

APPENDIX #2 – BOYS’ NVYLL ANNUAL RULES UPDATE – 2012

The National Federation of High School Associations (NFHS) 2012 Boys Lacrosse Rules book shall govern NVYLL boys’ youth play, except as amended below.

OVERARCHING PRINCIPLE

The game is to be played with emphasis on the proper development of individual stick skills, team play, player safety, and sportsmanship.

Boys’ Age and Eligibility Guidelines US Lacrosse establishes eligibility guidelines in order to promote the game of lacrosse among the youth of America in a safe and sportsmanlike environment. To best achieve this goal, US Lacrosse believes that leagues, associations, and other organizers of youth lacrosse should seek to provide playing opportunities that, as much as possible, establish a "level playing field" among players of similar age, size, and ability.

Age and Eligibility Guidelines are not considered “game-day rules” and are not enforced as game-day rules by officials. Exceptions to age divisions cannot be made on game day and all coaches must adhere to classifications as determined by NVYLL.

League Play. NVYLL organizes competition by age, and considers physical, cognitive, and emotional maturity when grouping players. Players who are participating in any high-school level program are not eligible for NVYLL play in the same season. This means that a player who is age-eligible for U15 but plays on a high school level team should not concurrently play on a youth league U15 team. At other times of the year this player may be U15 eligible, for example, for summer ball or fall ball play, depending on the guidelines of the sponsoring league or organization.

The following age groupings are determined as of the August 31st preceding competition:

- U15:** All players must be 14 years old or younger on the August 31st preceding competition.
- U13:** All players must be 12 years old or younger on the August 31st preceding competition.
- U11:** All players must be 10 years old or younger on the August 31st preceding competition.
- U9:** All players must be 8 years old or younger on the August 31st preceding competition.

NOTE: Age group references used in this section are in common usage but should not be understood literally. The U15 (read: “Under 15”) grouping means that, if a player is 14 years old on the cutoff date, he may participate in U15 competition as a 15-year old.

Spring 2012 Age Grouping Quick Reference Table

Birth date	Age Bracket
Born on or after 9/1/1996	U15
Born on or after 9/1/1998	U13
Born on or after 9/1/2000	U11
Born on or after 9/1/2002	U9

Rule 1: The Game, Field and Equipment

Section 2 Articles 1 through 10 & 12 (The Field):

Play on regulation size field (as defined in Rule 1, Section 2, Articles 1 through 10 and 12) is preferred; however, all fields are assumed to be legal for NVYLL games.

The U9 Modified Field shall be approximately a minimum of 60 yards long and 35 yards wide with a painted end line and mid-field line. Fields may be set up to run across ½ of an existing NFHS full size regulation field. Creases will be designated 5 yards from each baseline.

There shall be no penalties assessed for illegal field specifications.

Sections 3, 4, & 5 (Goals and Goal Lines; Goal Nets; and, The Ball):

Unless objected to by the officials, all goals, goal lines, goal nets and balls are assumed to be legal. If requested, the home team will then be responsible for any adjustment to see that these items conform as close to NFHS standards as possible. Failure to meet NFHS standards will not be a cause for forfeiture.

Section 6 (Crosse Dimensions):

US Lacrosse recommends that coaches assess players' size, strength, and skill in determining proper long crosse length for defense players, within NFHS rules. US Lacrosse further recommends that a long crosse should not be taller than the player at any youth level. Crosse dimensions will conform to NFHS requirements, with the following modifications:

U11A: At U11A, teams have the option to have up to but no more than 3 "long sticks" on the field. Long sticks must be between 47" and 72." All other stick lengths shall be between 36" – 42."

U11B and Below: At U11B and below, all sticks must be between 36" and 42" in length.

Section 9, Article 1 (Player Equipment):

Equipment shall conform to NFHS requirements, including gloves, arm pads, shoulder pads, mouth piece, shoes, and NOCSAE - approved helmets, which must be properly fitted and worn, with the following modifications:

- Delete from NFHS Rule:
"All helmet decals and external markings shall be school-issued. All players of a team shall wear helmets of the same color or colors."

