



***HOWARD COUNTY LACROSSE PROGRAM  
SPRING 2012  
Coach's Manual***



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Version 3.0

© Howard County Lacrosse Program  
Howard County Department of Recreation and Parks  
7120 Oakland Mills Road  
Columbia, Maryland 21046-1677  
Phone 410.313.4700 • Fax 410.313.4646  
www.HCLACROSSE.com  
www.howardcountymd.gov/RAP  
www.HCRPSPORTS.com

## WELCOME!

Welcome to the 2012 Lacrosse Season! Thank you for volunteering this season to coach a team within such a great organization. We look forward to a season full of fun, learning and exciting games.

The Howard County Lacrosse Program (HCLP) is a program of Howard County Department of Recreation and Parks (HCRP) and exists to provide youth in the Howard County community with the opportunity to participate in an organized lacrosse program. By providing two levels of Lacrosse, COBRA (travel) and HC Lax (recreational), HCLP hopes to reach the needs of all youth interested in playing lacrosse. The program intends to provide competitive play with and against participants of similar age, size and experience. It is the Program's philosophy to provide playing time to all participants. HCLP's mission is to provide children with the opportunity to have a positive lacrosse experience, incorporating core values of self-esteem, learning, fun and sportsmanship.

This handbook was developed to help our Volunteer Coaches understand how our organization operates and what is expected of them. Without Volunteers HCLP could not exist! While we cannot cover every contingency in this handbook, you are asked to follow the spirit of what is outlined here and allow common sense to prevail.

One of the reasons our Program is so successful is the large number of people who volunteer their time. It takes many individual and group efforts to maintain and keep an athletic organization running efficiently and effectively. Your support and commitment is needed for the Program to thrive. Parents are needed to volunteer for board positions, as coaches and for various projects throughout the year. We encourage everyone to step forward and to take an active role in our program. Please contact any of the Board Members or HCRP Staff if you would be interested in volunteering more of your time and talent.

You can also find out more about the Program, including handouts, contact information and rules on our website at: [www.hclacrosse.com](http://www.hclacrosse.com). Please do not hesitate to contact your Age-Group Coordinator, HCLP Board Members or HCRP Staff with any questions, comments or issues you may have.

Sincerely,

Jacob Chesnutt  
Community Sports Coordinator  
Howard County Department of Recreation and Parks

Michael Milani  
Community Sports Manager  
Howard County Department of Recreation and Parks

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## CONTACT INFORMATION

[www.hclacrosse.com](http://www.hclacrosse.com)    [www.howardcountymd.gov/RAP](http://www.howardcountymd.gov/RAP) (Registration)

Howard County Department of Recreation and Parks Contacts

Main Office	410-313-4700	
Registration Office	410-313-7275	
Jacob Chesnutt, Community Sports Coordinator	410-313-4736	<a href="mailto:JChesnutt@howardcountymd.gov">JChesnutt@howardcountymd.gov</a>
Michael Milani, Community Sports Manager	410-313-4706	<a href="mailto:MMilani@howardcountymd.gov">MMilani@howardcountymd.gov</a>
Allen Harden, Sports Superintendent	410-313-4652	<a href="mailto:AHarden@howardcountymd.gov">AHarden@howardcountymd.gov</a>
Laura Wetherald, Recreation Bureau Chief	410-313-4640	<a href="mailto:LWetherald@howardcountymd.gov">LWetherald@howardcountymd.gov</a>

## ORGANIZATION

HCLP is a program of Howard County Department of Recreation and Parks. An Advisory Board is elected every year to help manage this program. The current advisory board is:

President – Jack Milani	jackmilani@verizon.net
Boys Vice President, East – Matt Moore	mamoore@stephenjames.com
Boys Vice President, West – Pat Youngs	pyoungs@cisco.com
Girls Vice President, East – Julie Herbert	cjherbert@verizon.net
Girls Vice President, West – Meg Ignacio	megignacio@verizon.net
COBRA Boys Coordinator – Don Parr	coachparr@verizon.net
COBRA Girls Coordinator – Alex Pagnotta	apagno7@gmail.com
Treasurer – Matt Whelan	whelanlax@gmail.net
Secretary – Kelly Felix	ksofelix@aol.com
Boys Dir. of Coaching/Training/Recruitment – Mark Dixon	medixon20@verizon.net
Girls Dir. of Coaching/Training/Recruitment – Alleesha Davidson	alleesha.davidson@verizon.net
Equipment Coordinator – Charlie Fleck	cffarctic@verizon.net
Fields Coordinator – Eric Lawrence	ericglaw@aol.com
HCLP Special Projects – Jeff Doughty	jeff@spectrumwatercoolers.com
COBRA Summer Coordinator – Brent Tabor	betabor@verizon.net
Communications Coordinator – Don Treacy	dtreacy15@comcast.net
Community Outreach – Frank Valenza	fdvalenza@verizon.net

Board meetings will be held monthly, rotating among several HCRP facilities. Anyone wishing to attend a board meeting should contact a board member prior to attending the meeting to schedule a time to address the board. Specific dates, times and locations are posted on [www.HCLacrosse.com](http://www.HCLacrosse.com).

## COMMUNICATIONS / CHAIN OF COMMAND

We welcome your ideas, concerns, and input at all times! If you have a question or an insight to share, you should begin with your Age Group Coordinator. If you do not feel the situation is resolved, you can next speak with the Vice President of either Boys or Girls Lacrosse. If you still feel your concern has not been resolved to your satisfaction, you can take your concern to the President. HCRP staff can be contacted on all issues. We ask that you follow the chain of command on most issues before contacting HCRP.

## GAME DAY COMMUNICATION / CHAIN OF COMMAND

On games days the Chain of Command concerning any issues with Officials, Fields, Equipment, etc. is as follows:

- Age-Group Coordinator (for HC Lax) or Boys/Girls Coordinators (for COBRA)
- Boys/Girls Vice President
- HCLP Board Members, if on site (see above)

Communication of Game-Days issues should follow this chain before any HCRP Staff is contacted.

## VOLUNTEERS

The volunteer efforts of parents, legal guardians and friends are the heart of the HCLP program and ensure its success. These volunteers act in a variety of roles year round and are the lacrosse program's most valuable resource.

Quality lacrosse volunteer activities include:

- Coaching Positions (Head Coaches and Assistant Coaches)
- Lacrosse Advisory Board Positions (elections held at the end of season Coaches Prom)
- Team Administrators
- Field Maintenance and Preparation
- Equipment

Volunteers who at any time will be with players are required to be members of the **Coaches Registry** (visit [www.howardcountymd.gov/coachesregistry.htm](http://www.howardcountymd.gov/coachesregistry.htm) for more information), which includes American Sport Education Program (ASEP) training, concussion training, submission of a photo ID and successful completion of a background check. Coaches should visit [www.hclacrosse.com](http://www.hclacrosse.com) and click on "Hey Coach" for specific directions on completing the requirements.

## **SPORTSMANSHIP**

### **MID-ATLANTIC RECREATION & PARKS SPORTS ALLIANCE**

The Department of Recreation and Parks is a member of the Mid-Atlantic Recreation & Parks Sports Alliance.

The Alliance is comprised of more than thirty Recreation & Parks departments and sports organizations.

