
CONNECTICUT VALLEY YOUTH LACROSSE, INC.

MEMORANDUM

TO: Connecticut Valley Youth Lacrosse, Inc. Program Members

FROM: Board of Directors

DATE: January 22, 2010

RE: Rules of Play for the 2010 Season

This memorandum sets forth the Rules of Play for the 2010 Connecticut Valley Youth Lacrosse League season adopted by the Board of Directors on January 5, 2010 as follows:

A. Federation Rules: All games shall be governed by the 2010 National Federation of State High School Associations Boys Lacrosse Rules (the "Federation Rules"), except as modified by these rules of play. This memorandum sets forth the modifications to the Federation Rules that will be applicable to Connecticut Valley Youth Lacrosse League play.

B. Modifications to Federation Rules. The 2010 Federation Rules shall be modified for Connecticut Valley Youth Lacrosse League play as follows:

1. Pregame Conference: The home team coach shall be required to confer with the visiting team coach and the officials prior to the start of each Senior Game and each Junior Game for the purpose of confirming mutual agreement by all parties as to the modifications to the Federation Rules that will be in effect for the Connecticut Valley Youth Lacrosse League Play. The purpose of this pregame conference shall be to insure that all parties are in agreement regarding the modifications to the Federation Rules that are applicable to Senior Games and Junior Games. All coaches are strongly encouraged to have with them at each game the Connecticut Valley Youth Lacrosse League Summary of Significant Modifications to the Federation Rules.

2. Responsibilities of the Home Team:

- (a) In the event that the uniform jerseys of two teams are too close in color, the home team shall supply and wear contrasting color jerseys. These may be unnumbered mesh practice jerseys. Every effort shall be made for game jerseys to have numbers on the front and back.
- (b) The home team shall supply all equipment for the officials (i.e. horn, clock/stop watches, balls, etc.). No official scorebook shall be required.

- (c) The home team shall have the responsibility of providing officials at each game. Two certified youth lacrosse officials shall officiate Bantam and Junior games wherever possible. A single certified youth lacrosse official may officiate Bantam games. A single certified high school official may officiate Bantam or Junior games. Wherever possible, two certified high school officials or one certified high school official and one certified youth official shall officiate Senior games. In the event that the home team is unable to satisfy the requirements of this rule with respect to the provision of officials, the head coaches of the teams scheduled to play may agree on the use of non-certified officials, and in that event each team shall select one official. If a game commences using officials that do not meet the requirements of this rule, the visiting team coach may at any time during the first 3 periods of the game elect to terminate the game based upon legitimate concerns with respect to the quality of the officiating. If that occurs, the game shall be rescheduled. In the event that both teams elect to play without officials that satisfy the requirements of this rule, the game shall be a binding league game. Failure to provide officials that meet the requirements of this rule shall not be grounds for a forfeit, and every effort shall be made to reschedule the game.

3. Spectators. All spectators shall be on the side of the field opposite the bench area.

4. Equipment. All players shall wear NOCSAE approved helmets and face masks. Players on the same team shall not be required to wear helmets that are all the same color. Mouth guards are mandatory, but no specific color is required. Color requirements for gloves, under jerseys, compression shorts and sweat pants will not be enforced. Under no circumstances shall hockey helmets be permitted to be worn by any player at the Bantam, Junior or Senior levels.

5. Time:

(a) The regulation playing time (stop time) of a Senior game shall be 40 minutes, divided into 4 periods of 10 minutes each.

(b) The regulation playing time (stop time) of a Junior game shall be 40 minutes, divided into 4 periods of 10 minutes each.

(c) The regulation playing time of a Bantam game shall be 60 minutes divided into four periods of 15 minutes each. Each period shall be running time with the exception of the fourth period, during which stop time shall be utilized in the last two minutes. In addition, the clock shall be stopped for all team timeouts and all injury timeouts.

