

Revisions: February 2009

2009 Rhode Island Youth Lacrosse League

2008 US Lacrosse Rules for Youth Lacrosse

The following rules are written by the US Lacrosse Youth Council as exceptions to the National Federation of State High School Associations' (NFHS) 2008 Boys' Lacrosse Rules. All rules not modified below are to be considered standard Youth rules for the 2008 lacrosse season. Those with questions about the US Lacrosse Rules for Boys' Youth Lacrosse should contact the chairman of the US Lacrosse Youth Council Boys' Youth Rules Committee, Chase Howse, at boysyouthrules@aol.com. Please do not contact NFHS about the following rules.

Age Definition

The US Lacrosse Age Eligibility Guidelines are under review at this time and may be modified in the near future. Check the US Lacrosse MDOC Resources Page for updates. As stated in the Bylaws of the US Lacrosse Youth Council (USLYC), eligibility for participation in U-15 events sanctioned by US Lacrosse and its Youth Council will be based on the following criteria: Youth players will be age 15 years and under in grade 8 or below and further qualify as follows in order to participate in USLYC sanctioned youth lacrosse activities: (a) player has not attained 15 years of age as of December 31st in the year preceding a USLYC sanctioned event; and (b) the player has not participated in any high-school program as a member of a high school freshmen, junior varsity, or varsity team. Leagues may be organized by age or grades. Physical maturity should be considered when grouping players. If your program has enough players, the age/grade groups should play separately. The following is an example, with ages determined as of December 31st in the year preceding the USLYC sanctioned event:

Middle School:

Senior Division: Under 15/8th grade. May have competitive divisions grouped by ability.

Junior Division: Under 13/6th and 7th grade. May have competitive divisions grouped by ability.

Note: Players 12 years old or 6th grade may have difficulty playing with 14 year olds or 8th grade boys.

Elementary School:

Lightning Division: Under 11/4th and 5th grade. Non-competitive. Ages and grades may play together. Multiple teams within a program should be balanced.

Bantam Division: Under 9/2nd and 3rd grade. Non-competitive. Ages and grades may play together. Multiple teams within a program should be balanced. The following sections, covering rules exceptions, list the *existing NFHS Rule Section reference* in italics, followed by the corresponding USLYC rule section modification.

Rule 1 — The Game, Field & Equipment

NFHS Rule 1, Section 1 — The Game

Lacrosse is played by two teams of 10 players each.

Number of Players

RULE 1 SECTION 1.

10 players per side on the field, however games can be played with as few as 7 per side on the field if coaches agree. All USLYC sponsored events will be played with the regulation 10 players per side.

NFHS Rule 1, Section 2 — The Field

The lacrosse playing field shall be rectangular, 110 yards long and between 53 $\frac{1}{3}$ and 60 yards wide.

Field

RULE 1 SECTION 2.

Play on regulation size field is preferred; however the coaches and officials can agree to play on any size field available. USLYC sponsored events will be played on regulation size fields for all groups.

NFHS Rule 1, Section 6 — Equipment: Crosse – Dimensions

The Crosse shall be an overall fixed length of either 40 to 42 inches (short crosse) or 52 to 72 inches (long crosse), except for the goalkeeper's crosse, which may be a length of 72 inches or less.

NFHS Rule 1, Section 9 — Player Equipment

All players are required to wear protective gloves, arm pads, shoulder pads, shoes, and jerseys.

Equipment

RULE 1 SECTIONS 6 & 9. Equipment will conform to NFHS crosse dimensions and equipment requirements, including NOCSAE —approved helmets, with the following modifications:

- a. The length of the short crosse may be 37 to 40 inches for offensive players in the Lightning and Bantam Divisions and defensive players in such divisions may use a stick with a length of 37 to 72 inches.
- b. Rib pads are strongly recommended.

NFHS Rule 1, Section 12 — Game Administration

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.

Responsibilities of the home team

RULE 2 SECTION 4.2

- a. Home teams are responsible for contrasting jersey colors and will wear pinnies if needed.
- b. Sideline Managers - Each 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. See the “Boys’ Youth Rules Addendum”, below, for further information.