The mission of the Mid-Atlantic Recreation & Parks Sports Alliance is to develop and communicate a consistent message that organizations and their players, coaches and spectators will be held accountable to a code of conduct that promotes sportsmanship and keeps recreational competitive and non-competitive sporting activities in proper perspective.

### **SPORTS CODE OF CONDUCT**

The Mid-Atlantic Recreation & Parks Sports Alliance utilizes a common Sports Code of Conduct and shares disciplinary actions related to poor sportsmanship. Member jurisdictions may jointly enforce disciplinary sanctions imposed on an individual or organization.

**Failure to comply with these standards may result in disciplinary actions by**

**The Mid-Atlantic Recreation & Parks Sports Alliance**

### **Sports Code of Conduct:**

**As a Coach,** I recognize that coaches are role models for their team members and all participants involved in the activity, and that sports help to develop a sense of teamwork, self worth and sportsmanship.

As such, I agree to abide by the following:

- Place the emotional and physical well being of my players ahead of a personal desire or external pressure to win.
- Do my best to provide a safe playing environment for all participants.
- Lead by example by demonstrating fair play and sportsmanship to all involved.
- Provide a sports environment for my team that is free of drugs, tobacco, alcohol, and abusive language and refrain from their use at all sporting events.
- Respect the game and league officials and communicate with them in an appropriate manner.
- I will strive to be knowledgeable of the league rules and regulations, and teach these rules to all players on my team.
- Encourage my team members to play by the league rules and respect the rights of other players, coaches, fans and officials.
- I am responsible for my own behavior and also the behavior of my team members, their parents and fans.

**As a Parent/Guardian,** I recognize that parents/guardians are the most important role models for their children, and that sports help to develop a sense of teamwork, self-worth and sportsmanship.

As such, I agree to abide by the following:

- Encourage good sportsmanship by demonstrating positive support for all players, coaches, fans and officials at games practices and other sporting events.
- Place the well being of my child before a personal desire to win.
- Advocate a sports environment for my child that is free of drugs, tobacco, alcohol and abusive language, and refrain from their use during youth sporting events.
- Encourage my child to play by the rules and respect the rights of other players, coaches, fans and officials.

## AGE GROUPS

HCLP has designated divisions of play based on age for lacrosse. The age determination date (below) is during the year prior to the start of the season, e.g. August 31<sup>st</sup>, 2011 for the 2012 season.

### LACROSSE AGE GROUP BREAKDOWN

<u>Age Group</u>	<u>Ages</u>	
CLINIC	5 & 6 Year Olds	Age-Determination = August 31 <sup>st</sup> , 2011
TYKER	7 & 8 Year Olds	Age-Determination = August 31 <sup>st</sup> , 2011
LIGHTNING	9 & 10 Year Olds	Age-Determination = August 31 <sup>st</sup> , 2011
MIDGET	11 & 12 Year Olds	Age-Determination = August 31 <sup>st</sup> , 2011
JUNIOR	13 & 14 Year Olds	Age-Determination = October 31 <sup>st</sup> , 2011

(Ineligible to play if on a high school roster; freshman/sophomore, junior varsity, or varsity)

## HCLP GAME FIELD LOCATIONS

Blandair Park	Western Regional Park
Cedar Lane Park (East & West)	Various Howard County Public Schools
Rockburn Branch Park (East- Landing Road Entrance)	

Visit the web site:

[www.hclacrosse.com](http://www.hclacrosse.com) (Locations & Directions) for **GAME & PRACTICE FIELD DIRECTIONS**

## INCLEMENT WEATHER

After severe weather or rain, the County may close or restrict the use of outdoor facilities. No team is to play or practice on a closed facility.

Heat Index and Air Quality: The heat index is defined by the National Weather Service as the combination of air temperature and relative humidity. We will monitor the heat index to ensure that a code alert is issued if necessary. Teams will ensure during practice and games that water is available at all times, and that appropriate breaks are taken.

## INCLEMENT WEATHER NUMBERS

Blandair Park	(410)-313-3673
Cedar Lane Park	(410) 313-4453
Rockburn Branch Park	(410) 313-4455
Western Regional Park	(410) 313-4372
Howard County Public School Fields	(410) 313-6827

## LIGHTNING AND THUNDER POLICY

In the event of lightning or thunder, the Game Official **MUST** suspend play immediately. All Players, Coaches, and Assistant Coaches **MUST** promptly leave the playing field and take shelter, preferably in automobiles. Play may only be resumed if there has been neither sighting of lightning nor sound of thunder for thirty (30) minutes. Resuming play is entirely the judgment call of the Official; Coaches will have no say in the determination to resume play.

## **HCLP GAME FIELD INSTRUCTIONS (SETUP & BREAKDOWN)**

- Water **ONLY** allowed on the Synthetic Turf Fields (Blandair, Cedar Lane, Rockburn and Western Regional).
- Each game field has a job box with nets, cones, scoreboard, clock, table and chair.
- It may be possible your field has the goals locked and nets need to be installed to each goal.
  - Your key will work to get into the job box.
- Please set-up the cones on the restraining lines (both sides of the field).
  - This is very important for Game Officials to call off-sides.
- Please set up the table and chair with the scoreboard at the center of the bench sideline.
- Please clean up your bench area when finished with your game.
- Teams playing the last game should place cones, table, chair, scoreboard and clock back in job box.
  - Please lock job box when game field materials are returned
  - If required please lock goals and put nets back in job box. (Nets on Park Fields stay on the goals.)

## **POST SCORES ONLINE**

The Coach of the winning team will be obligated to enter the score no later than the morning after a game; coaches should enter scores directly on [www.hclacrosse.com](http://www.hclacrosse.com).

Each Age Group Coordinator shall maintain a record of the final scores for his/her age group.

Standings are kept for the following age groups **ONLY**: Lightning, Midget and Junior.

Standings are kept on [www.hclacrosse.com](http://www.hclacrosse.com).

## **SUPERVISION GUIDELINES**

Under no circumstance should a Volunteer Coach of HCLP be alone with a participant (child) of the program. It is of every Coach's best interest to make sure he/she is never alone with a child before, during or after any HCLP event. No Coach should stay after a practice or game alone waiting for a child's transportation to arrive. Maintaining another Volunteer with you is the safest way to handle such situation. All Volunteers of HCLP are required to undergo Background Checks with the Howard County Department of Recreation and Parks. Approved Volunteers are the only Adults that should have such supervision over participants in the Howard County Lacrosse Program.

## **INCIDENT REPORTS**

In the event that an incident takes place or any player suffers a serious injury, it is the responsibility of both team's coaches to prepare reports of the incident or injury and to obtain the names of witnesses to the incident or injury.

Incident report forms are available on [www.hclacrosse.com](http://www.hclacrosse.com) and in the job boxes at every game and practice site.

## **INFORMATION REQUIRED**

The manager/coach should use the Injury/Accident Report form provided by HCRP.

Information that needs to be documented in the report includes:

- The date, place, and time of the incident or injury.
- The name(s), addresses and telephone numbers of the person(s) involved.
- The name(s), addresses and telephone numbers of any witness(es).
- Were police or EMS called? Did they respond? Was a formal police or EMS report prepared?
- A description of the events that took place before, during and after the incident or injury.
- How was the matter resolved?
- What additional issues, if any, need to be resolved?

