



Western Maryland Lacrosse Rules for 2025 Boys Spring Season

	1st & 2nd Division	3rd & 4th B Division	3rd & 4th A Division	5th & 6th B Division	5th & 6th A Division	7th & 8th A & B Divisions
Rule Guidelines	Based on USA Lacrosse Youth Guideline Standards with WMDLax modifications					
Duration of Play	12 min running quarters. 1 Timeout per half. Clock stops for injuries	10 min quarters Start/Stop. 1 timeout per half. Clock stops for injuries. 2 min between quarters, 5 min halftime.				
Overtime	None					
Minimum Protection Equipment	Field Player: Helmet, mouth guard, gloves, Elbow pads. NOCSAE shoulder pads, protector and athletic cup. Goalies: Helmet, throat guard, mouth guard, gloves, NOCSAE chest protector required. Skin/knee and elbow pads are recommended but NOT required. Use only NOCSAE lacrosse balls.					
Players on the Field	5 v 5 + Goalie 1A+3M+1D+G	7 v 7 + Goalie 2A+3M+2D+G	9 v 9 + Goalie 3A + 3M + 3D + G			
Field Size	50-60 yards between goal lines. 40 yards in width, normal crease.			Full Field		
Pass Attempts needed before shots on goal	TWO (2). Goalie Pass Counts. Officials are not responsible for pass count, both coaches must agree. Second pass must be in or into the offensive zone.			None		
Crosse Length	Field 37"-42" Goalie 37"-54" NO Long Poles			Standard Rules		
Face-Off/Start of Game	Yes, Mids on sidelines & Attack and Defense on GLE. Release on possession. No Moto grip or knee down.			Standard rules - No Moto grip or knee down		
Substitutions	Only on dead ball. No live subbing. Can be indiv or team subbing. Ball will be awarded via alternate possession.	No restrictions				
Offsides	Yes, 4v4 in Offensive zone	Yes, 5v5 in Offensive zone	Standard Offsides rules			
Stick Checking	Lift/Poke bottom hand or head of stick (below chest). Doward check initiated below BOTH player's shoulders.		USA Lacrosse Rules *** No one handed checks	One handed checks permissible		
Three Yard Rule	All LEGAL contact must be made to a player with possession or within 3 yds of a loose ball.					
Keeping Score?	None	Yes, Mercy Rule at 10+ goals. Normal rules return when score gets within 6. Team gets ball at midline.				
Allowable Body Contact	Limited to legal holds, legal pushes, boxing out, riding and incidental contact.				USA Lacrosse Rule 4.15. No Takeout checks. ** Takeout checks or targeting will result in an immediate ejection. Egregious illegal body checks may result in a player being ejected on the 1st offense.	
Personal Foul Enforcement	Stop Play. Player subbed out. Fast Break for offended team. Fast Break begins 5 yds ahead of center Midline, Trailer & all other Middies behind midfield line. Offensive & Defensive players at GLE.		USA Lacrosse Rules dictate <i>Both Head Coaches & the Lead Official should submit a game report within 24 hours if there are any player, coach or spectator ejections.</i>			
Technical Foul Enforcement	Stop Play. Possession awarded to offended team.		USA Lacrosse Rules dictate			
Shot Possession	Possession awarded to the player closest to the spot where ball goes out of bounds on a shot.					

Stalling	N/A		Teach it, not enforced	Yes, USA Lacrosse 3.3
Advancing the Ball	N/A	4 sec Goalie count	4 sec Goalie count. 20 secs to midline. 10 sec to restraining box. Over and back in effect.	
Coach Domain on Field	1 Coach on field from each team outside the lane of play. All Coaches must have a current USA Lacrosse Membership. 1 Team Parent is allowed on the sideline.	Coaches must stay on their sideline and are not allowed to enter the sub box. 3 coaches max on sidelines - All Coaches must be Bronze Level Certified. All coaches must have a current USA Lacrosse Membership. NO Spectators on the sideline including Team Parent/siblings. NO Spectators behind Goalies, except to return the ball to the field of play.		
Officials	1 Official	2 Officials. If 1 official present, it is not optimal but the game will be played. If no officials, the game can be played as a scrimmage but will not count toward league standings.		
End of Season Play	Round Robin style of play.	Match ups will be according to regular season standings. No reseeding.	Match ups will be according to the end of the regular season standings. Reseeding for A/B (Highest B team will move up to lowest seed in A and lowest A will move down to highest seed in B).	
Guidance on multiple teams in same division	If multiple teams at a specific age level, one team must be A and the other team can be A or B. Two B teams at a specific age level are NOT allowed. B Division is intended for developmental play. Each division shall have min 5 teams, or A&B will be merged at grade level.			
Double Roster	Limit of 5 max double rostered players only to make the roster up to 16 kids. i.e. If there are 14 kids registered on a team, you could only double roster 2 additional players.			

Revised 1/19/2025