Rule 3 — Time Factors

NFHS Rule 3 - Sections 1, 3 and 4 – Time Factors and Overtime

Length of Game

RULE 3 SECTION 1.

- a. Senior and Junior Division — Four 10-minute stop-time quarters. In the event of a tie, two 4-minute sudden-victory overtime periods will be played. If after two overtime periods the score is still tied, additional sudden-victory overtime periods may be played until a winner is determined (provided time permits and coaches and officials are in agreement).
- b. Lightning and Bantam Divisions — Four 12-minute running-time quarters. In the event of a tie, one 15-minute running-time overtime period will be played, with the team in the lead at the end of the overtime declared the winner. This is **not** a sudden victory period. If the score is still tied at the end of the overtime period, the game will end as a tie.

Rule 4 — Play of the Game

The game is to be played with emphasis on the proper development of stick, team and sportsmanship skills. All divisions will follow NFHS “Play of Game” rules with the following modifications:

NFHS Rule 4, Section 3 — Facing off

Facing Off

RULE 4 SECTION 3

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

NFHS Rule 4, Section 14 — Advancing the ball beyond the midfield line

NFHS Rule 4, Section 15 — Advancing the ball into Goal Area

Advancing the Ball

RULE 4 SECTION 14 & 15

- No offensive 10-second count will be used.
- No defensive 20-second count will be used.

NFHS Rule 4, Section 28 — Team Timeouts

Time Out

RULE 4 SECTION 28

Timeouts — two (2) timeouts are permitted per half. The number and length of team timeouts will be agreed upon before the game starts by the coaches and officials, particularly in running-time game situations, and will not exceed 2 minutes.

Rule 5 — Personal and Ejection Fouls

NFHS Rule 5, Section 3 — *Illegal body check* NOTE: *Spearing*
NFHS Rule 5, Section 3.1 — *Body checking within 5 yards of a loose ball*

Body Checking

RULE 5 SECTION 3

Body checking is permitted in Senior and Junior Divisions; however, no take-out checks are permitted by any player. **A take out check is defined as any check in which the player lowers his head or shoulder with the force and intent to put the other player on the ground.**

Players in the Junior and Senior divisions may make contact in an upright position within five yards of the ball. No body checking of any kind (including man/ball "clear the body" type pushing) is permitted in the Lightning and Bantam Division. If a loose ball is not moving, the referee may re-start play following the alternate possession rule.

NFHS Rule 5, Section 6 — *Slashing*

Slashing

RULE 5 SECTION 6

Personal Foul/Slashing - For Lightning and Bantam Divisions: Any poke check making contact with an opponent (other than the gloved hand while holding the stick) will be considered a slash. Also, any one-handed check will be considered a slash for the Bantam Division.

NFHS Rule 5, Section 9 — *Unsportsmanlike conduct*

Unsportsmanlike Conduct

RULE 5 SECTION 9

Personal fouls are to be taken seriously. In addition to the NFHS rules, any player or coach who uses derogatory or profane language (starting with "damn") on the field or bench, whether addressing a player, coach or referee may receive: first offense, 1 to 3-minute non-releasable unsportsmanlike conduct penalty; second offense a 3-minute non-releasable expulsion foul.

NFHS Rule 5, Section 11 — *Ejection*

Ejection Fouls

RULE 5 SECTION 11

Players illegally playing down to any division will be ejected for the season and the team will be eliminated from any playoffs and ineligible for any titles or awards.

Rule 6 — Technical Fouls

NFHS Rule 3, Section 10 — *Offensive stalling*

Offensive Stalling

RULE 3 SECTION 10

Offensive stalling shall be enforced for the Junior and Senior Divisions; however this rule will be waived for Lightning and Bantam Divisions.

NFHS Rule 3, Section 3 - Final two minutes of regulation play

NFHS Rule 6, Section 10 - Offensive stalling

Senior and Junior Divisions: the team with the lead must keep the ball in the goal area during the last two minutes of the game.

