**2019 Rules for Boys Youth Lacrosse:** The National Federation of State High School Associations (NFHS) 2019 Boys Lacrosse Rules Book shall govern MAYLA Lacrosse boys youth play, except as amended below.

**Format of the following Section:** All divisions will follow NFHS Boys Lacrosse Rules with the following modifications:

|  |  |  |  |
| --- | --- | --- | --- |
| ***Rules*** | ***U9 (2&3 Grade)*** | ***Notes*** | ***Body Checking*** |
| ***Field Size*** | 60 x 35 | Wing Lines are optional | Body checking isn't allowed, but there is allowable Legal pushes, boxing out an opponent and redirecting an opponent: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 closed hands, shoulder, or forearm, and both hands shall be on the CrossePositioning yourself against an opponent to gain possession of a loose ball (boxing out an opponent)Defensive positioning to redirect an opponent in possession of the ball (riding a player)Incidental contact is an official's judgment call |
| ***Official*** | 1 Official | Adult Preferred |
| ***Coaches*** | One coach from each team is allowed on the field (not permitted beyond 10 yards into the field)Max of 3 additional coaches on the sideline |
| ***Legal Sticks*** | 37” to 42” | NA |
| ***Goalie Arm Pads*** | Required | NA |
| ***Overtime Rules*** | Game ends in tie | NA |
| ***1-Handed Checks*** | Slash | NA |
| ***Timing Rules*** | 10 Minute Running Quarters | Clock stops @ 5 Minutes for Subs \*\*See Below\*\* |
| \*\*The official will let the play continue if team with possession is hot (2 Rule Pass)\*\* |
| \*\*If the ball is loose the play continues until once team gains position, then the play will be stopped |
| ***Goalie*** | Goalie cannot leave the crease to double team the ball carrierThe goalie can leave the crease to contest a pass or chase a shotThe goalie is allowed to clear the ball like a field player, but is NOT allowed to shoot or score a goal\*\*\*\*It is illegal procedure if the goalie violates any of these rules\*\*\*\* |
| ***2 Pass Rule*** | 1. A pass is must be completed on the offensive half of the field.
2. A pass is thrown in the air and it cannot be a bounce pass.
3. The receiving player must catch the pass in the air AND needs to make a lacrosse move for it be considered a completed pass.
 |
| ***Counts (10 & 20 sec)*** | No | NA |
| ***Keep it in*** | No | No |
| ***Stalling*** | Advance the ball / 5-second count | NA |
| ***Time-outs*** | 1, per half | Clock Stops (60 Second Timeouts) |
| **Mercy *Rule*** | Yes, 6 Goals | Losing Coach Option |
| ***Goalie Penalties*** | Yes | The in-house player can serve time for a goalie penalty |
| ***Fouling out*** | 3 personal fouls OR5 min of penalty time | NA |

*Officials will meet with both coaches 10 minutes prior to contest for the coaches’ certification*

**Other Information:**

* Sportsmanship: The Officials and/or the Head Coach will make sure to work with sideline manager (or head coach) if parent(s) loses control
* Penalties: No time serving penalties. Explain the error to offending player and replace them on the field
* Players: 2 attack, 2 defense, 2 middies, 1 goalie
* Face-off: Only 1 wing middie and they have to be on opposite sides
* There is no over and back and there is off-sides

Points of Emphasis:

* Sportsmanship: make sure to work with sideline manager (or head coach) if parents get out of control
* Violent Collisions: Especially defenseless players and excessive body-checks
* 3 yard rule for checking with cross instead of 5 yards (rule 4, section 15, NFHS book)

**Shot on Goal Situations:**

Player 1 is hot and shoots the ball.

-       Player hits the pipe on the goal or another player, the ball goes out of bound. In all of these situations if the ball doesn’t hit the goalie, then the play is STILL HOT

-       If the goalie makes the save (or the ball hits the goalie), the play is NO LONGER HOT and the pass count is reset

**2019 Rules for Boys Youth Lacrosse:** The National Federation of State High School Associations (NFHS) 2018 Boys Lacrosse Rules Book shall govern MAYLA Lacrosse boys youth play, except as amended below.

