



Rules for 2024 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 Standards with WMYLC modification					
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.				
Overtime	None					
Minimum Protection Equipment	Helmet, mouth guard, gloves, NOCSAE shoulder pads, elbow pads, and athletic cup. NOCSAE lacrosse balls. Goalies: Helmet with throat guard, mouth guard, gloves, NOCSAE chest protector and athletic cup. Skin/knee and elbow pads are recommended but NOT required.					
Players on the Field	5 v 5 + Goalie	7 v 7 + Goalie	9 v 9 + Goalie			
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). DOES NOT INCLUDE GOALIE CLEAR. Officials are not responsible for pass count, both coaches must agree. Passes must be in the spirit of advancing the ball on offense.			None		
Crosse Length	Field 37"-42" Goalie 37"-54" NO Long Poles	2 Long Poles allowed		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 individual 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). Downward 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 plater 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 bodychecks may result in a player being ejected on the first offense.		
Personal Foul Enforcement	Stop Play. Player subbed out. Fast Break for offended team. Offensive & Defensive players at GLE. Fast Break begins at midline, Trailer 5 yds behind.			USA Lacrosse Rules dictate		
Technical Foul Enforcement	Stop Play. Possession awarded to offended team.			USA Lacrosse Rules dictate		
Shot Possession	Closest to spot where ball goes out of bounds.					
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 allowed the field from each team. Must try to stay out of the area of play to the best of their ability. 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 - Head Coach must be Bronze Level Certified. All coaches must have a current USA Lacrosse Membership.. NO Spectators on the sidelinem 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 shows up it 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.			
End of Season Play	Match up 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 must be A or B. Two B teams at a soecific age level are NOT allowed.					

Revised 2/10/2024