Lightning and Bantam Divisions are excused from this rule.

Rule 7 — Penalty Enforcement

NFHS Rule 7, Sections 1, 2 & 3

Time Serving Penalties

RULE 7 SECTIONS 1, 2 & 3

Time serving penalties are enforced and man up situations are permitted in all divisions except the Bantam Division, where there are no time-serving penalties; instead the player must be substituted for and the ball awarded to the other team at the point of the infraction.

Game Termination

Officials will have authority to terminate a boys' youth game in response to flagrant acts of unsportsmanlike behavior by coaches, athletes, spectators, or fans. A game termination will be the last resort in insuring 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 that 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 the US Lacrosse webpage referenced above. All games terminated by a US Lacrosse Official, will result in a 1-0 victory for the team that is innocent of the terminal offense(s). It is recommended that the game should count in league statistics as a full game, and all goals, assists, saves, and other team statistics should count toward team and league records.

Rules Changes and Modification

- a. NFHS rules and the supplemental rules are reviewed annually by USLYC Rules Committee, which may adopt any of the changes or modifications deemed necessary to ensure the safe play at all levels.
- b. Any comments or suggestions by coaches or officials regarding the Rules for Boys' Youth Lacrosse must be submitted in writing before June 1 for consideration by the USLYC Boys' Youth Rules Committee. Any changes or modifications that are approved by the committee will be effective for the Boys' Youth Rules in the 2008 NFHS rules book.
- c. Please send all comments or suggestions regarding the Rules for Boys' Youth Lacrosse to: Chase Howse, USLYC Boys' Youth Rules Committee - at boysyouthrules@aol.com; or to:

USLYC Boys' Youth Rules Committee

c/o US Lacrosse
 113 W. University Parkway, Baltimore, MD 21210-3300
 410-366-6735 (fax) 410-235-6882 (phone); www.uslacrosse.org

Supplemental Rules based on 2008 US Lacrosse Youth Council Boys Rules and 2009 RIYLL Program Rules

Rules for Boys Lacrosse

The following rules are an excerpt from the National Federation of State High School Associations' 2008 Boys' Lacrosse Rules Book, endorsed by US Lacrosse. For a complete listing of Boys' Lacrosse Rules, including the Rules for Boys' Youth Lacrosse, please refer to the 2008 Boys' Lacrosse Rules Book.

RIYLL Youth Divisions

Youth players will be boys age 15 years and under and further qualify as follows in order to participate in USLYC sanctioned youth lacrosse activities: (a) player has not attained 15 years of age as of December 31 in the year preceding a USL Youth Council sanctioned event; and (b) the player is not participating in any high-school program as a member of a high-school club, freshmen, junior varsity, or varsity team.

GRADE DIVISIONS: There are four divisions. Teams in each division shall be organized by grade. The boys and girls will combine the following grades together to form each division: 1st/2nd, 3rd/4th, 5th/6th and 7th/8th. Players in 9th grade but under age 15 (as of 1/1/2009) may play in the 7th/8th grade division if they are not participating on a high school program and/or competitive club team.

A program may request an exception to the grade division format if they believe a player would be best served by participating in a division lower than the one assigned. Exceptions must be made in writing to the Executive Board. Any exceptions granted to the grade division format are made by the Executive Board and are for one season only. If a player receives an exception they must play in their assigned division in the next season.

Players in grade divisions who exceed the following ages must play up in the next grade division:

Current Grade Division*	Age as of 12/31/2008	New Grade Division
1 st /2 nd	9	3 rd /4 th
3 rd /4 th	11	5 th /6 th
5 th /6 th	13	7 th /8 th

* = Player attends school in one of these grades.

