

# WYB Boys Youth Lacrosse Rules Manual

## Division II (grades 3-4)

### ***Game Personnel***

Eight players per side on the field: 2 Attack, 3 Midfielders, 2 Defensemen and one Goalie.

Teams must have at least three players on their defensive side (includes goalie) of the field at all times. Off-sides will be called and ball will be awarded to opposing team.

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 be fair to all participants.*

### ***Field and Equipment***

Games will be played on a shortened field. The field dimensions will be approximately 40 by 80 yards. The field will be marked with a midfield line, end lines, sidelines, possession 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 are usually not worn by goalies but can be worn.

All sticks must be between 37 and 42 inches in length – no long poles are permitted.

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

## ***Time Factors***

Games will consist of 2 – 22 minute halves with a running clock. A 2-3 minute half-time will occur between halves to allow for a quick water break and goalie substitution.

In the rare 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***

An official score is not kept.

“Face-offs” will be used at the beginning of each half and after each scored goal. The other Midfielders must stay at least five yards away from the ball until possession is gained. All Attack and Defense men must remain in the possession box until possession is gained.

### **Defense**

Controlled body checking will be permitted, but absolutely no take-out checks will be allowed. A body check is defined as a shoulder/forearm check to area between waist and shoulder of the opposing player. Leading with the helmet, cross-checks, and hitting a player below the waist or in the back will be considered illegal. Stick checks are limited to controlled poke checks and lifts. Both hands must be on stick and only stick checks attempting to check opponents stick will be permitted.

If illegal check is made and the player with possession loses the ball, play is stopped and the ball is awarded to the player that lost possession.

If illegal check is made and the player with possession does not lose the ball, the offending player should be given a verbal warning and the play should be allowed to continue.

If a body check or a stick check is deemed to be excessive, or causes injury to another player, the offending player must leave the game and be replaced by another player. The offending player can return to the game per the normal substitution schedule.

There are no time-serving penalties, and teams will not be man-down.

Teams must play man-to-man defense - No zone defenses allowed. Players that wander from their assigned man will be warned by the referee. Crease slides will be permitted when an offensive player has beat the defender to the goal.

Defensive players must keep their sticks between their offensive player's shoulders and hips. Defensive players are not allowed to put their stick in the offensive player's face or raise their stick in an attempt to block or swat at the stick/ball. Overhead or over-the-shoulder checks from behind will not be permitted and will result in possession change.

### **Ground Balls**

Man/Ball play will be permitted meaning 1<sup>st</sup> player takes the man and 2<sup>nd</sup> player picks up the ball. If a third player from either team attempts to contest a ground ball, the ball will be awarded to the opposing team. Players can use body checks to get position during a ground ball situation within 5 yards of the loose ball. Coming down with stick on another player's stick (chopping) will not be permitted.

## **Offense**

Teams are encouraged to try 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 concept of "One More" will be stressed by all coaches, trying to get the players in position for the best possible shot.

Picks are permitted. As in basketball, 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.

After a goal is scored, a "face-off" will occur at midfield (1 v 1 ground ball).

If the ball goes "out of bounds", it is awarded to the team that did not touch it last.

If the ball goes "out of bounds" as a result of a missed shot, it is awarded to the team with a player closest to the ball when/where it went "out of bounds."

If a goal is scored without a pass being completed prior to a shot, the goalie will be given possession of the ball.

## **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 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 leave the game and be replaced by another player. The offending player can return to the game per the normal substitution schedule.

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