



SMYLA U9 RULES AND GUIDELINES

(updated February 15, 2019)

SMYLA's U9 program is intended to give players exposure to the game of lacrosse with an emphasis on instruction, inclusion and fun! Therefore SMYLA has embraced the recommendations of US Lacrosse and has adopted a modified set rules for this age group that combines many of the US Lacrosse recommendations along with SMYLA's philosophy of player development.

SMYLA U9 teams keep score and maintain league standings. At the end of the season, teams play for a U9 League Championship in a tournament bracket format on the Sunday of the SMYLA Tournament.

While these "Rules at a Glance" are offered as a quick overview of the SMYLA U9 Rules, the SMYLA By-Laws and Handbook are the governing documents for all levels of play and are incorporated by reference to this document. Please refer to the SMYLA By-Laws and SMYLA Handbook for more details.

GAME EQUIPMENT

- Full protective gear is mandatory, including helmet, shoulder pads, gloves, elbow pads and mouthpiece.
- Regulation lacrosse stick – no fiddle sticks or trick sticks
- Stick length – Minimum 36" / Maximum 44"

THE FIELD

- Reduced field size. Fields at the U9 level should run side to side on regulation size fields or on shortened fields.
- Smaller 4' x 4' goals are used at this level.
- Creases should be visible and regulation size and should be strictly enforced.
- Spectators must be on opposite side of field from the players' bench.
- No more than four coaches / adults on the team sideline / side of the field. This includes photographers, water boys, and any other helpers.

GAME TIME

- Four 10-minute running clock quarters with faceoff beginning each quarter with clock stopping every 5 minutes.
- Clock stops every 5 minutes to allow substitutions. Coaches may also substitute at their discretion on the fly or during any stoppage of play.
- One timeout per team, per half.

GAME PERSONNEL

- 7 on 7 format (2 attack, 2 middies, 2 defenders, 1 goalie). Offsides is enforced.
- Goalies are REQUIRED at this level.
- Coaches are NOT allowed on the field at this level. They should instruct from the sidelines.
- Both teams should supply a table representative and maintain a scorebook
- Game score is reported to the league, and standings are maintained
- One referee is required at this level

GAME RULES

- All SMYLA games should begin with a team lineup at the center of the field and should end with a team handshake.
- Faceoffs begin each quarter. During a faceoff, the wing players are released but may not have contact with the two players facing off until possession is called or until the ball pops loose from the faceoff area.
- Change of possession after each goal with the goalie clearing the ball unless one team is leading by 5 or more goals at which time there is a free clear at the midfield line.
- All basic lacrosse rules apply, such as offsides, slashing, pushing, etc. No bodychecking. No one-handed stick checks. No raising stick above shoulders to check.
- One pass must be attempted in the offensive side of the field before a shot can be taken. A pass “across” the midfield line does not count. If games become lopsided, coach of dominating team should increase pass attempts on offensive side and/or encourage off-hand use.
- A defensive player may run through the crease but may NOT jump in the goal or crease area to stop shots or act as goalie. (This is a safety issue)
- There are no time-serving, man-down situations. Teams should remain at equal strength using the same number of players throughout the game. While there are no time serving penalties or man-down situations, any player committing a serious infraction or repeatedly violating the rules (slashing, bodychecking, etc.) should immediately be removed from the field and replaced with another player. While off the field, the sideline coach should instruct player before he returns to the game.