

SEPYLA RULES 2013

Regular Season Rules of SEPYLA That Apply To All Divisions

- Teams have 2 Time Outs in each half.
- In the event of a tie game at the end of regulation, we play one 4 Minute sudden victory over time period. The game ends in a tie if no one scores in the one overtime period (Regular Season Only). Teams have 1 Time Out in overtime.
- The 4 goal mercy rule applies following goals once a team is leading by 4 or more goals. **THIS IS AN OPTION FOR THE TEAM THAT IS DOWN 4+ GOALS.** There will be a face off to start each period, even if one team is leading by 4 or more goals.
- All penalties are served in all Divisions. All players must serve their own penalties, with the exception of goalies. Goalies will only serve conduct related fouls.
- All spectators must remain on the opposite side of the field of the players and coaches.
- The "Home" team shall supply responsible adults for both the game and penalty clocks. Coaches will not keep game or penalty time clocks.
- Players must stand in the bench area during the game (unless there is not sufficient sideline space for a bench area).
- Both teams must have a properly equipped goalie on the field at all times.

A-1 and A-2 Division Specific Rules

- 10 Minute Stop Time Quarters
- There is a 20 second count for defensive clearing over midfield and a 10 second count for advancing the ball on offense.
- Teams that are leading must keep the ball in the offensive box during the last 2 minutes of the game.
- Horns for substitutions are only permitted on balls that go out of bounds on the sidelines. There are no horns for substitutions on balls that go out of bounds on the end lines.
- Short Poles may be 40" to 42" and Long Poles may be 52" to 72".

A-3 Division Specific Rules

- 10 Minute Stop Time Quarters
- There is no 20 second count for clearing and no 10 second count for advancing the ball on offense. Teams that are leading do not have to keep the ball in the offensive box during the last 2 minutes of the game.
- Horns for substitutions are only permitted on balls that go out of bounds on the sidelines. There are no substitutions on balls that go out of bounds on the end lines.
- Short Poles may be 40" to 42" and Long Poles may be 52" to 72".

B-1, B-2 and B-3 Division Specific Rules

- 10 Minute Stop Time Quarters
- There is no 20 second count for clearing and no 10 second count for advancing the ball on offense. Teams that are leading do not have to keep the ball in the offensive box during the last 2 minutes of the game.
- Horns for substitutions are allowed on all balls that go out of bounds on the side lines and end lines.
- **NO** 1 handed stick checks are permitted in any games involving B Division Teams.
- Short Poles may be 37" to 42" and Long Poles may be 52" to 72".

C Division Specific Rules

- 10 Minute Stop Time Quarters
- There is no 20 second count for clearing and no 10 second count for advancing the ball on offense. Teams that are leading do not have to keep the ball in the offensive box during the last 2 minutes of the game.
- Horns for substitutions are allowed on all balls that go out of bounds on the side lines and end lines.
- **NO** 1 handed stick checks are permitted in any games involving C Division Teams.
- **NO** body checks are permitted in the C Division.
- 5th graders (or any grade older) are never permitted to play in a C Division game.
- Short Poles may be 37" to 42" and Long Poles may be a maximum of 52"

Referee Fees: Please make sure that the referees are paid prior to the start of the game

A1, A2 and A3:	\$60 each for 2 referee/ \$80 for 1 referee (We should never have 1 referee in "A" games).
B1, B2 and B3:	\$60 each for 2 referee/ \$80 for 1 referee
C:	\$60 for 2 referees/ \$80 for 1 referee

These are the new US Lacrosse guidelines that SEPYLA has addressed

Body Checking: Violent, purposeful collisions, particularly those targeted at unsuspecting players and that feature one player intentionally putting another player on the ground or inflicting injury, will be not be permitted at all levels. This would include an illegal body check on a player in a defenseless position — one whose blind side is exposed to the hit, who has his head turned for a pass or who has his head down playing a loose ball.

One Handed Checks: At the B and C levels, any one-handed check will be considered a slash, regardless if the attempt makes contact with the opposing player. *(One handed checks are legal at the A level, as long as they are a legal check).*

Goalie Equipment: US Lacrosse has recommended that youth goalies must wear elbow pads. SEPYLA will not be adopting this rule. The clubs have voted to make this rule optional, so goalies may wear elbow pads if they want to but will not be mandated to do so. US Lacrosse has also recommended that all goalies wear a protective cup. SEPYLA will enforce that rule.

Get It In/Keep It In: Since there are no counts at the A3 level and all B and C level games in SEPYLA, there can not be any enforcement of any stalling warnings. Teams do not have to “get it in” or “keep it in” at any time in A3, B1, B2, B3 or C.