

2012 COLORADO YOUTH LACROSSE ASSOCIATION HOUSE RULES

Introduction

The National Federation of State High School Associations (NFHS) 2012 Boys Lacrosse Rules as amended by US Lacrosse Youth Playing Rules shall govern CYLA boys youth play. The governing board of the CYLA has further amended the above set of rules; these rules shall be called the 2012 CYLA House Rules for Boys Youth Lacrosse (“House Rules”). The US Lacrosse Youth Rules (not including CYLA House Rule exceptions) can be found in the “documents” section of the CYLA website. Additional Rules addressing conduct and sportsmanship may be found in the CYLA Operating Rules. The game is to be played with emphasis on the proper development of individual stick skills, team play, player safety, and sportsmanship.

ALL PLAYING DIVISIONS

Age and Eligibility Guidelines. The CYLA House Rules contain eligibility guidelines in order to promote the game of lacrosse in Colorado in a safe and sportsmanlike environment. To best achieve this goal, the CYLA believes that 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. Exceptions to age divisions cannot be made on game day and all coaches must adhere to classifications as determined by the CYLA.

2012 Age-Based Playing Divisions. The CYLA will play the following age-based divisions: U15, U13, U12, U11, U10, U9 and U8 (see table cut-off dates). In each age group, the CYLA will consider skill and past playing performance when assigning teams to competitive divisions within each age group. Each age division is subdivided into three skill levels: Red (most skilled), White (intermediate) and Blue (beginner).

Spring 2012 Age-Based Quick Reference Table

CYLA/US LACROSSE AGE-BASED BIRTHDATE RANGES				
FROM	September 1, 1996	THRU	August 31, 1997	U15
FROM	September 1, 1997	THRU	August 31, 1998	U14
FROM	September 1, 1998	THRU	August 31, 1999	U13
FROM	September 1, 1999	THRU	August 31, 2000	U12
FROM	September 1, 2000	THRU	August 31, 2001	U11
FROM	September 1, 2001	THRU	August 31, 2002	U10
FROM	September 1, 2002	THRU	August 31, 2003	U9
FROM	September 1, 2003	THRU	August 31, 2004	U8
Ages for the 2012 Season are based on the August 31, 2011 Cut-Off Date				

*Any player who was born before 9/1/96 but who is in 8th grade can play in the U-15 division; in no instance can a 9th grader play on a CYLA youth team.

NUMBER OF PLAYERS - RULE 1 SECTION 1

The CYLA is fundamentally a 10 v 10 league, however a team may start a game with as few as (8) players without having to forfeit the game and play “man-down.” A team that cannot start the game with (8) players will forfeit the game.

FIELD DIMENSIONS - RULE 1 SECTION 2

CYLA fields will follow National Federation of High Schools (NFHS) guidelines. Minor alterations which are acceptable to both coaches will be allowed. (US Lax Rule 1-2)

PLAYER EQUIPMENT - RULE 1 SECTION 9

- Equipment shall conform to NFHS requirements. All goalies are required to wear a protective cup and equipment listed in NFHS Rule 1-9-1-j-k-l; arm pads are recommended but not required.

TEAM TIME OUTS / BREAKS BETWEEN PERIODS

- (2) per half, per team (1 minute in length)
- No Time Outs during OT periods
- 2 Minute Break Between 1st and 2nd quarters, and 3rd & 4th quarters
- 5 Minute Halftime Break

OFFICIALS' TIME OUTS

- If a Player in possession of the ball loses any required equipment the official will immediately stop play. The player loses possession of the ball.

COACHES - 2 SECTION 3

- ONLY the Head Coach may talk to the officials. (ALSO SEE INDIVIDUAL PLAYING DIVISION RULES)

TIME FACTORS – RULE 3 (SEE INDIVIDUAL PLAYING DIVISION RULES)

PRE-GAME TEAM MEETING - RULE 4 SECTION 2 (re: LINE UP)

- Game officials shall call for a pre-game meeting before the opening faceoff. They will assemble all players (not just the starters) and coaches to the center of the field or in front of the scorers' table. At this time the game officials will convey the equipment, safety, and fair play information, in addition to explaining any special ground rules as required under CYLA Rules & Individual Playing Divisions (US LAX/NFHS RULE 4-2.)