**SUBMISSION OF REPORTS**

The Coach of each team shall notify the Age-Group Coordinator of his/her age-group orally within three hours of the incident or injury. Formal written reports must be submitted within 24 hours of the incident or injury to the Age-Group Coordinator who in turn must submit form to Recreation & Parks within 48 hours of incident/injury.

**ANY TIME AN AMBULANCE IS CALLED – PLEASE ADVISE YOUR AGC ASAP.**

**AGCs: PLEASE PHONE JAKE CHESNUTT IMMEDIATELY TO INFORM OF AN AMBULANCE BEING CALLED.**



<b>Howard County Lacrosse Program</b>		
<b>Directors and Age Group Coordinators</b>		
	<b>Boys</b>	<b>Girls</b>
<b>HCLP Vice Presidents</b>	Matt Moore – East Pat Youngs – West	Meg Ignacio – East Julie Herbert – West
<b>Age Group Coordinators</b>	<b>HCLP Age Group Coordinators</b>	
<b>Clinic - 5/6 years</b>	Jason Baer – East Dan Nagle – West	Laurie Obitz – East Al Hernandez – West
<b>Tyker - 7/8 years</b>	Jim Benzing – East Eric Lawrence – West	Teresa Beale – East Vince Lacey – West
<b>Lightning - 9/10 years</b>	Michael Groff – East Rob Kalishman – West	Tom Dohler – East Gina Miller – West
<b>Midgets - 11/12 years</b>	Scott Tucker – East Rob Ferrer – West	Lisa Sadzewicz – East Tom Hawes – West
<b>Juniors - 13/14 years</b>	John Benson – East Ed von Lange – West	Christine Borden



## HCLP GIRLS RECREATIONAL LACROSSE RULES CLARIFICATIONS

### Philosophy

The objectives of the Howard County Lacrosse Program (HCLP) are:

1. To teach the game of lacrosse,
2. To develop fitness and coordinator,
3. To foster teamwork,
4. To encourage and reinforce good sportsmanship, and
5. To have FUN!

Girls must have a girl's crosse (lacrosse stick), protective eyewear and a colored mouth guard to play. The mouth guard cannot be white or clear. The crosse (lacrosse stick) is made of wood, laminated wood, or synthetic material, with a shaped net pocket at the end. Boy's lacrosse sticks cannot be used to play in the girl's league. A girl's crosse must be an overall length of 35 1/2 - 43 1/4 inches. Eye protection must meet the most current ASTM Specification Standard F803 for women's lacrosse.

HCLP follows the girls youth rules developed by US Lacrosse and the Maryland Youth Lacrosse Association (MYLA). The rules are described in the 2012 Women's Rule Book published by US Lacrosse. This rule book may be obtained from the US Lacrosse website and most lacrosse stores. The link is below:

<http://www.uslacrosse.org/TopNav2Right/Rule/WomensRules.aspx>

Additional information is also available on the MYLA website: [www.mylalax.com](http://www.mylalax.com).

Some of the general girls' lacrosse rules are listed below:

- No covering the ball with stick head
- No raking the ball with stick or go between the legs with the stick
- Can't kick the ball with feet or use your body to move the ball
- Can't touch the ball with your hands
- No body contact – no pushing, or holding or hitting with stick
- No field player can go into the goal circle - including stick
- Shooting Space – can't stand alone in the area in front of the goal without closely guarding a player

There are many other rules and penalties that are described in detail in the 2012 Women's Rule Book. These are just a few of the general rules. Attached are the age-specific clarifications for the 2012 season.



# HCLP GIRLS RECREATIONAL LACROSSE RULES CLARIFICATIONS

## CLINIC (5-6) - 2012

All HCLP age brackets:

- Only coaches who have met the county class and screenings are allowed to be coaching the team and must wear their issued coaches registry badge at all times.
- No more than 1 head coach and two approved assistants on the team sideline.
- All spectators on opposite side of team zone.
- All players must have jewelry off. No taped earrings. No clear or white mouth guards – only colored. Protective eyewear is mandatory.

### Clinic Age Group:

- Clinic age group plays with seven players and no goalkeeper. There are 2 attack players, 3 midfielders and 2 defense players.
- Coaches or parent volunteer keep game time.
- One coach from each team referee/coach the game are on the field – 1 whistle from each team – Coaches should provide game instruction and help to players.
- Four-8 minute running-time quarters, with time allowed for general substitution half way through each quarter (or eight- 4 minute periods) – teams should not change sides between halves.
- One timeout per half.
- 8 minute halftime break.
- Shooting space strictly enforced for safety reasons.
- Midfield line will be the restraining line for both sides – 2 back.
- Three (3) passes required before shooting on goal. A pass is defined as a stick's length in distance. Pass count starts anywhere on the field. If attack turnover occurs between the goal they are shooting on and restraining line, and possession is regained, the attack's pass count does NOT reset.
- No zone or double-teaming allowed in Clinic. Girl-on-girl defense
- Only one girl from each team on a ground ball.
- Direct free position will be awarded to a player who is fouled in the act of shooting. All other free positions are indirect.
- No score is kept in clinic, but when coaches recognize there are more than 3 goals scored, without a return goal from the other team, the other team gets possession at the center draw area.
- Substitution is allowed after goals or as close to the half-quarter mark as possible, no substitutions allowed on-the-fly. (to more easily monitor equal playing time easily identify girl-on-girl defensive marking)
- All players should get equal playing times and rotate positions.



## HCLP GIRLS RECREATIONAL LACROSSE RULES CLARIFICATIONS

### TYKERS (7-8) – 2012

All HCLP age brackets:

- Only coaches who have met the county class and screenings are allowed to be coaching the team and must wear their issued coaches registry badge at all times.
- No more than 1 head coach and two approved assistants on the team sideline.
- All spectators on opposite side of team zone.
- All players must have jewelry off. No taped earrings. No clear or white mouth guards – only colored. Protective eyewear is mandatory.

Tykers Age Group:

- Tykers age group plays with eight players. There are 2 attack players, 3 midfielders and 2 defense players and a goalkeeper.
- Officials keep game time, unless official asks coaches to keep time and they both agree.
- One coach from each team is allowed on the field for purpose of coaching only. Should provide game instruction and help
- Four– 10 minute running time quarters with time allowed for general substitution half way through each quarter (or eight- 5 minute periods) – team change sides between halves.
- One timeout per half. Clock stops at timeouts and Official's timeout.
- 8 minute halftime break.
- Shooting space strictly enforced for safety reasons.
- Midfield line will be the restraining line for both sides – 2 back and goalkeeper.
- Three (3) passes required before shooting on goal. A pass is defined as a stick's length in distance. Goalkeeper pass (in or out of crease, does not count as one of the passes) Pass count starts anywhere on the field. If attack turnover occurs between the goal they are shooting on and restraining line, and possession is regained, the attack's pass count does NOT reset.
- No zone or double teaming allowed in Tykers. Girl on girl defense.
- Only one girl from each team on a ground ball.
- Direct free position will be awarded to a player who is fouled in the act of shooting. All other free positions are indirect.
- If a team is up 4 goals or more the losing team gets possession at the center draw area. (winning team highly recommended to use non-dominant hand-both catching and throwing) A draw shall be done at the beginning of the half, regardless of score.



