

**2014 COLORADO YOUTH LACROSSE ASSOCIATION RULES OF PLAY**

**Introduction**

The National Federation of State High School Associations (NFHS) 2014 Boys Lacrosse Rules as amended by US Lacrosse Youth Playing Rules shall govern CYLA boys youth play. The governing board of the CYLA has further amended the above set of rules; these rules shall be called the 2014 CYLA Official Rules for Boys Youth Lacrosse. The US Lacrosse Youth Rules (not including CYLA Rule exceptions) can be found in the “documents” section of the CYLA website. Additional Rules addressing conduct and sportsmanship may be found in the CYLA Operating Rules. The game is to be played with emphasis on the proper development of individual stick skills, team play, player safety, and sportsmanship. NFHS Rules governing uniforms and field considerations are considered to be “recommended” and not strictly enforced, except by the discretion of the Officials.

**ALL PLAYING DIVISIONS**

**Age and Eligibility Guidelines.** The CYLA Rules contain eligibility guidelines in order to promote the game of lacrosse in Colorado in a safe and sportsmanlike environment. To best achieve this goal, the CYLA believes that youth lacrosse should seek to provide playing opportunities that, as much as possible, establish a "level playing field" among players of similar age, size, and ability. Exceptions to age divisions cannot be made on game day and all coaches must adhere to classifications as determined by the CYLA.

**2014 Age-Based Playing Divisions.** The CYLA will play the following age-based divisions: U15, U13, U12, U11, U10, U9 and U8 (see table cut-off dates). In each age group, the CYLA will consider skill and past playing performance when assigning teams to competitive divisions within each age group. Each age division is subdivided into three skill levels: Red (most skilled), White (intermediate) and Blue (beginner). The cut-off date has been changed to June 1<sup>st</sup> of 2013 (the June that precedes the spring season).

**Spring 2014 Age-Based Quick Reference Table**

CYLA AGE DIVISION		CUT OFF DATE
U8	Born On Or After	6-1-2005
U9	Born On Or After	6-1-2004
U10	Born On Or After	6-1-2003
U11	Born On Or After	6-1-2002
U12	Born On Or After	6-1-2001
U13	Born On Or After	6-1-2000
U14/15*	Born On Or After	6-1-1998

\*Any player who was born before 6/1/98, but who is in 8th grade may play in the U-15 division; in no instance can a 9th grader play on a CYLA youth team.

**NUMBER OF PLAYERS - RULE 1 SECTION 1**

The CYLA is fundamentally a 10 v 10 league, however a team may start a game with as few as (8) players without having to forfeit the game and play “man-down.” A team that cannot start the game with (8) players will forfeit the game.

**FIELD DIMENSIONS - RULE 1 SECTION 2**

CYLA fields will follow National Federation of High Schools (NFHS) guidelines. Minor alterations which are acceptable to both coaches and officials will be allowed. (US Lax Rule 1-2). NFHS Rule 1-2-7 increases the substitution area to 10 yards each side of the midline for a total of 20 yards.

**BALL - RULE 1 SECTION 5** (NFHS & US LAX)

White game balls should be used, but may be any color with approval of both coaches. Balls must include labeling: “meets NOCSAE standard.”

**PLAYER EQUIPMENT – NFHS RULE 1 SECTION 9**

- Equipment shall conform to NFHS requirements, including gloves, arm pads, shoulder pads, mouth piece, and NOCSAE-approved helmets, which must be properly fitted and worn, with the following modifications:
- It is recommended that all goalies wear arm pads.
- All players are required to wear a protective cup. A player will not be penalized for not wearing a protective cup, but cannot play without one.

NOTE: The Officials are not required to inspect the wearing of a protective cup, and may rely on the coach’s certification and/or a player’s statement regarding satisfaction of the requirement.

**TEAM TIME OUTS / BREAKS BETWEEN PERIODS**

- (2) per half, per team (1 minute in length)
- No Time Outs during OT periods
- 2 Minute Break Between 1<sup>st</sup> and 2<sup>nd</sup> quarters, and 3<sup>rd</sup> & 4<sup>th</sup> quarters
- 5 Minute Halftime Break

**OFFICIALS’ TIME OUTS**

- If a Player in possession of the ball loses any required equipment the official will immediately stop play NFHS Rule 1-9-3. Officials’ discretion to apply NFHS Rule 5-6 (Illegal Equipment), e.g. mouth guard.