For NVYLL players, there is no restriction on the color, markings, or decals for helmets.
- The tooth and mouth protector shall cover the upper or lower teeth with adequate thickness. It is preferable that the mouthpiece be colored (not clear or white) and has a strap attaching the mouthpiece to the helmet.
- Shoulder pads are required for all players.
- No metal or metal tipped cleats.
- A team's game jerseys should have numbers centered on the front and back of sufficient size to be clearly visible by game officials anywhere on the field and opposing teams' jerseys should have contrasting dominant colors. Home teams are responsible for contrasting jersey colors and will provide and wear contrasting color numbered pinnies or pinnies that allow jersey numbers to be clearly seen, if needed. The jersey, pinnie, or an under jersey should completely cover the shoulder pads, which will help hold them in place. No jersey can be changed during the game unless deemed necessary by the officials.
- It is suggested that all players on the same team wear uniform shorts of the same dominant color.
- Arm pads are required for every player except for Goalkeepers. Goalkeepers are encouraged to wear arm pads.
- Goalkeepers must wear protective cups.
- Goalkeepers may wear soccer style shin-guards under their socks or hard-plastic shin-guards (such as used in baseball and field hockey) over their socks.
- There are no color restrictions to under-jerseys, compression shorts or sweatpants. In addition, a protective cup and rib pads are recommended for all non-Goalkeepers.

Section 12 (Sideline Managers):

Scheduled league games will be overseen by a Field Commissioner. The Field Commissioner cannot be a coach of the team currently on the field, a scorer nor the timer. The Field Commissioner shall be responsible for: (1) enforcing the rules, regulations and Bylaws of NVYLL; (2) maintaining orderly conduct of all participants, coaches and fans; and (3) completing the "Game Summary Report forms" (see Appendix #4) which may be revised annually, but shall include, at a minimum, teams, scores, injuries, disciplinary actions, expulsions, forfeits and number of referees or umpires. The Field Commissioners and coaches shall be responsible for the conduct of all players, members of the coaching staff and spectators.

Rule 2: Game Personnel

- NVYLL does not require "official scorebooks."
- The governing organization for officials shall establish the uniform for NVYLL officials.
- A 20-second timer is recommended but not required for game officials.
- Game officials shall ensure that each team has 10 players (8 at U9B), including those in the penalty area, at the beginning of the game.
- The timekeeper's responsibilities are limited to: running the game clock; blowing the horn at the end of each quarter; the timing of penalties; and the blowing of the horn for substitutions when directed by an official.
- The Scorer's only responsibility is to keep score of the game. (No score kept at U9)
- The use of ball retrievers is forbidden at all NVYLL games.

Rule 3: Time Factors

Game time factors:

- The game clock will stop on all whistles during the last two (2) minutes of the fourth quarter and the last two (2) minutes of any overtime period for all teams except U9. Complete game within the prescribed time. Penalty enforcement is served while the ball is in play. Stop and start time is enforced for penalties while game time is a running clock.
- There shall be two-minute intervals between the first and second periods and between the third and fourth periods of a game. During these intermissions, all rules governing play of the game remain in force. The intermission between second and third periods shall be 5 minutes. The teams may leave the field, and all rules governing play of the game remain in force.

Interruption of Game:

- In the event of lightning all players shall leave the field and seek shelter in enclosed motor vehicles or buildings for 30 minutes following the last sighting.
- During the regular season, more than 50% of a boys' game regulation time must have expired to be considered a complete game.
- It is the intent of NVYLL that all post-season games be completed. Canceled or shortened games will take place only at the discretion of the Chairman in consultation with the scheduler and appropriate officiating association.

Rule 4: Play of the Game

- Before the opening faceoff of all but U9B games, the referee shall draw up the players in lines facing each other at the center of the field, with their left sides toward the goal they are defending, and explain any special ground rules.
- Any team behind by five (5) goals or more shall get the ball at the center of the field after the scoring of a goal instead of a face-off. There will be a face off at the start of each quarter and

half, regardless of score. In the event of a time-serving penalty with possession at the end of a quarter, the next quarter will start per NFHS rules. The 5-goals exception does not apply to U9.

Rule 5: Personal and Ejection Fouls

Section 10, Article 1 (Unsportsmanlike Conduct):

- b. use of threatening, obscene, derogatory or profane language on the field or bench, whether addressing a player, coach, or official will receive: first offense, 1 to 3-minute non-releasable unsportsmanlike conduct penalty; second offense, a 3-minute non-releasable expulsion foul.

Section 12 (Ejection):

- Art. 2 Any player or coach ejected by the officials from two separate games in one season will be suspended for the remainder of the season.

Rule 7: Penalty Enforcement

Sections 1 (Procedure):

- a. Except at U9 the offending player must leave the field and remain out of the game for the length of his penalty time but his team may replace him with a substitute on the field. No man up situation should occur. Ball is awarded per NHFS rules.
- d. If the goalkeeper is penalized for a personal foul, excluding unsportsmanlike conduct or expulsion, the in-home will serve the penalty. If the goalkeeper is injured, the official will allow a full-one minute delay for replacing the goalie on the field beginning with his warm-up.