FACING OFF - RULE 4 SECTION 3

- Each quarter shall begin with a face-off regardless of the score differential, unless an extra-man situation/exception is in effect under NFHS Rule 4-3. (ALSO SEE CYLA INDIVIDUAL PLAYING DIVISIONS).

NOT OFFSIDE - RULE 4 SECTION 11

If a team momentarily has fewer than the required number of men on either end of the field while players are exiting and entering the field through the special-substitution area, this is not considered to be an offside violation.

However, if a team delays its substitution and that causes it to have too few players on either half of the field, it may be called for offside or illegal procedure.

3-YARD RULE (MULTIPLE RULE SECTIONS) (NFHS USES 5-YARDS)

- 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. (Change from 5 yards).

ILLEGAL BODY CHECK - RULE 5 SECTION 3

- An avoidable body check of an opponent after he has passed or shot the ball is an illegal body check. The definitions below supplement, but do not supplant, all aspects, points of emphasis, and Play Rulings of NFHS Rule 5-3.
- **NO TAKE-OUT CHECKS** are permitted by any player at any age level.
A take-out check is defined as:
 - 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.
 - 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.

- 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.*

CHECKS INVOLVING THE NECK/HEAD - RULE 5 SECTION 4

- ARTICLE 1 ... A player shall not initiate contact to an opponent’s head or neck with a slash, cross-check, or with any part of his body (head, elbow, shoulder, etc.), including any follow through to the head or neck.
- ARTICLE 2 ... Blocking of an opponent with the head or initiating contact with the head, including by an offensive player in possession of the ball (known as spearing).
- PENALTY: One, two, or three minute non-releasable foul, at the official’s discretion, for violation of either article 1 or 2. An excessively violent violation of this rule may result in an ejection foul for flagrant misconduct.

2012 CYLA House Rules Applicable to INDIVIDUAL Playing Divisions

U15 (For 2012 U15 is a combined division of U14 and U15 Players)

- **Body Checking is permitted.** To be legal a body check should be delivered in a generally upright position with both hands on the stick and the player initiating the check may not use his lowered head or shoulder to make the initial contact.
- **One-handed checks allowed.**
- **Stick length:** 40" - 42" / Long 52" – 72" (NFHS RULE 1-6 & 1-2-1).
- **Game Time (Red Only):** will consist of four 10-minute stop-time quarters. NOTE: for stop time, game clock stops for all whistles. Penalty clock stops for all whistles. In the event of a tie, two 4-minute sudden-victory overtime periods will be played.
- **Game Time (White/Blue):** will consist of four 12-minute running-time quarters; game clock stops only for a team timeout, an official's timeout, or an injury timeout; penalty clock stops for all whistles. Game Clock stops for all whistles during the last 2 minutes of the game with goal differential of 2 or less. In the event of a tie, two 4-minute sudden-victory overtime periods will be played.
- **Final Two Minutes of Game:** the Final Two Minute stalling rule shall be enforced (NFHS RULE 3-3).
- **Stalling (Red Only):** All NFHS Stalling and Advancing the Ball rules are in effect, including NFHS Rule 4-34.
- **Stalling (White/Blue):** NFHS Stalling and Advancing the Ball Rules are NOT applicable at this level. However, if a game official detects an effort to stall the advancement of the ball in either the defensive clearing area or the offensive zone outside the goal area, the official will give a verbal command to "advance the ball" followed by a visual 5-second hand count. If the team so warned does not attempt to advance the ball within the 5-second count to within five yards of an opposing player, a turnover will occur with restart at the point of the stalling infraction (or laterally outside the goal area).
- **Faceoff (Red Only):** all NFHS face off rules will be followed (NFHS RULE 4-3).
- **Faceoff (White/Blue):** at any point during a game when there is a four-goal lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the four-goal lead is maintained, unless waived by the coach of the trailing team.
- **Advancing the Ball (Red Only):** the defensive 20-second count will be used and the offensive 10-second count will be used (NFHS RULE 4-14 / 15).
- **Advancing the Ball (White/Blue):** 20 second/10 second rules do NOT apply.
- **Get It In/Keep It In (Red Only):** RULE 4 SECTION 34 applies.
- **Get It In/Keep It In (White/Blue):** RULE 4 SECTION 34 does NOT apply.
- **Slashing:** shall be called per NHFS rules, i.e., one-handed check allowed (NFHS RULE 5-7).
- **Time Serving Penalties:** are enforced per NFHS rules (NFHS RULE 7-1 / 7-2).
- **Fouling Out:** Any player who accumulates 4 personal fouls or 5 minutes in personal foul penalty time shall be disqualified from the game. A substitute for that player may enter the game when the disqualified player would have been permitted to re-enter had he not fouled out (US LAX 5-11).

