



Coastal Lacrosse League

Rules and Guidelines

REV. 02 2018

PURPOSE

These Rules and Guidelines are established pursuant to Section 4.4.3 of the Coastal Lacrosse League (CLL) Bylaws. The CLL follows all current US Youth Lacrosse Rules (incorporated herein) for any and all rules and issues not addressed within this document. These CLL Rules and Guidelines govern the conduct and operation of the CLL teams during all CLL activities. The CLL requires all programs to follow all CLL rules during the regular season which runs from March 1st until June 15th during any year.

GOVERNANCE

These Rules and Guidelines shall be governed by the Executive Committee as described in the CLL Bylaws. During league play, these Rules shall also be governed by one Commissioner and two Assistant Commissioners. Each participating program shall designate at least one representative to represent their respective program. Participating programs are expected to attend periodic meetings as scheduled by the Executive Committee to remain in good standing.

MEMBERSHIP ELIGIBILITY

The CLL shall be comprised of youth lacrosse programs from within Monmouth and Ocean County and will generally adhere to the geography of the school systems identified in the Shore Conference as recognized at www.shoreconference.org. Each member club shall submit to the CLL Executive Committee the boundaries of their program and the school systems represented.

All players and coaches must be active US Lacrosse memberships valid through June 15 of the current season.

POSITIVE COACHING ALLIANCE (PCA)

The CLL currently has a three-year contract agreement with the Positive Coaching Alliance (2017-2019). All CLL member programs are required to partake in and promote the periodic courses offered, primarily the Double-Goal Coach, and the Second-Goal Parent, which will be held each year. Each program shall abide by the Code of Conduct detailed in Attachment A.

DUES

Each member club shall be responsible for payment of league dues. Dues shall be calculated each year based on expenses. Expenses may include the annual cost of the PCA partnership, the costs associated with the CLL Playoffs, and any other necessary league expenses as determined by the Executive Committee.

PLAYER ELIGIBILITY

All players must reside within the physical boundaries that are recognized by the program and the league. Player recruitment from existing town programs is strictly prohibited and may result in league sanctions, including expulsion from the league.

- i. Waiver Process - Players requesting to play outside of their town must request a waiver from the boundary eligibility rule. The waiver shall state the reason(s) for the request and must be signed and agreed upon by the two teams in question. The waiver

- may be in the form of an email or other correspondence. A vote by the Executive Committee shall then be completed before a player may switch teams.
- ii. If an incident arises between two organizations involving an out-of-town player, the two clubs may resolve the issue without Executive Committee involvement if the player will NOT be switching programs. The Executive Committee shall resolve all disputes over program boundaries as they occur.
 - iii. Players may not play for more than one program in the league. In the event a player is dismissed or suspended from their program, the player shall be ineligible to play for any other CLL program during the same time period.
 - iv. The CLL Executive Committee will hear and decide any appeals in the event of extenuating circumstances.

CLL will recognize teams based on school grade as follows:

- Girls 3rd/4th Grade (10U)
 - Girls 5th/6th Grade (12U)
 - Girls 7th/8th Grade (14U)

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 - Boys 5th/6th Grade (12U)
 - Boys 7th/8th Grade (14U)
- Age Groups are determined by school grade during the respective lacrosse season.
 - Clubs should use their best discretion when placing a child that has been held back in grade.
 - Players may not play down a grade level (e.g., a 7th grader may not play on the 5th/6th grade team). While discouraged by the CLL, players may play up one division or grade level (e.g., a 5th/6th grader could play on a 7th/8th grade team).

SCHEDULING

- A scheduling meeting shall take place no later than December 15th of each year.
- When a CLL Member Program fields a team at all levels, programs are required to play all teams at all levels within their respective Division.
- Each team is required to play all league teams in their Division at least once during the season. This requirement may be adjusted based on the number of teams in the Division. This requirement may be waived with mutual consent from both programs in the event of unexpected cancellations due to weather or other factors, provided it has no impact on the standings and/or playoff format.
- CLL clubs may, and are encouraged to, schedule games versus other non-league teams; however, scheduling of league games should take precedence over non-league games.
- The maximum number of games for each level may be determined by each respective program.

