



Youth Boys Lacrosse League Rules & Regulations

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1. STRUCTURE

- a. **SNLA Board** - Established to develop and promote the game of lacrosse, coordinate and regulate league, region and statewide activities, implement safety standards, eligibility and ethical conduct and behavior policies, to support our youth athletes. In conjunction with US Lacrosse, SNLA provides rules and regulations to ensure a safe and fair environment is in place for Member Programs to conduct seasonal lacrosse practices, games and other events. The SNLA Board will operate in accordance with its' established bylaws.
- b. **Member Programs** - Groups that provide the base structure to form teams. Member Programs will have, as a minimum, a Parent Supervisory Committee or Board made up of a: SNLA Delegate, Coaches Council Member and Events Committee Member (it is suggested that each Program also have a Treasurer and Secretary). Member Programs are responsible for organizing their teams, hiring/managing coaching staffs, coordinating uniforms/fundraising and event planning for their respective programs. Member Programs are ultimately responsible for their individual teams' conduct within the SNLA League.
- c. **Coaches Council** - Group of knowledgeable lacrosse coaches who review the rules/regulations and league policies, to ensure a safe, fair and competitive environment exists in the league - to foster youth and grow the sport of lacrosse. The Coaches Council will meet a minimum 3 times a year; prior to, during and after each lacrosse season. Each Member Program is responsible for providing one voting Coaches Council Representative. SNLA's Women's League Commissioner will preside over these meetings and ensure the following areas are covered: new rules & regulations, game day rules, zoning or variance issues, incident reviews and team/coach issues.
- d. **Coaches** - Coaching children is a huge responsibility and a great privilege. A coach should be a responsible adult role model whose job is to empower young athletes. Coaches should teach kids how to play the game of lacrosse, promote teamwork, demonstrate/encourage sportsmanship and highlight the many life lessons the sport has to offer. Coaches will be responsible for ensuring play and practice is conducted in a safe and positive environment. Coaches will have the most interaction with the players and other member programs, thus will be held to the highest standard of the league's *Code of Conduct*.
- e. **Players** - The SNLA lacrosse community is established to promote the growth of lacrosse, foster a love of the game, youth and skill development. Players will be responsible for upholding the following values - safety, respect, sportsmanship and integrity. Players will be required to play in a safe manner in accordance with the rules. They will demonstrate respect for their coaches, referees, teammates, opponents and themselves, in how they participate in the sport of lacrosse. Sportsmanship is fundamental to youth growth and must be demonstrated in both victory and defeat. Finally, players will "Honor the Game" in how they prepare for and ultimately play the game.
- f. **Parents** -All parents serve a valuable role within our lacrosse community, whether serving as board members, program representatives, coaches, timer/score keeper, team manager or sideline monitor and spectator. Parents help create the environment for league success and will be held accountable to be positive members of the community.

2. ELIGIBILITY

a. Coaches – Must

- i. be 18 years or older to be a Head Coach.
- ii. only one coach can be designated Head Coach.**
- iii. possess a current US Lacrosse Coach Membership.
- iv. undergo an SNLA/US Lacrosse approved background check, prior to any contact with participants.
- v. attend PCA training either online or at an SNLA provided class.
- vi. be certified US lacrosse - Level 1 or higher.
- vii. sign SNLA's Coach Contract and abide by the Coach "Code of Conduct".
- viii. be listed as a head coach or assistant coach on the photo roster for the team they are coaching; otherwise, they must leave the player sideline. Failure to comply will result in game forfeiture, prior to starting play.

NOTE: Up to 2 coaches per team shall receive a \$250 stipend, at the end of the season, as appreciation for their time spent volunteering. This helps offset the US Lacrosse membership fee and defray a small portion of costs incurred by coaches. *Failure to meet SNLA provided deadlines will result in a \$50 penalty to the team/coach's stipend for each occurrence.

b. Players - Must

- i. be registered as a student at a CCSD/Washington County(UT) school, an on-line affiliate, private school or be certified home schooled.
- ii. be registered and have paid league/team dues, in accordance with the registration requirements for membership, in SNLA, their program/team and US Lacrosse.
- iii. must be in 8th grade or below.
- iv. have a current US Lacrosse Membership to play or practice.
- v. sign and abide by the SNLA Player "Code of Conduct".
- vi. have their parents sign and abide by the Parent Code of Conduct.
- vii. be listed on their team roster with their photo (passport style photo)
- viii. **play for the school they attend (if it has one); otherwise, their zoned school program, in which their parents or legal guardians reside. IF their zoned school does not have a lacrosse program. Consult Section 9 – zoning or affiliate list (Appendix A).**

NOTE: falsification of any documents or being dishonest regarding your residency may result in ineligibility for one season.

- ix. be listed on only one team roster and play for one team during the season – NO floating players between teams.
- x. complete a **Variance Request Form by November 15**, if they desire to play for a program other than their zoned school (see Rule Variance –Section 10).

NOTE: School zones DO NOT align with high school programs. Youth lacrosse is intended to develop ALL players. It is not a feeder league for specific high school teams. Many

players who play together in middle school may not play with their same teammates in high school.

3. ZONING

- a. Players must play for the school they attend (if it has a team); otherwise, their zoned school program, in which their parents or legal guardians reside. IF their zoned school does not have a lacrosse program. Consult Section 9 – zoning or affiliate list (Appendix B - Pending).

NOTE: falsification of any documents or being dishonest regarding your residency may result in ineligibility for one season.