6. Coaches and Table Personnel. Each team shall be permitted to have a maximum of three (3) coaches located within the Coaches Area or the Team Area at any time during the course of a game. The table area personnel shall not constitute coaches and shall not

be counted for purposes of the three (3) coach limit set forth herein. Table personnel shall be limited to a maximum of three (3) individuals. The table personnel shall be instructed prior to the start of each game that they are not permitted to coach from the table area and they are not permitted to advocate for either team during the course of a game, but instead must maintain a neutral demeanor at all times during the course of a game.

7. Overtime. In the event that the score is tied at the end of a game, the teams shall play 2 sudden victory overtimes of 3 minutes each. If the game is still tied at the end of the second overtime, the game shall be considered a tie. This rule shall not be applicable to league playoff games, and all league playoff games shall continue with successive overtime periods of 3 minutes each until one team scores a goal and achieves sudden victory.

8. Substitutions. Regular substitutions (with a horn) may be made when play has been suspended for any reason, including the ball going out of bounds along either end line. This modification of the Federation Rules shall not be applicable to Senior A play, and all substitutions at the Senior A level of play shall conform with the Federation Rules.

9. Timeouts. Each team shall be entitled to 4 full time outs during each game, limited to 2 time outs each half.

10. Illegal Bodycheck; Slashing. An illegal bodycheck shall be called at the Junior level of play when a player takes more than 4 steps before making physical contact with a player on the opposing team. Illegal bodychecks shall be called in accordance with the Federation Rules at the Senior level of play. Officials shall strictly enforce the slashing rule at all levels of play.

11. Stick Checks. The officials shall not conduct random stick checks during the first half and the second half of each game. Coaches shall only be entitled to request stick checks during Senior and Junior games. If a stick check is requested and the stick is legal, the team requesting the stick check shall be charged with a timeout. An illegal stick shall result in a 1 minute non-releasable penalty. A goal scored by an illegal stick shall be disallowed. An illegal stick shall be removed from play for the remainder of the game unless the only violation is an illegal pocket, in which case the pocket may be corrected and the stick may be returned to the game.

12. Stalling. Neither offensive stalling rules nor defensive stalling rules shall be enforced at the Bantam or Junior levels of play, including without limitation offensive stalling during the final 2 minutes of regulation play. The only stalling rule that shall be applicable to the Senior level of play shall be the offensive stalling rule during the final 2 minutes of regulation play.

13. Ten Second Count and Twenty Second Count. The 10 second count applicable to offensive play shall not be applicable at the Bantam, Junior or Senior B levels of play. The 10 second count applicable to offensive play shall be applicable to the Senior A level of play. The 20 second count that requires that a team advance the ball beyond the midfield line after gaining possession inside the defensive half of the field shall not be applicable at the Bantam, Junior or Senior B levels of play, but shall be applicable to the Senior A level of Play.

14. Penalties on Goalies. In the event that 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.

15. Six Goal Rule. In the event that a team is leading by 6 goals, there shall be no face-off after each goal scored by either team while one team leads by 6 goals or more and possession of the ball shall be awarded to the losing team after each goal. Face-offs 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. This 6 goal rule modifies the 12 goal rule that is part of the Federation Rules. The Six Goal Rule shall not be applicable to Connecticut Valley Youth Lacrosse League semi-final and final tournament games.

16. Interruption of Game. If a game is interrupted pursuant to Rule 3-5 because of events beyond the control of the responsible authorities (such as lightning), the game shall be continued from the point at which it was suspended if three (3) periods have not been completed when the game is suspended. If three (3) or more periods have been completed, the game is final as of the suspension of the game. The officials shall be instructed to wait a minimum of twenty (20) minutes following the suspension of any game in order to determine whether the game can be continued even if more than three (3) quarters of the game has been completed as of the time of suspension. This rule shall not be applicable to league playoff games. Any league playoff game that is suspended shall be completed as soon as practicable, notwithstanding the fact that 3 or more periods have been completed.

17. Leaving the Field. If a CVYLL team leaves the field during the course of play and refuses to return to the field, regardless of the circumstances, the game shall be declared a forfeit and the team that did not leave the field shall be the winning team.

18. Fouling Out. Any individual that accumulates four (4) personal fouls during a single game, regardless of the penalty time assessed with respect to such personal fouls, shall be prohibited from participating further in such game following the fourth personal foul.

