



# SOUTH FLORIDA YOUTH LACROSSE LEAGUE

## 2013 Game Day Rules- Boys

SFYLL follows the general guidelines found in the “Boys Lacrosse Rules Book” (National Federation of State High School Associations/US Lacrosse) including the section on Youth Lacrosse. Minor differences and highlights are outlined here in the “SFYLL Game Day Rules”.

### **GAME LENGTH**

**U7** – 10 minute running Qtrs (Whistle at 5 minutes for quick substitution only)

**U9, U11** - 12 minute running Qtrs

**U13, U15** – 15 minute running Qtrs

All games are running time. There are no horns. All subs on the fly. Clock stops at timeouts (officials and team). 2 time outs per half.

**U11, U13, U15** - 1 OT - 4 minute Sudden Victory if needed with 1 time out

Final 2 minute stalling rule is in effect for U13, U 15 only.

No 20 second defensive count or 10 second offensive count will be used at any level

### **CONTACT**

**No** Take-Out Checks are allowed at any level. A take out check is defined as any check in which the player lowers his head or shoulder with the force and intent to put the other player on the ground.

**U7, U9, U11** – No body checking (incidental contact OK per guidelines) Incidental contact or use of hips on ground balls and on defense is allowed, **within 3 yards of the ball.**

**U13, U15** – Body checking is allowed per rules

**3 Yard Rule is in effect at all levels**

### **FIELD SIZE/# OF PLAYERS**

**U7** – 5 v 5 (can go 7 v 7 if both coaches agree), Modified size field, shot blockers (Rolling the ball under the shot blocker does not count as a goal- ball awarded to defensive team)

**U9** – Full Field, Goalies (if team has no Goalie shot blocker can be used (no rolling ball shots – see U7) or flip goal over to small V.

**U11, U13, U15** – Full Field

### **GOALIES**

Goalies are required to wear arm pads (Boys)

### **COACHES ON FIELD**

**U7, U9**- 1 coach (per team) allowed on field during games (no stick, gloves)

**U11, U13, U15** – No coaches on field



## **STICK LENGTH**

**U7/U9** - 37 to 42 inches, no D poles

**U11** - 37 to 42 inches, **D poles 47- 52 inches** - max 4 on field (Recommendation is to have all players play with short crosse but is not mandatory)

**U13/U15** - Short crosse 40 to 42 inches, Long crosse 52 to 72 inches with 4 max on field.

## **PENALTIES**

**U7** – Change of possession (use Flow method of officiating to keep game moving). Manage overly aggressive players by sending them off the field.

**U9** – Offending player is sent off the field and must stay off the field for the time of his penalty. Another player may replace him on the field (no Man Up/Down). Manage aggressive multiple foul players accordingly.

**U11, U13, U15** – Full time serving penalties (1.5 X the amount – 30 sec is 45 sec, 1 min is 1 ½ min etc.)

**One handed check in all but U15 is considered a slash even if no contact is made.**

## **MERCY RULE**

With 4 goal lead team down awarded ball at midfield after goals unless waived by trailing coach.

## **NOTES:**

\*It is required that spectators/fans/parents be on opposite side of field from players (unless field layout prohibits it).

\*In the event of a jersey color conflict the home team will wear pennies/vests.

\*All expulsion/ejection fouls need to be reported to your league Board and to the SFYLL (both coaches and referee should report).

\*Coaches are responsible for their own behavior as well as that of their staffs, players and parents/spectators. The SFYLL has zero tolerance for derogatory behavior and profanity. Maintain the integrity of both sidelines and the game.

## **HONOR THE GAME OF LACROSSE**

Respect the ROOTS of Positive Play

**Rules:** We refuse to bend the rules to win

**Opponents:** A worthy opponent is a gift that brings out our best

**Officials:** Show respect even when we disagree

**Teammates:** Never do anything to embarrass our team

**Self:** We live up to our own standards even when others don't