- b. Players whose parents are divorced or separated will maintain eligibility/zoning with their current primary custodial parent. If the parents have joint custody, zoning remains at the player's current program
- c. **If a player attends a public school different than the public school they are zoned to attend, the player must provide the league with an approved attendance zone variance, as per the regulations of their public school district.**
- d. If Player attends a private school, magnet school, with no lacrosse program, or is home schooled, they will play for their nearest CCSD zoned school, based on the distance from your home to the nearest program school on affiliated list.
- e. Elementary School players will play for the program in which they will attend or would be zoned to attend once entering middle school.
- f. SNLA reserves the right to realign zoning with other programs, based on program needs, availability of coaches, fields and other resources. This realignment will be ratified by the MS coaches council.
- g. **When in doubt, contact registrar@snla.us for clarification.**

4. VARIANCES

- a. SNLA rules are in place to ensure a safe environment and fair play, to maintain league integrity. Variances are **EXCEPTIONS** to the above stated rules and will be considered on a case by case basis. Variances are an emotionally charged topic and often create animosity and resentment - where they may appear in the best interest of one player/family, often hurt the growth of the game. SNLA will limit Variances to the maximum extent possible and will determine how the variance request impacts the entire league, not just the individual making the request.
- b. Players can request a variance away from a program, but they cannot request to play for a particular program. Placement of a player who has been approved for a variance, is decided by the Coaches Council, and will be based on program needs.
- c. Process - Parents will fill out a variance request form found on www.snla.us Home page under Documents & Forms. **The deadline for submitting a Variance Request is November 15.** The variance request form will be distributed to all affected programs and will be the source document at the Coaches Council - Variance Meeting. This ensures all programs are informed of any issue related to the variance request, most are better

addressed at a program level. Personal family issues such as divorce or family separation are unfortunate, but **parents** need to be aware, variance requests will be viewed by all members of the Coaches Council and SNLA Board.

Players whose parents are divorced or separated will maintain eligibility/zoning with their current primary custodial parent. Only the primary custodial parent can request a variance. If the parents have joint custody, zoning remains at the player's current program (Variance Request would need to be signed by BOTH parents).

- e. The Coaches Council meeting, prior to the season, will consider all variance requests. The Coaches Council, by a simple majority vote, will either approve, disapprove or request additional information. The Coaches Council variance decisions will be forwarded to the SNLA Board for final approval and notification. A two-thirds majority vote by the SNLA Board Members is required to overturn a Coaches Council variance decision.
- f. Players do NOT have authorization to practice, condition or pay dues with a team they are not zoned to play, until AFTER the variance is approved and all parties are notified or as advised by SNLA's Women's Game Commissioner.
- g. **Variances are for a single season only.**

NOTE: SNLA reserves the right to move or align players with other programs, once a program is full, based on availability of coaches, fields and other resources. This movement' of players will be documented on the variance tracking form.

5. DIVISIONS

- a. SNLA's divisional structure (8U - 10U - 12U - 14U) promotes, as much as possible, a safe and "level playing field" among players of similar age. The League's divisional structure is critical to the development and advancement of lacrosse in Nevada and Southern Utah. Each Division has a specific purpose that supports SNLA and SNLA Middle School League goals and guiding principles.
- b. Every year, the Coaches Council will re-evaluate the alignment of the League and team assignments within each division, based on the recommendations from the Board.
- c. Criteria considered in the re-alignment of teams: competitiveness, team management structure, coaching continuity/experience, size of program and potential for new players.

6. FIELDS

a. **Pre-season**

SNLA will secure/pay for 4 hours/week of field time for SNLA youth teams to hold pre-season practices, starting October 1st through December 31st. This does not include fields used for "Fall Ball" where players are charged a fee.

b. **Spring Season**

Practices for the official spring season, start January 2. Depending on the division, SNLA will pay, all field fees for the Spring Season. See Field Request Form and procedures provided on the SNLA website, under the "COACHES" tab - drop-down menu "Northwest Practices" and "Henderson Practices".

7. REGULAR SEASON

- i. Coach Registration with SNLA, opens **October 1st** or when interaction with players begins.
- ii. Player Registration for spring season opens **November 1st**.
- iii. SNLA will provide a rough outline for the upcoming season, by November 1 - to include; league opener, championship/jamboree schedule, all-star nominations, rising-star, sportsmanship and other required events and announcements.
- iv. US Lacrosse coaches training will be offered on one Saturday, during January - February time frame.
- v. **MS teams must be declared by January 5th. The spring season game schedule will be created from the list of declared teams, no later than February 6.**
"Declared" means the Program has informed SNLA, via email to MS Commissioner or Registrar, how many teams they will field, and in what division(s).
- vi. Game scheduling will largely be dependent on field availability, but will always attempt to abide by these guidelines.
 1. Regular season games normally start third week of February and conclude by the end of April.
 2. Middle School games will be primarily held on Wednesday or Thursday nights and daytime on Saturdays, with the exception of Spring Break.
 3. Games will be scheduled, so as to have a minimal impact on school nights; one game only, and every effort will be made to avoid cross town trips.
 4. Double headers will be scheduled, as needed, but only on weekends.
 5. Schedules will be balanced to ensure all teams are offered an equal amount of games (12).
 6. Teams who do not have access to their school fields, can host their HOME games at a City/County field of their choice, based on availability.
 7. Rescheduling of games after schedules are finalized is highly discouraged and must only be done in the event of extreme circumstance. If the occasion arises, an agreement must be made between the two head coaches or team managers of the teams affected. Also, the MS Commissioner must be notified AT LEAST 48 hours prior to the scheduled game; otherwise game is considered forfeited by team who requested game schedule change/cancellation.
- ix. **MS Team rosters must be submitted on or before January 21, one week prior to the pre-season Jamboree.**

Teams can add NEW players anytime, up to the end of the regular season. EXCEPTION - once the season starts, if a player moves up to a higher division, this player may NOT move back down to the lower, original division. The same applies for 10U/12U players moving up to 12U/14U during the season. In both cases the photo roster MUST be updated and correct at the time of the game. And 10U players must pay the additional player fee, once they move up to 12U. This applies at all times during the season.