## HCLP GIRLS RECREATIONAL LACROSSE RULES CLARIFICATIONS

### TYKERS (7-8) – 2012 - CONTINUED

- Substitution is allowed after goals or as close to the half-quarter mark as possible, no substitutions allowed on-the-fly. (to more easily monitor equal playing time and easily identify girl-on-girl defensive marking)
- All players should get equal playing times and rotate positions, especially goalkeeper.
- Goalkeepers can only play ½ of each game as goalkeeper; goalkeepers must be substituted at half time.
- Goalkeeper cannot drop the ball in the crease, step out of the crease, (no dumping) to allow another player without a goalkeeper stick to pick it up and clear the ball.



## HCLP GIRLS RECREATIONAL LACROSSE RULES CLARIFICATIONS

### LIGHTNING (9-10) - 2012

All HCLP age brackets:

- Only coaches who have met the county class and screenings are allowed to be coaching the team and must wear their issued coaches registry badge at all times.
- No more than 1 head coach and two approved assistants on the team sideline.
- All spectators on opposite side of team zone.
- All players must have jewelry off. No taped earrings. No clear or white mouth guards – only colored. Protective eyewear is mandatory.

#### Lightning Age Group:

- Lightning age group plays with 12 players. There are 4 attack players, 3 midfielders and 4 defense players and a goalkeeper.
- Officials keep game time, unless official asks coaches to keep time and they both agree.
- Coaches may move along full team boundary & behind opponent's team bench area & score table.
- 20 minute half periods.
- The clock will stop and start during the last two minutes of each half. Clock also stops at time-outs and Official's time-out.
- One timeout per half.
- 8 minute halftime break.
- "Scoring threat for 5 Seconds" Rule
- 3 Second Checkable
- Shooting space strictly enforced for safety reasons.
- Modified checking allowed only below the waist.
- Maximum defense is: slide/DOUBLE team. No TRIPLE TEAM/swarm defense.
- If a team is up 6 goals or more the losing team gets possession at the center draw area. (winning team highly recommended to use non-dominant hand-both catching and throwing) A draw shall be done at the beginning of the half, regardless of score.
- May substitute on the fly or after a goal is scored from the score table area only.
- Goalkeeper has to pass the ball out of goal area. She cannot drop the ball, step out and have a short stick pick up the ball to clear. (No dumping)
- All players should play half of a game and get opportunities to play multiple positions.



## HCLP GIRLS RECREATIONAL LACROSSE RULES CLARIFICATIONS

### MIDGETS (11-12) - 2012

All HCLP age brackets:

- Only coaches who have met the county class and screenings are allowed to be coaching the team and must wear their issued coaches registry badge at all times.
- No more than 1 head coach and two approved assistants on the team sideline.
- All spectators on opposite side of team zone.
- All players must have jewelry off. No taped earrings.. No clear or white mouth guards – only colored. Protective eyewear is mandatory.

#### Midgets Age Group:

- Midget age group plays with 12 players. There are 4 attack players, 3 midfielders and 4 defense players and a goalkeeper.
- Officials keep game time, unless official asks coaches to keep time and they both agree.
- Coaches may move along full team boundary & behind opponent's team bench area & score table.
- 25 minute half periods.
- The clock will stop and start during the last two minutes of each half. Clock also stops at time-outs and Official's time-out.
- One timeout per half.
- 8 minute halftime break.
- "Scoring threat for 5 Seconds" Rule
- 3 Second Checkable
- Shooting space strictly enforced for safety reasons.
- Modified checking allowed only below the shoulder.
- If a team is up 6 goals or more the losing team gets possession at the center draw area. (winning team highly recommended to use non-dominant hand-both catching and throwing) A draw shall be done at the beginning of the half, regardless of score.
- May substitute on the fly or after a goal is scored from the score table area only.
- Goalkeeper has to pass the ball out of goal area. She cannot drop the ball, step out and have a short stick pick up the ball to clear. (No Dumping)
- All players should play half of a game and get opportunities to play multiple positions.



# HCLP GIRLS RECREATIONAL LACROSSE RULES CLARIFICATIONS

## JUNIORS (13-14) - 2012

All HCLP age brackets:

- Only coaches who have met the county class and screenings are allowed to be coaching the team and must wear their issued coaches registry badge at all times.
- No more than 1 head coach and two approved assistants on the team sideline.
- All spectators on opposite side of team zone.
- All players must have jewelry off. No taped earrings. No clear or white mouth guards – only colored. Protective eyewear is mandatory.

### Juniors Age Group:

- Juniors age group plays with 12 players. There are 4 attack players, 3 midfielders and 4 defense players and a goalkeeper.
- Officials keep game time, unless official asks coaches to keep time and they both agree.
- 25 minute half periods.
- The clock will stop and start during the last two minutes of each half. . Clock also stops at time-outs and Official's time-out.
- One timeout per half.
- 8 minute halftime period.
- “Scoring threat for 5 Seconds” Rule
- 3 Second Checkable
- Shooting space strictly enforced for safety reasons.
- Modified checking allowed only below the shoulder.
- If a team is up 6 goals or more the losing team gets possession at the center draw area. (winning team highly recommended to use non-dominant hand-both catching and throwing) A draw shall be done at the beginning of the half, regardless of score.
- May substitute on the fly or after a goal is scored and timeouts from the score table area only.
- Goalkeeper has to pass the ball out of goal area. She cannot drop the ball, step out and have a short stick pick up the ball to clear. (No Dumping)
- Goalkeeper can play in goal the entire game.
- All players should play half of a game and get opportunities to play multiple positions.



## HCLP GIRLS RECREATIONAL LACROSSE RULE CLARIFICATIONS

### **MISCONDUCT:**

The head coach will be responsible for the behavior of parents and personnel affiliated with her team, including all assistant coaches, and will receive any cards related to lack of bench decorum.

Sticks may not be thrown in any circumstance.

### **FOR LIGHTNING and UP:**

When either a yellow or red card is issued, a player must leave the field for 2 minutes. Her team must play short in both their offensive and defensive ends of the field. Four players must be behind the restraining line while playing down.

Any player or coach receiving 2 yellow cards or 1 red card will be suspended for the remainder of the game. However, they may participate in the next game. Should a team receive it's fourth card (any color), of the game they must play short for the remainder of the game.

For Lightning and Up: "Pass Count" rule replaced by with "Scoring Threat for 5 Seconds" rule.

A player is only a scoring threat for their first 5 seconds of each possession. They are allowed to maintain possession of the ball for a time period longer than 5 seconds, but are only allowed to score during the first five seconds of each possession. It doesn't matter where the player is located on the field. The counts begins as soon as the player has possession of the ball. If a player shoots and the five second possession has passed, the goal doesn't count and goalkeeper receives possession, otherwise, the game continues. This is not an audible count by referee but is indicated with fingers by the trailing official.

3 Second Checkable – Player with the ball may not hold the ball for more than 3 seconds when she is closely guarded and the defender has both hands on her stick. The defense must be in a position to legally check if full checking were allowed. This rewards players who are playing good defense.

