

UPSTATE LACROSSE CLASSIC GAME RULES

The Classic for **Boys Grades 1/2 & 3/4** will use H.S. Modified Lacrosse Rules with the following exceptions:

- Participation:** Individuals on the teams in the league should currently be in 1st or 2nd grade only. Kindergarten age players may play at their coach's discretion. **No higher grades will be allowed.** Games will be played using 7 players (2 attack, 3 midfielders, 2 defensemen and 1 goalie). ****3/4 teams that play on larger fields will play a 3x3x3 format.****
- Helmets:** ONLY LACROSSE HELMETS may be worn during the games. NO HOCKEY HELMETS will be allowed.
- Contact Rules:** No deliberate body contact may be initiated with the torso either offensively or defensively (PLAY THE BALL – just stick on stick – poke check). No slashing or wrap checks. Incidental body contact is to be expected (i.e. ground balls).
- Stick Rules:** Short sticks ONLY. Two-handed stick checks only.
- Officials:** Experienced referees will be used for games.
- Pass Rule:** One pass must be completed in the offensive end with each new possession the team has before a shot can be taken.
- Penalties:** When a personal foul is committed, possession of the ball will be awarded at midfield to the opposing team and a 3 vs. 2 fast break will be initiated. The offensive team will have five seconds, from when the whistle is blown, to pass or shoot until the remaining midfielders are released from the midfield. The player who committed the penalty must be substituted. Since penalties are delayed if a second offense occurs during a delay, then a second fast break will be awarded.
- Time Keeping:** No 10-second clock. We will play two – 20 minute running halves with a 2-minute half time. The game time will be the same for all fields and be kept at the command tent not at the individual fields. Air horns will sound for the start of the game, end of 1st half, start of second half and end of game. There is no overtime: any game that ends in a tie at the end of regulation remains a tie.
- Goal Rule:** After a goal is scored, a face-off will take place at midfield. After a 5 goal differential, the team behind will be awarded the ball at midfield when scored upon. A face off will begin the game and the start of the second half.

UPSTATE LACROSSE CLASSIC

The Classic for **Boys Grades 5-6** will use H.S. Modified Lacrosse Rules with the following exceptions:

- Participation:** Individuals on the teams in the league should currently be in 5th or 6th grade only. Younger players may play up at their coach's discretion. **No higher grades will be allowed.** Games will be played using 10 players (3 attack, 3 midfielders, 3 defensemen and 1 goalie).
- Helmets:** ONLY LACROSSE HELMETS may be worn during the games. NO HOCKEY HELMETS will be allowed.
- Contact Rules:** No deliberate body contact may be initiated with the torso either offensively or defensively (PLAY THE BALL!!!). Incidental body contact is to be expected (i.e. ground balls).
- Stick Rules:** Three long sticks will be allowed per team on the field at one time. Poke and slap checks limited to the stick or glove area.
- Officials:** Experienced referees will be used for games.
- Pass Rule:** NO pass rule!
- Penalties:** When a personal foul is committed it will result in a 1 minute penalty. The team on the man up will play normal number of middies (3) and the team that is man down will play with 1 less middle (2). The timekeeper on the sideline will release the penalties. Penalties occurring in the first half of play will carry over into the second half.
- Time Keeping:** No 10-second clock. We will play two – 20 minute running halves with a 2-minute half time. The game time will be the same for all fields and be kept at the command tent, not at the individual fields. Air horns will sound for all games at the start of the games, end of 1st half, start of second half and end of game. The referee will keep time for any penalties. There is no overtime: any game that ends in a tie at the end of regulation remains a tie.
- Goal Rule:** After a goal is scored, a face-off will take place at midfield. After a 5 goal differential, the team behind will be awarded the ball at midfield when scored upon. A face off will begin the game and the start of the second half.

UPSTATE LACROSSE CLASSIC GAME RULES

The Classic for **Girls 1st/2nd & 3rd/4th** grades will use the following Lacrosse Rules:

- Participation:** Individuals on the teams in the league should currently be in 3rd through 4th grade only. Younger players may play up at their coach's discretion. No higher grades will be allowed. . Games will be played using 7 players and 1 goalie.
- Goggles:** GOGGLES and MOUTHGUARDS are required for all players.
- Contact Rules:** NO checking.
- Field Info:** Fields will be 80 yards, rather than the standard 100 yards. The restraining line will be used and marked 30 yards from the goal line. Both teams must keep 2 players (not including the goalie) behind the restraining line. Hard boundaries will be played for all ages (except girls 1st & 2nd Grades)
- Pass Rule:** One pass must be attempted in the offensive end of the field (measured at mid-field). If the pass is incomplete or dropped and is recovered by the offensive team, the pass is considered complete. If possession is turned over, one pass must again be attempted.
- Substitution:** will be on the fly. Substitution cannot be made on a dead ball except after a goal.
- Penalties:** Minor penalty: possession and 1 meter away for penalized player. Major penalty: possession and penalized player moves 4 meters away. Within 8 meters: penalty = direct shot.
- Time Keeping:** We will play two – 20 minute running halves with a 2-minute half time. The game time will be the same for all fields and be kept at the command tent, not at the individual fields. Air horns will sound for all games at the start of the games, end of 1st half, start of second half and end of game. There is no overtime: any game that ends in a tie at the end of regulation remains a tie. The 3-second rule will not be enforced.
- Goal Rule:** Draw after each goal. Shooting space will be enforced.

UPSTATE LACROSSE CLASSIC GAME RULES

The Classic for **Girls 5th/6th** grades will use the following Lacrosse Rules:

- Participation:** Individuals on the teams in the league should currently be in 5th through 6th grade. Younger players may play up at their coach's discretion. No higher grades will be allowed. . Games will be played using 11 players and 1 goalie.
- Goggles:** GOGGLES and MOUTHGUARDS ARE required for all players.
- Contact Rules:** NO checking
- Field Info:** Fields will be the standard 100 yards. The restraining line will be used and marked 30 yards from the goal line. Both teams must keep 4 players (not including the goalie) behind the restraining line. Hard boundaries will be played for all ages (except girls 1st & 2nd Grades)
- Pass Rule:** One pass must be completed in the offensive end of the field (measured at mid-field. If possession is turned over after the completed pass has been made, one pass must again be completed.
- Substitution:** will be on the fly. Substitution cannot be made on a dead ball except after a goal.
- Penalties:** Minor penalty: possession and 1 meter away for penalized player. Major penalty: possession and penalized player moves 4 meters away. Within 8 meters: penalty = direct shot.
- Time Keeping:** We will play two – 20 minute running halves with a 2-minute half time. The game time will be the same for all fields and be kept at the command tent, not at the individual fields. Air horns will sound for all games at the start of the games, end of 1st half, start of second half and end of game. There is no overtime: any game that ends in a tie at the end of regulation remains a tie. The 3-second rule will not be enforced.
- Goal Rule:** Draw after each goal. Shooting space will be enforced.