- x. No program shall have two 12U teams unless they also field a 14U team. Programs should play their teams in an age appropriate division - not skill based.
- xi. NO FLOATING - Floating players is not allowed for any reason. This policy is in place to ensure fair play between teams and protect players on teams to ensure they do not lose playing time to players from their own programs, not assigned to their team.
 - Use of an ineligible player will result in the team forfeiting any game the player played in and disqualification from post season competition.
***Exception to this rule** - 10U/8U teams can share players with their opponent, if needed during any game.
- xii. SNLA website reports the Team Standings that are used to determine playoff standings. Go to www.snla.us "TEAMS" menu - select your team from the drop down choices, then click on "Teams/Standings".

Standings calculated by:

- P1: Raw Percentage (Wins / Games)
- P2: Head to Head Tied Team A beat tied Team B before
- P3: Total Goals Against Each Team (regular season)

8. POST SEASON

- a. Post season play will consist of a playoff between the four top 14U teams, culminating in a league championship game. There will be an EOS jamboree for 14U teams not in the playoffs, and all 12U, 10U and 8U teams, held the last weekend in April.

NOTE: The highest seeded team will have HOME field advantage for the playoff game.

- b. The 14U League Championship will be held the first Saturday in May, in conjunction with the boys and girls varsity & junior varsity league championship games.
- c. The League will secure bids for League Championship venues, priority is field condition/ field access and facility amenities - parking, restrooms, etc.

9. SNLA SELECT TEAMS

SNLA Select Team tryouts will be held the Sunday, after the EOS Jamboree. Teams will be comprised of the top players from their age division. If interest is there, SNLA will support a 14U, 12U and possibly a 10U All-Star teams. SNLA will pay for standard player uniforms and each team's tournament registration fee. All other costs are the responsibility of each player.

10. SUMMER TRAVEL TEAMS

SNLA currently does not have summer travel teams. SNLA supports local club/travel teams as a means for players to better themselves and participate in an competitive environment, in the off-season.

11. GAME REGULATIONS

All SNLA Middle School League-sponsored play shall be governed by the current US Lacrosse Rules for Boys Youth Lacrosse/NFHS Rules. This will ensure SNLA players are coached and officiated to nationally respected standards and updated annually.

See Appendix B for youth rule modifications.

12. HOME TEAM RESPONSIBILITIES

- a. Must provide all required items per National High School Federation standards
 - i. Regulation lined field, one hour prior to game time - the league will line City/County fields for all league games
 - ii. Cones for corners, penalty box/table area, and coach's box
 - iii. Two goals with nets properly strung on field, in good condition, have no gaps (holes); zip ties should be used to re-secure nets
 - iv. Score table 3 chairs, score board, timing devices to include penalty time, horn
 - v. Game log/book/official score sheet
 - vi. Trained table personnel
 - vii. Appropriate amount of game balls – 4 balls, spaced equidistant, 5 yards behind each end line; 4 ball spaced equidistant on the sideline, opposite the player sideline; and 4 balls kept at the score table. (Total: 16 balls)
 - viii. Approved 2018 Crosse Head Template - for on-field reference.
- b. After the Game - Home teams will responsible:
 - i. Update final scores on the league website
 - ii. Send a copy of the official score sheet with all penalties, goals/assists, and coaches/referee names and signatures to the SNLA Sportsmanship Director (sportsmanship@snla.us).
- c. Either team wishing to file an incident report should **notify the other team**/officials prior to leaving the field and must submit this report within 48 hours of the completion of the game. (see Incidents)

13. BOTH TEAMS' RESPONSIBILITIES

- a. A member of each team's staff will conduct a photo roster check of their opponent's **players/coaches, two minutes prior to the start of the game**. Any player/coach not on the photo roster will be ineligible to play or coach in that game. **Each team manager will have a printed copy of their own team's photo roster**, to be used for the photo roster check.

- b. Peach Keeper - Each team will have an assigned "Peace Keeper" at each game, actively administering and promoting the US Lacrosse Sportsmanship Card Program. Officials will be introduced to each team's peace keeper(s) prior to each game. Point of emphasis for Zero Tolerance/Code of Conduct:
 - i. No spectators behind the end lines or on the player sideline
 - ii. Spectators must be 6 yards away from the field sideline
 - iii. Spectators should set up on the side of the 50 yard line, opposite their team bench
 - iv. No physical contact with anyone
 - v. No swearing or taunting players, coaches, referees, table staff by spectators
 - vi. No alcohol consumption
 - vii. If additional support is needed on a City Field – Park Marshals are to be called. 702-229-6444
- c. Statistics – It is suggested all levels keep at least basic statistics. It is required at the 14U level to keep statistics, including shots/goals, assists, ground-balls, shots on goalie and blocked shots by goalie, penalties and game scores. 14U statistics will be placed on the SNLA website with the leaders updated weekly. Several score pages/statistic forms are found on the league website: www.snla.us Home; Documents & Forms.

