

ECYLL 8U & 10U BOYS RULES

8U & 10U BOYS' GAME FORMAT SUMMARY AND EQUIPMENT

- 7 v 7 play, 1 goalkeeper plus 6 field players (2 Midfielders, 2 Attackmen, 2 Defensemen)
- 60 x 35 yard Field
- 6 x 6 goals Regulation NCAA Goals
- Helmets, shoulder pads, arm guards, lacrosse gloves, mouth guard, protective cups required
- No Long Poles. Only Short Sticks (37"-42"). Goalies (37"-54")
- NOCSAE lacrosse balls
- 12 minute running time quarters
- 1-Team timeouts per Half
- 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 player's shoulders
- Faceoffs
- Offsides enforced
- No Man Down
- No Time serving fouls; however, player committing offense must be substituted

RULE 3: TIME FACTORS.

3.1 - LENGTH OF THE GAME A competition will consist of (4) 12-minute running time quarters, with a 2 minute break between each quarter and a 8 minute half-time. (60 minutes Total)

3.4 – OVERTIME. In the event of a tie at the end of the regulation game, play shall be continued, after a two-minute intermission, with sudden-victory overtime. In sudden-victory overtime, the teams shall play one period of six minutes running clock until a goal is scored. The game ends upon the scoring of the first goal. If no goal is scored in the sudden-victory overtime, the game results in a tie.

4.3 - FACING OFF. Play shall start at the beginning of each period and after each goal with a faceoff at the center spot. The official will conduct a faceoff with one player from each team.

4.4 - POSITIONING OF PLAYERS AND STARTING PLAY FOR 7 X 7 PLAY. When a team has all of its players on the field, it shall place one face-off player at the center of the field. One wing player shall be located in bounds with at least one foot resting on a sideline. Two defenders shall be located behind their own goal line extended and two offensive players shall be behind their opponents' goal line extended. Goalkeepers are confined to their crease during a faceoff. Goalies, defensive, and offensive players are released from their confined areas once possessive has been gained or the ball crosses either goal line extended. When the whistle sounds to start play, the player in the wing areas shall be released. All other players are confined to their areas until a player of either team has gained possession of the ball, the ball goes out of bounds, the ball crosses GLE, a whistle stops play for a timeserving foul or a whistle restarts play after a non-time-serving foul; when any of these events occur, the faceoff has ended.

4.10 – OFFSIDE. A team is considered offside when during 7 v 7 - a team has more than four players in its offensive half of the field (between the centerline and the end line) including players in the penalty box, or more than five players in its defensive half of the field (between the centerline and the end line) including players in the penalty box.

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4.22 - RESTARTS FOLLOWING A TIMEOUT. Restarts following a timeout shall be nearest the spot where the ball was at the time the whistle was blown or if that the ball is within fifteen yards of the goal, it shall be restarted laterally five yards from the sideline nearest to the spot of the ball at the time of the whistle.

4.15 - ALLOWABLE BODY CONTACT. Examples of permitted body contact are:

(a) **Legal holds** – Holding is permitted under the following conditions: (1) An opponent with possession of the ball or within 3 yards of a loose ball may be held from the front or side. (2) An opponent in possession of the ball may be played with a hold check from the rear if the hold exerts no more than equal pressure. For (1) and (2), a hold check shall be done with closed hand, shoulder or forearm; and both hands shall be on the crosse. (3) A player may hold the crosse of an opponent with his crosse when that opponent has possession of the ball. (4) A player within 3 yards of a loose ball may hold the crosse of his opponent with his own crosse.

(b) **Legal pushes** – A legal push is exerting pressure after contact is made and is not a violent blow. Pushing is permitted from the front or side when an opponent has possession of the ball or is within 3 yards of a loose ball. In this case, pushing shall be done with either closed hands, shoulder, or forearm, and both hands shall be on the crosse (c) Positioning yourself against an opponent to gain possession of a loose ball (boxing out an opponent) (d) Defensive positioning to redirect an opponent in possession of the ball (riding a player) (e) Incidental contact

4.16 - CHECKING WITH CROSSE. In all cases, stick checks must be made with two hands on the crosse and to the crosse of an opponent or his gloved hand on his crosse. An opponent must be in possession of the ball or within 3 yards of a loose ball. Only checks with the crosse listed below are legal: (a) Lift the bottom hand, shaft, or the head of the stick, whichever is below the chest area. (b) Poke the bottom hand, shaft, or the head of the stick, whichever is below the chest area. (c) Downward check initiated from below both players' shoulders.