*Note: If the player with the ball takes the stick to the other side of her body and thus away from the defender making a legal check impossible, the 3-second count would be over. If the defender adjusts her position to where a legal check could be made, or the stick is brought back to a checkable position, or another teammate joins the defender and that second defender is in good position to check, then the count starts again. The umpire will give an audible and visible 3-second count. The count should follow this sequence: one-one thousand, two-one thousand, immediately followed by a whistle when the third hand chop reaches its full extension thus marking count number three without saying three-one thousand.*



## HCLP GIRLS RECREATIONAL LACROSSE RULE CLARIFICATIONS

Overtime: 3 minute BREAK after regulation, followed by ONE 3 MINUTE sudden-victory OVERTIME (RUNNING CLOCK the entire time). If 2<sup>nd</sup> half timeout was not used, may be used during overtime. If no team scores, game remains as a tie.

Game Termination: - If 80% of playing time has elapsed and a game is interrupted by events beyond the control (ex: weather), the game may be terminated by mutual agreement of the opposing coaches and the game counts as final.



# HCLP BOYS RECREATIONAL LACROSSE GUIDELINES AND RULES

## CLINIC (5-6) - 2012

### Philosophy

The objectives of the Howard County Lacrosse Program (HCLP) are:

1. To have fun
2. To teach the game of lacrosse
3. To develop fitness and coordination
4. To foster team work
5. To encourage and reinforce good sportsmanship

The foundation of the Clinic age group is for Instructional Purposes. The Program focuses on Basic Lacrosse Fundamentals.

### Team Make-up

The HCLP Clinic Program is a non-contact (i.e. no body checks) game played by seven players: two defensemen, three midfielders and two attackmen. There is no goalkeeper.

### Scorekeeping

We **do not** keep score.

### Age Group Rules:

- **Clinic** games will be 40 minutes long, with 10-minute running quarters. Half time is 5-10 minutes long.
- Game can be stopped at any time as long as both coaches agree to give players time to rest or for water breaks
- Teams change sides between halves.
- Lacrosse games begin with a face-off. The players in the wing areas can release; the other players must wait until one player has gained possession of the ball or the ball has crossed the goal line.
- Center face-offs are also used after a goal and at the start of each quarter.
- During the game, three coaches from either team will be given the responsible for 1/3 of the field. These coaches will provide game instruction and help to players from both teams for their third of the field. Three field coaches will be needed at all times during games.
- Length of lacrosse stick is not to exceed 36" from the top to bottom.
- Penalties (personal fouls) will be called (slashing, tripping, cross checking, etc...) and the player committing the penalty will leave the game for at least 1 minute. Another player will replace him. There are no extra-man situations as a result of any personal foul penalties.
- Technical penalties (offside, pushing, warding off, etc...) will result in a change of possession.
- There is **no** Body Checking.

- No **“bench press” cross checking** will be allowed at any time. Bench press cross checking is when the player slides both hands together and extends the gloves into the opposing player before checking with the body (this is a legal check, however these types of checks will be called a foul in this program for safety reasons).
- Once a team has a **3-goal lead there will be no face-off**. The opposing team will be given a free clear starting at the midfield line.
- Each team must keep at least two players, in its defensive half of the field and two in its offensive at all times. Only man-to-man defense is allowed.
- Once the ball crosses the midfield line the offensive team **must attempt to complete two passes past the midfield line** before taking a shot on goal (encourage more passing if the skill level allows). “Gilman” clears are not allowed.
- If one team is up by three goals that team needs to attempt 3 passes after the midfield line
- A player may gain possession of the ball by dislodging it from an opponent's stick with a stick check, which includes the controlled poking and slapping of the **stick and gloved hands** of the player in possession of the ball. No one handed checks.
- Normal out-of-bound rule applies. Other than a shot ball is awarded to a player on the opposite team. On a shot, it is the nearest player to the ball when it goes out of bounds, who is awarded the ball.
- An attacking player cannot enter the crease around the goal but may reach in with his stick to scoop a loose ball. If the ball lands in the crease only the defenders are allowed to enter the crease to get the ball.



# HCLP BOYS RECREATIONAL LACROSSE GUIDELINES AND RULES

## TYKER (7-8) - 2012

### Objectives:

1. To teach the game of lacrosse.
2. To develop fitness and coordination.
3. To foster teamwork.
4. To encourage and reinforce good sportsmanship.
5. To have fun.

### Rules

Tykers will follow the normal boys' lacrosse rules (MYLA) with the following exceptions:

### Game Management

- Eight **five** minute periods using a running clock and a **one** minute break between periods and a five minute half-time break between the 4<sup>th</sup> and 5<sup>th</sup> period
- Each period will begin with a face-off at midfield unless the score dictates possession (See 3-goal rule below)
- Players from both teams will occupy one sideline and all parents and spectators **MUST** remain on the opposite side of the field. The only exception is in injury situations where a coach asks for assistance from the parent of the injured player.
- End lines shall remain clear of both coaches and spectators for the duration of the game (no coaching from behind the goal)
- Player substitution is only allowed at end of each period or if there is a player injury. An injured player must leave the field but can be re-substituted at the next play stoppage.
- Two time outs per half are allowed per team

### Coach Responsibilities

- Each team is allowed a maximum of three coaches (two on sideline and one on-the-field coach).
- Prior to the start of the game, coaches must introduce themselves to one another and talk through game logistics to ensure positive facilitation of the game
- Prior to the start of the game, coaches must introduce themselves to the referees to review rules and expectations of play.

### Players

- One Goalie
- Two Attackmen
- Three Midfielders
- Two Defensemen

*(Note: Coaches must make every effort to ensure that every player gets equal playing time in every game)*

## **Checking/Hitting**

### **Body Checking**

- Intentional illegal use of the body to knock down another player is not allowed.
- In ground ball situations body positioning contact is allowed and expected
- All pushes from rear, unnecessary roughness, illegal body checks (use of head and overly aggressive play) is strictly enforced.

### **Stick Checking**

- Poke checking and “lifting” checks to the stick is allowed
- Controlled slap checks are also allowed but only for the purpose of dislodging the ball from the opposing players stick.
- One handed checks are not allowed and a slashing penalty shall be called whether contact is made or not.

## **Penalties and stopping play**

- There are no timed or man-down penalties at the Tykers level
- When a foul is called the referee should stop play and instruct players on appropriate play/technique
- Play should be allowed to continue after an infraction by the defense in “continuation type situations (i.e. fast breaks). Play should be stopped and instruction given as soon as possible thereafter (i.e. after a whistle, shot, dead ball, out of bounds).
- On defensive side of field a penalty will result in free clear for offense.
- All penalties result in the referee or on-field coaches providing instruction. Penalized player must leave the field but can return to field at next play stoppage or whistle.
- Players involved in flagrant or repeated fouls will be asked to sit out the remainder of the quarter and a substitute player put into the game
- Play **MUST** be stopped immediately whenever there is an injury on the field; this overrides any “continuation” situation
- When play is stopped by referee after the **first** ground ball scrum results in neither team possessing the ball, possession is awarded to the Home team. The alternate possession rule is used from that point forward as determined by the referees.