14. UNIFORMS

Each team is required to wear uniforms that meet the US Lacrosse Uniform Guidelines.

- i. All players must be in regulation uniform; otherwise, US Lacrosse penalties for uniform violations will be enforced.
- ii. Goalies must wear a uniform of the same color as their team
- iii. The player number on the shorts must match the number on the player's shirt
- iv. HOME teams wear light color uniforms and AWAY teams wear dark color uniforms, unless otherwise agreed upon by both teams' coaches.
- v. Whichever team is in non-compliance, is required to wear pennies for the game or they will be required to forfeit the game. Pennies must have jersey # on the front and back of pennie.

15. INCIDENT REPORTS

- a. All incidents associated with the League, which could impede the effective management of the League, cause harm to the reputation of the League or present the possibility of legal liability to the league, must be reported. Incident Report forms should be e-mailed to the Sportsmanship Director at: sportsmanship@snla.us and the Middle School Commissioner at: mscomm@snla.us. The Incident Report Form can be found on SNLA's home page: HOME tab, "Documents & Forms"; "Safety, Incident Forms, Med Forms, etc." ([link to game day feedback/Incident report form](#)).
 - i. Injuries that may require additional medical attention beyond the field of play.
 - ii. Fights
 - iii. Violations of League or US Lacrosse Youth Rules & Regulations
 - iv. Player/Coach Ejections (not fouling out). These may occur before or after the contest.
 - v. Sideline disturbance – this may be an incident with parent, spectator or team

sideline.

16. MISCONDUCT BY PLAYERS & SPECTATORS

- a. Any player or coach who receives a red card or two yellow cards in a single game will be ejected from the game. Each ejection from a game carries an automatic one-game suspension, from their next regularly scheduled game, as a minimum penalty.
 - i. Ejections must be noted on the official score sheet. Player/coach's name & jersey # should be circled - the word EJECTED written next to it.
 - ii. All official score sheets are e-mailed after the game to the SNLA Sportsmanship Director: www.sportsmanship@snla.us
 - iii. The SNLA sportsmanship director will notify the Middle School Commissioner of the ejection, who then will notify the offending team and the next team the offending team is scheduled to play.

NOTE: If a coach coach's multiple teams, their suspension is in effect with their other teams, until after they serve the original game suspension.

- b. A second ejection, in the same season, shall carry an automatic two-game suspension, with a review by the Coaches Council, to determine if additional penalties are necessary to maintain league safety and Honor of the Game.
- c. A third Ejection in the same season shall result in suspension for the remainder of the season and review by the Coaches Council to determine if additional action is necessary. Future reinstatement to the league will be determined by the Coaches Council.
- d. Violations of policy or actions that dishonor the game and SNLA League, by coaches or other team leadership shall be the Council for appropriate sanctions to the individual and/or the Team and is, in general, considered more serious than a violation by a player. Penalties to the team coaches' stipend can range from \$75 to a full stipend deduction, depending on the level of violation. Teams or individuals in gross or continual violation of policies or rules, including multiple ejections, may be suspended from the SNLA League. Reinstatement to the league, at the end of the league suspension, must be approved by the Coaches Council.
- e. **Ejections shall incur a \$50 penalty to the team coach's stipend for each occurrence by a coach and \$25 by a player on a players 2nd offense.**
- f. Starting the 2015 Season, Unsportsmanlike Conduct shall incur a \$10 penalty to the team coach's stipend for each occurrence by a coach and \$5 by a player.
- g. The league has established a policy for any ejection due to unsportsmanlike conduct, flagrant fouls or repeated violation of the rules, dissent, misconduct, or abusive language; the decision of the game official to eject a person from the game is final and may NOT be appealed.
- h. Coaches are responsible for controlling their parents, players, and spectators. Coaches will work with game officials to control the players and crowd, as necessary, to ensure a safe event that honors the game.

- i. Spectators are not allowed on the player sideline, immediately behind the bench areas or within or immediately behind the penalty box and table area. If permanent bleachers are present, all spectators and parents are to be located in those bleachers.
- ii. Where permanent bleachers are not present, teams shall be located on the opposite sidelines from the spectators and parents.
- iii. Spectators shall view the game opposite their team, 6 yards back from the sideline. Spectators should not stand on the opposing team's spectator side of the 50 yard sideline.

17. FORFEIT

- i. Failure of a team to arrive 15 minutes before the game start time, without prior notification to the opponent and officials, will result in a forfeit.
- ii. The team forfeiting will be responsible for the officials fees. It is the responsibility of the teams to communicate to the Women's Commissioner if there is a scheduling conflict.
- iii. Forfeits are recorded as 1 - 0 on the score sheet and on the league results page, in favor of the team not in violation. If a game is in progress and is terminated early by the officials, and a forfeit assessed against the winning team, the score is recorded 1 - 0, in favor of the team not in violation. If the forfeit is assessed against the losing team, the official score is recorded as it stands.

18. GRIEVANCES

- a. Grievances are issues that cannot be resolved between individuals or programs. All attempts should be made by individuals and programs to resolve issues, as part of the lacrosse community, through open and honest dialogue. Filing a grievance with the league should be a last resort to resolve a dispute. Grievances will be handled in accordance with SNLA bylaws. Form found on www.snla.us on the Home page under "Documents & Forms".

