

**CHESTER COUNTY LACROSSE ASSOCIATION**  
**LEAGUE RULES -- 2013 SEASON**  
**U11, U13 & U15 Divisions**

CCLA adheres to the NFHS (National Federation of State High School Associations) rules for boys lacrosse with the following exceptions, modifications, clarifications and points of emphasis. The majority of the exceptions, modifications, clarifications and points of emphasis are consistent with the US Lacrosse Boys Youth Rules adopted beginning with the 2012 season.

1) Length of games

All U11, U13 & U15 games shall have 10 minute stop-time quarters.

After the first half, any time the score differential reaches 8 goals or more, the clock will only stop for time-outs. Should the score differential be reduced to less than 8 goals, normal game timing will resume. There is no option to waive this rule.

2) Overtime

Any regular season game in which the score is tied at the end of regulation time shall be followed by one 4 minute sudden-death overtime period. If the score is tied at the end of the 4 minute overtime period, the game shall end in a tie score.

3) Time outs

Each team shall be allowed 2 time outs per half of each game. Time outs not taken in the first half shall not be carried over to the second half. In the event of an overtime, each team shall be allowed 1 time out during the overtime period. All time outs are 1 minute in length, unless both coaches mutually agree to take the field before 1 minute elapses.

4) Halftime and period time outs

Time outs between first and second periods and between third and fourth periods shall be 1 minute in length. Halftime shall be 5 minutes.

5) Equipment

Sticks: Stick length for U13 & U15 players shall be 40-42" (short crosse) or 52-72" (long crosse). Stick length for U11 players shall be 37-42" (short crosse) or 47-52" (long crosse). Goalie stick length at all levels shall be 40-72".

Pads: Gloves, shoulder pads and elbow pads shall be worn by all players, except goalkeepers. Goalkeepers shall wear gloves, throat guards, chest pads, elbow pads and protective cups and may wear shin guards. It is strongly recommended that all players wear rib pads and protective cups. Helmets must have a four-point chin strap and be N.O.C.S.A.E. approved (i.e. no hockey helmets), except for U11 players.

Mouthguards: Mouthguards must be properly worn by all players at all times. White or clear mouthguards are prohibited.

6) Substitution

- a) Coaches may substitute by asking officials for a “horn,” stopping play and substituting, only when a ball goes out-of-bounds over a sideline (NOT an endline), or when a time-serving penalty has been called.
- b) Coaches must properly substitute players through the box “on the fly” in all situations other than those described in subsection (a) of this rule, including situations in which an injured player is on the field.
- c) All substitutions must be made through the box in front of the scorer’s table.
- d) Violations of substitution rules shall result in technical fouls.

7) Advancement

**At the U11 level:**

- a) There is no time requirement to advance the ball out of the defensive area.
- b) There is no time requirement to advance the ball into the offensive restraining area (goal area) after advancing the ball over the midfield line.
- c) There is no “stalling/keep it in” rule; however, an official can command a team to “advance the ball” within 5 seconds.
- d) There is no requirement to keep the ball in the offensive restraining area in the last two minutes of play by either team.

**At the U13 & U15 levels:**

CCLA games will be played based upon NFHS advancement rules (Rule 4, Sections 14 and 15) as summarized below. Note: the trailing team in a mercy rule circumstance (described in section 8) shall not be subject to these advancement rules.

Rule 4, Section 14:

Upon gaining possession of the ball inside the defensive half of the field, a team must advance the ball beyond the midfield line within 20 seconds. Failure to do so will result in a turnover, and the ball will be awarded to the opposing team at the spot of violation or 20 yards laterally from the goal.

Rule 4, Section 15:

A team in possession of the ball shall bring the ball into the goal area (“the box”) within 10 seconds of crossing the center line. Once a team advances the ball inside its goal area, the ball may be brought outside the goal area unless the team has been warned to “keep it in” (i.e. a stall warning has been imposed). Starting in 2012, the need to continually “get a touch” every 10 seconds into the goal area has been eliminated. In the last two minutes of the game, once the winning team brings the ball into their goal area, they must keep the ball “in the box”. Failure to do so will result in a turnover.

