



## **2019 SMYLA U11 RULES AND GUIDELINES**

**(Updated February 15, 2019)**

For 2019, all SMYLA U11 games will be “short field” games. This program is intended to be instructional, inclusive and focused on skill development, therefore SMYLA has embraced the recommendations of US Lacrosse and adopted a modified set of rules for this age group.

While these “Rules at a Glance” are offered as a quick overview of the SMYLA U11 Potomac 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
- Regularion stick length – 40-42” for offensive players / 52-72” long poles
- Home team supplies table, clocks and horn even if at neutral site. (See Game Personnel)

### **THE FIELD**

- Reduced field size (All games are played on shortened fields. Bring goals in to restraining line and place cones on goalie crease line extended to mark the end line. No SMYLA U11 games are played on regulation size field)
- Regulation 6’ x 6’ goals
- Creases should be visible and regulation size and should be strictly enforced.
- Spectators must be on opposite side of field from the players’ bench.
- Both teams supply end line balls. Each team is responsible for balls on the end line closest to their team bench.

## **GAME TIME**

- Four 8-minute stop time quarters.
- One timeout per team, per half.
- All games begin with a team lineup at the center of the field and end with the team handshake.

## **GAME PERSONNEL**

- 8 on 8 format (2 attack, 3 middies, 2 defenders, 1 goalie).
- Goalies are REQUIRED at this level.
- No more than four coaches / adults in the team sideline area. This includes photographers, waterboys, and any other helpers.
- One referee is required at this level
- Both teams are required to maintain a scorebook to record goals and penalties during league games. The home team's scorebook is considered the "official" book.
- Home team is responsible for timekeeper, clocks for game time and penalties, and game horn even if game is played at a neutral site.

## **GAME RULES**

- All SMYLA games begin with a team lineup in the center of the field where the game official will review rules and sportsmanship and end with the team handshake.
- Faceoffs begin each quarter and follow each goal unless one team is leading the other by five or more goals at which time possession is awarded to the trailing team for a free clear at the midfield line. The only exception to this rule is during a penalty infraction against the trailing team at which time the game proceeds as if the 5-goal rule did not exist.
- There is no pass requirement before shooting on goal.
- Time serving penalties are enforced at the U11 level of play.
- All basic lacrosse rules apply, such as offsides, slashing, bodychecking, etc.
- One-handed stick checks are not allowed and are personal fouls.
- Defensive players can run through the crease, but NO player can jump in the goal or crease to stop shots or act as goalie unless wearing goalie protective equipment. (This is a safety issue)
- The rule allowing 20 seconds to clear the ball over the midfield line and 10 seconds to enter the offensive box will not be enforced at this level.
- Both teams should report Final game scores to the league after games and standings will be maintained by the league.
- Team standings will be used to seed teams for the SMYLA Tournament at the end of the year when teams will compete for the SMYLA U11 Championship.