

2015 NVYLL RULES of NOTE for Coaches:

1.0.1 The purpose of NVYLL is to provide the youth residing within the geographical boundaries of Northern Virginia a healthful, enjoyable leisure time activity and as a corollary to develop qualities that may help them in later life: sportsmanship, team play, and integrity.

1.0.3 Each player shall participate in every game a minimum of 25% of the game. This policy shall not be cause for game protests. However, coaches found guilty by the Executive Committee for not complying with this policy will be brought before the full Board of Commissioners for possible disciplinary action under Rule 1.9.

1.6.4 Practices shall not exceed one two-hour period per day excluding team travel time. No more than four team events (practices and games) per week for each team.

1.6.5 No games, scrimmages nor practices will be held with or against High School teams/ programs except for BHS/GHS division teams.

1.7.5 No game shall commence until team rosters have been exchanged between coaches. The coaches should check the rosters for accuracy and require that corrections be made if necessary prior to the start of the game and copies provided to the Field Commissioner.

1.7.6 A NVYLL team shall not change its roster for any game.

1.7.9 A maximum of four coaches will be permitted in the designated coaching area. A coach is defined as an individual who has signed and filed with NVYLL the NVYLL Coaches Code of Conduct (Appendix #7) and undergone a background check. Only players and coaches are permitted in the coaching and team area.

1.7.10 Coaches must be easily recognizable by appropriate wearing apparel, such as a cap, sweatshirt, or jacket identifying them with their organization and/or team.

SEE FOLLOWING PAGES For RULES SUMMARIES

2015 NVYLL Rules Quick Reference						
	U9		U11		U13	U15
	Modified field	Full field	UB/LB	A		Boys High School
Game Time	4 x 10-minute quarters				4 x 12-minute quarters	
Clock	running	running, start/stop in last 2 mins of game & OT (unless mercy rule in effect)				
Tie-breaker	none during regular season				1x4 min Sudden Victory (regular season)	
Time-outs	1 per half		2 per half		2 per half + 1 for OT	
Advancement	n/a				20 (clear) & 10 (box)	
Pass attempt	2-anywhere (includes goalie)	1-offensive half		n/a		
Long poles	none			up to 3		up to 4
Crosse length	36"-42"		36"-42", 47"-72"		40"-42", 52"-72"	
Stalling	not enforced				enforced during game + last 2 mins	
Slashing	No one-handed checks. Whether contact made or not - slash called.					NFHS rules
Checking	No body checks; stick checks only within 3 yds loose ball/player in poss.				Limited body checks - 3 yds.	NFHS rules
Req'd equip	GK: throat, chest protectors, and arm pads required. All players: cups required, nb pads recommended.					
Mercy Rule	N/A - (no score reported)		8 goals or more		12 goals or more	
Other	1 coach in wing area, not past center line					
	no score posted					
	GK optional, no Hector allowed					
	8 v 8 (2-3-2-GK)					

All levels: SPORTSMANSHIP IS PARAMOUNT DURING ALL NVYLL PLAY. rev 2015.1
 Mouthpiece: same as high school - any color except white or clear. send feedback to: president@waloa.org
 GK may wear shin, knee, or thigh pads.
 Same color equipment not required. Keep parents on opposite side of player area and away from end lines.
 All unnecessary roughness penalties are non-releasable for U15 and below (per US Lacrosse Youth Rules.)
 If Mercy Rule in effect: there will be a faceoff at the start of each quarter regardless of score. (In the event of a time-serving penalty with possession at the end of the quarter, the next quarter will start per NFHS rules.)
 Follow NFHS substitution rules but allow time for U11 or U9 players to sub through the box on sideline out-of-bounds.
 Officials not required to inspect the wearing of a protective cup. May rely on coach's certification.
 For both U9 divisions, players serve time-serving penalties but may be replaced with another player while serving.
 Note: Take-Out/Excessive Body Checks shall be penalized with 2 or 3-minute non-releasable fouls, or ejection if excessively violent.

BOYS RULES SUMMARY: <http://files.leagueathletics.com/Text/Documents/3101/52211.pdf>

HOW TO READ RULES:

Start with 2015 NFHS RULE BOOK (NOT NCAA). After reviewing the particular HS RULE look in the back for YOUTH modifications (ie. Body Checking 5yrd rule becomes 3yrd rule), then look at above for any NVYLL modifications (ie. Game Time).

2015 NVYLL GIRL'S RULES SUMMARY

Rule FC=full checking MC=modified checking NC=no checking	G78 (FC)	G78 (MC)	G56 (MC)	G34 (NC)	GK2 (NC)	USL rule	NVYL L rule
Modified Pocket (1/2 of ball allowed below bottom of sidewall)				✓	✓	✓	✓
Stick Length 35.5"-43.25" for field player, 35.5"-52" for GK	✓	✓	✓			✓	✓
Stick may be cut to fit length of arm of GK and field player				✓	✓	✓	✓
Time 25 min halves, 5 min halftime, stop clock on last 2 minutes of both halves unless 10 goal differential	✓	✓	✓			✓	✓
Time 20 min halves, 5 min halftime, stop clock on last 2 minutes of both halves unless 10 goal differential				✓		✓	✓
Time 10 min quarters w/ 2 min breaks between and 5 min half, running clock					✓		✓
Timeouts two (2) timeouts per regulation, one (1) timeout per overtime, no rollover. No timeouts permitted in the last 5 minutes if the running clock cannot be stopped or if there is a 10 goal differential	✓	✓	✓	✓	✓	✓	✓
Overtime (regular season) 5 min rest, coin toss, max two 3-min running clock 'sudden victory' periods, if no goal scored, switch ends after 3 min, no coaching, 1 st goal wins. May end in tie.	✓	✓	✓		N/A	✓	✓
Overtime (playoffs) continue 3-min running clock OT periods until there is a winner	✓	✓	✓	✓	N/A		✓
Coach to certify player equipment and proper goalie protection	✓	✓	✓	✓	✓	✓	✓
3-Second 'Held Ball' count for good defense		✓	✓	✓	✓	✓	✓
One Pass Rule from draw and each new possession into offensive end		✓	✓	✓	✓		✓
Substantial advantage regular season and playoffs (5 goal differential). Coach may waive	✓	✓	✓	✓	N/A		✓
Up to FOUR coaches allowed on the side line at one time. Only head coach interacts with officials.	✓	✓	✓	✓	✓		✓
Modified Field & Reduced size teams 7 field players + option for GK				✓	✓	✓	✓
Shooting on 8 M Free Position is "Indirect" if no GK or an open net	✓	✓	✓	✓	✓	✓	✓
Shooting on 8 M Free Position Allowed with GK or modified goal, i.e. shooting net (Hector or shooting net not allowed in NVYLL games)	✓	✓	✓	✓	✓	✓	✓
MANDATORY RED CARD for initiated check to the head (out that game + next)	✓					✓	✓
Mandatory YELLOW Card for initiated check to the head		✓	✓	✓	✓	✓	✓
Mandatory YELLOW Card for dangerous propelling, dangerous follow through, slash, & misconduct fouls.	✓	✓	✓	✓	✓	✓	✓
4th Card for the team (Y/R) play down remainder of game, additional player down for each subsequent card	✓	✓	✓			✓	✓

GIRLS RULES SUMMARY: <http://files.leagueathletics.com/Text/Documents/3101/52479.pdf>