U13

- **Body Checking is permitted.** To be legal a body check should be delivered in a generally upright position with both hands on the stick and the player initiating the check may not use his lowered head or shoulder to make the initial contact.
- **Stick length:** 40" - 42" / Long 52" – 72" (NFHS RULE 1-6 & 1-2-1).
- **Game Time:** will consist of four 12-minute running-time quarters; game clock stops only for a team timeout, an official's timeout, or an injury timeout; penalty clock stops for all whistles. Game Clock stops for all whistles during last 2 minutes of the game with goal differential of 2 or less. In the event of a tie, two 4-minute sudden-victory overtime periods will be played.
- **Final Two Minutes of Game:** the Final Two Minute stalling rule shall be enforced (NFHS RULE 3-3).
- **Stalling (Red Only):** All NFHS Stalling and Advancing the Ball rules are in effect, including Rule 4, Section 34.
- **Stalling (White/Blue):** NFHS Stalling and Advancing the Ball Rules NOT applicable at this level. However, if a game official detects an effort to stall the advancement of the ball in either the defensive clearing area or the offensive zone outside the goal area, the official will give a verbal command to "advance the ball" followed by a visual 5-second hand count. If the team so warned does not attempt to advance the ball within the 5-second count to within five yards of an opposing player, a turnover will occur with restart at the point of the stalling infraction (or laterally outside the goal area).
- **Faceoff (Red Only):** all NFHS face off rules will be followed (NFHS RULE 4-3).
- **Faceoff (White/Blue):** at any point during a game when there is a four-goal lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the four-goal lead is maintained, unless waived by the coach of the trailing team.
- **Advancing the Ball:** 20 second/10 second rules do NOT apply.
- **Get It In/Keep It In (Red Only):** RULE 4 SECTION 34 applies.
- **Get It In/Keep It In (White/Blue):** RULE 4 SECTION 34 does NOT apply.
- **Slashing: NO One-handed checks are allowed.** Any one-handed check will be considered a slash, whether or not it makes contact with the opposing player (NFHS RULE 5-7 / US LAX 5-7).
- **Time Serving Penalties:** are enforced per NFHS rules (NFHS RULE 7-1 / 7-2).
- **Fouling Out:** Any player who accumulates 4 personal fouls or 5 minutes in personal foul penalty time shall be disqualified from the game. A substitute for that player may enter the game when the disqualified player would have been permitted to re-enter had he not fouled out (US LAX 5-11).

