

**Maryland Youth Lacrosse Association**  
*Rule Highlights – 2017*  
*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>	<b><u>Goalie excepted</u></b> 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 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”      40”-42” & 52”-72”
	Long Crosse Limits	N/A	4, 42”+ max      4, 42”+ max
	Illegal Crosse Penalty	by book -	by book -      by book
	Stick head dimensions may be legal by <b><u>either</u></b> 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>	<b>Free clear following goal for the team losing by 4 goals or more</b> <b><u>Face-off to begin every quarter</u> unless excepted by NFHS rule</b>
<b>1 Hand Check</b>	<b>Personal foul (a slash)</b> <b>Penalize only legitimate attempts to dislodge the ball</b>
<b>Body-checks Tyker</b>	<b><u>Tyker ONLY</u> – bodychecking permitted ONLY on player with possession of the ball</b>
<b>Substitutions</b>	<b>Substitution horn on ANY out-of-bounds ball</b> <b>NO HORN on      Non-time serving penalties</b> <b>                                 Inadvertant whistles</b> <b>                                 Officials’ Time-outs (not including injuries)</b>



**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** Tykers NO overtime play  
Ltgs, Midgets & Juniors by book – 4 minute periods change goals  
Advancing Counts continue in OT  
Lightning, Midget, & Junior games MUST NOT END IN A TIE!!

### 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.