CANCELLATIONS AND FORFEITS

- **Cancellations and Forfeits are discouraged.**
- Teams should make a good-faith effort to reschedule any game that is requested to be cancelled or re-scheduled.
- **Teams should have a valid reason to cancel a game.** (extreme weather, unplayable or unavailable field).
- **Player unavailability is not a valid reason to cancel a game, unless the team does not have enough players to field a team.**
- **Games should not be cancelled for rain unless field is unsafe**
- If the two clubs cannot agree to re-schedule a game, and if a forfeit needs to be declared, the Division Leader should be notified immediately.
- If a forfeiting/cancelling team fails to contact the opponent in a timely manner (at least 1 hour prior to scheduled game time), the forfeiting/cancelling team shall be responsible for the ref fees, if any.
- Forfeits will result in 5-0 victory for the opposing team.

COACHES

- There shall be no more than four (4) coaches on a sideline during a game.
- One coach must be designated the Head Coach.
- Only the Head Coach has the authority to communicate with the officials and opposing Head Coach.
- **Game timekeepers and stat people should not attempt to coach the team**
- Parents, friends, children, and other non-coaches should not be on the players' sideline.

OFFICIALS

- All officials are required to be US Lacrosse certified officials and active members.
- Games at the 5th/6th and 7th/8th grade level should have two (2) officials on the field.
- Games at the 3/4th grade level may use one (1) official. USL certified official is not required for cross field games. **A coach or person knowledgeable in the game may be used.**
- The home team is responsible for the scheduling and payment for game officials.
- In the event of weather-related or any other cancellation, the home team is responsible to notify the officials and opposing team as soon as possible. Common courtesy is expected.

GAME DAY

- All players of the member program shall wear matching game jerseys
- The home team is responsible for having contrasting jerseys or pinnies available. The home team will wear pinnies if necessary, however if any team has reversible pinnies that can be easily converted to a contrasting color, that is acceptable and preferred.

- Field size should be as close to regulation as possible. Any change in dimensions and other field characteristics should be brought to the attention of the visiting head coach and referees prior to the game.
- All fields must be properly lined and cones appropriately placed. The home team must provide a scorer's table with timer, horn, and scoreboard.
- The home team is responsible for providing game balls and providing balls at the end line.
- A pre-game meeting between head coaches and the officials is required. The head coaches and officials must hold a brief pregame meeting to confirm rules of play, special ground rules, clock management, and to address and other questions pertinent to play.
- **Pre-Game Line Up - Prior to each game, the starting players for each team will participate in a pre-game lineup with the game official(s) to hear the officials' instructions and ask questions to clarify.**
- Parents and spectators must be situated on the opposite side of the field from the players during games. No spectators can be present on the player sideline or behind the goals, and all spectators should be at least five (5) yards removed from the sideline.
- In the event the game officials feel the available light creates a hazard, the game shall be terminated. If at any time the game officials feel the field conditions make it unsafe to continue play they may terminate the game for safety reasons.
- If the game officials feel the game has become dangerous due to flagrant disregard of the rules or several unsportsmanlike conduct fouls (**by the player, coach, or spectator**) the game may be ended for the safety of the participants.
- Both benches should be warned, when possible, that the game is in danger of being ended.
- If the game is ended due to unsportsmanlike conduct, the offending team will forfeit and a 5-0 victory will be declared for the offended team. A Sportsmanship Incident and Game Termination Report Form shall be completed by the officials.

GAME PLAY FOR BOYS AND GIRLS GRADES 5/6 (12U) AND 7/8 (14U)

Girls Clock Management:

- Game time and penalty time is to be kept by the home team and shall only be kept by the game officials at the request of the home team
- Games shall consist of (2) 25-minute running time halves.
- The halftime of each game will be no more than (5) minutes.
- Teams will have two (2) timeouts per game. Time-outs shall be no longer than 1 minute.
- Clock will stop during time-outs.
- In the event of an injury in a running time situation, the clock will be stopped until the injury period is over.
- There will be no overtime period. Games that end tied in regulation will be a tie in the standings.
- **The last two minutes of the game will be stopped clock**
- ****For Playoffs - the last two minutes of each half shall be stopped clock****

Boys Clock Management:

- Game time and penalty time is to be kept by the home team and shall only be kept by the game officials at the request of the home team
- Games shall consist of (4) 12-minute running time quarters.
- The halftime of each game will be no more than (5) minutes.
- Teams will have one (1) timeout per half. Time-outs shall be no longer than 1 minute.
- Clock will stop during time-outs. Time outs do not carry over. ****All penalty time shall be stopped clock****
- In the event of an injury in a running time situation, the clock will be stopped until the injury is over.
- **At the 7th/8th grade level, the 20 and 10 second counts will be enforced, as will the call to “keep it in”, if applicable.**
- On the 5th/6th and 7th/8th grade levels, overtime will consist of one “sudden victory” three-minute period. If the score remains tied in that time, the game will be declared a tie. The last two minutes of overtime will be played in stopped time. There are **no timeouts** other than for injury.
- **The last two minutes of the game will be stopped clock**
- ****For Playoffs - the last two minutes of each half shall be stopped clock****

Injury:

- **At least one coach** should have the following:
 - Training in concussion recognition and knowledge of coach’s responsibilities in the event of a suspected concussion.
 - Training in CPR and basic first-aid
 - A basic first-aid kit
- A stoppage in play due to an injury requires substitution of the injured player(s)
- If a Goal Keeper is injured, they may remain in the game to “walk it off”, unless it is an injury to the head.

Mercy Rule:

- At any point in the game where one team leads by **five** or more goals, the ball will be given to the trailing team at midfield in lieu of a face off/draw (aka Free Clear). The head coach of the trailing team has the option to choose a face off/draw instead of receiving the ball. All periods begin with a faceoff/draw regardless of the score, unless a penalty is being enforced at the time.

Blow Outs:

- Large winning margins of ten goals or more are strongly discouraged. Coaches are encouraged to manage blowout situations creatively, and instruct their players on how to treat opponents with sportsmanship and respect.

PENALTIES

Girls Fouls:

- Any player who receives a red card during a CLL game will be suspended from their team's next scheduled CLL game. Any player who receives an immediate red card during a CLL game (no yellow cards preceding it) will be suspended from their team's next (2) scheduled CLL games.

Boys Fouls:

- Any player who accumulates (5) personal fouls minutes during a CLL game will be disqualified from that game, and will be suspended from their team's next scheduled CLL game. Any player who is ejected from a CLL game will be suspended from their team's next CLL game.

Gross Misconduct Fouls of any nature (i.e. fighting, poor sportsmanship) resulting in ejections of a player, coach or spectator shall be reported to the CLL Executive Board immediately or no later than 24-hours. Programs shall advise the CLL Board of the actions taken in response to the incident within 7 days.

BOYS AND GIRLS 3RD AND 4TH GRADES (10U)

Girls:

- Fields shall be modified cross field
- 7 v 7 with goalie optional
- If no goalie is used, a goal protector or inverted goal shall be used
- At the draw players line up in both offensive and defensive end, traditional line up
- Introduction of the 8-meter arc and restraining line at midfield
- After a goal, the goalkeeper clears
- No checking and 3 seconds closely guarded applies
- Must play 1v1 defense
- There is no longer a pass rule

Boys:

- Fields shall be modified cross field
- 6 v 6 with goalie optional
- If no goalie is used, a goal protector or inverted goal shall be used
- No body checking but some contact is allowed
- Only stick checks permitted are (1) lift checks, (2) poke checks, (3) downward stick checks below both players shoulders
- Faceoffs with no players releasing from wing area
- No offsides
- Time serving fouls

****Score may be kept, but not recommended. Standings will not be kept. ****

CLL DIVISIONS

- Divisions will be based on the number of teams declared at each age group for a given season. If the number of teams is less than 12, there will be one Division.
- If the number of teams is 12 or greater, then the Divisions will be divided into 2, based generally on geography (North and South).
- The Divisions may vary from year to year based on the number of teams declared at each age group. Final declarations shall be determined prior to the beginning of the season.
- **The Divisions will be issued as a separate Addendum each year prior to the start of games.**

RESULTS

The results of all CLL games should be e-mailed as soon as possible to the Division Leader. Both the home and away team should report the results so there are no discrepancies. The report should include:

- Team names and Age division
- Home team score and Away team score
- Report of anything the league should be aware of (ejections, roster disputes, etc.)
- Reporting coach's name and contact information.

STANDINGS

- No standings will be kept for 3rd/4th Grades
- League standings in each division will be updated by the Division Leader.