19. Fighting. Fighting is an expulsion foul. Any player that is expelled from a game for fighting shall be prohibited from participating in the next game. Any player who is expelled for fighting a second time during a single season shall be prohibited from any further participation for the remainder of the season.

20. Request for Review and Clarification. Rule 7-13 of the Federation Rules, which permits a coach to request that an official review and clarify a rule when a coach believes that it has been misapplied, shall not be applicable to Connecticut Valley Youth Lacrosse League play.

21. Required Number of Players; Goalie Required. A team must have at least 8 players, including a fully equipped goalie, in order to begin a game. If a team does not have at least 8 players, including a fully equipped goalie, at the designated time for the start of a game the officials shall delay the starting time of the game by at least 15 minutes in order to provide an

opportunity for additional players to arrive at the game site. If a team does not have at least 8 players, including a fully equipped goalie, at the end of this 15 minute period, the team with fewer than 8 players, including a fully equipped goalie, shall forfeit the game. If both teams have fewer than 8 players, including a fully equipped goalie, the game shall be rescheduled.

22. Margin of Victory Shall Not Exceed 10 Goals. Each team shall use its best efforts to insure that the margin of victory in any particular game does not exceed ten (10) goals. Any game in which the margin of victory exceeds ten (10) goals may be reported to the Chair of the Sportsmanship Committee by the losing team promptly following the conclusion of any such game. In the event of any such report, the Chair of the Sportsmanship Committee shall conduct an investigation and determine the reason or reasons for a margin of victory in excess of ten (10) goals. If the Chair of the Sportsmanship Committee determines that the winning team failed to use its best efforts to limit the margin of victory to ten (10) goals or less, the Program that sponsors the winning team shall be publicly sanctioned for poor sportsmanship the first time this occurs. Any subsequent violations may result in the suspension of the offending team's Head Coach from further participation in league play for up to the remainder of the season, as determined by the CVYL Board of Directors. The Chair of the Sportsmanship Committee shall also have the authority to investigate the facts and circumstances that resulted in a margin of victory in excess of ten (10) goals notwithstanding the failure of the losing team to report any such excessive margin of victory to the Chair of the Sportsmanship Committee.

23. Running Time. After the first half, any time the score differential reaches nine (9) goals or more, the clock will only be stopped for a team timeout, an official's timeout or an injury timeout. Should the score differential be reduced to less than nine (9) goals, then normal play will resume. All penalties that occur during a score differential situation of nine (9) goals or more will be running time. In this situation the running time penalty begins with the next whistle resuming play.

24. 2010 Federation Rule Changes. The major 2010 Federation Rule Changes are attached to these Rules of Play. All of the major 2010 Federation Rule Changes shall be applicable to CVYL League Play, subject to all modifications already made with respect to the Federation Rules, including rules relating to stalling and the required number of players required to start a game.

C. Special Rules Applicable to Bantam Play. The Federation Rules shall be further modified in connection with all Bantam games in accordance with the following:

1. Pre-Game Conference. The home team coach shall be required to confer with the visiting team coach and the officials prior to the start of each Bantam game for the purpose of confirming mutual agreement by all parties as to the special rules applicable to Bantam play, including without limitation special rules applicable to body checking, penalties and the three pass rule. The purpose of this pre-game conference shall be to insure that all parties are in agreement regarding the special rules applicable to Bantam play prior to the start of each game. Each Bantam Coach is strongly encouraged to bring the Connecticut Valley Youth Lacrosse League Points of Emphasis for Bantam Play to each Bantam Game.

2. Field Size. The home team shall use its best efforts to provide a modified field smaller in size than a regulation field, ranging from 60 yards by 40 yards up to 90 yards by 50 yards (the “Modified Field”). Each Modified Field shall include field markings that denote the defensive and attack areas in proportion to the size of the Modified Field, together with the wing areas. CVYL strongly recommends that Bantam games shall be played on a Modified Field wherever practicable.

3. Goal Line. When the Modified Field is used and the field is 60-70 yards long, goal lines shall be 50 yards apart. For fields 80-90 yards long, goal lines shall be 60 yards apart.