19. SOCIAL MEDIA

- a. Any Southern Nevada Lacrosse Association "SNLA" player who posts content on Social Media, containing abusive, vulgar, offensive, racist, threatening or harassing comments, personal attacks of any kind, or offensive terms that target specific individuals or groups in SNLA (league officials, players, coaches, and referees) shall be subject to suspension or expulsion from the SNLA.
- b. The SNLA logo is not for public use, SNLA membership cannot use SNLA's logo, unless given written permission by the SNLA President. All violations of the SNLA Logo shall be subject to the takedown procedure for complaints of copyright violation under the Digital Millennium Copyright Act.

20. VIDEO POLICY

- a. When a question arises from an action during a SNLA league sanctioned game, where video of the action is available, the head coaches of both teams, where possible, shall make the video available to the Commissioner/Coaches Council/Sportsmanship Director for review. If the action in question involves an official's call, the video will be used for educational purposes. **No official's call will be overturned.** If the situation involves actions by a player, coach, parent or spectator, the Sportsmanship Director shall review the video and recommend appropriate disciplinary action to the MS Coaches Council/Commissioner.
- b. Filming of other team's practices is prohibited.

21. LEAGUE AWARDS

- a. Coaches Sportsmanship Award - At the end of the Spring Season (Varsity - JV - 14U - 12U - 10U - 8U) coaches will be asked to vote for 1 coach, in their division, who best demonstrated Sportsmanship throughout the season, to receive an Award and to be recognized at the League Championship Games.
- b. Player Sportsmanship Award - At the end of the Spring Season (Varsity - JV - 14U - 12U - 10U - 8U) Head Coaches will be asked to vote for 1 player, from their team, who best demonstrated Sportsmanship throughout the season, to receive an Award and be recognized at the League Championship Games.
- c. Team Sportsmanship Award - At the end of the Spring Season (Varsity - JV - 14U - 12U - 10U - 8U) coaches will be asked to vote for 1 team, in their division, who best demonstrated Sportsmanship throughout the season, to receive an Award and be recognized at the League Championship Games.
- d. Rising Star Award - Each 12U - 10U team selects four players from their team who they deem as up incoming talent, possessing the skills, desire and game knowledge, needed to lead their teams/programs in the future.
- e. All-Star Teams - Each Varsity & MS 14U team selects the top players from their team to receive an award at the League Championship Games. The number of players selected from each team is determined by the team's ranking in the league.

22. APPENDIX B - 2016 Rules for Boys Youth Lacrosse

The National Federation of State High School Associations (NFHS) 2017 Boys Lacrosse Rules Book shall govern US Lacrosse boys youth play, except as amended below. The US Lacrosse Men's Game Committee has approved these exceptions to the NFHS Rules. Send questions about the US Lacrosse Rules for Boys Youth Lacrosse to the US Lacrosse Men's Game Rules Subcommittee at boysyouthrules@uslacrosse.org. Please do not contact NFHS about the following rules.

OVERARCHING PRINCIPLE

The game is to be played with emphasis on the proper development of individual stick skills, team play, player safety, and sportsmanship.

Grade and Eligibility Guidelines

SNLA has divided the middle school/elementary program into four divisions (14U - 12U - 10U - 8U). Each division should closely follow US Lacrosse age guidelines. **(14U)** is open to 8th grade and below. It is a competitive division and participates in a 14U League Championship Game. A team's participation in the 14U division is determined by the ages of the players, not their skill set. **(12U)** is for young 7th graders and below. A 12U team may NOT have more than THREE 8th graders on the team. 12U is intended for player development and season will conclude with a jamboree style tournament. **(10U/8U)** is for Kindergarten - 4th grade. It is intended for brand new or (novice/returning players) who lack the size or skill set to play at a higher level. Programs should organize teams by age, and consider physical, cognitive, and emotional maturity when grouping players. SNLA By-laws outline player eligibility requirements and should be consulted to determine if a player is eligible to participate for a middle school program.

Format of the following Section: Existing NFHS Rule Section reference, followed by the corresponding US Lacrosse Boys Youth Rule section modification. All divisions will follow NFHS Boys Lacrosse Rules with the following modifications:

Rule 1 – The Game, Field & Equipment

The Game - Number of Players

RULE 1 SECTION 1.

Boys youth lacrosse is played by two teams with 10 players per side on the field. However, games can be played with as few as seven (7) per team on the field, if both coaches agree to it, due to lack of players. **10U** shall be played by two teams of **six players** per team, INCLUDING goalies. **8U** shall be played by two teams of **five players** per team, INCLUDING goalies.

The Field – Dimensions

RULE 1 SECTION 2.

Play on regulation size field is preferred; however, the coaches and officials may agree to play on any size field available. If a game is played with reduced numbers (e.g. 7 per side) it is recommended that field size be reduced as well. The 10U & 8U field (1/2 field) is reduced to 35 yards wide and 60 yards long, using the box created by the end line, sideline and restraining line of one end of a full sized field.

Officials – Field Personnel

14U & 12U - Officiated by two NILOA referees

10U - Officiated by 1 High School referee and 1 NILOA referee

8U - Officiated by 2 High School referees * 1 Coach per team is allowed on the field during play. This must be the Head Coach and must also be certified Level 1.

The Field – Spectator Restrictions

RULE 1 SECTION 2, ARTICLE 11 a, b & c

- a. Spectators and media, including photographers, are not allowed behind the end lines except in

- stadium structures where permanent seats exist, which is protected by a fence or netting.
- b. Spectators must be on the side of the field opposite the table and bench areas or in permanent stands separated from the bench area by a barrier and/or a buffer distance such as a track.
 - c. Where possible, limit lines will be used. Spectators and media, including photographers, are not allowed within the limit lines at any time during a contest. If the field is laid out in a manner that does not allow spectators and media to be located as prescribed by paragraphs a, b and c of this rule, as modified here, the game official can waive one or more of these requirements.

