can also be maintained by either on the sideline or by the referee on the field. Both coaches may agree to a coach or parent of one team to keep penalty time for the game.
- In the event of a tie at the end of regulation time, a 4-minute sudden death (first goal scored wins) overtime period will be played. Only one overtime period is to be played, even if the overtime period ends in a tie. Tie games are okay!
- There are two (2) timeouts per half for each team. Timeouts can be taken anywhere on the field, but only when your team is in possession of the ball.

Scoring

Each team will keep track of the score for their respective teams. Scores are to be reported on the website by the winning coach, as soon as possible after each game. If one team is winning by more than 3 goals, there is no face off and the opposing team is awarded possession.

Participation

- Players are to be given ample opportunity to play each of the four positions (A, M, D, G), subject to individual ability. "Pigeon-holing" is strongly discouraged.
- No player should be forced to play a position against their will or that would be unsafe for that particular player, such as goalie



Position Play:

- Players are to be given ample opportunity to play each of the four positions (A, M, D, G), subject to individual ability. “Pigeon-holing” is strongly discouraged.
- No player should be forced to play a position against their will or that would be unsafe for that player, such as the goalie.

Required Equipment

- Helmets with four position chinstraps - mandatory
- Mouthpieces - mandatory
- Arm pads (both arms) - mandatory
- Shoulder pads - mandatory
- Chest, athletic “cup” protector, and throat protector - mandatory for goalie only. Goalies have an option to wear hip, thigh, shin and knee pads. No other player is to wear them.
- Gloves - mandatory
- Rib pads - optional
- Sticks
 - Minimum length* - 40 inches
 - Maximum length* - 72 inches – four sticks of this length allowed on the field at any one time

*Length of stick is measured from the top of the head to the end of the pole, including the butt stop.

Penalties

- Maryland Youth Lacrosse Association (MYLA) rules apply, except as noted otherwise in this document.
- The penalty clock can be maintained by either on the sideline or by the referee on the field. Both coaches may agree to a coach or parent of one team to keep penalty time for the game.
- 20 and 10 rule

“The following rule applies to teams in the last 2 minutes of the game:

Upon gaining possession of the ball inside the defensive half of the field, a team must advance the ball beyond the center line within 20 seconds. Failure to do so will result in a turnover and the ball will be awarded to the opposing team at the spot of the violation or 20 yards laterally from the goal.

Once the ball crosses over the center line the team in possession must bring the ball into the attack area (inside the restraining lines) within 10 seconds. Failure to do so will result in a turnover and the ball will be awarded to the opposing team at the spot of the violation or 20 yards laterally from the goal.”

- No one-handed checks. This is a slashing penalty with time to be served.
- A player committing a foul will serve the penalty in the designated area on the sideline as instructed by the official.
- Goalkeeper penalties – Goalies do not have to serve penalties, except for unsportsmanlike conduct penalties. Coaches can designate another player to serve the penalty as long as the serving player is on the defensive side of play.
- Players can foul out of a game just like basketball – 5 personal fouls and a player is done for the day.
- Unsportsmanlike conduct penalties are strictly enforced against players, coaches and spectators. The officials have complete discretion in calling unsportsmanlike conduct penalties, including permission to request a coach or spectator to leave the field of play. In the event of this type of penalty, the AGC and VP should be notified immediately after the game.



- Questioning of calls by players, coaches and parents is not permitted. There will be bad calls; they are part of the game. Coaches and spectators should try to be role models for the players. Let's remember it is only a game.
- Player disciplinary actions – If a player is ejected from a game because of unsportsmanlike conduct he will be assessed a suspension for the next game – no exceptions. In the event of an ejection, the AGC and VP should be notified immediately after the game.

Benches

Players are to be confined to their respective side of the field throughout the game. Proper bench conduct is expected and should be enforced by the coaches. Keep substitute players on the sideline and off the field of play. This includes sticks, gloves, balls and pads.

A maximum of three coaches are allowed on the sidelines. All coaches must carry proper HCRP credentials on the playing field.

Spectators

Spectators will be seated on the sideline opposite from the team's bench area. No spectator is allowed on the team side during the game.

Player Celebrations

Since winning and losing are part of the game, there is bound to be some celebrating by the winning team. Coaches, you are encouraged to keep this as low-key as possible. There will be no throwing of stick or other equipment. There is to be no player "pile-ons".

After the Game

Both teams will line up to shake the other team's hands. If there is a game following your game, it is the coach's responsibility to clear the field and bench area of players, spectators and equipment as soon as possible after the game.



BOYS U14 (12 - 13) – 2018

Philosophy

The objectives of the Howard County Lacrosse Program (HCLP) are:

1. To have fun
2. To teach the game of lacrosse
3. To develop fitness and coordination
4. To foster team work
5. To encourage and reinforce good sportsmanship

Since these objectives are sought in a competitive environment, winning and losing become factors. Winning and losing are, however, incidental to the 5 primary objectives of the program.

Volunteers are the heart and soul of HCLP and are who run this program. These volunteers will make mistakes as will the players and the officials. Nothing is gained by emphasizing these errors. For this program to be considered a success, it is essential the emphasis be on instruction and positive reinforcement. Game officials have a broad authority to ensure that the program objectives are achieved by controlling play, the players, the coaches, and the spectators. The officials will adhere to the regulations of the game and enforce the regulations in their best judgment.

