

Triad Youth Lacrosse Association Practice Plans

TYLA Rules

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Rules

Treatment of Referees

The TYLA Code of Conduct specifically prohibits any verbal abuse of game Officials by player, parents or coaches. At the U13, U11 & U9 levels, TYLA will be using local high school players who have taken an Officials course. These are still 15-18 year olds. Next to field space, getting referees is our biggest problem. Please treat them with the utmost respect and understand that mistakes will occur. Remember it could be you out there refereeing if we didn't have these guys helping us out! They have been told to throw a flag at any coach or player who does not treat them with respect!

Obscenities

No foul language will be tolerated from coaches, players or spectators. First offense by coaches or players will result in a one minute, non-releasable penalty. First offense by a spectator will result in a strong verbal warning. Second offense in same game will result in expulsion of player, coach or spectator for the duration of the game, a 3-minute non-releasable foul in the event of a player or coach using profanity, an automatic Code of Conduct violation and a suspension from the next scheduled game. Any coach may also be ejected at referees discretion for any profanity directed at any official or the other team. If a player or coach is ejected, please notify Coach Hook immediately.

Pre-Game

Pre-game starters handshake before the start of ALL TYLA games.

Game Time

U15 - 10 minute stop time quarters – Due to large team sizes this year, normally set at 10 minutes.

U13 - 10 minute stop time quarters

U11 - 8 minute Stop time quarters or 12 minutes running time quarters

U9 – 12 minute running time quarters

1 minute between quarters

3 minutes at half time

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The clock will always stop during an injury. If the clock stops for an injury the player must leave the field (you may put him back in at your next opportunity).

Technical fouls penalty times

30 second man-up situation if the team committing the fouls did not have the ball or change of possession if the team committing the foul has the ball or ball is loose.

Technical fouls:

1. Interference with the goalie
2. Offside
3. Stalling Delay of Game
4. Failure to advance
5. Withholding the ball from play
6. Warding
7. Crease Violation
8. Holding
9. Pushing
10. Illegal Procedure (playing without proper equipment...ie. Stick)
11. Conduct Foul

Personal foul Penalty times

All are time served penalties. 1 minute penalty for most. Up to 3 minutes for severe infractions Severity is left up to the referees' discretion. Some penalties are releasable after a goal is scored, others are non-releasable and continue to be served if a goal is scored.

Personal fouls

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| 1. Illegal equipment | 1 minute |
| 2. illegal Body Check | 1 minute |
| 3. Cross Check | 1 minute |
| 4. Illegal stick | 3 minutes |
| 5. Slashing | 1 minute |
| 6. Tripping | 1 minute |
| 7. Unsportsmanlike conduct | 1-3 minutes ref discretion |
| 8. Unnecessary Roughness | 1-3 minutes ref discretion |

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- 3) No body checks. Incidental pushing and shoving in the scrum are not considered a body check, and is legal.
- 4) No timed clears
- 5) Goalie has 4 seconds after getting the ball in his crosse to get the ball out of the crease
- 6) If a game ends in a tie, one 5 minute sudden victory OT (first goal wins) period will be played. If the first OT period ends in a tie, the game is over and is considered a tie.

Sideline Managers

Each TYLA lacrosse team will be asked to provide a designated Sideline Manager (one adult per team, on site, per game-day contest) to help encourage, maintain and manage the sportsmanlike behavior of spectators and fans. These adults would be responsible for insuring that the spectators and fans support the athletes, coaches and officials in a positive manner and refrain from behavior not in conformity with the US Lacrosse and TYLA Code of Conduct. Sideline Managers will notify an unruly fan or spectator that unsportsmanlike behavior may lead to ejection and/or a game cancellation by the officials, under Game Termination above.

Game Administration - Spectators and Teams on Opposite Sides of Field

Spectators and fans will be placed on the opposite side of the field from the table and bench areas. If the field is laid out in a manner that does not allow spectators and fans to be located on the far side of the field, the referee can waive this requirement. When stands or seating facilities are not provided on the opposite side of the field, spectators, fans, and parents will observe the 6-yard spectator limit line on the far side of the field.

Crosse Dimensions

A field crosse (defined as the stick and the head) shall be an overall fixed length of either 40-42 inches or 52-72 inches. The goalie cross may be 40-72 inches. The head of the cross at its widest point must be a minimum of 6.5 inches (inside measurement). A ball stop is not required. The length of the head shall be a minimum of 10 inches from the outside edge of the head to the beginning of the throat of the crosse. Pockets are considered illegal if the top surface of a lacrosse ball, when placed in the pocket, is below the bottom edge of the sidewall.

Crosse Penalties