

## Our Goal

### Player Safety, Sportsmanship, Fair Play & Fun Always

**FOR U13 GAMES ONLY** (Players are in 5th & 6th grades AND not 13 yrs. old as of 1/1/2012)

10 V 10 PLAYERS ON FULL SIZE REGULATION FIELD ~ 110 X 60 YARDS

- Up to **three (3) 60" long poles** per team are allowed anywhere on the field during game.
- NO defensive 20-second count to clear ball & NO offensive 10-second count to get it in box.
- Player substitution allowed on sideline & end line out-of-bounds ball. This can change to sub on sideline only—same as U15—if both Head Coaches agree & Ref's told **before** game.

**FOR U11 GAMES ONLY** (Players are in 3rd & 4th grades AND not 11 yrs. old as of 1/1/2012)

10 V 10 PLAYERS ON FULL SIZE FIELD OR 8 V 8 ON ¾ SIZE REGULATION FIELD

- NO body checking and NO long poles. 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 yrs. old as of 1/1/2012)

8 V 8 PLAYERS IN SMALL-BALL GAMES ON 1/2 SIZE REGULATION FIELD ~ 60 X 35 YARDS

- 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 2 coaches are 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 downward stick checks are allowed—**only Lift & Poke** checks are acceptable.
- **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.



20th Anniversary Season

Certified Coaches | Team Players | Fun Experience

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



Mass Bay Youth Lacrosse  
(MBYLL) Parent & Player Guide

Rules Review, Coaches Pre-Game  
Checklist & Best Practice Info

- 125 Towns
- 825 Boys Teams
- 1,500 Trained Coaches
- 15,000 Players 1st - 8th grade
- Town Rec + Select Lax



## Mission

To Teach, Grow & Honor the Game



- **This is a MBYLL Youth game and NOT a High School game.** The focus of our YOUTH game is to teach, grow & honor the game by always respecting the rules, officials, opposition, teammates & 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.
  - **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.
- **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.
- **Take-out 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.
  - A take-out check is an unsportsmanlike conduct foul and results in an automatic time-serving **non-releasable** 1, 2 or 3 minute penalty (Ref's discretion on 1, 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.

## Philosophy

- **Balanced Teams at All Levels of Play: No 'A' or 'B' teams, No 'stacked' teams**
  - **Equal Playing Time for All Players on Team in All MBYLL Games**
  - **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 on sideline out-of-bounds ball @ U15 or side & end lines @ U13, U11 & U9.
  - **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 5+ goal lead,** the trailing team receives ball at midfield & face off's are suspended—unless waived by trailing team—until goal margin returns to 4 goals or less.
  - **If any team gains a 10+ goal lead,** Coach of lead team should make **discrete** adjustments (i.e. STRONGLY encourage his players to use their off-hand, 3-passes, play new position, etc).

**FOR U15 GAMES ONLY** (Players are in 7th & 8th grades and not 15 yrs. Old as of 1/1/2012)  
 10 V 10 PLAYERS ON FULL SIZE REGULATION FIELD ~ 110 X 60 YARDS

- **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 5+ 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 & Coaches focus on Role Model Sportsmanship and the Fundamentals to Honor the Game: Positive, Fun, Safety, Accountable, Cooperative, Encourage & Respect

### BEST PRACTICES INFORMATION

Parents & Players online resources

- [www.uslacrosse.org](http://www.uslacrosse.org)
- [www.positivecoach.org/our-tools](http://www.positivecoach.org/our-tools)
- [www.mbyll.org](http://www.mbyll.org)

### COACHES ONLINE RESOURCES

- [www.uslmobilecoach.org](http://www.uslmobilecoach.org)
- [www.uslacrosse.com](http://www.uslacrosse.com)
- [www.positivecoach.org](http://www.positivecoach.org)
- [www.mbyll.org](http://www.mbyll.org)



### MASS BAY PLAYER CARD



NAME: \_\_\_\_\_

TOWN: \_\_\_\_\_

GRADE & AGE LEVEL: \_\_\_\_\_

USL MEMBER #: \_\_\_\_\_