Crosse Dimensions

RULE 1 SECTION 6

Crosse dimensions will conform to NFHS or NCAA requirements, with the following modifications:

10U & 8U The length of all crosses for all field players shall be 37 to 42 inches. NO LONG POLES.

Crosse Prohibitions

RULE 1 SECTION 8

Any strings or leathers are limited to a hanging length of 2 inches.

2018 Minimum Crosse Specification/Crosse Head Construction will be enforced. Referees/HOME Team will be required to have Crosse Head Template on hand to check for illegal crosse heads.

Player Equipment

RULE 1 SECTION 9

Equipment shall conform to NFHS requirements, including gloves, arm pads, shoulder pads, mouth piece, shoes, and NOCSAE - approved helmets, which must be properly fitted and worn, with the following modifications:

- **All goalies are required to wear arm pads and a protective cup.**
- Failure to wear the required mouthpiece (unless it falls out during play) is now a technical foul (RULE 6 SECTION 5 - ARTICLE 2)
- A protective cup is required for all players.
- Rib pads are recommended for all players.
- Game Jerseys: The provisions of RULE 1, SECTION 9, ARTICLE 1.g need not be strictly enforced at the youth level. A team's game jerseys should have numbers centered on the front and back of sufficient size to be clearly visible by game officials, anywhere on the field and opposing teams' jerseys should have contrasting dominant colors. Home teams are responsible for contrasting jersey colors and will provide and wear contrasting color numbered pennies or pennies that allow jersey numbers to be clearly seen, if needed. The jersey, pennie or an under jersey should completely cover the shoulder pads, which will help hold them in place.
- The color provisions of RULE 1, SECTION 9, ARTICLES 1 and 2 for helmets, uniform shorts, under-jerseys, compression shorts, and sweatpants need not be strictly enforced at the youth level.

10U & 8U Will have modified field size, time limits, number of players on the field and an

overall slower pace for the game. 10U & 8U will be about teaching the players while on the field rather than competition and winning.

Game Administration – Sideline Managers

RULE 1 SECTION 12

Each team will provide a designated Sideline Manager - Peace Keeper (one adult per team, on-site, per game-day contest) to help encourage, maintain, and manage the sportsmanlike behavior of spectators and fans - also assisting coaches and officials, in keeping spectators and media an appropriate distance from the sideline. If used, it is the responsibility of each team administration to ensure that the Sideline Manager is present and in place to perform his/her duties; however, this is not a game day rule to be enforced by the officials.

Rule 2 – Game Personnel

Coaches

RULE 2 SECTION 3

Point of emphasis: Only the designated head coach will communicate with the officials.

Rule 3 – Time Factors

Length of Game

RULE 3 SECTION 1

14U & 12U

Game will consist of four 10-minute stop-time quarters. **In the event of a tie at the end of regulation time the game should end as a tie. If league or tournament play requires that a winner be determined, overtime should be played in accordance with 14U rules for overtime periods.**

10U & 8U

Game will consist of four 12-minute running-time quarters (clock stops only for a team timeout, an official's timeout, or an injury timeout). **In the event of a tie at the end of regulation time the game should end as a tie.**

***Championship tournament only:** In the event of a tie, 4-minute sudden-victory overtime periods will be played until a winner is determined (provided time permits and coaches and officials are in agreement). In sudden victory overtime, each team is entitled to one timeout per period.

Final Two Minutes of Regulation Play

RULE 3 SECTION 3

14U & 12U

The Final Two Minute stalling rule shall be ENFORCED for these Divisions

10U & 8U

The Final Two Minute stalling rule shall be WAIVED for these Divisions. (This rule also modifies "Final Two Minute" provisions of RULE 4, SECTION 34.C.1)

Rule 4 – Play of the Game

Lineup

RULE 4 SECTION 2

Before the lineup, game officials will meet with both teams, separately or together, near the team areas or mid field to explain any special ground rules, emphasize safety and fair play, and remind players that they must be properly equipped with mouthpiece in place at all times on the playing field.

Photo Roster Check - Two Minutes before the start of game, a member from each team's management will conduct a photo roster check of their opponents team, to include coaches. Anyone not on the official photo roster, must leave the player sideline immediately.

Facing Off

RULE 4 SECTION 3

12U

At any point during a game when there is a **six-goal lead, the team who is behind will be given the ball at the midfield line in lieu of a face-off, as long as the six-goal lead is maintained, unless waived by the coach of the trailing team.

14U

This rule does NOT apply to the 14U division Coaches are admonished against intentionally running up the score and encouraged to use this situation as a teaching event to include self-imposition of rules such as minimum passes and use of off-hand.

10U, 8U

2 players face off at mid field and all others are restrained by A GLE, not specific to any team. Does not need to be balanced, players can choose which end.

*Mercy Rule-A team behind by 7 or more goals has the option of starting play with the ball in the goalie's stick. All defensive players are behind midfield line. The team trailing gets a free clear from the goalie. Once the trailing team has control of the ball and the refs have called Possession, the defensive players are released.

RULE 4 SECTION 3-1 Exception 2: If a player or team commits a foul before any face-off, the ball will be awarded to the offended team in its offensive side of the field at the Center. (Consistent with Rule 4.4.2 Situation B, which calls for a re-start from the "spot where the ball was when play was suspended).