4. Midfield Lines. When the Modified Field is used, midfield lines shall be established at the point that is half the overall length of the field.

5. Players. When the Modified Field is used, on fields 60-70 yards in length the team shall play 7 v 7 (2 midfielders, 2 attack, 2 defensemen and 1 goal keeper). On fields 80-90 yards in length, teams shall play 8 v 8 using an additional midfielder.

6. Off Sides. When the Modified Field is used, a minimum of 2 players shall always remain in the teams offensive half of the field and a minimum of 3 players shall always remain in the defensive half of the field.

7. Sticks. Minimum length of 36 inches, maximum length of 42 inches. No long crosses shall be permitted to be used in Bantam play. The head of all crosses used in Bantam play shall conform with Federation Rules. No restrictions shall be applicable to the goalie’s crosse.

8. Checks. No bodychecking is allowed in Bantam play. It is expected that some unintentional contact will occur in loose ball situations, but excessive contact and all intentional body checking shall be avoided and an illegal bodycheck penalty shall be called for excessive contact or intentional bodychecks. For example, no man/ball involving an intentional bodycheck shall be permitted in Bantam play.

9. Penalties. No time shall be served for technical fouls, with possession awarded to the team that is fouled. Penalty time shall be served for personal fouls, with the player who committed the foul required to serve penalty time, but teams shall play at full strength and the player serving the penalty time may be substituted for. The offended team shall be given a fast break opportunity as a consequence of each personal foul. For purposes of this fast break opportunity, whenever practicable the playing field shall be marked with the starting point for the fast break opportunity, which shall be five (5) yards from the X on the center line on either side of the center line (the “Fast Break Starting Point”). A player from the offended team shall be given the ball at the Fast Break Starting Point. All attack and defensive players shall stay in the goal area, and all midfielders shall be on the center line. All players shall be entitled to move when the whistle sounds beginning play. The player who was fouled is not required to start with the ball in connection with the fast break opportunity.

10. Three Pass Rule.
- (a) Three Passes. Once a team gains possession of the ball, three passes must occur before a team can take a shot.
- (b) Definition of a “Pass”:
- (i) A “Pass” is defined as a throw traveling more than approximately three feet that is intended to reach a teammate;
 - (ii) A pass does not require a catch;
 - (iii) A pass that does not include a catch shall only be deemed a pass if and when the team that initiates the pass gains possession of the ball with no intervening possession by the opposing team; and
 - (iv) A goalie clear from inside or outside the crease is considered a pass.
- (c) Officials. Officials shall count OUT LOUD each pass to help themselves, players and coaches keep track of the pass count.
- (d) Location of Passes. Passes may occur anywhere on the field, in either the offensive or defensive end. The intent of this rule is to promote the use of passing to move the ball up the field.
- (e) Consequence of Three Passes.
- (i) Once three passes have occurred, the attacking team may take a shot.
 - (ii) If the attacking team loses possession of the ball after three passes have occurred (A) as a result of a shot or (B) a turnover in the offensive end of the field and the attacking team regains possession before the ball crosses the midfield line, the attacking team can shoot without being required to make three passes again.
 - (iii) Once the ball moves from the defensive end of the field into the offensive end, a change of possession from the attacking team to the defensive team requires the defensive team on attack to make three passes before a shot can be taken.
- (f) Violation of Three Pass Rule. Any violation of the three pass rule (shooting before three passes have been made) will result in the award of possession to the defending team, with the ball awarded outside of the goal area laterally from where the shot in violation of the three pass rule was taken.

- (g) Exception for Fast Breaks Attributable to Personal Fouls. The Three Pass Rule shall not be applicable to a fast break opportunity awarded to the offended team as a consequence of a personal foul. In connection with each fast break opportunity awarded to the offended team, however, the officials shall place special emphasis on the prohibition against body checking in Bantam play and any intentional contact made by the player with possession of the ball in connection with a fast break opportunity in relation to an opposing player shall constitute an illegal body check and shall be penalized.

11. Five Goal Rule. Possession following a goal scored by either team will be awarded to a team that is trailing by five or more goals, with no face-off.