**COACHES - 2 SECTION 3**

- ONLY the Head Coach may talk to the officials. (ALSO SEE INDIVIDUAL PLAYING DIVISION RULES)

**TIME FACTORS – RULE 3** (SEE INDIVIDUAL PLAYING DIVISION RULES)

**PRE-GAME TEAM MEETING - RULE 4 SECTION 2 (re: LINE UP)**

- Game officials shall call for a pre-game meeting before the opening faceoff. They will assemble all players (not just the starters) and coaches to the center of the field or in front of the scorers’ table. At this time the game officials will convey the equipment, safety, and fair play information, in addition to explaining any special ground rules as required under CYLA Rules & Individual Playing Divisions (US LAX/NFHS RULE 4-2.)
- Coaches may exchange rosters at this time.

**FACING OFF - RULE 4 SECTION 3**

- Each quarter shall begin with a face-off regardless of the score differential, unless an extra-man situation/exception is in effect under NFHS Rule 4-3, i.e. Players from the offensive zone may no longer participate in a face-off in man-down situations. (ALSO SEE CYLA INDIVIDUAL PLAYING DIVISIONS).

**OFFSIDE – NFHS RULE 4 SECTION 10 & 11 (Redefined –count forward)**

If a team momentarily has fewer than the required number of men on either end of the field while players are exiting and entering the field through the special-substitution area, this is not considered to be an offside violation.

However, if a team delays its substitution and that causes it to have too few players on either half of the field, it may be called for offside or illegal procedure.

**3-YARD RULE (MULTIPLE RULE SECTIONS)**

- 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. NFHS uses “5 yards.”

### ILLEGAL BODY CHECK - RULE 5 SECTION 3

- An avoidable body check of an opponent after he has passed or shot the ball is an illegal body check. The definitions below supplement, but do not supplant, all aspects, points of emphasis, and Play Rulings of NFHS Rule 5-3.
- **NO TAKE-OUT CHECKS** are permitted by any player at any age level.  
A take-out check is defined as:
  - 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 attempt to play a loose ball; and (iii) body checking a player whose head is turned away to receive a pass, even if that player turns toward the contact immediately before the body check. **NOTE:** *Sports medicine research indicates that the severity of certain injuries may be reduced if a 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 fifteen. Game officials should be especially alert to blind side checks at all youth levels.*
  - **Penalty for Illegal Body Check is mandatory 2-3 minute non-releasable penalty (NFHS RULE 5-3-5).**

### CHECKS INVOLVING THE NECK/HEAD - RULE 5 SECTION 4

- ARTICLE 1 ... A player shall not initiate contact to an opponent’s head or neck with a cross-check, 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.
- ARTICLE 2 ... A player shall not initiate an excessive, violent or uncontrolled slash to the head/neck.
- ARTICLE 3... A player, including an offensive player in possession of the ball, shall not block an opponent with the head or initiate contact with the head (known as spearing).

PENALTY: 2-3 minute non-releasable foul, at the official’s discretion. An excessively violent violation of this rule may result in an ejection.

### UNNECESSARY ROUGHNESS - RULE 5 SECTION 9

US Lacrosse calls attention to the NFHS Rule 5 Section 9, UNNECESSARY ROUGHNESS, making the penalty non-releasable.

- ARTICLE 1: An excessive violent infraction of the rules against holding and pushing.
- ARTICLE 2: Deliberate and excessively violent contact made by the defensive player against an offensive player who has established a screening position.
- ARTICLE 3: Any avoidable act on the part of a player that is a deliberate and excessively violent, whether it be with the body or crosse. The may include a legal body check.
- ARTICLE 4: A check delivered with the gloved hand or hands may not be delivered with a punching blow.

PENALTY: Penalty for Unnecessary Roughness shall be 1-2-3 minute non-releasable (NFHS RULE 5-9/US LAX 5-9).