## **Three-Pass Rule**

- A team must attempt three passes before shooting on goal
- Each pass must be a “real pass” of approximately 5 feet or more. “Buddy passing” or quick back-and-forth passing is not allowed nor in the spirit of teaching the sport of lacrosse at Tykers. (Coaches should emphasize the importance of ball movement)
- A pass can be attempted anywhere on the field, on either the offensive or defensive side of the field and the pass counts as one of the three required. The outlet pass from the goalie after a save counts as one pass
  - (Note: A pass is defined as an **attempt** by one player to pass the ball to a teammate even if a catch is not made. A pass is exactly that, a pass – not a pass and a catch.)
- The referees will keep track of the pass count and they will display hand count by raising arm and call out each pass (i.e. 1, 2, 3) and then announce to the players when they can shoot on goal.
- Once a team completes three passes they may shoot on the goal **and** can continue to attempt shots until the opposing team takes possession **and** clears the ball.

**Clearing and resetting the pass-count**

- The pass count is reset when the opposing team takes possession **and** maintains that possession across midfield to their offensive end of the field
- A player must have **possession and control** of the ball past the midfield line to clear the ball and restart the pass count. Clearing and resetting the pass count does **not** automatically occur when the ball crosses over the midfield line (i.e. a Gilman clear), but rather possession and control on that side of the field must be evident.

**Other Guidelines and Ensuring Competitive Games**

- Coaches **MUST** work together and adjust the rules (i.e. 3, 4 or 5 pass rule) as needed to keep the games competitive. Prior referee approval is required before the rules are modified.
- There is no overtime and games can end in a tie.
- Possession of the ball after a goal will be awarded automatically to the losing team if they are down by 3 or more goals. Possession is awarded at midfield line.
- Teams up by 4 or more goals must complete one additional pass equal to the number of goals they are up (up by 4 – attempt 4 passes, up by 5 – attempt 5 passes, etc.)
- Teams up by 6 or more goals must instruct their players use their opposite or weak hand
- Only man-to-man defense is allowed. Zone defense is not allowed including “organized” double teaming. A technical foul may be called with loss of possession and free clear will be awarded to other team.
- Limit the duration of “scrum” - when multiple players are going after a ground ball and their efforts are not productive. Referees should allow a count of 5 and then stop play and the alternate possession rule is used.

***Maryland Youth Lacrosse Association  
Rule Highlights***

**Equipment**

Mouth guards	<ul style="list-style-type: none"> <li>• All players must wear - including goalie</li> </ul>
Shoulder Pads	<ul style="list-style-type: none"> <li>• All field players must wear</li> </ul>
Helmets	<ul style="list-style-type: none"> <li>• Hockey helmets are legal (mouthpieces must be worn)</li> <li>• Adequate facemask is mandatory</li> <li>• Football helmets are prohibited</li> </ul>
Arm Pads	<ul style="list-style-type: none"> <li>• All players - including goalie - must wear</li> </ul>
Gloves	<ul style="list-style-type: none"> <li>• The entire hand must be covered by original manufacturer’s material</li> </ul>

**Lacrosse Stick Rules**

Legal Lengths	36” – 71”
Long Stick Limit	N/A
Illegal Stick	No Penalty

**Procedure**

Pre-game	The referees and the head coaches will meet in front of the table area immediately prior to the game for an exchange of information and field check.
Equipment Check	Referees will confirm with coaches that their players are properly attired

**Play of Game**

Time-outs	<ul style="list-style-type: none"> <li>• 2 per half</li> <li>• Time-outs during play can be called ANYWHERE ON THE FIELD</li> </ul>
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# HCLP BOYS RECREATIONAL LACROSSE GUIDELINES AND RULES

## LIGHTNING (9-10) – 2011

### Objectives:

1. To teach the game of lacrosse.
2. To develop fitness and coordination.
3. To foster teamwork.
4. To encourage and reinforce good sportsmanship.
5. To have fun.

**Philosophy:** Our objectives are pursued in a competitive environment, so winning and losing become factors. However, winning and losing are incidental to the five primary objectives of the program.

Volunteers at all levels run the program, and will make mistakes, as will the players and officials. Nothing is gained by emphasizing these errors. Emphasis on instruction and positive reinforcement is critical to this program's success. Game officials have a broad authority to insure that the program objectives are achieved by controlling play, the players, the coaches and the spectators. The officials will adhere to the regulations of the game and enforce the regulations in their best judgment.

### Time Keeping:

Game time = four, 8 minute start-stop (unless ref is not able to do based on circumstance). Clock stops as follows:

- Time-outs (2 per team per half).
- Player injury.
- Official's time-out.
- Official game clock is kept on the field by the Official or by sideline parent or coach.
- Penalty clock is kept by coach whose player is serving penalty.
- It is acceptable for games to end in a tie. Overtime is optional and at the mutual discretion of the opposing coaches, and as time permits. If played, overtime shall be limited to one 3 to 5 minute sudden-death period.

### Scoring:

- Game score is kept on the field by the game Official.
- After a goal is scored, **in the event that one team leads by four or more goals, the other team will receive possession at midfield with no face-off.**
- Each coach is responsible to report game results to the Age Group Coordinator, within 24 hours of the end of each game.

### Participation:

- Each player is required to play at least two quarters per game.

- Coaches are permitted discretion to restrict play for disciplinary reasons or for lack of participation in practice.

### **Position Play:**

- Players are to be given ample opportunity to play each of the four positions (A, M, D, G), subject to individual ability. “Pigeon-holing” is strongly discouraged.
- No player should be forced to play a position against their will or that would be unsafe for that particular player.

### **Equipment:**

- **Absolutely required:** helmet, mouthpiece, four-position chinstrap, arm pads (both arms), shoulder pads, gloves, chest protector and cup (goalie only).
- **Strongly recommended:** cup (all players), cleated shoes (rubber molded, no screw-ins).
- **Optional:** hip-thigh-need pads (i.e. football pants-goalie only), rib pads (all players).
- **Lacrosse Stick.**
  - Length measured from top of head to butt-end.
  - Minimum length = 36 in.
  - Maximum length = 60 in.
  - Long stick should be no longer than height of respective player.
  - Only three long sticks (per team) at a time permitted in game.

### **Body Checking:**

- Body checking that begins outside of 5 yards from the opposing player is not allowed
- Violations will be considered personal fouls punishable by a minimum penalty of one (1) minute served in the penalty box for illegal contact.

### **Penalties:**

- MYLA rules apply.
- Player called for a foul will serve penalty in penalty box as instructed by game official.
- Coaches keep penalty time for own players.
- In the event of a goalie penalty, coach may designate another defensive player to serve time, except in the case of unsportsmanlike conduct for which goalie must serve his own penalty.
- Players foul out of game after five fouls.
- Questioning of Officials’ calls by players, coaches and/or spectators is strictly prohibited, and may result in players being removed from the game, and coaches and/or spectators being asked to leave the area of the playing field.
- At the Officials’ complete discretion, unsportsmanlike conduct rules will be strictly enforced with penalties to include game ejection for players, and coaches and/or spectators being requested to leave the area of the playing field.
- Player game ejection for unsportsmanlike conduct will also result in a suspension of that player for his next scheduled game—no exceptions.

### **Bench:**

- Players are to be confined to their designated bench areas on the bench-side of the field throughout the game.
- Proper bench conduct is required and will be enforced by the coaches.
- Extra equipment, including all sticks, gloves, balls and pads should be kept within the bench area and off the playing field while games are in progress.

