

NEW ENGLAND COASTAL LACROSSE (NECLAX)

Rules of Play for the 2016 Season

Summary of Significant Modifications to the 2016 Rules for Boys Youth Lacrosse (Youth Rules)

Significant key rules (e.g. slashing, checking) should be reviewed and discussed among coaches and referees before every game.

Before EVERY game, the following should be verbally communicated by the home field coach to all spectators, coaches, players, & referees on the spectator side of the field

Under NO circumstances should coaches or spectators yell or berate officials. Any issues should be brought up by a coach to the other coach and discussed with all officials during halftime or at the end of the game. The point of the discussion should be to ensure every- one understands the ruling, not to criticize an official. Keep in mind that the majority of the junior officials are kids that came through our programs and are still learning the game, especially from the point of an official. At all times, coaches and spectators must keep in mind that they represent NECLAX and the game of Lacrosse and should set the example of excellent sportsmanship and control to all. Coaches and spectators are responsible for the perception others have of our league and the game of lacrosse and should never abuse that privilege.

All New England Coastal Lacrosse League games are played in accordance with the 2016 Rules for Boys Lacrosse, that reference the National Federation of State High School Associations (NFHS) 2016 Boys Lacrosse Rules Book, as modified by the NECLAX League. The significant modifications to the Youth Rules that will be in effect for the 2016 Season are as follows:

US LACROSSE AGE AND ELIGIBILITY GUIDELINES

NECLAX Regulations further require that U15 players be students in the 8th grade or lower.

U9 PHILOSOPHY

U9 play shall be instructional and non-competitive. Therefore, NECLAX discourages recording or publication of scores. In order to maximize each player's touches and participation in the play of the game, NECLAX advocates that U9 contests be short squad (e.g., 7-on-7) on short fields whenever possible. Teams within a program should be balanced as evenly as possible in terms of age, size, physical and cognitive maturity, and ability. U9 teams will be required to adhere to the "3 pass attempt rule" when they are in the offensive half prior to scoring.

1. **Officials.** The Home Team shall have the responsibility of providing officials at each game. A minimum of two certified youth lacrosse officials shall officiate all U-9 and U-11 games wherever possible. A single certified youth official may officiate U9 games. A single certified high school official must officiate U-15 games along with a youth certified official (and U13 games whenever possible).
2. **Spectators.** All spectators shall be on the side of the field opposite the bench area.
3. **Time.** The Youth Rules Length of Game times apply with the following exception. U9/U11 games will be 10 min running time per quarter. The last 2 min of each half are stop time. U13 games will be 12 min running time per quarter with the last 2 min per half stop time. U15 games are 10 min stop time per quarter. Overtime to determine a winner is not required, games may end in a tie.
4. **Equipment.** All goalies are required to wear arm pads and a protective cup. Goalie gloves are recommended.
5. **Stick Checks.** Whenever certified adult referees are available, random stick checks are allowed. Penalty for infraction is a 1 min nonreleasable = unsportsman-like conduct.
6. **Stalling.** Offensive stalling rules (get it in/keep it in) shall be enforced in accordance with the Youth Rules for U15 only.
7. **Ten Second Count and Twenty Second Count. Only for U15**
8. **Penalties on Goalies.** If a time serving penalty is called on a goalie, the in home rather than the goalie shall serve the penalty time. If a third time serving penalty is called on the same goalie, however, the goalie shall be required to serve the penalty time for such third penalty and each time serving penalty thereafter.
9. **Six Goal Rule.** If a team is leading by 6 goals, there shall be no face off after each goal scored by either team while one leads by 6 goals or more and possession of the ball shall be awarded to the losing team after each goal. Face off shall resume if the lead is reduced to fewer than 6 goals. The losing team shall be entitled to waive this rule and participate in a face off.
10. **Fouling Out.** NECLAX will adhere to the Youth Rules for fouling out. Fouling out does not constitute ejection from the game.
 - U15 and U13 - Any player who accumulates 4 personal fouls or 5 minutes in personal foul penalty time shall be disqualified from the game. A substitute for that player may enter the game when the disqualified player would have been permitted to re-enter had he not fouled out.
 - U11 and U9 - Any player who accumulates 4 personal fouls or 5 minutes in personal foul penalty time shall be disqualified from the game. For U9, a disqualified player must leave the field but his team may replace him with a substitute; no man up situation should occur.
11. **Concussions.** Appendix B of the Federation Rules provides guidelines for the management of concussions. Specifically, any player who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate healthcare professional.