**2014 CYLA Rules Applicable to INDIVIDUAL Playing Divisions**

**U15 (For 2014 U15 is a combined division of U14 and U15 Players)**

- **Body Checking is permitted.** To be legal a body check should be delivered in a generally upright position with both hands on the stick and the player initiating the check may not use his lowered head or shoulder to make the initial contact.
- **No One-handed checks allowed.**
- **Stick length:** 40" - 42" / Long 52" – 72" (NFHS RULE 1-6) (NFHS 2-1-2).
- **Game Time (Red/White/Blue):** will consist of four 12-minute running-time quarters; game clock stops only for a team timeout, an official's timeout, or an injury timeout; penalty clock stops for all whistles. Game Clock stops for all whistles during the last 2 minutes of the game with goal differential of 2 or less. In the event of a tie, two 4-minute sudden-victory overtime periods will be played.
- **Final Two Minutes of Game:** the Final Two Minute stalling rule shall be enforced (NFHS RULE 3-3/6-10-3).
- **Stalling:** All NFHS Stalling rules are in effect, including NFHS Rule 6-10. If a game official detects an effort to stall the official will give a verbal command to "get it in/keep it in" followed by a visual 10-second hand count. If the team so warned does not attempt to advance the ball to the goal area within the 10-second count, a turnover will occur with restart at the point of the stalling infraction (or laterally outside the goal area). A defensive player must attempt to play the ball.
- **Faceoff (Red Only):** all NFHS face off rules will be followed (NFHS RULE 4-3).
- **Faceoff (White/Blue):** at any point during a game when there is a six-goal lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the four-goal lead is maintained, unless waived by the coach of the trailing team.
- **Advancing the Ball (Red Only):** the defensive 20-second count will be used and the offensive 10-second count will be used (NFHS RULE 4-14 / 15).
- **Advancing the Ball (White/Blue):** 20 second/10 second rules do NOT apply.
- **Slashing:** shall be called per NFHS rules. One handed check is considered a slash (US LAX RULE 5-7).
- **Time Serving Penalties:** are enforced per NFHS rules (NFHS RULE 7-1 / 7-2).
- **Fouling Out:** 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 (US LAX 5-11).

## U13

- **Body Checking is permitted.** To be legal a body check should be delivered in a generally upright position with both hands on the stick and the player initiating the check may not use his lowered head or shoulder to make the initial contact.
- **Stick length:** 40" - 42" / Long 52" – 72" (NFHS RULE 1-6) (NFHS 2-1-2).
- **Game Time:** will consist of four 12-minute running-time quarters; game clock stops only for a team timeout, an official's timeout, or an injury timeout; penalty clock stops for all whistles. Game Clock stops for all whistles during last 2 minutes of the game with goal differential of 2 or less. In the event of a tie, two 4-minute sudden-victory overtime periods will be played.
- **Final Two Minutes of Game:** the Final Two Minute stalling rule shall be enforced (NFHS RULE 3-3/6-10-3).
- **Stalling:** All NFHS Stalling rules are in effect, including NFHS Rule 6-10. If a game official detects an effort to stall the official will give a verbal command to "get it in/keep it in" followed by a visual 10-second hand count. If the team so warned does not attempt to advance the ball to the goal area within the 10-second count, a turnover will occur with restart at the point of the stalling infraction (or laterally outside the goal area). A defensive player must attempt to play the ball.
- **Faceoff (Red Only):** all NFHS face off -rules will be followed (NFHS RULE 4-3).
- **Faceoff (White/Blue):** at any point during a game when there is a six-goal lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the four-goal lead is maintained, unless waived by the coach of the trailing team.
- **Advancing the Ball:** 20 second/10 second rules do NOT apply.
- **Slashing: NO One-handed checks are allowed.** Any one-handed check will be considered a slash, whether or not it makes contact with the opposing player (US LAX 5-7).
- **Time Serving Penalties:** are enforced per NFHS rules (NFHS RULE 7-1 / 7-2).
- **Fouling Out:** 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 (US LAX 5-11).

## U12

- **Body Checking is permitted.** To be legal a body check should be delivered in a generally upright position with both hands on the stick and the player initiating the check may not use his lowered head or shoulder to make the initial contact.
- **Stick length:** 40" - 42" / Long 52" – 72" / Goalie 40"-72" (NFHS RULE 1-6) (NFHS 2-1-2).
- **Game Time:** will consist of four 12-minute running-time quarters; game clock stops only for a team timeout, an official's timeout, or an injury timeout; penalty clock stops for all whistles. Game Clock stops for all whistles during last 2 minutes of the game with goal differential of 2 or less. In the event of a tie, two 4-minute sudden-victory overtime periods will be played.
- **Final Two Minutes of Game:** the Final Two Minute stalling rule shall be enforced (NFHS RULE 3-3/6-10-3).  
**Stalling:** All NFHS Stalling rules are in effect, including NFHS Rule 6-10.  
If a game official detects an effort to stall the official will give a verbal command to "get it in/keep it in" followed by a visual 10-second hand count. If the team so warned does not attempt to advance the ball to the goal area within the 10-second count, a turnover will occur with restart at the point of the stalling infraction (or laterally outside the goal area). A defensive player must attempt to play the ball.
- **Faceoff:** at any point during a game when there is a six-goal lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the four-goal lead is maintained, unless waived by the coach of the trailing team.
- **Advancing the Ball:** 20 second/10 second rules do NOT apply.
- **Slashing: NO One-handed checks are allowed.** Any one-handed check will be considered a slash, whether or not it makes contact with the opposing player (US LAX 5-7).
- **Time Serving Penalties:** are enforced per NFHS rules (NFHS RULE 7-1 / 7-2).
- **Fouling Out:** 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 (US LAX 5-11).