RULE 4 SECTION 3-3: Paint, a single wrap of tape or other material of contrasting color to the head may now be used on the handle of the crosse, by the head, for any player taking a face-off.

Defensive Player - NEW

RULE 4 SECTION 8 ARTICLE 4

14U - 12U

NO defensive player, other than a properly equipped goalkeeper, can enter his own crease with the perceived intent on blocking a shot or acting as a goalie. PENALTY: Conduct foul on the defensive player. A second violation by the player will be enforced as releasable unsportsmanlike conduct.

Not Offside

RULE 4 SECTION 11 ARTICLE 3

If a team momentarily has fewer than the required number of men on either end of the field while players are exiting and entering the field through the special-substitution area, this is not considered to be an offside violation. However, if a team delays its substitution and that causes it to have too few players on either half of the field, they may be called for offside or illegal procedure.

Advancing the Ball

RULE 4 SECTIONS 14 & 15

14U, 12U

Following College Rule of a total 30 second count.

10U and 8U

The defensive 20-second count WILL NOT be used. The offensive 10-second count WILL NOT be used.

8U/10U Shots on Goal

One pass shall be completed prior to the first shot on goal, upon change of possession. This is to ensure multiple players are involved in the game, teach passing and catching as well as limit any one player from dominating the game at this beginner level.

Official's Time-Outs

RULE 4 SECTION 27 ARTICLE 6

If the player in possession of the ball loses any piece of required equipment the official should stop play immediately regardless of proximity of opposing players.

Team Time-Outs

RULE 4 SECTION 28

Two (2) team timeouts - of a maximum duration of two minutes each - are permitted per half, per team.

Get It In/Keep It In

RULE 4 SECTION 34

10U - 8U

Section not enforced at these levels.

Three Yard Rule

All stick checks, body checks, legal holds, and legal pushes must be on a player in possession of the ball or within 3 yards of a loose ball or ball in flight. This is a change from the 5 yards specified in RULE 4 SECTION 17, Checking With Crosse; RULE 5 SECTION 3, Illegal Body Check, ARTICLE 1; RULE 6

SECTION 3, Holding, ARTICLE 3.a and d; and RULE 6 SECTION 9, Pushing. (NOTE: This change from five to three yards does not apply to a free play restart under RULE 4 SECTION 5, Play of the Ball Definitions, ARTICLE 1, in which no player may be closer than five yards to the player awarded the ball.)

Rule 5 – Personal and Ejection Fouls

In keeping with the overarching emphasis on player safety and sportsmanship at the youth level, US Lacrosse expects stricter enforcement of the Cross Check, Illegal Body Check, Checks Involving the Head/Neck, Slashing, Unnecessary Roughness, and Unsportsmanlike Conduct rules, than is common at the high school level.

Illegal Body-Check

RULE 5 SECTION 3

****Add to Rule 5 Section 3: An avoidable body check of an opponent after he has passed or shot the ball is an illegal body check.**

The definitions below supplement, but do not supplant, all aspects, points of emphasis, and Play Rulings of NFHS Rule 5-3.

NO TAKE-OUT CHECKS ARE PERMITTED BY ANY PLAYER AT ANY AGE LEVEL.

A take-out check is defined as:

- Any body check in which the player lowers his head or shoulder with the force and intent to put the other player on the ground.
- Any body checks considered more aggressive or more physical than necessary to stop the advancement of the player carrying the ball or to keep or move a player away from a loose ball. This includes but is not limited to: (i) any check in which a player makes contact with sufficient force and intent to knock down the opposing player; (ii) any check in which a player makes contact with sufficient force and intent to injure the opposing player; and (iii) any check made in a reckless or intimidating manner.
- Any body check on a player in a defenseless position. This includes but is not limited to: (i) body checking a player from his "blind side"; (ii) body checking a player who has his head down in an attempt to play a loose ball; and (iii) body checking a player whose head is turned away to receive a pass, even if that player turns toward the contact immediately before the body check.

NOTE: Sports medicine research indicates that the severity of certain injuries may be reduced if a player can anticipate and prepare himself for an oncoming hit. Other sports medicine research indicates that peripheral vision may not be fully developed in many boys before approximately age fifteen. Game officials should be especially alert to blind side checks at all youth levels.

14U - 12U

At the 14U & 12U level, Body Checking is permitted. To be a legal body check, it should be delivered in a generally upright position **with both hands together** on the stick and the player initiating the check may not use his lowered head or shoulder to make the initial contact.

10U - 8U

No body checking of any kind is permitted.

- Legal pushes (RULE 6 SECTION 9, Pushing) and holds (RULE 6 SECTION 3, Holding, ARTICLE 3 a & d) are allowed.
- In all loose ball situations, players should "play the ball"; however, "man/ball" play is allowed as long as proper boxing out or screening techniques are used. NO CLEARING of the pile or Body Checking is permitted.
- If a loose ball is not moving, is stuck or the players are having difficulty picking the ball up, the referee may re-start play following the alternate possession rule.

Checks Involving the Neck/Head

RULE 5 SECTION 4

US Lacrosse calls special attention to the new (2012) NFHS RULE 5 SECTION 4, CHECKS INVOLVING THE HEAD/NECK, which is modified to state:

ARTICLE 1 ... A player shall not initiate contact to an opponent's head or neck with a slash, cross-check or with any part of his body (head, elbow, shoulder, etc.), including any follow through to the head or neck.