Endnotes

Game Termination. Officials will have authority to terminate a boys' youth game in response to flagrant acts of unsportsmanlike behavior including excessively rough play or the encouragement of excessively rough play by coaches, athletes, spectators, or fans. A game termination will be the last resort in ensuring the players' safety and preserving the integrity of the game. If possible, game officials will issue at least one strong warning that the game is in danger of being terminated. However, it is conceivable that games may be terminated on the first instance of a flagrant unsportsmanlike act. Every effort should be taken to avoid game termination, including the enforcement of existing rules for team-conduct penalties, unsportsmanlike-conduct penalties, and ejection fouls. Mechanics for terminating a game for flagrant unsportsmanlike behavior can be found at www.uslacrosse.org (Programs & Grants, Sportsmanship Card). All games terminated by an official will result in a 1-0 victory for the team that is innocent of the terminal offense(s). The game shall count in league statistics as a full game.

- **Game and field conduct is the responsibility of the Home team, Game officials and Field Commissioner.**
- **Keep all parents on the opposite side of player area and away from the endlines.**
- **Penalty enforcement is served while the ball is in play. Stop and start time is enforced for penalties while game time is a running clock. The game clock will stop on all whistles during the last two (2) minutes of all BHS, U15, U13, and U11 games and during the last two (2) minutes of any overtime period (overtime applies to BHS, U15 and U13 only). Except in the case when the five goal rule applies.**
- **Failure to exchange rosters and provide to the Field Commissioner prior to the start of the game is an immediate forfeiture.**

- **Code of Conduct shall be adhered to and enforced fully by the game officials and Field Commissioner.**
- **Sportsmanship is paramount during all NVYLL play.**

High School Division

1. NFHS Rules will be followed unless modified below or previously in these NVYLL Rules.
2. 12 minute running time Quarters. The game clock will stop on all whistles during the last two (2) minutes of games and during the last two (2) minutes of any overtime period. Except in the case when the five goal rule applies. Complete game within the prescribed time.
3. During the final two minutes of regulation play, stalling rules will be in effect. The team ahead will be warned to “keep it in” once the ball has been brought into its respective goal area.
4. There shall be one 4-minute “sudden victory” period for any tie game. If no goal is scored in the “sudden victory” period, the game will end in a tie. In the playoffs, as many sudden-victory overtime periods will be played as necessary until a winner is determined.
5. Games may be played against High School teams.
6. Players must be members of US Lacrosse.

SENIOR DIVISION (Under 15A and Under 15B)

All rules are the same as those used in the High School Division with the following exceptions.

1. No games or practices may be held with High School teams.
2. Though suggested, players need not be members of US Lacrosse, unless required by their Club.
3. All stick checks, body checks, legal holds, and legal pushes must be on a player in possession of the ball or within 3 yards of a loose ball or ball in flight. This is a change from the 5 yards specified in RULE 4 SECTION 17, Checking With Crosse; RULE 5 SECTION 3, Illegal Body Check, ARTICLE 1; RULE 6 SECTION 3, Holding, ARTICLE 3.a and d; and RULE 6 SECTION 9, Pushing. (NOTE: This change from five to three yards does not apply to a free play restart under RULE 4 SECTION 5, Play of the Ball Definitions, ARTICLE 1, in which no player may be closer than five yards to the player awarded the ball.)
4. Upright Body checking is allowed however no take-out body checks are permitted by any player. A take-out check is defined as:
 - a. Any body check in which the player lowers his head or shoulder with the force and intent to put the other player on the ground.
 - b. Any body checks considered more aggressive or more physical than necessary to stop the advancement of the player carrying the ball or to keep or move a player away from a loose ball. This includes but is not limited to:
 - i. any check in which a player makes contact with sufficient force and intent to knock down the opposing player;
 - ii. any check in which a player makes contact with sufficient force and intent to injure the opposing player; and
 - iii. any check made in a reckless or intimidating manner.
 - c. Any body check on a player in a defenseless position. This includes but is not limited to:
 - i. body checking a player from his “blind side”;
 - ii. body checking a player who has his head down in an attempt to play a loose ball; and
 - iii. body checking a player whose head is turned away to receive a pass, even if that player turns toward the contact immediately before the body check.

NOTE: Sports medicine research indicates that the severity of certain injuries may be reduced if a player can anticipate and prepare himself for an oncoming hit. Other sports medicine research indicates that peripheral vision may not be fully developed in many boys before approximately age fifteen. Game officials should be especially alert to blind side checks at all youth levels.

SENIOR DIVISION (Under 15C)

All rules are the same as those used in Senior Division (U15A and U15B) except for:

1. Advancement of the ball beyond the center line shall not be enforced.
2. Advancement of the ball into the goal area shall not be enforced.

JUNIOR DIVISION (Under 13A)

All rules are the same as those used in Senior Division (U15A and U15B).