## U11

- **No Body Checking of any kind is permitted.** Legal pushes (RULE 6 SECTION 9, PUSHING) and holds (RULE 6 SECTION 3, HOLDING, ARTICLE 3 A & D) are allowed, substitute 3-yards for NFHS 5 yards. In all loose ball situations players should “play the ball,” but incidental contact, “boxing out”, or screening techniques during such play shall not be considered a violation of this rule. If loose ball is not moving, stuck, or the players are having difficulty picking the ball up, referee may re-start play following the alternate possession rule.
- **Stick Length:** 37” - 42” / Long 47” – 54” (US LAX RULE 1-6). ONLY (4) LONG POLES PERMITTED. (NFHS 2-1-2)
- **Game Time:** will consist of four 12-minute running-time quarters; game clock stops only for a team timeout, an official’s timeout, or an injury timeout; penalty clock stops for all whistles. Game Clock stops for all whistles during last 2 minutes of the game with goal differential of 2 or less. In the event of a tie, two 4-minute sudden-victory overtime periods will be played.
- **Final Two Minutes of Game:** Final Two Minute stalling rule shall NOT be enforced (US LAX RULE 3-3).
- **Stalling:** All NFHS Stalling rules are in effect, including NFHS Rule 6-10. If a game official detects an effort to stall the official will give a verbal command to “get it in/keep it in” followed by a visual 10-second hand count. If the team so warned does not attempt to advance the ball to the goal area within the 10-second count, a turnover will occur with restart at the point of the stalling infraction (or laterally outside the goal area). A defensive player must attempt to play the ball.
- **Faceoff:** at any point during a game when there is a six-goal lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the four-goal lead is maintained, unless waived by the coach of the trailing team (US LAX RULE 4-3).
- **Advancing the Ball:** 20 second/10 second rules do NOT apply (US LAX RULE 4-14 / 15)
- **Slashing: NO One-handed checks are allowed.** Any one-handed check will be considered a slash, whether or not it makes contact with the opposing player (US LAX 5-7).
- **Time Serving Penalties:** are enforced per NFHS rules (NFHS RULE 7-1 / 7-2).
- **Fouling Out:** Any player who accumulates 3 personal fouls or 5 minutes in personal foul penalty time shall be disqualified from the game. For U11, 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 (US LAX 5-11).

## U10

- **No Body Checking of any kind is permitted.** Legal pushes (RULE 6 SECTION 9, PUSHING) and holds (RULE 6 SECTION 3, HOLDING, ARTICLE 3 A & D) are allowed, substitute 3-yards for NFHS 5 yards. In all loose ball situations players should “play the ball,” but incidental contact, “boxing out”, or screening techniques during such play shall not be considered a violation of this rule. If loose ball is not moving, stuck, or the players are having difficulty picking the ball up, referee may re-start play following the alternate possession rule.
- **Stick length:** 37”-42” (US LAX RULE 1-6).
- **Game Time:** will consist of four 12-minute running-time quarters; game clock stops only for a team timeout, an official’s timeout, or an injury timeout; penalty clock stops for all whistles. Game Clock stops for all whistles during last 2 minutes of the game with goal differential of 2 or less. In the event of a tie, two 4-minute sudden-victory overtime periods will be played.
- **Final Two Minutes of Game:** Final Two Minute stalling rule shall NOT be enforced (US LAX RULE 3-3).
- **Stalling:** All NFHS Stalling rules are in effect, including NFHS Rule 6-10. If a game official detects an effort to stall the official will give a verbal command to “get it in/keep it in” followed by a visual 10-second hand count. If the team so warned does not attempt to advance the ball to the goal area within the 10-second count, a turnover will occur with restart at the point of the stalling infraction (or laterally outside the goal area). A defensive player must attempt to play the ball.
- **Faceoff:** at any point during a game when there is a six-goal lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the four-goal lead is maintained, unless waived by the coach of the trailing team (US LAX RULE 4-3).
- **Advancing the Ball:** 20 second/10 second rules do NOT apply (US LAX RULE 4-14 / 15).
- **Slashing: NO One-handed checks are allowed.** Any one-handed check will be considered a slash, whether or not it makes contact with the opposing player (US LAX 5-7).
- **Time Serving Penalties:** are enforced per NFHS rules (NFHS RULE 7-1 / 7-2).
- **Fouling Out:** Any player who accumulates 3 personal fouls or 5 minutes in personal foul penalty time shall be disqualified from the game. A disqualified player must leave the field but his team may replace him with a substitute; no man up situation should occur (US LAX 5-11).

