



Certified Coaches | Team Players | Fun Experience

Parent & Player Guide

Mass Bay Youth Lacrosse

Rules Review

Pre-Game Checklist

Best Practice Information

- 1 League: 160+ Towns/Cities in Massachusetts
- 950 Boys Teams: 7,000 Spring Season Games
- 2,500 Trained & Certified Mass Bay Coaches
- 20,000 Players, 1st - 8th Grade
- MBYLL Classic & MBYLL Select Lacrosse
- Non-Profit 501(c)(3), Volunteer Organization

Our Mission

To Teach, Grow, and Honor the Game



- Thank you for participating in the Mass Bay Youth Lacrosse League—one of the largest in the country. Despite our size, the league continues to be represented and led by our town/city member programs. This guide provides Players & Parents an overview of the rules as well as the Mission, Philosophy & Season Goals of YOUR league. Please read :-)



- This is a Mass Bay Youth Lacrosse game and NOT officiated like a High School game. The focus of our YOUTH game is to teach, grow, and honor the game by always respecting the rules, officials, opposition, teammates & one's self both on & off the field. Today's game is played by **US Lacrosse Youth Rules & NFHS Boys Lacrosse Rules Book** WITH the following **MBYLL-specific** modifications & rules emphasis:



- **Safety & Sportsmanship are top priorities. Zero Tolerance** for taunting, swearing, obscene or out-of-control, overly-aggressive conduct by a player, coach or spectator on the field, bench or sideline. These actions will result in an unsportsmanlike 'locked-in' penalty & could END game.

- **Games are played in (4) 10 minute stop-timed quarters with 10 min. halftime.** 15-minute running timed quarters can be played IF both Head Coaches agree & Ref's told before game.

- Home team is responsible for a dedicated time-keeper stationed between benches to keep official game & penalty clock and horn.
- Time is **NOT** to be kept by Referee on the field.

- **Uncontrolled stick check, 1-handed check—or a wild swing 'n' miss—are all called a SLASH & result in a 1 minute personal foul penalty. Cross-checking or repeatedly stick checking** free hand, arm or side of a player with or without ball is NOT allowed & will also be given 1 minute penalty.
- **3 YARD rule: Controlled stick & body checks** ("man ball" GB) allowed at U15 & U13 only within 3 yards of ball. However, NO hitting or pushing a player from behind at any level and NO helmet to helmet hits. Contact must be from the **front, above the waist & below the neck** and NOT a Take-out check.
- **Take-out checks—or blindside checks—are NOT allowed and will be severely penalized.** A take-out check is defined as any hit with or without possession of the ball, that has the **intent** — in the Referee's opinion — of injuring OR putting OR knocking the opponent to the ground. NO checks are allowed against an opponent in a defenseless position.
 - A take-out check is an unsportsmanlike conduct foul and results in an automatic time-serving **non-releasable** 2 or 3 minute penalty (Ref's discretion on 2 or 3 min).
 - 2nd offense by the same player results in immediate **Ejection** from game & team serves another non-releasable penalty. Ejected player stays on sideline for game **and NEXT game.**
 - **Ejections:** Ref notify Region Ref Coordinator, Coach notify Region Competition Committee.

Our Philosophy

- **Evenly Balanced Teams at All Levels in Classic program: No 'A' or 'B' or 'stacked' Teams**
- **Equal Playing Time for All Players on Team in All MBYLL Classic Games**
- **Players participating on MBYLL Select Team must also play on their MBYLL Classic Team**
- **Coaches are Teachers & Role Models focused on Teamwork, Fundamentals & Fun-Factor**

- **Penalties are time-serving for all U15, U13 & U11 games.** 2 timeouts per half per team. Substitution horn allowed on sideline out-of-bounds ball at all levels of play – or side & end lines at U11 and U9 levels of play.
- **Player lineup before start of game is highly recommended.** Starting 10 players on each team lineup at midfield facing their opponent 5 yards apart. Ref gives brief pre-game equipment reminders (mouth pieces in, etc.), reviews any field issues as well as expected game conduct (Safety, Sportsmanship & Fair Play). Players then shake hands & go to their positions & game starts.
- **If any team gains a 6+ goal lead,** the trailing team receives ball at midfield & face off's are suspended—unless waived by trailing team—until goal margin returns to 5 goals or less. (in Classic Games ONLY)
- **If any team gains a 12+ goal lead,** then Game clock goes to running time and Coach of lead team should make *discrete* adjustments (i.e. STRONGLY encourage his players to use their off-hand, 3-passes before any shot, play new position, etc).
- **Coaches are reminded to stay off the field**—except as allowed for in U11 & U9 games—and remain out of the substitution box area, during the game unless official(s) request or safety reasons dictate otherwise. Parents & spectators to view game on opposite sideline from teams.

