

2009 YMCA Boys' Lacrosse League Rules

We will be using the US Lacrosse Boys' Youth Lacrosse Rules (with several exceptions).

League Rules:

- Game Personnel – 10 players per side unless mutually agreed.
- Equipment – All players are required to wear the following protective gear: gloves, arm pads, shoulder pads, helmet (NOCSAE approved) and mouthpiece (must be hooked to helmet). Rib pads are recommended, but not required. Goalie must wear chest protector, throat protector & cup (arm pads not required).
- Equipment – Sticks shall be an overall fixed length of 37" to 42" for all sticks. No "long sticks" allowed. **The K/1st league can cut their sticks down as needed.**
- Time Factors & Scoring – (4) 10 minute running clock quarters. If game is tied after 4 quarters, teams will play one 4-minute "sudden death" running clock period (first team to score wins). 2 timeouts per game when in possession of ball anywhere on field. Clock stops for group substitutions and timeouts. The clock will be stopped on goals scored in the final 60-seconds of any quarter. Halftime will be 5 minutes.
- Required Substitutions – All players are expected to play an equal amount of time in each game. Game will stop once each quarter (about the 5 minute mark) for "mass substitutions." Substitutions are allowed at any time during play through the substitution box and at any out of bounds situation on the sidelines (not endlines).
- Play Of Game –
 - 1) No offensive or defensive counts apply.
 - 2) Offside rules will be in effect.
 - 3) "Light" body checking ("NO INTENSIONAL KNOCK DOWNS") will be allowed, including man/ball".
 - 4) Stick, body and glove contact of an "Equal Pressure" nature is allowed.
 - 5) No "one hand checks".
 - 6) No "over-the-head checks".
 - 7) All time serving fouls will be served as 30 second fouls (clock stops until play starts).
 - 8) Any player committing 3 fouls is out of the game.
 - 9) At any point in the game if a team is ahead by 5 goals, the team that is behind is awarded the ball at midfield line in lieu of a face-off.
 - 10) Any stick check not making contact with the stick or gloved hand is a "slashing penalty".
 - 11) **Up to 2 coaches** are allowed to be on the field coaching players.
- Special Rules – Once the ball is in the offensive end, teams must attempt (not complete) at least 2 passes before shooting on goal. **Passes that originate in the defensive end that are received in the offensive end count toward these passes.** If a team is ahead by 5 goals, the team must attempt (not complete) at least 5 passes before shooting on goal. Passing rule resets when the defense clears the ball over the midline. Officials will instruct players when they can attack the goal.
- Expulsion Fouls – Any coach or player using derogatory language or throwing a punch shall result in expulsion from the game. The YMCA will review these incidents on a case-by-case basis and may terminate a coach if seen fit. **THERE WILL BE NO ARGUING WITH OFFICIALS.**
- Personal & Technical Fouls – Fouls will result in a "slow whistle" "flag down" situation and a stoppage of play when the ball becomes loose. The offended team will be given the ball. All time serving fouls in the defensive end will result in a "free clear".