Time Keeping

- Game Time: Four (4), 10 minute “*stop and start*” timed quarters. Please confirm this with the referees before each game.
- The official game clock will be kept either by the timekeeper or by referee on the field. Both coaches may agree to a coach or parent of one team to keep penalty time for the game.
- In the event of a tie at the end of regulation time, a 4-minute sudden death (first goal scored wins) overtime period will be played. Only one overtime period is to be played, even if the overtime period ends in a tie. Tie games are okay!
- There are two (2) timeouts per half for each team. Timeouts can be taken anywhere on the field, but only when your team is in possession of the ball.

Scoring

- Each team will keep track of the score for their respective teams. Scores must be reported on the website by the winning coach, as soon as possible after each game.
- If one team is winning by more than 4 goals there is no face off and the losing team is awarded possession.

Participation

- Players are to be given ample opportunity to play each of the four positions (A, M, D, G), subject to individual ability. “Pigeon-holing” is strongly discouraged.
- No player should be forced to play a position against their will or that would be unsafe for that particular player, such as goalie.



Position Play:

- Players are to be given ample opportunity to play each of the four positions (A, M, D, G), subject to individual ability. “Pigeon-holing” is strongly discouraged.
- No player should be forced to play a position against their will or that would be unsafe for that particular player, such as goalie.

Equipment

- Helmet – mandatory
 - Mouthpiece – mandatory
 - Four position chinstrap – mandatory
 - Arm pads – mandatory
 - Shoulder pads – mandatory
 - Gloves – mandatory
 - Rib pads – optional, but strongly encouraged at this age
 - Goalie chest protector – mandatory
 - Goalie throat protector - mandatory
 - Cup – mandatory for goalie, optional for field players, but strongly encouraged
 - Hip, thigh, and/or knee pads (i.e. football pants, soccer goalie pants, etc.) – optional for goalie only.
 - Stick
 - Minimum length* - 40 inches
 - Maximum length* - 72 inches – up to four sticks of this length allowed on the field at one time
- *Length of stick is measured from the bottom of the stick to the top of the head

Penalties

- Maryland Youth Lacrosse Association (MYLA) rules apply, except as noted otherwise in this document.
- The penalty clock can be maintained by either on the sideline or by the referee on the field. Both coaches may agree to a coach or parent of one team to keep penalty time for the game.
- 20 and 10 rule – In effect entire game per NFHS rules. Upon gaining possession of the ball inside the defensive half of the field, a team must advance the ball beyond the center line within 20 seconds. Failure to do so will result in a turnover and the ball will be awarded to the opposing team at the spot of the violation or 20 yards laterally from the goal. Once the ball crosses over the center line the team in possession must bring the ball into the attack area (inside the restraining lines) within 10 seconds. Failure to do so will result in a turnover and the ball will be awarded to the opposing team at the spot of the violation or 20 yards laterally from the goal.
- No one-handed checks. This is a slashing penalty with time to be served.
- A player committing a time serving foul will serve the penalty in the penalty box on the sideline as instructed by the referee.
- Penalties on the goalie do not have to be served by the goalie, except for unsportsmanlike conduct penalties. Coaches may designate another player to serve the penalty as long as the serving player is on the defensive side of play (defense or midfielder).
- Players can foul out of games – 5 personal fouls and a player is not allowed to play in that game anymore.
- Unsportsmanlike conduct penalties are strictly enforced against players, coaches, and spectators. The officials have complete discretion in calling unsportsmanlike conduct penalties, including the authority to demand a player, coach, and/or spectator leave the field and the immediate area surrounding the field. In the event of this type of penalty, the AGC and VP should be notified as soon as possible following the game.



- Questioning of calls by players, coaches, and/or spectators is not permitted. There will be bad calls; they are part of the game...expect them and accept them. Coaches and spectators should try to be role models for the players. Let's remember it is only a game.
- Player disciplinary actions – If a player is ejected from a game because of unsportsmanlike conduct, he will be assessed a suspension for the next game – no exceptions. In the event of an ejection, the AGC and VP must be notified as soon as possible following the game.

Benches

Players are confined to their respective side of the field throughout the game. Proper bench conduct is expected and should be enforced by the coaches. Keep substitute players on the sideline and off the field of play. This includes sticks, gloves, balls, and pads.

Teams are allowed a maximum of three coaches on the sideline. All coaches must carry proper HCRP credentials when on the playing field.

Spectators

Spectators will be seated on the sideline opposite from their team's bench area. No spectator is allowed on the team side during the game.

Player Celebrations

Since winning and losing are part of the game, there is bound to be some celebrating by the winning team. Coaches, you are encouraged to keep this as low-key as possible. There will be no throwing of sticks or other equipment. There will be no player 'pile-on's'.

After the Game

Both teams will line up to shake the other team's hands.

If there is a game following yours, it is the coaches' responsibility to clear the field and bench area of players, spectators, equipment and trash as soon as possible after the game. If you are the last game of the day, please police the bench areas and field for trash and forgotten equipment.