## U9

- **No Body Checking of any kind is permitted.** Legal pushes (RULE 6 SECTION 9, PUSHING) and holds (RULE 6 SECTION 3, HOLDING, ARTICLE 3 A & D) are allowed, substitute 3-yards for NFHS 5 yards. In all loose ball situations players should “play the ball,” but incidental contact, “boxing out”, or screening techniques during such play shall not be considered a violation of this rule. If loose ball is not moving, stuck, or the players are having difficulty picking the ball up, referee may re-start play following the alternate possession rule.
- **Stick Length:** 37” – 42” (US LAX RULE 1-6).
- One coach per team may be allowed on the field during play to provide instruction during the game
- **Game Time:** will consist of four 12-minute running-time quarters; game clock stops only for a team timeout, an official’s timeout, or an injury timeout; penalty clock stops for all whistles. Game Clock stops for all whistles during last 2 minutes of the game with goal differential of 2 or less. In the event of a tie, two 4-minute sudden-victory overtime periods will be played.
- **Substitutions:** Players are substituted every 3-4 minutes with “time breaks” announced by the time keeper in order to foster equal playing time for all players; substitutions should be made during loose ball or out-of-bounds situations, i.e., not during possessions.
- **Final Two Minutes of Game:** Final Two Minute stalling rule shall NOT be enforced (US LAX RULE 3-3).
- **Stalling:** All NFHS Stalling rules are in effect, including NFHS Rule 6-10. If a game official detects an effort to stall the official will give a verbal command to “get it in/keep it in” followed by a visual 10-second hand count. If the team so warned does not attempt to advance the ball to the goal area within the 10-second count, a turnover will occur with restart at the point of the stalling infraction (or laterally outside the goal area). A defensive player must attempt to play the ball.
- **Faceoff:** at any point during a game when there is a six-goal lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the four-goal lead is maintained, unless waived by the coach of the trailing team (US LAX RULE 4-3).
- **ONE-PASS RULE:** Preceding a shot on goal, a team must (a) complete a clearing pass from their defensive zone to their offensive zone; or (b) once the ball is in their offensive zone make one attempted pass. The One-Pass requirement is in effect (resets) after every whistle that stops play.
- **Advancing the Ball:** 20 second/10 second rules do NOT apply (US LAX RULE 4-14 / 15).
- **Slashing: NO One-handed checks are allowed.** Any one-handed check will be considered a slash, whether or not it makes contact with the opposing player (US LAX 5-7).
- **Time Serving Penalties:** offending player must leave the field and remain out of the game for the length of his penalty time but his team may replace him with a substitute on the field. No man up situation should occur. Ball is awarded per NHFS rules (US LAX RULE 7 – 1/2/3).
- **Fouling Out:** Any player who accumulates 3 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 (US LAX 5-11).

## U8

- **No Body Checking of any kind is permitted.** Legal pushes (RULE 6 SECTION 9, PUSHING) and holds (RULE 6 SECTION 3, HOLDING, ARTICLE 3 A & D) are allowed, substitute 3-yards for NFHS 5 yards. In all loose ball situations players should “play the ball,” but incidental contact, “boxing out”, or screening techniques during such play shall not be considered a violation of this rule. If loose ball is not moving, stuck, or the players are having difficulty picking the ball up, referee may restart play following the alternate possession rule.
- **Stick Length:** 37” – 42” (US LAX RULE 1-6).
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- **Slashing: NO One-handed checks are allowed.** Any one-handed check will be considered a slash, whether or not it makes contact with the opposing player (US LAX 5-7).
- **Time Serving Penalties:** offending player must leave the field and remain out of the game for the length of his penalty time but his team may replace him with a substitute on the field. No man up situation should occur. Ball is awarded per NHFS rules (US LAX RULE 7 – 1/2/3).
- **Fouling Out:** Any player who accumulates 3 personal fouls or 5 minutes in personal foul penalty time shall be disqualified from the game. A disqualified player must leave the field but his team may replace him with a substitute; no man up situation should occur (US LAX 5-11).