

Our Goal

Player Safety, Sportsmanship, Fair Play & Fun Always

FOR U13 GAMES ONLY (Players are in 5th & 6th grades AND not 13 years old as of Aug. 31st prior to season)
10 V 10 Players on Full-size Regulation Field, 110 X 60 yds. *Game Refs:* 1 EML0 or 1 + Sr. AO/AO

- Up to **four (4) 60" long poles** per team are allowed anywhere on the field during game.
- Player substitution horn allowed on sideline only out-of-bounds ball.
- Defensive team has **20-seconds** to clear ball past midfield line plus **10-seconds** to get ball inside restraining box. **Stalling rule enforced in last 2-minutes of 4th qtr.** (offense must keep ball inside restraining box or lose possession). All counts suspended for team behind 6+ goals—or IF both Head Coaches agree to waive & Ref's told before game.

FOR U11 GAMES ONLY (Players are in 3rd & 4th grades AND not 11 years old as of Aug. 31st prior to season)
8 v 8 Players on 3/4-size Field, 90 x 40 yds to 60 x 35 yds. *Game Refs:* 1 EML0 or Sr. AO + AO

- NO body checking, NO long poles & NO counts. U11 players are expected to play the ball & NOT the man when ball is loose. When defending a player in possession of the ball, defender should use no more than **equal pressure to prevent progress of ball carrier.**
- **Team with possession of ball must make 1 attempted pass**—doesn't need to be completed—in the **offensive side** of the field prior to shooting & 1 pass after any whistle.
- 1 coach is allowed on the field from each team during game as long as they remain **within 5 yards of side or end lines at all times.** Purpose is to enable coaches to give **positive** instruction to their players without having to yell from sideline—OR when they're on field.

FOR U9 GAMES ONLY (Players are in 1st & 2nd grades AND not 9 years old as of Aug. 31st prior to season)
8 v 8 Players on Less Than 1/2-size Regulation Field, 60 x 35 yds. *Game Refs:* Sr. AO or AO

- Games are played in **(2) 25 minute running-timed halves** with a 5 minute halftime period and are officiated by an Associate Official (AO) from the pool of certified MBYLL AO's.
- Up to 2 coaches are allowed on the field from each team during game as long as they remain **within 5 yards of side or end lines at all times**—otherwise same as U11.
- NO body checking & NO long poles. **Equal pressure to prevent progress**—same as U11.
- NO aggressive stick checks are allowed—**only Lift checks & Poke checks** are acceptable.
- **Team with possession of ball must make 2 attempted passes**—otherwise same as U11.
- **NO time-served or fast break on penalties.** Ref will explain reason for penalty to all players during stoppage, **substitute** offending player & change possession of ball.



Certified Coaches | Team Players | Fun Experience

IT'S YOUR LEAGUE Let's make it better & a great experience for all involved.



**Mass Bay Youth Lacrosse League Mandatory
Pre-Game Checklist and Coaches Card
Presentation & Conference with Referee(s)**

Head Coaches & Officials must meet together to review before the start of all MBYLL Classic and MBYLL Select Games.



Our Mission

To Teach, Grow & Honor the Game

- **Mass Bay Certified Coaches are reminded to review this checklist together with the opposing head coach along with the officials before the start of every MBYLL game; and please wear your MBYLL Certified Coach sideline badge during game.**
- **This is a Mass Bay Youth Lacrosse game and NOT officiated like a High School game.** The focus of our YOUTH game is to teach, grow & honor the game by always respecting the rules, officials, opposition, teammates & one's self both on & off the field. Today's game is played by **US Lacrosse Youth Rules & NFHS Boys Lacrosse Rules Book** WITH the following **MBYLL-specific** modifications & rules emphasis:
 - **Safety & Sportsmanship are top priorities. Zero Tolerance** for taunting, swearing, obscene or out-of-control, overly-aggressive conduct by a player, coach or spectator on the field, bench or sideline. These actions will result in an unsportsmanlike 'locked-in' penalty & could END game.
 - **Games are played in (4) 10 minute stop-timed quarters with 10 min. halftime.** 15-minute running timed quarters can be played IF both Head Coaches agree & Ref's told before game.
 - Home team is responsible for a dedicated time-keeper stationed between benches to keep official game & penalty clock and horn.
 - Time is **NOT** to be kept by Referee on the field.
- **3 YARD rule: Controlled stick & body checks** ("man ball" GB) allowed at U15 & U13 only within 3 yards of ball. However, NO hitting or pushing a player from behind at any level and NO helmet to helmet hits. Contact must be from the **front, above the waist & below the neck** and NOT a Take-out check.
- **Uncontrolled stick check, 1-handed check—or a wild swing 'n' miss—are all called a SLASH & result in a 1 minute personal foul penalty. Cross-checking or repeatedly stick checking** free hand, arm or side of a player with or without ball is NOT allowed & will also be given 1 minute penalty.
- **Take-out checks—or blindside checks—are NOT allowed and will be severely penalized.** A take-out check is defined as any hit with or without possession of the ball, that has the **intent** — in the Referee's opinion — of injuring OR putting OR knocking the opponent to the ground. NO checks are allowed against an opponent in a defenseless position.
 - A take-out check is an unsportsmanlike conduct foul and results in an automatic time-serving **non-releasable** 2 or 3 minute penalty (Ref's discretion on 2 or 3 min).
 - 2nd offense by the same player results in immediate **Ejection** from game & team serves another non-releasable penalty. Ejected player stays on sideline for game **and NEXT game.**
 - **Ejections:** Ref notify Region Ref Coordinator, Coach notify Region Competition Committee.

