

WYB Boys Youth Lacrosse Rules Manual

Division I (grades 5-6)

Game Personnel

Ten players per side on the field: three Attack, three Midfielders, three Defensemen and one Goalie.

Coaches should do their best to substitute players approximately every 4-5 minutes. Substitutions may be made on a dead ball whistle or on the fly. When substituting on the fly, players coming onto the field must wait for their teammate to exit the field. All players must enter and exit the field through the substitution box area.

All players should be given the opportunity to play all positions throughout the season, including goalie.

Coaches should do their best to play all players equally*.

** WYB Lacrosse understands that today's kids are involved in a number of activities; however, in the spirit of fairness to all team members, boys who consistently miss practices during the week may have limited playing time during games. Coaches are asked to use their discretion and try to fair to all participants.*

Field and Equipment

Games will be played on a regulation field. The field will be marked with a midfield line, end lines, sidelines, restraining boxes and creases. Cones will be used to identify corners, midfield line and substitution box area.

All players are required to wear a lacrosse helmet, shoulder pads, arm pads, lacrosse gloves and a mouth guard at all times while in the game. Cups are strongly recommended but not required.

Goalies are required to wear a lacrosse helmet, gloves, arm pads, chest protector, throat guard and a cup at all times. Shoulder pads and arm pads are usually not worn by goalies, but are permitted.

All attack and midfield sticks must be between 40 and 42 inches in length. No more than 3 long poles per side will be permitted.

Regulation (hard rubber) lacrosse balls will be used for all practices and games.

Time Factors

Games will consist of four quarters with a 12-minute running clock. A 2-3 minute half-time will occur between halves for a quick water break and time to switch goalies and sides.

In the occurrence of an injury, the referee will blow the whistle and stop the clock until the player can be assisted off the field (the injured player must exit the field). The injured player will be substituted for and play (and clock) will resume on the referee's whistle.

Play of the Game

Defense

Absolutely no take-out checks will be permitted and body checks should be kept to a minimum – must be within 5 yards of a ground ball.

Stick checks are allowed; however slashing will be called very closely. Only poke checks and lift checks will be permitted. Defensive players must keep two hands on their stick at all times. No overhead checks or cross-checks are allowed.

There will be time-serving penalties for 1 minute (slashing, cross-checks, illegal body checks) and 30 seconds (push with possession). The team must play "man-down" until that player is released from the penalty box. No team will be required to play with more than 1 man down. If another time serving penalty is committed during a man-down situation, then that player will be substituted for another player and the offending player will be asked to serve for 1 minute. If a goal is scored by the "man-up" team then the player is released from the box and play will return to "even strength".

If a time serving penalty is committed, the ref will toss a yellow flag and play will be allowed to continue until the team with the ball loses possession. If a goal is scored during the continued play then the penalty is wiped out.

Fighting of any kind will not be tolerated. If a fight occurs, the players involved will be removed for the remainder of the game. All fights are to be reported to the commissioner immediately following the game for evaluation to determine if further action is required.

If a player commits a technical foul, he is not required to leave the game, but possession will be given to the opposing team from the spot of the foul, only if possession is lost. A verbal warning will be given for fouls that do not result in a time serving penalty.

Teams must play man-to-man defense. No zone defenses will be allowed, with the exception of man-down situations.

Double teams are considered illegal when a player possesses the ball, although defensive players will be permitted to slide from the crease in order to pick up an attacking player that has beat his defender to the goal. The defending player that is beat should "find a man". Referees will be expected give instructions during the game.

Offense

Teams are encouraged to pass the ball as much as possible while clearing the ball. Teams are also encouraged to continue to pass the ball while on offense in order to get the best

shot possible. The "One More" concept will continue to be stressed at all times, encouraging the players to seek out the best possible shot.

Picks are permitted. The player setting the pick must come to a complete stop and be stationary when his teammate runs by. If an illegal pick is set, play will be stopped and the ball will be awarded to the other team.

The Crease

Defensive players are allowed inside the crease. A player is not allowed to have possession of the ball outside the crease and then run into the crease. A player with possession of the ball inside the crease (including Goalies) has four seconds (as counted out loud by the referee) to either pass the ball or run out of the crease.

Offensive players are not allowed inside the crease area; however, they are permitted to retrieve a loose ball out of the crease with their sticks as long as no part of their body enters the crease area.

Conduct

All players, coaches and parents are expected to conduct themselves in a sportsman-like manner. Cursing will not be permitted.

If a player demonstrates unsportsman-like behavior while in the game, the offending player must sit out the remainder of the quarter (or next quarter if the penalty occurs in the last two minutes of the quarter).

If a player is called for a second unsportsman-like offense in the same game, that player will be expelled from that game.

If a coach or parent demonstrates unsportsman-like behavior while on the sideline, he or she will be asked to leave the playing area.