U12

- **Body Checking is permitted.** To be legal a body check should be delivered in a generally upright position with both hands on the stick and the player initiating the check may not use his lowered head or shoulder to make the initial contact.
- **Stick length:** 40" - 42" / Long 52" – 72" / Goalie 40"-72" (NFHS RULE 1-6 & 1-2-1).
- **Game Time:** will consist of four 12-minute running-time quarters; game clock stops only for a team timeout, an official's timeout, or an injury timeout; penalty clock stops for all whistles. Game Clock stops for all whistles during last 2 minutes of the game with goal differential of 2 or less. In the event of a tie, two 4-minute sudden-victory overtime periods will be played.
- **Final Two Minutes of Game:** the Final Two Minute stalling rule shall NOT be enforced
- **Stalling:** NFHS Stalling and Advancing the Ball Rules not applicable at this level. However, if a game official detects an effort to stall the advancement of the ball in either the defensive clearing area or the offensive zone outside the goal area, the official will give a verbal command to "advance the ball" followed by a visual 5-second hand count. If the team so warned does not attempt to advance the ball within the 5-second count to within five yards of an opposing player, a turnover will occur with restart at the point of the stalling infraction (or laterally outside the goal area).
- **Faceoff:** at any point during a game when there is a four-goal lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the four-goal lead is maintained, unless waived by the coach of the trailing team.
- **Advancing the Ball:** 20 second/10 second rules do NOT apply.
- **Get It In/Keep It In:** RULE 4 SECTION 34 does NOT apply.
- **Slashing: NO One-handed checks are allowed.** Any one-handed check will be considered a slash, whether or not it makes contact with the opposing player (NFHS RULE 5-7 / US LAX 5-7).
- **Time Serving Penalties:** are enforced per NFHS rules (NFHS RULE 7-1 / 7-2).
- **Fouling Out:** Any player who accumulates 4 personal fouls or 5 minutes in personal foul penalty time shall be disqualified from the game. A substitute for that player may enter the game when the disqualified player would have been permitted to re-enter had he not fouled out (US LAX 5-11).

U11

- **No Body Checking of any kind is permitted.** Legal pushes (RULE 6 SECTION 9, PUSHING) and holds (RULE 6 SECTION 3, HOLDING, ARTICLE 3 A & D) are allowed.
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 loose ball is not moving, stuck, or the players are having difficulty picking the ball up, referee may re-start play following the alternate possession rule.
- **Stick Length:** 37” - 42” / Long 47” – 52” (US LAX RULE 1-6). ONLY (4) LONG POLES PERMITTED. (NFHS 2-1-2)
- **Game Time:** will consist of four 12-minute running-time quarters; game clock stops only for a team timeout, an official’s timeout, or an injury timeout; penalty clock stops for all whistles. Game Clock stops for all whistles during last 2 minutes of the game with goal differential of 2 or less. In the event of a tie, two 4-minute sudden-victory overtime periods will be played.
- **Final Two Minutes of Game:** Final Two Minute stalling rule shall NOT be enforced (US LAX RULE 3-3).
- **Stalling:** NFHS Stalling and Advancing the Ball Rules not applicable at this level. However, if a game official detects an effort to stall the advancement of the ball in either the defensive clearing area or the offensive zone outside the goal area, the official will give a verbal command to “advance the ball” followed by a visual 5-second hand count. If the team so warned does not attempt to advance the ball within the 5-second count to within five yards of an opposing player, a turnover will occur with restart at the point of the stalling infraction (or laterally outside the goal area). (NFHS/US LAX RULE 6-10)
- **Faceoff:** at any point during a game when there is a four-goal lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the four-goal lead is maintained, unless waived by the coach of the trailing team (US LAX RULE 4-3).
- **Advancing the Ball:** 20 second/10 second rules do NOT apply (US LAX RULE 4-14 / 15)
- **Get It In/Keep It In:** RULE 4 SECTION 34 does NOT apply (US LAX RULE 4-34).
- **Slashing: NO One-handed checks are allowed.** Any one-handed check will be considered a slash, whether or not it makes contact with the opposing player (NFHS RULE 5-7 / US LAX 5-7).
- **Time Serving Penalties:** are enforced per NFHS rules (NFHS RULE 7-1 / 7-2).
- **Fouling Out:** Any player who accumulates 3 personal fouls or 5 minutes in personal foul penalty time shall be disqualified from the game. For U11, a substitute for that player may enter the game when the disqualified player would have been permitted to re-enter had he not fouled out (US LAX 5-11).

