

**WESTERN MARYLAND**  
**WMYLC**  
 YOUTH LACROSSE CONFERENCE

**Rules for 2023 Boys Spring Season**

Division	1st & 2nd	3rd & 4th "B" Division	3rd & 4th "A" Division	5th & 6th "B" Division	5th & 6th "A" Division	7th & 8th "A" & "B" Divisions
<b>Rule Guidelines</b>	Based on US Lacrosse Standards with WMYLC modifications					
<b>Duration of Play</b>	12 Min Running Quarters Running Time - 1 Timeout Clock Stops for injuries	10 Min Quarters Start/Stop - Two timeouts total, 1 per half Clock Stops for injuries	10 Min Quarters Start/Stop Two timeouts total, 1 per half			
<b>Overtime</b>	NO					
<b>Minimum Protective Equipment</b>	Helmet, Mouth Guard, Gloves, NOCSAE Shoulder Pads, Arm Pads and Cup NOCSAE Lacrosse Balls Goalie: Helmet with Throat Protector, Mouth Guard, Gloves, NOCSAE Chest Protector, Cup. ** Shin/Knee and Arm pads are recommended but NOT Required					
<b>Players on the Field (Excluding Goalie)</b>	5v5 Goalie Optional	7 v 7 + Goalie	9v9 + Goalie			
<b>Goalie?</b>	OPTIONAL If Goalie used - Full goal If No Goalie any of the below are options 1. Full Goal with deflector 2. Goal turned over using base as goal	YES				
<b>Field Size</b>	50-60 Yards between goal lines 40 Yards in width, Normal Crease			Full Field		
<b>Pass ATTEMPTS needed before shots on goal</b>	<b>TWO (2)</b> - Does NOT include Goalie clear - Officials are not responsible for pass counts, both coaches must agree - Passes must be in the spirit of advancing the ball on offense			None		
<b>Crosse Length</b>	Field- 37"-42" Goalie- 37"-54" NO Long Poles			Standard Rules		
<b>Face-off / Start of Game</b>	Yes, Mids on sideline & Attack and Defense on GLE. Release on Possession- No Moto Grip or Knee Down			Standard Rules- No Moto Grip or Knee Down		
<b>Substitutions</b>	Only on Dead Ball, No Live subbing. Can be individual or team subbing ball will be awarded via alternate possession.	No Restriction				
<b>Offsides</b>	Yes 4v4 in Offensive zone	Yes 5v5 in Offensive zone	Standard Offsides rules			
<b>Stick Checking</b>	Lift/Poke bottom hand or head of stick (Below Chest). Downward Check initiated below BOTH player's shoulders		US Lacrosse Rules *** No One handed checks			One Handed Checks Permissible
<b>Three Yard Rule</b>	All LEGAL contact must be made to a player with possession or within 3 yards of a loose ball					
<b>Keeping Score</b>	NO	YES- Mercy rule at 10+ goals. Normal rles return when score gets within 6. Team gets ball at midline.				
<b>Allowable Body Contact</b>	Limited to Legal holds, legal pushes, Boxing out, Riding and Incidental Contact					As previously stated with addition of U-14 US Lacrosse Rule 4.15 NO Takeout Checks ** Takeout checks or Targeting will result in an immediate ejection. Egregious Illegal Bodychecks may result in a Player being ejected on the first offense.
<b>Personal Fouls Enforcement</b>	Stop Play Player Subbed Out Fast Break for Offended team			US Lacrosse Rules Dictate		
<b>Technical Foul Enforcement</b>	Stop Play Possession awarded to Offended team					
<b>Shot Possession</b>	Closest to spot where ball goes out of bounds					
<b>Stalling</b>	N/A			Teach it, not enforced		Yes- Us Lacrosse 3.3
<b>Advancing the Ball</b>	N/A		4 Second Goalie Count	4 Sec Goalie Count 20 secs to Midfield 10 secs to restraining box Over and Back in Effect		
<b>COACH DOMAIN ON FIELD</b>	One Coach allowed on field and must stay out of area of play to the best of their ability. Head Coaches must be Level 1 Certified; all coaches must have a USA Lacrosse Membership. One Team Mom per team allowed on side lines.	Coaches must stay on their side of the field and are not allowed to enter the sub box. 3 coaches max on sidelines - Head Coaches must be Level 1 Certified; all coaches must have a current USA Lacrosse Membership. NO Spectators on the sidelines, including Team Parents/Siblings.				
<b>Officials</b>	1 coach per team to officiate	1 official	2 officials are scheduled for each game. If 1 official shows up it is not optimal but the game will be played. If no officials show up the game can be played as a scrimmage but will not count toward league standings.			
<b>End of Season Play</b>	Tournament for 3/4A, 5/6 & 7/8 (1/2 & 3/4B - match up round robin). For 5/6 and 7/8 - Re-seeding for A/B in Tournament based on season standing (highest B team will move up to lowest seed in A and lowest A team will move to highest seed in B).					
<b>Guidance on multiple teams in same division</b>	If multiple teams at a specific age level, one team must be A and the other team must be A or B. Two B teams at specific age level are NOT allowed.					