

Tri-City Youth Leagues

Boys Rules

(updated 6/7/09)

Grades K-2^{nd*}

Play: 7 versus 7 using 2 midfielders, 2 attack, 2 defense and a goalie.

Games: 2 - 20 minute running time halves, no overtime. Horn every 3 minutes for substitutions.

No time outs. Coaches may take extra time to coach players on the field after a dead ball situation.

Half-time is 5 minutes unless officials deem otherwise. In excessive heat the Officials may call for additional halt in play.

Game may not exceed 45 minutes.

Equipment: Required - Gloves, helmet, arm pads (including goalies), shoulder pads, mouthguard, groin protection. Goalies also require a throat guard and chest protector.

Rules: All Rules per NYS Modified High School rules with the following exceptions;

No body checking is allowed.

Stick checking must be two handed and is allowed only on the gloves holding the stick or the stick itself, and checks must be under control.

No penalties. All fouls result in a change in possession. Offending player should be substituted so sideline coach can explain the foul committed.

Sticks must be between 30" and 42" long, and suitable for field lacrosse play.

4 Goal Rule - If a Team is losing by four, or more, goals then the Face-off will be suspended and the ball awarded to the Team that is behind in the score at the Midfield line. The team that is down is also awarded the ball at the start of each 3 minute run and at the start of each quarter.

Goalie ball - when the goalie is clamped on the ball with at least one foot in the crease, it is the goalies ball.

Maximum of 3 coaches per team on the sidelines. One coach is required to be on the field at all times and officiate the game. Another coach must be on the sideline to manage the players on the bench.

Spectators are required to watch from an area on a side of the field away from the team benches.

***Grade Clarification:** The grade level that you attended this year, and/or competed in scholastically, is where you will compete in the Tri-City Youth Leagues. A player may play at only one grade level per year.

Tri-City Youth Leagues

Boys Rules

Grades 3 & 4*

Play: 8 versus 8 using 3 midfielders, 2 attack, 2 defense and a goalie.

Games: 2 - 20 minute running time halves, no overtime. Horn every 3 minutes for substitutions. All players except goalie must be replaced except where 14 or less are present. Recommended number of players needed to start a game is 11 per team. Teams may exchange players in order to have enough players to play the game. Clock stops a maximum of 30 seconds for horn substitutions. Game may not exceed 45 minutes.

2 timeouts per game. No substitutions are allowed after timeouts without referee approval.

Half-time is 5 minutes unless officials deem otherwise. In excessive heat the Officials may call for additional halt in play.

Equipment: Required - Gloves, helmet, arm pads (including goalies), shoulder pads, mouthguard. Goalies also require a throat guard and chest protector.

Rules: All Rules per NYS Modified High School rules with the following exceptions;

No body checking is allowed.

Stick checking must be two handed and is allowed only on the gloves holding the stick or the stick itself, and checks must be under control .

Penalties result in a fast break for the fouled player or a player selected by the referee. No substitutions of attack players for the fast break. Penalties which occur at the end of a shift are run with no time elapsed until the ball hits the ground or a shot is taken.

Goals that are scored on during a delayed penalty situation will wipe out the fast break regardless of the penalty type.

Flagrant Penalties will be assessed at the discretion of the officials. If a player is assessed a flagrant penalty, he will sit out the remainder of the quarter, but can be substituted for. If a player has two flagrant penalties in one game, he will be suspended for the remainder of that game and the next game.

Sticks must be between 36" and 42" long, and suitable for field lacrosse play.

4 Goal Rule - If a Team is losing by four, or more, goals then the Face-off will be suspended and the ball awarded to the Team that is behind in the score at the Midfield line. The team that is down is also awarded the ball at the start of each 3 minute run and at the start of each quarter.

Goalie ball - when the goalie is clamped on the ball with at least one foot in the crease, it is the goalies ball.

Maximum of 3 coaches per team on the sidelines. Only the Head Coach is allowed to speak to the Officials during play of the game. The Head Coach must introduce and identify himself to Officials prior to the game. Large teams may add a fourth coach to assist in player management at the referees discretion. The referee must be informed that a fourth coach will be on the sidelines prior to the start of the game.

Spectators are required to watch from an area on a side of the field away from the team benches.

