

**Maryland Youth Lacrosse Association**  
*Rule Highlights – 2016*  
*NFHS Rules to be used with the following exceptions*

**Equipment:**

<b>Mouthguards</b>	<b><u>All players must wear</u> – including goalie</b> Violation is not a penalty unless repeated		
<b>Shoulder Pads</b>	Goalie excepted All field players must wear Football shoulder pads are prohibited		
<b>Helmets</b>	<b><u>Hockey helmets</u> are prohibited</b> <b><u>Football helmets</u> are prohibited</b> Helmets must have current NOCSAE certification		
<b>Arm Pads</b>	<b><u>ALL PLAYERS - including Goalie</u> must wear</b>		
<b>Gloves</b>	Top side of all fingers must be completely protected – <b><u>padding must be secured to the fingers</u></b> Worn-out or cut-out gloves are permitted but fingers must remain “in” (protected) by the glove Unsafe gloves are not to be assessed a penalty – but must be removed from the game immediately (may return if repaired)		
<b>Crosses</b>	<b><u>Tykers</u></b>	<b><u>Lightnings</u></b>	<b><u>Mid &amp; Jun</u></b>
	Legal Lengths	36” - 52”	36” – 72”
	Long Crosse Limits	N/A	40”-42” & 52”-72”
	Illegal Crosse	Penalty by book	- by book - by book
	Stick head dimensions may be legal by either the HS Federation or NCAA rule book. But <b><u>stick must be completely legal by one or the other.</u></b>		

**Play of the Game:**

<b>4 Goal Rule</b>	Free clear following goal for the team losing by 4 goals or more <b><u>Face-off to begin every quarter</u></b> unless excepted by NFHS rule
<b>1 Hand Check</b>	Personal foul (a slash) Penalize only legitimate attempts to dislodge the ball
<b>Body-checks Tyker</b>	<b><u>Tyker ONLY</u></b> – bodychecking permitted ONLY on player with possession of the ball
<b>Substitutions</b>	Substitution horn on ANY out-of-bounds ball NO HORN on Non-time serving penalties Inadvertant whistles Officials’ Time-outs (not including injuries)

**Play-on** Used only with regard to interference with goalie in the crease

**Time-outs** 2 per half and 1 in each OT period for all levels playing OT  
Time-outs during play can be called ANYWHERE ON THE FIELD

**Stalling** AUTOMATIC “KEEP IT IN” during the last 2 minutes of game for the team ahead – EXCEPT TYKERS!  
Officials may put “stall warning” on if appropriate at any time during game.  
Midgets ONLY – During the LAST 2 MINUTES of the game, (regardless of the score) teams required to follow NFHS clearing rules (counts).  
Juniors ONLY – During the ENTIRE game, (regardless of score) teams will be required to follow NFHS clearing and count rules.  
In and Back – Juniors will follow the “Backcourt” rule as stated in NFHS manual. Once offensive team has advanced ball into the offensive box, it is illegal for ball to go back into defensive end unless last touched by defense or a shot.

#### **Restarts & Substitution Horns**

MYLA will continue to use the substitution horn on ANY out-of-bounds ball. The Federation rulebook allows for “quick” restarts – we won’t use quick restarts in our games.

**Goalie Foul** Goalie will serve a penalty only if the penalty is Unsportsmanlike Conduct. Otherwise, the in-Home will serve any Goalie penalties. Replacement goalie has 2 minute warm-up period.

**Field Player in GOAL** NO PLAYER other than the designated Goalie may assume the position of a Goalie in the mouth of the goal. If this occurs, there will be IMMEDIATE (no flag down slow whistle) whistle stopping play. Penalty will be illegal procedure – 30 second time-serving penalty.

**Conduct** Inappropriate conduct by an official, player, coach, or spectator has no place in the MYLA.  
Inappropriate conduct must be dealt with immediately and appropriately. First responder to inappropriate conduct is to be the coach if a player or spectator is at fault.  
If the coach doesn’t act or if the spectator doesn’t comply, the official needs to take charge and remedy the situation. If possible, the official should follow the SLOA prescribed sequence: Verbal warning  
Technical Foul  
Personal Foul  
Expulsion  
Expulsions or complaints need to be reported to me immediately upon the conclusion of the game.

**Penalty Time** By book unless excepted above. Tykers never play “man-down”. For a “time-serving” penalty in a Tyker game, the offending player leaves the field for the appropriate length of time. He is substituted for immediately. The offended Tyker team is awarded a “fast break” – ALL middies except ball carrier are held at midfield. Player with ball is positioned 5 to 8 yards into offensive area. Attack and defensive players position themselves as they wish but always allowing the player with ball 5 yards on restart. All players are “live” with whistle.

**Field** No penalty if incorrectly marked.

**Ball** All balls must have official NOCSAE stamp. NO NOCSAE = NO GAME.

**Counting** Offensive and defensive counts are as explained in “Stalling”.

**Alternate Possession** Used and determined as per NFHS rules.

**Game Time** Home team is expected to have clock and timer at the table. If the refs need to keep time on the field, they are to time each quarter as below:

<u>Division</u>	<u>w/ clock at table</u>	<u>if refs time</u>
Tyker & Lightning	10 min RT	10 min RT
Midgets	8 min start/stop	11 min RT
Juniors	10 min start/stop	13 min RT

Penalty time should always be start-stop.

Stop time on time-outs and during last 2 minutes of game w/i 2 goals.

**Overtime Play**

Tyker & Lightning	NO overtime play
Midgets & Juniors	by book – 4 minute periods change goals Advancing Counts continue in OT

### Procedure:

**Equipment Checks** Equipment checks are to be conducted per NFHS rules

**Equipment** Check goalie and other players for required equipment at opening line-up

**Face-off** NO contrasting tape required.

**Injury** Injured player – except Goalie – must come out of game  
If injury is to goalie, he may remain in the game if he and his coach agree.

**Spectators** All spectators should view the game from the non-bench side of the field.