Since the RIYLL is organized by grade the US Lacrosse rules shall be aligned as follows:

US Lacrosse Division Names	2009 US Lacrosse Age Divisions	RIYLL Grade Divisions
Bantam	U-9 (no players born before Jan. 1, 2000)	1 st /2 nd
Lighting	U-11 (no players born before Jan. 1, 1998)	3 rd /4 th
Junior	U-13 (no players born before Jan. 1, 1996)	5 th /6 th
Senior	U-15 (no players born before Jan. 1, 1994)	7 th /8 th

Rule 1- Game Personnel

Number of Players

10 players per side on the field for High School, Senior, Junior and Lighting Divisions, however games can be played with as few as 7 per side on the field if coaches agree. 7 players per side on the field for the Bantam Division is the RIYLL standard, however games can be played with as many as 10 players per side on the field if coaches agree. All USLYC sponsored events will be played with the regulation 10 players per side.

National Federation of State High School Associations Rule 1, Section 1- The Game Lacrosse is played by two teams of 10 players each.

Rule 2- Field & Equipment

Field

SECTION 1. With the exception of the Bantam Division, play on regulation size field is preferred; however the coaches and officials can agree to play on any size field available. USLYC sponsored events will be played on regulation size fields for all groups.

National Federation of State High School Associations Rule 1, Section 2- Playing Field The lacrosse playing field shall be rectangular, 110 yards long and between 53 and 60 yards wide.

The playing field for Bantam Division games should be 80 yards long and between 40 and 60 yards wide. The goal line extended of regulation (110 yard long fields) should become the new end lines and be marked with several cones at each end. The goals should be pulled in approximately 10 yards from these new end lines and a temporary crease established with a bright colored rope. As determined by the home team, sidelines can be either the regulation sidelines (between 53 and 60 yards wide, with no additional markings required) or extend the restraining box and wing lines with cones to create a sideline distance of 40 yards.

Equipment

SECTION 2. Equipment will conform to NFHSrosse dimensions and equipment requirements, including NOCSAE- approved helmets, with the following exceptions:

a. Arm pads are required at all divisions for each player and are optional for the goalie.

National Federation of State High School Associations Rule 1- Section 5- The Ball Rule 1, Section 6- Crosse- Dimensions Rule 1, Section 7- Crosse Construction Rule 1, Section 8- Crosse Prohibitions Rule 1, Section 9- Helmet, Face mask and Mouthpiece Player Equipment

b. The length of the crosse may be 37 to 42 inches for offensive players in the Lightning and Bantam Divisions and defensive players in such divisions may use a crosse with a length of 37 to 58 inches, **except that crosses used in the Lightning and Bantam Divisions shall not exceed the height of the player and in the Bantam Division may not exceed 42 inches.**

National Federation of State High School Associations Rule 1, Section 6- Crosse- Dimensions The Crosse shall be an overall fixed length of either 40 to 42 inches (Short crosse) or 52 to 72 inches (long crosse), except for the goalkeeper's crosse, which may be a length of 72 inches or less.

c. Rib pads are recommended!

National Federation of State High School Associations Rule 2, Section 9-Personal Equipment All players are required to wear protective gloves, arm pads, shoulder pads, mouth guards, shoes, and jerseys.

Responsibilities of the home team

SECTION 3.

a. Game balls and adequate number of balls must be maintained at the end lines behind the goals during regulation play for Senior and Junior Divisions.

b. Ball boys may be used if available. When used, they should wear protective gear, including a helmet with facemask.

National Federation of State High School Associations Rule 2, Section 4- Home Coach's Responsibility Rule 2, Section 8- Timekeeper Rule 2, Section 9- Scorer

d. For Bantam Division, the home team shall be responsible for providing a referee(s), preferably someone other than one of the Bantam coaches (U-15 player, other youth team coaches, or parent). If no such referee is available, one coach from each team should share the referee duties.

d. Home teams are responsible for contrasting jersey colors and will wear pinnies, if needed.