- 8) Mercy rule
- a) A team trailing by 4 goals shall be awarded a free clear (possession without a face-off) to begin play after a 4 goal lead has been established by the opposing team. If the lead is cut to 3 goals or less, play shall resume with a face-off at midfield. Note: regardless of the score differential, each quarter shall begin with a face-off.
  - b) Furthermore, at the U13 & U15 levels, the trailing team in a mercy rule situation shall not be subject to the advancement rules described in section 7.
  - c) The trailing team shall have the option of waiving the mercy rule.
  - d) The mercy rule shall not be applied in the semi-final and championship round of league playoffs.
- 9) Body checking & checks involving head/neck
- a) Legal body checking is permitted in U13 and U15 division play. Body checking is prohibited in U11 play. SEE PAGE 6.
  - b) Contact initiated at the head/neck, or initiating contact with the head by a defensive or offensive player, is prohibited and will result in a 1-3 minute non-releasable personal foul. SEE PAGE 6.
- 10) One-handed stick checks
- One-handed stick checks are allowed at the U15 level unless they are “out of control” or otherwise illegal. One-handed stick checks are strictly prohibited at the U11 and U13 levels, and will be called a slash whether or not contact is made with the opposing player.
- 11) 3-yard rule
- All stick checks, body checks, legal holds & legal pushes must be on a player in possession of the ball or within 3 yards (not 5 yards) of a loose ball or ball in flight.
- 12) Unsportsmanlike conduct
- Special attention shall be given to unsportsmanlike conduct by players, coaches or spectators. First offense: 1-3 minute non-releasable unsportsmanlike conduct penalty. Second offense: 3-minute non-releasable ejection foul. Obscene language or obscene gestures shall result in an unsportsmanlike conduct penalty and ejection.

- 13) Ejections
- a) In the event that a player or coach is ejected from a game for any reason, the head coach of the penalized team is required to inform his program director of the ejection. That program director is required to notify the CCLA President and the program director of the penalized team's next opponent.
  - b) If a coach is ejected from a game, he must leave the game area immediately. Additionally, he is suspended from his team's next game and is not allowed in the vicinity of the playing field.
  - c) If a player is ejected from a game, he must leave the playing area in the accompaniment of his parent(s) or other responsible adult. If this is not feasible, the player must remain in the bench area with his equipment off but his jersey on. The player is suspended for the team's next game. The player must remain in the bench area during his suspended game without his equipment but wearing his jersey. If the player doesn't attend the team's next game, the suspension will carry over to the next game he attends.
- 14) Fouling out of a game  
U13 & U15: 4 personal fouls or a total of 5 minutes in personal foul penalty time will result in disqualification from that game. U11: 3 personal fouls or a total of 5 minutes of personal foul penalty time will result in disqualification from that game. Note: disqualification is not ejection.
- 15) Placement of team benches and scorer's table  
Wherever the physical layout of a field shall permit it, the players' benches and scorer's table shall be on the opposite side of the field from areas designated for spectators. When the physical layout of a field shall not permit such separation of players' benches/scorer's table from spectator areas, the home team shall rope off or otherwise designate areas restricted to players and coaches only, and every effort should be made to keep spectators out of such designated areas during warm-ups and play of games. Note: it is the home team's responsibility to provide a timekeeper and someone to record all penalties assessed by the referees.
- 16) Communication with officials  
Unless otherwise indicated by the officials, only the head coach of a team may address the officials.
- 17) Game interruption  
If a game is interrupted because of events beyond the control of the teams, it shall be continued from the point of interruption at the soonest available opportunity, as determined by mutual agreement of the head coaches and/or program representatives. If this cannot be accomplished, the CCLA President (or the next ranking CCLA officer without a conflict of interest) will either mandate a reschedule date or declare the game official as of the point of interruption. By mutual agreement of the head coaches, any period may be shortened or the game terminated and deemed official at the point of termination.
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## **ELIGIBILITY RULES ADDENDUM**

### **Player Eligibility**

CCLA follows the US Lacrosse Boys Youth Rules for player eligibility which state that a player may not have reached his 15th birthday on or before August 31 prior to the Spring season. Additionally, a player is not eligible if he participates on a high school freshman, junior varsity or varsity lacrosse team during the same season. Any school team which allows participation by ninth, tenth, eleventh and/or twelfth graders is considered a high school team. The only exceptions to this clarification are specific middle or junior high school teams which include ninth graders in separate facilities with younger grades and away from tenth, eleventh and twelfth graders. These middle or junior high school teams should play other similarly structured middle or junior high school teams. Exceptions may be granted by the CCLA Board of Directors for eighth graders that turn 15 on or before August 31 prior to the spring season, or for age eligible eighth graders that play with a high school program.

### **Separation of Players Between A and B Level Teams**

It is the intent of the CCLA for its member programs to maintain separation between players of differing playing abilities, particularly players playing at the A and B levels. Accordingly, each program shall provide to all other programs, prior to the start of the season, team rosters with jersey numbers for each team competing in CCLA scheduled competition. Programs are expected to maintain separate and distinct team rosters. Coaches are required to notify the opposing head coach of any addition to the filed roster that may occur on a game-by-game basis. CCLA recognizes that schedule conflicts may arise for individual players or groups of players on a given team, necessitating the addition of non-roster players in order to field a team with sufficient numbers. In such an instance, a team may recruit another player or players from within that team's program from either an equal or lower level, except in the playoffs. That is, A teams may recruit from A or B teams, but B teams may only recruit from other B teams, C teams or an in-house program. In addition, this restriction applies across age lines. That is, a U15B team may recruit U13B players but not U13A players.

If a B level player substitutes on an A level team three or more times during any season, including playoff games, that player will be considered a member of the A team and will no longer be eligible to play in B level games, either during the regular season or the playoffs. The only exception to this rule is that a B level goalie may play in A level games without restriction. An A level goalie is never allowed to play in B level games for any reason.