12. **Permissible Checking Distance.** All stick checks, body checks, legal holds and legal pushes must be on a player in possession of the ball or within 3 yards of a loose ball or ball in flight. This change from 5 yards to 3 yards does not apply to a free play restart, in which no player may be closer than 5 yards to the player awarded the ball.
13. **Slashing.** For NECLAX play, the ONLY permissible check with the crosse is on the opponent's crosse or his gloved hand on his own crosse. STRIKING AN OPPONENT WITH THE CROSSE ANYWHERE EXCEPT ON HIS CROSSE OR HIS GLOVED HAND ON HIS OWN CROSSE IS SLASHING! At the U9 level only, anycheck other than a poke check is slashing. The only legal stick check is a poke check to the opponent's crosse or gloved hand on his crosse. Any other stick check is a slash. **NO EXCEPTIONS.** Any one-handed check shall be considered a slash, whether or not it makes contact with the opposing player. **This applies to every age level.**
14. **Take Out Checks.** **No take out checks are permitted by any player at any age level.** A take out check is defined as follows:
 - Any body check in which the player lowers his head or shoulder with the force and intent to put the other player on the ground.
 - Any body checks considered more aggressive or more physical than necessary to stop the advancement of the player carrying the ball or to keep or move a player away from a loose ball. This includes but is not limited to:
 - (i) Any check in which a player makes contact with sufficient force and intent to knock down the opposing player;
 - (ii) Any check in which a player makes contact with sufficient force and intent to injure the opposing player; and
 - (iii) Any check made in a reckless or intimidating manner.
 - Any body check on a player in a defenseless position. This includes but is not limited to:
 - (i) Body checking a player from his "blind side";
 - (ii) Body checking a player who has his head down in an intent to play a loose ball; and
 - (iii) Body checking a player whose head is turned away to receive a pass, even if that player turned toward the contact immediately before the body check. **NOTE: Sports medicine research indicates that the severity of certain injuries may be reduced if the player can anticipate and prepare himself for an oncoming hit. Other sports medicine research indicates that peripheral vision may not be fully developed in many boys before approximately age 15. Game officials should be especially alert to blind side checks at all youth levels.**

Special attention is called to the Federation Rule (Rule 5, Section 4) relating to checks involving the head/neck, which are modified to provide as follows:

- A player shall not initiate contact to an opponent's head or neck with a slash, crosscheck, or with any part of his body (head, elbow, shoulder, etc.). Any follow-through that contacts the head or neck shall also be considered a violation of this rule.
- A player shall not initiate an excessive, violent or uncontrolled slash to the head/neck.
- A player shall not block an opponent with the head or initiate contact with the head, including an offensive player in possession of the ball (known as spearing).

15. **Game Termination.** Officials shall have the authority to terminate a boys youth game in response to flagrant acts of un-sportsmanlike behavior including excessively rough play or the encouragement of excessively rough play by coaches, athletes, spectators or fans. A game termination will be the last resort in insuring the players' safety and preserving the integrity of the game. If possible, game officials will issue at least one strong warning if the game is in danger of being terminated. It is conceivable, however, that games may be terminated on the first instance of a flagrant unsportsmanlike act. Every effort should be taken to avoid game termination, including the enforcement of existing rules for team conduct penalties, unsportsmanlike conduct penalties and ejection fouls. Mechanics for terminating a game for flagrant unsportsmanlike behavior can be found at www.us-lacrosse.org (programs and grants, sportsmanship card).

Any termination or expulsion will be reported to the NECLAX Board. Any team deemed responsible for a game termination will pay a \$100 fine and pay for any referee costs (regardless of who is the home team).

This summary of the significant modifications to the Youth Rules covers all levels of play within the NECLAX League. Please review the entire Rules of Play for the 2016 Season for the remainder of the modifications to the Youth Rules as well as the reference to the NFHS rules.

Age Division	Eligibility Born on or after:	Regular Crosse Length	Long Crosse Length	Permitted Long Crosses
U15	9/1/2000 through 9/1/2002 & in 8 th grade or lower	40" -42"	52" -72"	4
U13	9/1/2002 through 9/1/2004	40" -42"	47" -62"	4
U11	9/1/2004 through 9/1/2006	37" -42"	47" -52"	4
U9	9/1/2006 through 9/1/2007 or later	37" -42"	NA	0