- Players' family members (including older and younger siblings) and all other spectators are prohibited from the bench side of the field while games are in progress.
- Each team is allowed a maximum of three coaches on the sideline.

**Spectators:**

- While games are in progress, all player family members and other spectators must remain on the side of the field opposite the bench-side at all times.

**Player Celebrations:**

- Coaches are encouraged to keep celebrations as low-key as possible.
- Throwing of sticks and other equipment, and "pile-ons" is not allowed.

**Post-Game:**

- At the end of each game, all players on both teams should immediately line up to shake hands.
- Both coaches are responsible to clear the bench and field areas of players, parents, equipment and all other debris, in preparation for the next game.



# HCLP BOYS RECREATIONAL LACROSSE GUIDELINES AND RULES

## MIDGETS (11-12) - 2012

### **Philosophy**

The goals of the Howard County Lacrosse Program (HCLP) are

1. To teach the game of lacrosse,
2. To develop fitness and coordination,
3. To foster team work,
4. To encourage and reinforce good sportsmanship, and
5. To have FUN!!!

Since these goals are sought in a competitive environment, winning and losing become factors. Winning and losing are, however, incidental to the 5 primary goals of the program.

Volunteers at all levels run the program. These volunteers will make mistakes as will the players and the officials. Nothing is gained by emphasizing these errors. For this program's success, it is essential that the emphasis be on instruction and positive reinforcement. Game officials have a broad authority to insure that the program goals are achieved by controlling play, the players, coaches and the spectators. The officials will adhere to the regulations of the game and enforce the regulations in their best judgment.

### **Time Keeping**

- Game Time: Four (4), 8 minute "stop and start" timed quarters. Please confirm this with the referees before each game.
- The official game clock will be kept either on the sideline or by referee on the field. The penalty clock can also be maintained by either on the sideline or by the referee on the field. Both coaches may agree to a coach or parent of one team to keep penalty time for the game.
- In the event of a tie at the end of regulation time, a 4 minute sudden death (first goal scored wins) overtime period will be played. Only one overtime period is to be played, even if the overtime period ends in a tie. Tie games are okay!
- There are two (2) timeouts per half for each team.

### **Scoring**

Each team will keep track of the score for their respective teams. Scores are to be reported to the Age Group Coordinator as soon as possible after each game. If one team is winning by more than 3 goals, there is no face off and the opposing team is awarded possession.

### **Participation**

All players will play at least 2 quarters in each game. Coaches will have some discretion to restrict play based on disciplinary reasons or lack of participation in practices.

## Positions

Players are to be given multiple opportunities to play at each position (Attack, Midfield, Defense and Goalie) up to their abilities. This is in line with one of the main goals, which is to teach the game of lacrosse. Pigeonholing a player into a particular position (e.g. goalie) is strongly discouraged. Nonetheless, no player should be forced to play a position that he does not want to play or that is unsafe for that particular player.

## Required Equipment

- Helmets with four position chinstraps - mandatory
- Mouthpieces - mandatory
- Arm pads (both arms) - mandatory
- Shoulder pads - mandatory
- Chest and throat protector - mandatory for goalie only. Goalies have an option to wear hip, thigh, shin and knee pads. No other player is to wear them.
- Gloves - mandatory
- Rib pads - optional
- Sticks
  - Minimum length\* - 40 inches
  - Maximum length\* - 72 inches – only three sticks of this length allowed on the field at any one time

\*Length of stick is measured from the top of the head to the end of the pole, including the butt stop.

## Penalties

- Maryland Youth Lacrosse Association (MYLA) rules apply, except as noted otherwise in this document.
- The penalty clock can be maintained by either on the sideline or by the referee on the field. Both coaches may agree to a coach or parent of one team to keep penalty time for the game.
- 20 and 10 rule

### ***“The following rule applies to teams in the last 2 minutes of the game:***

*Upon gaining possession of the ball inside the defensive half of the field, a team must advance the ball beyond the center line within 20 seconds. Failure to do so will result in a turnover and the ball will be awarded to the opposing team at the spot of the violation or 20 yards laterally from the goal.*

*Once the ball crosses over the center line the team in possession must bring the ball into the attack area (inside the restraining lines) within 10 seconds. Failure to do so will result in a turnover and the ball will be awarded to the opposing team at the spot of the violation or 20 yards laterally from the goal.”*

- A player committing a foul will serve the penalty in the designated area on the sideline as instructed by the official.
- Goalkeeper penalties – Goalies do not have to serve penalties, except for unsportsmanlike conduct penalties. Coaches can designate another player to serve the penalty as long as the serving player is on the defensive side of play.
- Players can foul out of a game just like basketball – 5 personal fouls and a player is done for the day.
- Unsportsmanlike conduct penalties are strictly enforced against players, coaches and spectators. The officials have complete discretion in calling unsportsmanlike conduct penalties, including permission to request a coach or spectator to leave the field of play.
- Questioning of calls by players, coaches and parents is not permitted. There will be bad calls; they are part of the game. Coaches and spectators should try to be role models for the players. Let’s remember it is only a game.

- Player disciplinary actions – If a player is ejected from a game because of unsportsmanlike conduct he will be assessed a suspension for the next game – no exceptions.

### **Benches**

Players are to be confined to their respective side of the field throughout the game. Proper bench conduct is expected and should be enforced by the coaches. Keep substitute players on the sideline and off the field of play. This includes sticks, gloves, balls and pads.

### **Spectators**

Spectators will be seated on the sideline opposite from the team's bench area. No spectator is allowed on the team side during the game.

### **Player Celebrations**

Since winning and losing are part of the game, there is bound to be some celebrating by the winning team. Coaches, you are encouraged to keep this as low-key as possible. There will be no throwing of stick or other equipment. There is to be no player "pile-ons".

### **After the Game**

Both teams will line up to shake the other teams hands. If there is a game following your game, it is the coach's responsibility to clear the field and bench area of players, spectators and equipment as soon as possible after the game.



# HCLP BOYS RECREATIONAL LACROSSE GUIDELINES AND RULES

## JUNIORS (13-14) – 2012

### Philosophy

The objectives of the Howard County Lacrosse Program (HCLP) are:

1. To have fun
2. To teach the game of lacrosse
3. To develop fitness and coordination
4. To foster team work
5. To encourage and reinforce good sportsmanship

Since these objectives are sought in a competitive environment, winning and losing become factors. Winning and losing are, however, incidental to the 5 primary objectives of the program.

Volunteers are the heart and soul of HCLP and are who run this program. These volunteers will make mistakes as will the players and the officials. Nothing is gained by emphasizing these errors. For this program to be considered a success, it is essential the emphasis be on instruction and positive reinforcement. Game officials have a broad authority to insure that the program objectives are achieved by controlling play, the players, the coaches, and the spectators. The officials will adhere to the regulations of the game and enforce the regulations in their best judgment.

### Time Keeping

- Game Time: Four (4), 10 minute “*stop and start*” timed quarters. Please confirm this with the referees before each game.
- The official game clock will be kept either on the sideline or by referee on the field. The penalty clock can also be maintained by either on the sideline or by the referee on the field. Both coaches may agree to a coach or parent of one team to keep penalty time for the game.
- In the event of a tie at the end of regulation time, a 4 minute sudden death (first goal scored wins) overtime period will be played. Only one overtime period is to be played, even if the overtime period ends in a tie. Tie games are okay!
- There are two (2) timeouts per half for each team.