U10

- **No Body Checking of any kind is permitted.** Legal pushes (RULE 6 SECTION 9, PUSHING) and holds (RULE 6 SECTION 3, HOLDING, ARTICLE 3 A & D) are allowed.
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 loose ball is not moving, stuck, or the players are having difficulty picking the ball up, referee may re-start play following the alternate possession rule.
- **Stick length:** 37”-42” (US LAX RULE 1-6).
- One coach per team may be allowed on the field during play to provide instruction during the game
- **Game Time:** will consist of four 12-minute running-time quarters; game clock stops only for a team timeout, an official’s timeout, or an injury timeout; penalty clock stops for all whistles. Game Clock stops for all whistles during last 2 minutes of the game with goal differential of 2 or less. In the event of a tie, two 4-minute sudden-victory overtime periods will be played.
- **Final Two Minutes of Game:** Final Two Minute stalling rule shall NOT be enforced (US LAX RULE 3-3).
- **Stalling:** NFHS Stalling and Advancing the Ball Rules not applicable at this level. However, if a game official detects an effort to stall the advancement of the ball in either the defensive clearing area or the offensive zone outside the goal area, the official will give a verbal command to “advance the ball” followed by a visual 5-second hand count. If the team so warned does not attempt to advance the ball within the 5-second count to within five yards of an opposing player, a turnover will occur with restart at the point of the stalling infraction (or laterally outside the goal area). (NFHS/US LAX RULE 6-10).
- **Faceoff:** at any point during a game when there is a four-goal lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the four-goal lead is maintained, unless waived by the coach of the trailing team (US LAX RULE 4-3).
- **Advancing the Ball:** 20 second/10 second rules do NOT apply (US LAX RULE 4-14 / 15).
- **Get It In/Keep It In:** RULE 4 SECTION 34 does NOT apply (US LAX RULE 4-34).
- **Slashing: NO One-handed checks are allowed.** Any one-handed check will be considered a slash, whether or not it makes contact with the opposing player (NFHS RULE 5-7/ US LAX 5-7).
- **Time Serving Penalties:** 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.
- **Fouling Out:** Any player who accumulates 3 personal fouls or 5 minutes in personal foul penalty time shall be disqualified from the game. A disqualified player must leave the field but his team may replace him with a substitute; no man up situation should occur (US LAX 5-11).

U9

- **No Body Checking of any kind is permitted.** Legal pushes (RULE 6 SECTION 9, PUSHING) and holds (RULE 6 SECTION 3, HOLDING, ARTICLE 3 A & D) are allowed.
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 loose ball is not moving, stuck, or the players are having difficulty picking the ball up, referee may re-start play following the alternate possession rule.
- **Stick Length:** 37” – 42” (US LAX RULE 1-6).
- One coach per team may be allowed on the field during play to provide instruction during the game
- **Game Time:** will consist of four 12-minute running-time quarters; game clock stops only for a team timeout, an official’s timeout, or an injury timeout; penalty clock stops for all whistles. Game Clock stops for all whistles during last 2 minutes of the game with goal differential of 2 or less. In the event of a tie, two 4-minute sudden-victory overtime periods will be played.
- **Substitutions:** Players are substituted every 3-4 minutes with “time breaks” announced by the time keeper in order to foster equal playing time for all players; substitutions should be made during loose ball or out-of-bounds situations, i.e., not during possessions.
- **Final Two Minutes of Game:** Final Two Minute stalling rule shall NOT be enforced (US LAX RULE 3-3).
- **Stalling:** NFHS Stalling and Advancing the Ball Rules not applicable at this level. However, if a game official detects an effort to stall the advancement of the ball in either the defensive clearing area or the offensive zone outside the goal area, the official will give a verbal command to “advance the ball” followed by a visual 5-second hand count. If the team so warned does not attempt to advance the ball within the 5-second count to within five yards of an opposing player, a turnover will occur with restart at the point of the stalling infraction (or laterally outside the goal area). (NFHS/US LAX RULE 6-10).
- **Faceoff:** at any point during a game when there is a four-goal lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the four-goal lead is maintained, unless waived by the coach of the trailing team (US LAX RULE 4-3).
- **ONE-PASS RULE:** Preceding a shot on goal, a team must (a) complete a clearing pass from their defensive zone to their offensive zone; or (b) once the ball is in their offensive zone make one attempted pass. The One-Pass requirement is in effect (resets) after every whistle that stops play.
- **Advancing the Ball:** 20 second/10 second rules do NOT apply (US LAX RULE 4-14 / 15).
- **Get It In/Keep It In:** RULE 4 SECTION 34 does NOT apply (US LAX RULE 4-34).
- **Slashing: NO One-handed checks are allowed.** Any one-handed check will be considered a slash, whether or not it makes contact with the opposing player (NFHS RULE 5-7 / US LAX 5-7).
- **Time Serving Penalties:** 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 NFHS rules (US LAX RULE 7 – 1/2/3).
- **Fouling Out:** Any player who accumulates 3 personal fouls or 5 minutes in personal foul penalty time shall be disqualified from the game. For U9, a disqualified player must leave the field but his team may replace him with a substitute; no man up situation should occur (US LAX 5-11).