Tiebreakers will be determined as follows:

- Record head-to-head
- Division Record
- Team with the lowest number of goals against; season total against all CLL teams
- Team with the lowest number of goals against, head-to-head
- Coin flip

PLAYOFFS

- A team must have at least a .500 record to qualify for the playoffs.

The post-season playoff for Boys and Girls 5/6 and 7/8 divisions will follow the format below:

- ❖ Semi-Final - 1 vs. 4
- ❖ Semi-Final – 2 vs. 3
- ❖ Championship Final – Winners of Semi-Finals

The winner of the Championship Final will be declared CLL Champion.

- One Champion will be declared at the following levels:
 - Girls 5/6A
 - Girls 7/8A
 - Girls 7/8B

 - Boys 5/6A
 - Boys 7/8A
 - Boys 7/8B

APPENDIX A

CODE OF CONDUCT

Players, coaches, officials, parents, spectators and fans are to conduct themselves in a manner that “Honors the Game” and demonstrates respect to other players, coaches, officials, parents, spectators, and fans. In becoming a member of the lacrosse community an individual assumes certain obligations and responsibilities to the game of lacrosse and its participants. The essential elements in this “Code of Conduct” are HONESTY and INTEGRITY. Those who conduct themselves in a manner that reflects these elements will bring credit to the sport of lacrosse, themselves, their team and their organization. It is only through such conduct that our sport can continue to earn and maintain a positive image and make its full contribution to amateur sports in the United States and around the world. USL supports the following behaviors for those participating or involved in any way with USL in general. The following essentials elements of the “Code of Conduct” must be adhered to:

- Sportsmanship and teaching the concepts of fair play are essential to the game and must be taught at all levels and developed both at home and on the field during practices and games.
- The value of good sportsmanship, the concepts of fair play, or and the skills of the game should always be placed above winning.
- The safety and welfare of the players are of primary importance.
- Coaches must always be aware of the tremendous influence they have on their players.
- They are to strive to be positive role models in dealing with young people, as well as adults.
- Coaches should always demonstrate positive behaviors and reinforcement toward players, parents, officials and spectators alike. Players should be specifically encouraged and positively reinforced by coaches to demonstrate respect for teammates, opponents,
 - officials, and spectators.
- Players should always demonstrate positive behaviors and respect toward teammates, opponents, coaches, officials, parents, spectators, and fans alike.
- Coaches, players, parents, spectators, and fans are expected to demonstrate the utmost respect for officials and reinforce that respect in his/her players. Coaches are also expected to educate their players as to the important role of the lacrosse official and to
 - reinforce the ideal of respect for the official by his/her players.
 - Grievances or misunderstandings between coaches, officials or any other parties involved with the sport should be communicated through the proper channels and procedures, never on or about the field of play in view of spectators or participants.

- Officials are professionals and are therefore expected to conduct themselves as such and in a manner, that demonstrates total impartiality, courtesy and fairness to all parties.
- Spectators involved with the game must never permit anyone to openly or maliciously criticize badger, harass, or threaten an official, coach, player or opponent.
- Coaches must be able to demonstrate a solid knowledge of the rules of lacrosse, and should adhere to the rules in both the letter and the spirit of the game. Coaches should encourage and help to educate the players and spectators surrounding his/her program to develop a basic knowledge of the rules. Attempts to manipulate rules in an effort to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct, is
- considered unacceptable conduct.
- Eligibility requirements, at all levels of the game, must be followed. Rules and requirements such as age, previous level of participation, team transfers, etc., have been established to encourage and maximize participation, fair play and to promote safety.

Any player, parent or coach wishing to participate in or be present Coastal Lacrosse League functions or activities must agree to the following:

I pledge to:

1. Learn the rules of lacrosse so that I may be a better player, coach, and fan.
2. Encourage good sportsmanship by demonstrating only positive support for all players, coaches, and officials at every event.
3. Support the drug, alcohol, and tobacco-free environment that is important for all youth sporting events.
4. Make only supportive comments to all players, coaches, and officials.
5. Remember the field is a classroom and everyone is learning.
6. Focus on the fun and the participation.

I also pledge NOT to:

1. Ever use profanity at a youth event.
2. Possess or consume alcohol at any CLL game, including the fields, spectator areas, and parking areas.
3. Publicly criticize the coaches, players, or officials.
4. Touch an opposing player, coach, or game official in a threatening or unwanted manner.