***Grade Clarification:** The grade level that you attended this year, and/or competed in scholastically, is where you will compete in the Tri-City Youth Leagues. A player may play at only one grade level per year.

Tri-City Youth Leagues

Boys Rules

Grades 5 & 6*

Play: 10 versus 10 using 3 midfielders, 3 attack, 3 defense and a goalie.

Games: 2 - 20 minute running time halves, no overtime. The game must be completed within no more than 45 minutes. Substitutions on the fly or on the horn. 3 time-outs per game, max 2 per half. Half-time break is 2 minutes. In excessive heat the Officials may call for additional halt in play.

Equipment: Required Gloves, helmet, arm pads (including goalies), shoulder pads, mouthguard. Goalies also require a throat guard and chest protector.

Rules: All Rules per NYS Modified High School rules with the following exceptions;

No body checking is allowed. Stick checking must be two handed, checking is allowed only on the glove(s) holding the stick or the stick itself and the checks must be under control .

Sticks must be between 39" and 42" long, and suitable for field lacrosse play. Penalty for an illegal stick is 1 minute and stick must be taken out of play.

Goalie ball - when the goalie is clamped on the ball with his crosse and is attempting to rake the ball towards the crease with at least one foot in the crease, it is goalie ball.

Maximum of 3 coaches per team on the sidelines. Only the Head Coach is allowed to speak to the referee during play of the game. Head Coach must introduce and identify himself to Officials prior to the game.

Spectators are required to watch from an area on a side of the field away from the team benches.

4 Goal Rule - If a Team is losing by four, or more, goals then the Face-off will be suspended and the ball awarded to the Team that is behind in the score at the Midfield line.

***Grade Clarification:** The grade level that you attended this year, and/or competed in scholastically, is where you will compete in the Tri-City Youth Leagues. A player may play at only one grade level per year.

Tri-City Youth Leagues

Boys Rules

Grades 7 & 8*

Play: 10 versus 10 using 3 midfielders, 3 attack, 3 defense and a goalie.

Games: 2 - 20 minute running time halves, no overtime. The game must be completed within no more than 45 minutes. Substitutions on the fly or on the horn. 3 time-outs per game, max 2 per half. Half-time break is 5 minutes. In excessive heat the Officials may call for additional halt in play.

Equipment: Required Gloves, helmet, arm pads (including goalies), shoulder pads, rib pads, mouthguard. Goalies also require a throat guard and chest protector.

Rules: All Rules per NYS Modified High School rules with the following exceptions;

Stick checking must be two handed, checking is allowed only on the glove(s) holding the stick or the stick itself and the checks must be under control.

Sticks must be between 40" and 72" long, and suitable for field lacrosse play.

4 Goal Rule - If a Team is losing by four, or more, goals then the Face-off will be suspended and the ball awarded to the Team that is behind in the score at the Midfield line.

Maximum of 3 coaches per team on the sidelines. Only the Head Coach is allowed to speak to the referee during play of the game. Head Coach must introduce and identify himself to Officials prior to the game.

Spectators are required to watch from an area on a side of the field away from the team benches.

***Grade Clarification:** The grade level that you attended this year, and/or competed in scholastically, is where you will compete in the Tri-City Youth Leagues. A player may play at only one grade level per year.

Tri-City Youth Leagues

Boys Rules

Grades 9 - 11*

Play: 10 versus 10 using 3 midfielders, 3 attack, 3 defense and a goalie.

Games: Four 12 minute running time quarters, no overtime. The game must be completed within no more than 60 minutes. Substitutions on the fly or on the horn. 3 time-outs per game, max 2 per half. Half-time break is 2 minutes. In excessive heat the Officials may call for additional halt in play.

Equipment: Required Gloves, helmet, arm pads (including goalies), shoulder pads, rib pads, mouthguard. Goalies also require a throat guard and chest protector.

Rules: All Rules per NYS High School rules with the following exceptions;

Maximum of 3 coaches per team on the sidelines. Only the Head Coach is allowed to speak to the referee during play of the game. Head Coach must introduce and identify himself to Officials prior to the game.

Spectators are required to watch from an area on a side of the field away from the team benches.

***Grade Clarification:** The grade level that you attended this year, and/or competed in scholastically, is where you will compete in the Tri-City Youth Leagues. A player may play at only one grade level per year.