U8

- **No Body Checking of any kind is permitted.** Legal pushes (RULE 6 SECTION 9, PUSHING) and holds (RULE 6 SECTION 3, HOLDING, ARTICLE 3 A & D) are allowed.
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 loose ball is not moving, stuck, or the players are having difficulty picking the ball up, referee may restart play following the alternate possession rule.
- **Stick Length:** 37” – 42” (US LAX RULE 1-6).
- One coach per team may be allowed on the field during play to provide instruction during the game
- **Game Time:** will consist of four 12-minute running-time quarters; game clock stops only for a team timeout, an official’s timeout, or an injury timeout; penalty clock stops for all whistles. Game Clock stops for all whistles during last 2 minutes of the game with goal differential of 2 or less. In the event of a tie, two 4-minute sudden-victory overtime periods will be played.
- **Substitutions:** Players are substituted every 3-4 minutes with “time breaks” announced by the time keeper in order to foster equal playing time for all players; substitutions should be made during loose ball or out-of-bounds situations, i.e., not during possessions.
- **Final Two Minutes of Game:** Final Two Minute stalling rule shall NOT be enforced (US LAX RULE 3-3).
- **Stalling:** NFHS Stalling and Advancing the Ball Rules not applicable at this level. However, if a game official detects an effort to stall the advancement of the ball in either the defensive clearing area or the offensive zone outside the goal area, the official will give a verbal command to “advance the ball” followed by a visual 5-second hand count. If the team so warned does not attempt to advance the ball within the 5-second count to within five yards of an opposing player, a turnover will occur with restart at the point of the stalling infraction (or laterally outside the goal area) (NFHS/US LAX RULE 6-10)
- **Faceoff:** at any point during a game when there is a four-goal lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the four-goal lead is maintained, unless waived by the coach of the trailing team (US LAX RULE 4-3).
- **ONE-PASS RULE:** Preceding a shot on goal, a team must (a) complete a clearing pass from their defensive zone to their offensive zone; or (b) once the ball is in their offensive zone make one attempted pass. The One-Pass requirement is in effect (resets) after every whistle that stops play.
- **Advancing the Ball:** 20 second/10 second rules do NOT apply (US LAX RULE 4-14 / 15).
- **Get It In/Keep It In:** RULE 4 SECTION 34 does NOT apply (US LAX RULE 4-34).
- **Slashing: NO One-handed checks are allowed.** Any one-handed check will be considered a slash, whether or not it makes contact with the opposing player (NFHS RULE 5-6 / US LAX 5-7).
- **Time Serving Penalties:** 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 (US LAX RULE 7 – 1/2/3).
- **Fouling Out:** Any player who accumulates 3 personal fouls or 5 minutes in personal foul penalty time shall be disqualified from the game. A disqualified player must leave the field but his team may replace him with a substitute; no man up situation should occur (US LAX 5-11).