4.18 - GOAL CREASE PRIVILEGES AND 4.19 GOAL-CREASE PROHIBITIONS. No offensive player may enter the crease at any time. Offensive players may reach their stick into the crease for the sole purpose of collecting a loose ball. Defensive players are allowed to be in or pass through the crease as long as they are not in the crease with the perceived intention of blocking a shot. The only player who can attempt to block a shot is a legally equipped goalkeeper. Additionally, no opposing player shall make contact with the goalkeeper or his crosse while he is within the goal-crease area.

4.21 - SUBSTITUTIONS PROCEDURES. Live ball "on the fly" substitutions of players is permitted.

4.25 – TIMEOUTS. Teams have 1 timeout per half and none (0) per overtime period.

4.30 - ALTERNATE POSSESSION. When the officials cannot determine which team should be awarded the ball, possession shall alternate or when play is stopped while the ball is loose. The referee shall keep track of the alternating possessions.

4.32 - SCRUM SITUATION. In the event that a loose ball cannot be quickly picked up due to 3 or more players in a "scrum" or becomes trapped by multiple sticks, the official shall stop play and award the ball via Alternating Possession Rules. Note: Officials should give approximately 4 seconds for players to pick up the ball.

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RULE 5: PERSONAL FOULS. Personal fouls are those of a serious nature. Personal fouls include either a safety or sportsmanship violation. In keeping with the overarching emphasis on player safety and sportsmanship at the youth level, US Lacrosse expects strict enforcement of the Cross Check, Illegal Body Check, Checks Involving The Head/Neck, Slashing, Unnecessary Roughness, and Unsportsmanlike Conduct rules.

5.2 CROSS CHECK* 5.3 ILLEGAL BODY CHECK* 5.4 CHECKS INVOLVING THE HEAD/NECK* 5.5 ILLEGAL CROSSE* 5.6 USE OF ILLEGAL EQUIPMENT* 5.7 SLASHING* 5.8 TRIPPING* 5.9 UNNECESSARY ROUGHNESS* 5.10 UNSPORTSMANLIKE CONDUCT* 5.11 FOULING OUT* 5.12 EJECTION*

PENALTY: The penalty for a personal foul shall be immediate substituting from the game of the offending player with player from the bench. Teams will not play Man Down at any time during the game. The offending player will not serve any penalty time and can be brought back into the game via live “on the fly” substitution at the coach’s discretion once game play has resumed. The ball shall be given to the team fouled.

RULE 6: TECHNICAL FOULS. Technical fouls are those of a less serious nature and involve players being illegally disadvantaged or gaining an unfair advantage over another player.

6.2 CREASE VIOLATIONS/GOALKEEPER INTERFERENCE* 6.3 HOLDING* 6.4 ILLEGAL OFFENSIVE SCREENING* 6.5 ILLEGAL PROCEDURE* 6.6 CONDUCT FOUL* 6.7 INTERFERENCE* 6.8 OFFSIDE* 6.9 PUSHING* 12U RULES BOYS’ YOUTH RULEBOOK | 59 6.10 STALLING* 6.11 WARDING OFF* 6.12 WITHHOLDING BALL FROM PLAY*

PENALTY: The penalty for a technical foul shall be either an immediate substitution of the offending player from the game (if the team fouled had possession of the ball at the time the foul was committed) or simply the awarding of the ball to the team fouled (if the team fouled did not have possession of the ball at the time the foul was committed).

7.8 - SLOW-WHISTLE TECHNIQUE. Personal fouls and technical fouls will be enforced using the Slow-Whistle Technique if appropriate.