ARTICLE 2 ... Blocking of an opponent with the head or initiating contact with the head, including by an offensive player in possession of the ball (known as spearing).

PENALTY: One, two, or three minute non-releasable foul, at the official's discretion, for violation of either article 1 or 2. An excessively violent violation of this rule may result in an ejection foul for flagrant misconduct.

Slashing

RULE 5 SECTION 7

14U, 12U, 10U & 8U

**Slashing shall be called per NFHS rules. Additionally, there are NO one handed checks in the Middle School divisions. Any one-handed check will be considered a slash, whether or not it makes contact with the opposing player. All stick checks must be controlled ("no chopping wood").

Unsportsmanlike Conduct

**RULE 5 SECTION 10

Unsportsmanlike conduct by coaches and/or players will not be tolerated. Obscenities/profanity need not be used for language to draw a penalty. Tone, intent, and body language can all contribute to unsportsmanlike conduct. Players and coaches will exhibit the highest level of sportsmanship at all

times. This means, in addition to the unsportsmanlike examples contained in NFHS Rule 5-10, any player or coach who uses derogatory or profane language on the field or bench, whether addressing a player, coach, or official may receive: first offense, 3-minute non-releasable unsportsmanlike conduct penalty; second offense, a 3- minute non-releasable expulsion foul.

Fouling Out

** RULE 5 SECTION 11

14U - 12U

Any player who accumulates 5 minutes in personal foul penalty time shall be disqualified from the game. A substitute for that player may enter the game when the disqualified player would have been permitted to re-enter had he not fouled out.

10U - 8U

This level will intentionally be penalized differently. The intent is to teach the 'New' players to play under control. All personal fouls will result in a 3 minute penalty. Offending player must leave the field and remain out of the game for 3 minutes but his team may replace him with a substitute on the field. No man up situation should occur. Any player who accumulates 3 personal fouls shall be disqualified from the game.

Ejection

RULE 5 SECTION 12

Any player or coach ejected from a game by a game official (Note: this does not include fouling out per Rule 5-11) shall be suspended for his next regularly scheduled game (at the time of the ejection). The second time a player or coach is ejected in the same season or tournament he will be suspended for the next two regularly scheduled games (at the time of the ejection). A third ejection in the same season or tournament will result in a suspension for the remainder of the season or tournament.

Rule 6 – Technical Fouls

Stalling

**RULE 6 SECTION 10

14U - 12U

All NFHS Stalling and Advancing the Ball rules are in effect, including Rule 4, Section 34. During the last two minutes of relation play, stalling rules are in effect for the team that is ahead by four goals or less. When the score differential is five goals or more, neither team is forced to keep the ball in the goal area unless warned to "keep it in".

10U - 8U

ARTICLE 2. Not used at these levels. However, if a game official detects an effort to stall the advancement of the ball in either the defensive clearing area or the offensive zone outside the goal area, the official will give a verbal command to "advance the ball" followed by a visual 5-second hand count. If the team so warned does not attempt to advance the ball within the 5-second count to within five yards of an opposing player, a turnover will occur with restart at the

point of the stalling infraction (or laterally outside the goal area).

Rule 7 – Penalty Enforcement

Time Serving Penalties

RULE 7 SECTIONS 1, 2 & 3

In all "Running Time" games and situations, penalties will also be running time, and will begin with the next whistle resuming play. The running time penalty clock will stop for all timeouts and at the end of periods.

14U - 12U

Time serving penalties are enforced per NFHS rules, with Stop Time.

10U - 8U

For personal fouls, offending player must leave the field and remain out of the game for 3 minutes, but his team may replace him with a substitute on the field. No man up situation should occur. Ball is awarded per NFHS rules.

Game Termination

Officials will have authority to terminate a boys' youth game in response to flagrant acts of unsportsmanlike behavior including excessively rough play or the encouragement of excessively rough play by coaches, athletes, spectators, or fans. A game termination will be the last resort in ensuring the players' safety and preserving the integrity of the game. If possible, game officials will issue at least one strong warning that the game is in danger of being terminated. However, it is conceivable, games may be terminated on the first instance of a flagrant unsportsmanlike act. Every effort should be taken to avoid game termination, including the enforcement of existing rules for team-conduct penalties, unsportsmanlike-conduct penalties and ejection fouls. Mechanics for terminating a game for flagrant unsportsmanlike behavior can be found at www.uslacrosse.org (Programs & Grants, Sportsmanship Card). **All games terminated by an official will result in a 1-0 victory for the team that is innocent of the terminal offense(s). Game will count in league statistics as a full game and all goals, assists, saves, and other team statistics will count toward team and league records.**

Rules Changes and Modification

- a. NFHS rules and the supplemental rules are reviewed annually by US Lacrosse Men's Game Rules Subcommittee, which may adopt any changes or modifications deemed necessary to

ensure safe play at all levels.

- b. Coaches, officials or other parties may submit comments or suggestions regarding the Rules for Boys' Youth Lacrosse at any time before June 1, 2016 for consideration by the USL Men's Game Rules Sub Committee. Any changes or modifications that are recommended by the Rules Subcommittee and approved by the USL Men's Game Committee will be effective for the Boys' Youth Rules in the 2017 NFHS rules book.
- c. Please send all comments or suggestions regarding the Rules for Boys' Youth Lacrosse to the US Lacrosse Men's Game Rules Subcommittee, at the address below, or to boysyouthrules@uslacrosse.org. Please do not contact NFHS about these rules.