National Federation of State High School Associations Rule 2, Section 9- Player equipment G. R. 4The home team wears white or light-colored jerseys.

e. At least 72 hours prior to game time, the coach of the home team shall contact the coach of the visiting team to confirm the game time and location, and to otherwise discuss any problems that might exist with respect to conducting the game as scheduled (i.e., adequate number of players).

f. In the event of cancellation of games due to weather conditions or other circumstances it is the responsibility of the home coach to contact the coach of the visiting team to inform him of the cancellation as soon as possible. On the Friday before game day if the weather forecast indicates a reasonable probability that the game will be cancelled, the program director for the home team shall contact the program director for the visiting team to confirm the arrangements for communicating the game status on Saturday morning. It is incumbent upon the program director for the home team to communicate game cancellation information to their respective coaches, who in turn are required to communicate that information to the coach of the visiting team.

Rule 3- Time Factors and Scoring

a. Senior, Junior, Lightning and Bantam Divisions - Four quarters, 12 minute running clock.

b. Overtime - in the event of a tie, and provided both coaches and officials agree (and time permits before the commencement of the next scheduled game) there may be one sudden victory period of four (4) minutes (sudden victory). There shall be no overtime period in the Bantam Division.

c. Timeouts- two (2) sixty-second timeouts are permitted per half.

d. Scoring - no official scoring shall be kept in the Bantam division.

Rule 4- Play of the Game

a. Prior to the start of each game, officials shall be introduced to coaches, at which point they should discuss any special intentions with respect to the *Play of the Game*. *This discussion should occur with both coaches simultaneously.*

Lacrosse Game Traditions will be observed: Following introductions between officials and coaches, team captains may be called to the center of the field for further instructions by officials. But, in all cases the starting line ups of the opposing teams will line up facing each other in the center of the field. This tradition of the game will include any special instructions by the officials, selection of defended goals, and a handshake greeting between opponents.

RIYLL games are to be played with emphasis on the proper development of stick, team, and sportsmanship skills.

b. All divisions will follow NFHS rules with the following exception:

No 10-second count

National Federation of State High School Associations Rule 4, Section 14- Advancing the ball beyond the defensive-area line Rule 4, Section 15- Advancing the ball into the goal area

c. Penalties: Time serving penalties are enforced and man up situations are permitted in all divisions except the Bantam Division.

In the Bantam Division, technical fouls (with possession) will be assessed a 10 second "on-field" penalty, where the player takes a knee 5 yards behind the restart of the play, and the referee or on-field coach

releases the player after a 10 count. Personal fouls will be assessed a 20 second “on-field” penalty, where the player takes a knee 5 yards behind the restart of the play, and the referee or on-field coach releases the player after a 20 count. Three personal fouls by the same player will result in the player’s ejection from the game.

National Federation of State High School Associations Rule 7, Sections 1, 2, & 3

d. Body Checking: Body checking is permitted in High School, Senior & Junior Divisions, however, no deliberate take-out checks are permitted by any player. **Definition-Take-out checks: Checks in which the player lowers his head or shoulder with the deliberate force and intent to take out (*put on the ground) the other player. A collision resulting in a downed player is not considered a take-out check – deliberate force and intent factor must be evident.**

Players may make contact in an upright position within five yards of the ball. No body checking of any kind is permitted in the Lightning & Bantam division, which includes no man/ball, clear the type body pushing. If the ball is not moving the referee will start play following the alternating position session rule.

National Federation of State High School Associations Rule 5, Section 3- Illegal body check NOTE:

Spearing Rule 5, Section 3/1- Body checking within 5 yards of a loose ball

e. Mercy Rule: In any game and at any point during a game when there is a four-point lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the four-point lead is maintained, unless waived by the coach of the trailing team.

National Federation of State High School Associations Rule 4, Section 3- Facing off

f. Bantam Division: In the Bantam Division one coach from each team will be allowed on the field to provide instruction as well as assist the referee with enforcement of rules and observation of boundaries, crease violations, etc. It is recommended that substitutions be made as follows: (i) Defense rotates to Midfield; (ii) Midfield rotates to Attack; (iii) Attack goes to bench; and (iv) Two new players go to Defense

Rule 5- Personal and Expulsion Fouls

a. Personal Foul/Slashing - For Lightning and Bantam Divisions. Any poke or slap check not making contact with the gloved hand while holding the stick itself will be considered a slash. Also, any one-handed check will be considered a slash for the Bantam Division.

