

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
Rule Guidelines	Based on US Lacrosse Standards with WMYLC modifications					
Duration of Play	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			
Overtime	NO					
Minimum Protective Equipment	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					
Players on the Field (Excluding Goalie)	5v5 Goalie Optional	7 v 7 + Goalie	9v9 + Goalie			
Goalie?	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				
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 counts, 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			Standard Rules		
Face-off / Start of Game	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		
Substitutions	Only on Dead Ball, No Live subbing. Can be individual or team subbing ball will be awarded via alternate possession.	No Restriction				
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		US 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 yards of a loose ball					
Keeping Score	NO	YES- Mercy rule at 10+ goals. Normal rles 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					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.
Personal Fouls Enforcement	Stop Play Player Subbed Out Fast Break for Offended team			US Lacrosse Rules Dictate		
Technical Foul Enforcement	Stop Play Possession awarded to Offended team					
Shot Possession	Closest to spot where ball goes out of bounds					
Stalling	N/A			Teach it, not enforced		Yes- Us Lacrosse 3.3
Advancing the Ball	N/A		4 Second Goalie Count	4 Sec Goalie Count 20 secs to Midfield 10 secs to restraining box Over and Back in Effect		
COACH DOMAIN ON FIELD	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.				
Officials	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.			
End of Season Play	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).					
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 specific age level are NOT allowed.					