### Scoring

- Each team will keep track of the score for their respective teams. Scores must be reported to the Age Group Coordinator as soon as possible after each game.
- If one team is winning by more than 3 goals there is no face off and the losing team is awarded possession.

## **Participation**

All players will play at least 2 quarters in each game.

## **Positions**

Players are to be given multiple opportunities to play each position (attack, midfield, defense, and goalie) up to their abilities. This is in line with one of the main objectives, which is to teach the game of lacrosse. Pigeonholing a player in a particular position (i.e. goalie) is strongly discouraged. That being said, no player should be forced to play a position that he does not want to play or that is unsafe for that particular player.

## **Equipment**

- Helmet – mandatory
  - Mouthpiece – mandatory
  - Four position chinstrap – mandatory
  - Arm pads – mandatory
  - Shoulder pads – mandatory
  - Gloves – mandatory
  - Rib pads – optional, but strongly encouraged at this age
  - Goalie chest protector – mandatory
  - Goalie throat protector - mandatory
  - Cup – mandatory for goalie, optional for field players, but strongly encouraged
  - Hip, thigh, and/or knee pads (i.e. football pants, soccer goalie pants, etc.) – optional for goalie only.
  - Stick
    - Minimum length\* - 40 inches
    - Maximum length\* - 72 inches – up to four sticks of this length allowed on the field at one time
- \*Length of stick is measured from the bottom of the stick to the top of the head

## **Penalties**

- Maryland Youth Lacrosse Association (MYLA) rules apply, except as noted otherwise in this document.
- The penalty clock can be maintained by either on the sideline or by the referee on the field. Both coaches may agree to a coach or parent of one team to keep penalty time for the game.
- 20 and 10 rule – In effect entire game per NFHS rules. Upon gaining possession of the ball inside the defensive half of the field, a team must advance the ball beyond the center line within 20 seconds. Failure to do so will result in a turnover and the ball will be awarded to the opposing team at the spot of the violation or 20 yards laterally from the goal. Once the ball crosses over the center line the team in possession must bring the ball into the attack area (inside the restraining lines) within 10 seconds. Failure to do so will result in a turnover and the ball will be awarded to the opposing team at the spot of the violation or 20 yards laterally from the goal.
- No one-handed checks. This is a slashing penalty with time to be served.
- A player committing a time serving foul will serve the penalty in the penalty box on the sideline as instructed by the referee.
- Penalties on the goalie do not have to be served by the goalie, except for unsportsmanlike conduct penalties. Coaches may designate another player to serve the penalty as long as the serving player is on the defensive side of play (defense or midfielder).
- Players can foul out of games – 5 personal fouls and a player is not allowed to play in that game anymore.

- Unsportsmanlike conduct penalties are strictly enforced against players, coaches, and spectators. The officials have complete discretion in calling unsportsmanlike conduct penalties, including the authority to demand a player, coach, and/or spectator leave the field and the immediate area surrounding the field.
- Questioning of calls by players, coaches, and/or spectators is not permitted. There will be bad calls; they are part of the game...expect them and accept them. Coaches and spectators should try to be role models for the players. Let's remember it is only a game.
- Player disciplinary actions – If a player is ejected from a game because of unsportsmanlike conduct, he will be assessed a suspension for the next game – no exceptions.

### **Benches**

Players are confined to their respective side of the field throughout the game. Proper bench conduct is expected and should be enforced by the coaches. Keep substitute players on the sideline and off the field of play. This includes sticks, gloves, balls, and pads.

Teams are allowed a maximum of three coaches on the sideline.

### **Spectators**

Spectators will be seated on the sideline opposite from their team's bench area. No spectator is allowed on the team side during the game.

### **Player Celebrations**

Since winning and losing are part of the game, there is bound to be some celebrating by the winning team. Coaches, you are encouraged to keep this as low-key as possible. There will be no throwing of sticks or other equipment. There will be no player 'pile-on's'.

### **After the Game**

Both teams will line up to shake the other team's hands.

If there is a game following yours, it is the coaches' responsibility to clear the field and bench area of players, spectators, equipment and trash as soon as possible after the game. If you are the last game of the day, please police the bench areas and field for trash and forgotten equipment.



## HCLP COACHES CHECKLIST of RESPONSIBILITIES

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- Complete all Volunteer Coaching paperwork to include the following:
  - Kroll Background Release form
    - Form needed only once but will background check will be run annually
  - Howard County Recreation & Parks Volunteer Application
    - Form needed only once
  - Howard County Recreation & Parks Volunteer Agreement
    - Form needed for each season/sport coached
- Complete the 'Coaches Code of Ethics' found inside your Coach's packet.
  - Return this form to Recreation & Parks
- Attend one of the scheduled HCLP Equipment Pick-Up dates.
  - Dates can be found at [www.hclacrosse.com](http://www.hclacrosse.com) – calendar posted
  - Dates will also be emailed to Coaches as identified
  - First Aid kits will be picked up at this time along with all equipment/balls needed
- Receive HCLP 'Job-box' key from your Age-Group Coordinator (AGC)
- Prepare handouts for Players/Parents which should include:
  - Players Code of Ethics – to be held in Coach's records
  - Parents Code of Ethics – to be held in Coach's records
  - Team Roster – Phone Tree, Players names, etc.
  - Inclement Weather numbers
  - Team Schedule
    - Direct Parents/Players to:
      - Age-group and League Rules
      - Directions to Practice/Game field locations
      - HCLP Board Member list ([www.hclacrosse.com](http://www.hclacrosse.com))
      - On-line version of team schedule (HCLP website)
      - League Standings (HCLP website)
      - [www.hclacrosse.com](http://www.hclacrosse.com) : League News, Updates, Handouts
- Distribute uniforms to Players
- Distribute 'Picture Day' information/forms to each Parent prior to scheduled team picture day
  - Information/Forms will be distributed by Age-Group Coordinators
- Remind Players/Parents to provide a water bottle for each game/practice
- Bring Age-Group/League rules to each game
  - Review Age-Group rules exceptions with Game Officials before each game
- Check equipment before each and every use
  - Damaged equipment should be returned to HCLP Equipment Coordinator
- Report any 'Code of Conduct' Violations, Injuries or Accidents to your Age-Group Coordinator
  - Incident/Accident/Injury report forms can be found in your Coaches packet
  - 'Code of Conduct' Violations should be in written form; email is acceptable
- Prepare Game Field for each scheduled game to include:
  - Set-up of Cones, Table, Chair, Scoreboard
    - Found in each Game Field Job-Box
  - Goals on County Parks will have nets attached, nets are to stay attached
  - Goals on Board of Education sites need nets attached before each game/practice
  - Lacrosse Game Clocks are located in the Job Box at each Boys Lacrosse Game Field
- Remove all trash from the field/sideline after each game/practice
- Return all Coaches Equipment, Job Box key and First-Aid kit at seasons end
  - Equipment return dates will be posted, please do not return equipment outside of these dates
- Be Safe, Play Hard, Have Fun!!!