### **Sanctions**

The first violation of player eligibility rules shall result in a forfeiture of the game in which the ineligible player participated. The second violation shall result in a forfeiture of that team's first playoff game, and an immediate dismissal of the head coach. Similarly, violation of the three game rule shall also result in the immediate dismissal of the head coach.

## **Checking: It's A New Era**

In keeping with CCLA and U.S. Lacrosse's desire to ensure player safety at the youth level, we expect stricter enforcement of certain rules than is common at the high school level. Among those rules are those governing body checks and checks involving the head/neck.

### **Body Checking (allowed in U13 and U15 play only)**

There are three things every youth player, coach, parent and fan needs to understand and accept regarding body checks:

1. The game has changed to protect players
2. The odds of a body check being illegal have increased
3. The determination of whether a check was legal or illegal is in the eye of the beholder, and the only beholder that matters is the referee

Any one of the following will constitute an illegal body check:

- Delivered above the shoulders, below the waist, or to the back
- Delivered more than 3 yards from the ball
- Delivering player not in an upright position with both hands on his stick
- Delivering player lowers his head or shoulder when initiating contact
- Delivering player leaves his feet
- Player being checked is on the ground, or in a crouched position fielding a ground ball, or engaged in a face off, or is otherwise vulnerable or defenseless
- Player being checked is unable to anticipate the check, i.e. is checked from the blind side
- Check is excessively violent, aggressive, reckless or intimidating, or causes injury
- Check is avoidable, delivered after the opponent has already passed/shot the ball

An illegal body check is a 1-3 minute releasable personal foul. A player may be ejected from a game for a single illegal body check if the official feels it is excessively violent or malicious.

### **Checks Involving the Head/Neck**

Checks delivered to or with the head/neck are considered the most serious in the game. The penalty is a 1-3 minute non-releasable personal foul.

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. Initiating contact with the head (spearing) by an offensive or defensive player is also prohibited.

A single excessively violent violation of this rule may result in player ejection.

## 2013 CCLA Rule Summary

### All coaches must have this page with them and review it with referees prior to each game

CCLA adheres to the NFHS (National Federation of State High School Associations) rules for boys lacrosse with the following exceptions, modifications, clarifications and points of emphasis. The majority of the modifications are consistent with the US Lacrosse Boys Youth Rules adopted beginning with the 2012 season.

*Everyone needs to accept the fact that the game has changed to protect players, and that the odds of a body check being illegal have increased.*

#### U11 games

- ◆ 10 minute stop-time quarters; running time in 2<sup>nd</sup> half with 8 goal or more score differential
- ◆ 1 sudden death 4-minute OT period if necessary
- ◆ 2 time outs per half, no carry-over (called with possession anywhere on field)
- ◆ Mercy rule is free clear for team down by 4 or more goals (can be waived by trailing coach)
- ◆ Advancement/stalling rules do not apply at this level, but officials can command a team to “advance the ball” within 5 seconds
- ◆ No one-handed stick checks
- ◆ No body checks
- ◆ Substitution (“horn”) allowed on side line out-of-bounds (not end line) or time-serving penalty
- ◆ Stick length must be 37-42” (short crosse) or 47-52” (long crosse)

#### U13 games

- ◆ 10 minute stop-time quarters; running time in 2<sup>nd</sup> half with 8 goal or more score differential
- ◆ 1 sudden death 4-minute OT period if necessary
- ◆ 2 time outs per half, no carry-over (called with possession anywhere on field)
- ◆ Mercy rule is free clear for team down by 4 or more goals (can be waived by trailing coach)
- ◆ Advancement/stalling rules apply at the U13A, U13B and U13C levels. The only exception to this is for the trailing team in a mercy situation (i.e. in a mercy situation, the trailing team gets a free clear and advancement/stalling rules do not apply to them)
- ◆ No one-handed stick checks
- ◆ Legal body checks are allowed
- ◆ Substitution (“horn”) allowed on side line out-of-bounds (not end line) or time-serving penalty
- ◆ Stick length must be 40-42” (short crosse) or 52-72” (long crosse)

#### U15 games

- ◆ 10 minute stop-time quarters; running time in 2<sup>nd</sup> half with 8 goal or more score differential
- ◆ 1 sudden death 4-minute OT period if necessary
- ◆ 2 time outs per half, no carry-over (called with possession anywhere on field)
- ◆ Mercy rule is free clear for team down by 4 or more goals (can be waived by trailing coach)
- ◆ Advancement/stalling rules apply at this level. The only exception to this is for the trailing team in a mercy situation (i.e. in a mercy situation, the trailing team gets a free clear and advancement/stalling rules do not apply to them)
- ◆ Legal body checks are allowed
- ◆ Substitution (“horn”) allowed on side line out-of-bounds (not end line) or time-serving penalty
- ◆ Stick length must be 40-42” (short crosse) or 52-72” (long crosse)