**Format of the following Section:** All divisions will follow NFHS Boys Lacrosse Rules with the following modifications:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***Rules*** | ***U11 (4&5 Grade)*** | ***U13 (6&7 Grade)*** | ***U15 (7&8 Grade)*** | ***Body Checking*** |
| ***Field Size*** | NFHSAlso a 120 yard Unified Girls/Boys Field is a legal | Limited Body Checking is allowed, but there is allowable Legal pushes, boxing out an opponent and redirecting an opponent: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 closed hands, shoulder, or forearm, and both hands shall be on the CrossePositioning yourself against an opponent to gain possession of a loose ball (boxing out an opponent)Defensive positioning to redirect an opponent in possession of the ball (riding a player)Incidental contact is an official's judgment call |
| ***Officials*** | 2 Officials |
| ***Legal Sticks*** | 37” to 42” – short47” to 54” - long | NFHS |
| ***Goalie Arm Pads*** | Required | Optional | Optional |
| ***Overtime Rules*** | 1 - 4 Minute Period, no time outs and first to score wins.If no one scores game ends in a tie |
| ***Timing Rules*** | 12 Minute Running Quarters |
| ***1-Handed Checks*** | Slash |
| ***Counts******(10 & 20 sec)*** | No | Yes, NFHS |
| ***Keep it in*** | No | Yes, NFHSOnly if goal differential is 4 goals or less |
| ***Stalling*** | Advance the ball / 5-second count | Yes, NFHS\*\* |
| ***Time-outs*** | 1, per half (Clock Stops, time-outs only last up to 60 seconds) |
| **Mercy *Rule*** | 6 Goals | No |
| ***Goalie Penalties******can in-home serve*** | Yes |
| ***Fouling out*** | 3 personal fouls OR 5 min of penalty time |

*Officials will meet with both coaches 10 minutes prior to contest for the coaches’ certification:*

Points of Emphasis:

* Sportsmanship: make sure to work with sideline manager (or head coach) if parents get out of control
* Violent Collisions: Especially defenseless players and excessive body-checks
* 3 yard rule for checking with cross instead of 5 yards (rule 4, section 15, NFHS book)

2019 Rule Changes Information:

* “Targeting” body checks will result in a 3-minute non-releasable penalty and possible ejection from the game
* Holding with the portion of the Crosse which is between your hands is now legal
* Clarification that it is **illegal** for the offensive player to Ward Off their opponent by using their body to create separation when making **contact** to a **defensive player BODY**.  It is **legal** for a player with the ball with two hands on their Crosse to **contact the Crosse or the glove hand of the defensive player**
* In regards to Over & Back:  A defensive player may reach over the center line with his Crosse and bat the ball to keep it in his team’s offensive half and thus prevent an over-and-back violation. However, he may NOT reach over the center line and bat the ball with his foot of any other part of his body excluding his gloved hand wrapped around his Crosse. If he does so, it shall be turnover. Possession has to be established in the offensive box for Over & Back to be called
* If there is a Flag Down and the Whistle hasn’t blown yet, the offensive team can leave the offensive box to run their offensive even after they satisfy the 20/10 second counts.  Also the ball hitting the ground doesn’t stop play either. A second flag down with the ball being loose will result in a whistle to stop play.

Previous Rule Changes & Rule Emphasis:

* Mouthpiece violation is a technical foul
* A shot is considered a ball propelled toward the goal by an offensive player with the intent of scoring a goal. A shot can only be made when the ball is parallel to or above the goal line extended. Additionally, it can be either thrown from a Crosse, kicked, or otherwise physically directed
* A goal is good if the shot is released before the clock turns 0 and the shot my hit the ground and/or a defensive player, again it still counts
* If a stall warning is issued (and not under 2 minutes with less than four goals differential) and there is a shot, which the goalie saves or hit the pipe of the goal will end the stall warning
* A restart can start within the defensive box when the defensive gains position after a whistle.  A goalie can restart in the goalie crease, must make sure 5 yards are allowed
* Face Off Procedure, which includes: A violation will be called if a player picks up and carries the ball on the back of his stick. It is legal to clamp the ball with the back of the stick, but it must be moved within one step.
* Unlike High School, sub-High School games don’t require 6” of tape for the face-off players.