RULES APPROVED BY MASS BAY COMPETITION COMMITTEE & UPDATED FOR SPRING SEASON

Our Philosophy

- **Evenly Balanced Teams at All Levels in Classic program: No 'A' or 'B' or 'stacked' Teams**
- **Equal Playing Time for All Players on Team in All MBYLL Classic League Games**
- **Players participating in MBYLL Select program must also play in MBYLL Classic program**
- **Coaches are Teachers & Role Models focused on Teamwork, Fundamentals & Fun-Factor**
- **Penalties are time-serving for all U15, U13 & U11 games.** 2 timeouts per half per team. Substitution horn allowed on sideline out-of-bounds ball at all levels of play – or side & end lines at U11 and U9 levels of play.
- **Player lineup before start of game is highly recommended.** Starting 10 players on each team lineup at midfield facing their opponent 5 yards apart. Ref gives brief pre-game equipment reminders (mouth pieces in, etc.), reviews any field issues as well as expected game conduct (Safety, Sportsmanship & Fair Play). Players then shake hands & go to their positions & game starts.
- **If any team gains a 6+ goal lead,** the trailing team receives ball at midfield & face off's are suspended—unless waived by trailing team—until goal margin returns to 5 goals or less.
- **If any team gains a 12+ goal lead,** then Game clock goes to running time and Coach of lead team should make **discrete** adjustments (i.e. STRONGLY encourage his players to use their off-hand, 3-passes before any shot, play new position, etc).
- **Coaches are reminded to stay off the field**—except as allowed for in U11 & U9 games—and remain out of the substitution box area, during the game unless official(s) request or safety reasons dictate otherwise. Parents & spectators to view game on opposite sideline from teams.

FOR U15 GAMES ONLY (Players are in 7th & 8th grades AND not 15 yrs old as of Aug. 31st prior to season) 10 v 10 Players on Full-size Regulation Field, 110 x 60 yds. **Game Refs:** 1 EMLO + Sr. AO/AO

- **Two (2) Officials will Referee all MBYLL U15 games.** 2nd Ref is expected to be a certified MBYLL Associate Official (AO) from the town of the home team. NOTE: If only (1) EMLOA Ref shows up, or an AO is unavailable, both head coaches can agree – as an exception, NOT standard practice – to play game with one (1) EMLOA Referee.
- Defensive team has **20-seconds** to clear ball past midfield line plus **10-seconds** to get ball inside restraining box. **Stalling rule enforced in last 2-minutes of 4th qtr.** (offense must keep ball inside restraining box or lose possession). All counts suspended for team behind 6+ goals—or IF both Head Coaches agree to waive & Ref's told before game.
- Up to four **(4) 72" long poles** per team are allowed anywhere on the field during game

Head Coaches are responsible for reporting any game day incidents to your Town Director and Regional Competition Committee chair; and Officials to their Assigner & Regional EMLOA Ref Coordinator

COACH ONLINE RESOURCES:

- www.mbyll.org
- www.uslacrosse.org
- www.positivecoach.org/our-tools
- www.uslmobilecoach.org

REMEMBER TO HONOR THE GAME:

- MBYLL & USL Code of Conduct
- MBYLL & USL Partnership with PCA
 - PCA Double Goal Coach online course
 - PCA Second Goal Parent online course
 - PCA Triple Impact Competitor online course
- Mass Bay Smart Practice Plan & Smart Positive Charting



MASS BAY COACH ID



NAME: _____

TOWN: _____

TEAM(S): _____

USL MEMBER #: _____