



## Rules for 2022 Boys Spring Season

Division	1st & 2nd	3rd & 4th "B" Division	3rd & 4th "A" Division	5th & 6th "B" Division	5th & 6th "A" & "B" Division	7th & 8th "A" & "B" Division
<b>Rule Guidelines</b>	<u>Based on USA Lacrosse Standards with WMYLC modifications</u>					
<b>Duration of Play</b>	12 Min Running Quarters Running Time - 1 Timeout Clock Stops for injuries	8 Min Quarters Start/Stop 1 Timeout Clock Stops for injuries	10 Min Quarters Start/Stop Two timeouts total, 1 per half		10 Min Quarters Start/Stop Two timeouts total, 1 per half	
<b>Overtime</b>	NO	NO	NO		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	7v7 + 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>	<u>50-60 Yards between goal lines</u> <u>40 Yards in width.</u> <u>Normal Crease and GLE is new Endline</u>		<u>Full Field</u>			
<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>	<b>Yes, Mids on sideline &amp; Attack and Defense on GLE. Release on Possession - No Moto Grip or Knee Down</b>		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 rules 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		<b>US Lacrosse Rules Dictate</b>			
<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		N/A	Teach it, not enforced		Yes- Us Lacrosse 3.3
<b>Advancing the Ball</b>			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.		Coaches must stay on their side of the field and are not allowed to enter the sub box.			
<b>Officials</b>	1 official and 1 coach	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 - Reseeding for A/B in Playoffs					
<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.					