FOR U15 GAMES ONLY (Players are in 7th & 8th grades AND not 15 yrs old as of Aug. 31st prior to season)
10 v 10 Players on Unified Full Field, up to 120 X 60 yds. Game Refs: 1 EMLO + Sr. AO/AO

- **Two (2) Officials will Referee all MBYLL U15 games.** 2nd Ref is expected to be a certified MBYLL Associate Official (AO) from the town of the home team. NOTE: If only (1) EMLOA Ref shows up, or an AO is unavailable, both head coaches can agree – as an exception, NOT standard practice – to play game with one (1) EMLOA Referee.
- Defensive team has **20-seconds** to clear ball past midfield line plus **10-seconds** to get ball inside restraining box. **Stalling rule enforced in last 2-minutes of 4th qtr.** (offense must keep ball inside restraining box or lose possession). All counts suspended for team behind 6+ goals—or IF both Head Coaches agree to waive & Ref's told before game.
- Up to four **(4) 72" long poles** per team are allowed anywhere on the field during game

Players, Parents & Fans focus on Role Model Sportsmanship, Safe Play and the Fundamentals to Honor the Game: Be Positive, Accountable, Cooperative & Always Respect & Support the Officials & Coaches

BEST PRACTICES INFORMATION

Parents & Players online resources:

- www.uslacrosse.org
- www.positivecoach.org/our-tools
- www.mbyll.org

ASK YOUR COACH ABOUT

- MBYLL & USL Code of Conduct
- MBYLL & USL Partnership with PCA
 - PCA Double Goal Coach online course
 - PCA Second Goal Parent online course
 - PCA Triple Impact Competitor online course
- Mass Bay Smart Positive Charting
- MBYLL TeamApp Mobile App



MASS BAY PLAYER CARD



NAME: _____

TOWN: _____

TEAM(S): _____

USL MEMBER #: _____

Go Ahead, Laminate Me

Our Goal

Player Safety, Sportsmanship, Fair Play & Fun Always

FOR U13 GAMES ONLY (Players are in 5th & 6th grades AND not 13 years old as of Aug. 31st prior to season)
10 v 10 Players on Unified Full Field, up to 120 X 60 yds. Game Refs: 1 EMLO + Sr.AO/AO

- Up to **four (4) 60" long poles** per team are allowed anywhere on the field during game.
- Player substitution horn allowed on sideline only out-of-bounds ball.
- Defensive team has **20-seconds** to clear ball past midfield line plus **10-seconds** to get ball inside restraining box. **Stalling rule enforced in last 2-minutes of 4th qtr.** (offense must keep ball inside restraining box or lose possession). All counts suspended for team behind 6+ goals—or IF both Head Coaches agree to waive & Ref's told before game.

FOR U11 GAMES ONLY (Players are in 3rd & 4th grades AND not 11 years old as of Aug. 31st prior to season)
8 v 8 Players on Small Field, 90 X 40 yds. or 60 X 40 yds. Game Refs: 1 EMLO or Sr. AO + AO

- NO body checking, NO long poles & NO counts. U11 players are expected to play the ball & NOT the man when ball is loose. When defending a player in possession of the ball, defender should use no more than **equal pressure to prevent progress of ball carrier.**
- **Team with possession of ball must make 1 attempted pass**—doesn't need to be completed—in the **offensive side** of the field prior to shooting & 1 pass after any whistle.
- 1 coach is allowed on the field from each team during game as long as they remain **within 5 yards of side or end lines at all times.** Purpose is to enable coaches to give **positive** instruction to their players without having to yell from sideline—OR when they're on field.

FOR U9 GAMES ONLY (Players are in 1st & 2nd grades AND not 9 years old as of Aug. 31st prior to season)
8 v 8 Players on Small-sided Field, up to 60 X 40 yds. Game Refs: Sr. AO or AO

- Games are played in **(2) 25 minute running-timed halves** with a 5 minute halftime period and are officiated by an Associate Official (AO) from the pool of certified MBYLL AO's.
- Up to 1 coach is allowed on the field from each team during game as long as they remain **within 5 yards of side or end lines at all times**—otherwise same as U11.
- NO body checking & NO long poles. **Equal pressure to prevent progress**—same as U11.
- NO aggressive stick checks are allowed—**lift checks** are preferred.
- **Team with possession of ball must make 2 attempted passes**—otherwise same as U11.
- **NO time-served or fast break on penalties.** Ref will explain reason for penalty to all players during stoppage, **substitute** offending player & change possession of ball.

IT'S YOUR LEAGUE Let's make it better & a great experience for all involved.