JUNIOR DIVISION (Under 13B and Under13C)

All rules are the same as those used in Junior Division (U13A) except for:

1. Advancement of the ball beyond the center line shall not be enforced.
1. Advancement of the ball into the goal area shall not be enforced.
2. Any one-handed check will be considered a slash, whether or not it makes contact with the opposing player.

LIGHTNING DIVISION (Under 11A)

All rules are the same as those used in Junior Division (U13B and U13C) with the following exceptions:

1. 10 minute running time quarters. The game clock will stop on all whistles during the last two (2) minutes of the fourth quarter and for playoff games the last two (2) minutes of any overtime period.
2. Teams have the option to have up to but no more than 3 "long sticks" on the field. Long sticks must be between 47" and 72". All other stick lengths shall be between 36" - 42"
3. No overtime (sudden victory) periods will be held for regular season games. Tie games will end after regulation time expires.
4. Official's control of the game: stick checks must be controlled checks. **No body checks.** In all loose ball situations players should "play the ball," but incidental contact, "boxing out," or screening techniques during such play shall not be considered a violation of this rule. If the ball is not moving the referee will start play following the alternate possession rule.

LIGHTNING DIVISION (Under 11B and U11C)

All rules are the same as those used in Lightning Division A (U11A) with the following exceptions:

1. 1-Pass rule in offensive end of the field. Legitimate passes include any attempt, either completed or attempted in the air or on the ground, towards a teammate. Once one pass is completed or attempted in the offensive end, no other restriction on the offensive team will be in effect until a change of possession or timeout has occurred after which the 1 pass count starts over. If a goal is scored without one pass attempt, the goal SHALL NOT count and the ball shall be awarded to the opposing team at mid-field line. Clarifications: Both the player attempting the pass and the player receiving the pass must be on the offensive side of the field for the one pass count to be satisfied. A pass or clear made from the defensive end of the field into the offensive end of the

field does not satisfy the one pass count. A change of possession is considered to have occurred if the goalie has made a save or any defender has obtained control of the ball. Deflected shots or passes are not considered a change of possession. A penalty does not reset the count.

2. All sticks must be between 36" and 42" in length. No long sticks at U11B and U11C.
3. Stalling rules do not apply.

BANTAM DIVISION (Under 9 Full Field)

All rules are the same as those used in Lightning Division (U11B and U11C) with the following exceptions:

1. Official's control of the game: stick checks must be controlled checks
2. One (1) coach per team shall be allowed on the field along the team sideline and outside the restraining area during play. Coaches on the field not permitted to cross the midfield line; may never cross in front of opposing team bench, and must stay on their side of the midfield line. Teams are encouraged to take advantage of this teaching opportunity but this presence does not authorize the coach on the field to address the game officials or - unless agreed to by the other teams coach - members of the opposing team.
3. No scores are reported. No standings are kept. No playoffs will be held. This is a non-competitive division devoted to player development.
4. Timeouts are limited to two - one (1) per half.
5. Penalties do not create a man-down situation. The player who committed the penalty will be required to leave the field but may be substituted for so that the teams remain at equal strength. The ball will be awarded to the team that was fouled at the spot of the foul. The player who committed the foul must remain on the sidelines until at least one minute of running time has elapsed.
6. The game clock does not stop during the last (2) minutes of play. Entire game is a running clock with 10 minute quarters.

BANTAM DIVISION (Under 9 Modified Field)

All rules are the same as those used in Bantam Division (U9 Full Field) with the following exceptions:

1. Teams will be limited to eight (8) players on the field at a time (ie. 8 vs 8). The 8 players will be 2 attack, 3 midfielders, 2 defensemen, and a goalie. To remain on sides, a team must have a total of three (3) players on the defensive end and two (2) players on the offensive end of the field. Teams have the option to play with a goalie or without one, but may not use a shooting barrier in place of a goalie.
2. Offensive and Defensive players shall stay behind the Goal Line Extended until an official declares possession.
3. 2-Pass rule is in effect anywhere on the field by any player including the goalie. Legitimate passes include any attempt, either completed or attempted in the air or on the ground, towards a teammate. Once two passes are completed, no other restriction on the offensive team will be in effect until a change of possession or timeout has occurred after which the 2 pass count starts over. If a goal is scored without two pass attempts, the goal SHALL NOT count and the ball shall be awarded to the opposing team at mid-field line. Clarification: At U9B, the player attempting the pass and the player receiving the pass may be anywhere on the field for the pass count to be satisfied. A pass or clear made in or from the defensive end of the field (including from the goalie) counts as a legitimate pass. A change of possession is considered to have occurred if the goalie has made a save or any defender has obtained control of the ball. Deflected shots or passes are not considered a change of possession. A penalty does not reset the count.
4. Coaches are encouraged to play with a goalie and rotate goalies at half time with each player on the team playing at least one half in goal during the season.