National Federation of State High School Associations Rule 5, Section 6- Slashing

Personal fouls are to be taken seriously. In addition to the NFHS rules, **any player or coach who uses derogatory language on the field or bench, whether addressing a player, coach or referee may receive: first offense, 1 minute non-releasable penalty; a 2 minute non-releasable penalty for the second offense; and expulsion from the game for the third offense.**

National Federation of State High School Associations Rule 5, Section 9- Unsportsmanlike conduct

c. Players illegally playing down to any division will be expelled for the season and the team will be eliminated from any playoffs and ineligible for any titles or awards.

National Federation of State High School Associations Rule 5, Section 11- Expulsion

Rule 6- Technical Fouls

a. Offensive stalling shall be enforced, however this rule will be waived for Lightning and Bantam Divisions.

National Federation of State High School Associations Rule 3, Section 10- Offensive stalling

b. High School, Senior and Junior Divisions: the winning team is to keep the ball in the box during the last two minutes of the game. Lightning and Bantam Divisions are excused from this rule.

National Federation of State High School Associations Rule 3, Section 3- Final two minutes of regulation play Rule 6, Section 10 - Offensive stalling

Rule 7-Penalty Enforcement

No additional supplement, see Rule 4.

Rule 8-Rules Changes and Modification

a. US Lacrosse Youth Council supplemental rules will be reviewed annually by the RIYLL no later than January 31st Rule changes will be adopted or modifications as deemed necessary to ensure safe play at all levels.

b. Any comments or requests for rule changes or modifications by coaches or officials participating in youth Lacrosse must be submitted for consideration to the RIYLL in writing by December 1st of each year. Any changes or modifications that are approved by the RIYLL will be effective February 1st. Changes or modifications to the rules that have a direct bearing on safety may be considered by the RIYLL at anytime; however, there is a commitment to place new supplemental rules into effect on February 1st with change recommendations submitted no later than December 1st.

c. The rules shall be followed in all games sanctioned and/or sponsored by the Rhode Island Youth Lacrosse League with the following exception. In the event a team desires to modify any of these rules for a particular game the coach of that team shall be required to contact the opposing coach before game time to discuss the proposed rule change. The rules may be modified only if the head coach for each team agrees upon the modification, and absent unanimous consent these rules shall not be modified for a particular game. Notwithstanding the foregoing, under no circumstances may any team or coach agree to modify the rules prohibiting body checking or mandatory equipment requirements.

Rule 9 Rule or Code of Conduct Violations/Disputes

Any issue related to the Youth Rules or Code of Conduct (questions, violations, etc) may be reported to the RIYLL via the appropriate Program Director. The RIYLL will convene a special meeting or conference call within two weeks to address the issue in a timely manner. The President of the RIYLL will inform the RIYLL Board of any issue raised and the disposition of that issue. An interested party affected by the decision by the RIYLL may appeal that decision to the Board of Directors by submitting written notice of that appeal to the President of the RIYLL no later than three (3) days after being notified of that decision, and upon failure to perfect a timely appeal the decision of the RIYLL shall be final.

Rule 10 The RIYLL Youth Lacrosse Season

Regular season games are played on Saturdays. Post season games will accommodate games within Rhode Island, games against Southeastern New England teams, tournaments and other games arranged for the June – July post season period. RIYLL players may also earn positions on the Rhode Island Chapter of U.S. Lacrosse Youth Festival Team. The USL Youth Festival Team will complete tryouts during the regular season and commence game activities after the last day of the regular season. Try outs for Rhode Island Chapter of USL Youth Festival teams will be open to all RIYLL players in appropriate age groups, provided they are current members of US Lacrosse. Age-eligible players who do not participate on a RIYLL may also try out for the U.S. Lacrosse Youth Festival (and other post-season teams), provided they are U.S. Lacrosse members and are affiliated with the Rhode Island Chapter. RIYLL jamborees may be organized at sometime during the season consistent with current year scheduling.