

Charlotte Youth Lacrosse Association – *Boy's Rules*

Generally speaking, CYLA adheres to NCAA rules for lacrosse with the following modifications:

Length of Game: Games will consist of two twenty-minute running halves. The clock will stop in the last two minutes of the second half for substitutions. At all other times of the regular game, the clock will only stop for referee time-out (injury, equipment, confer with coach/ref) and team time-outs. Each team will be allowed one time-out per half and they may not carry over. In the event of a tie at the end of regulation, overtime periods will be played in "sudden-death" format (first to score wins). Each team will be allowed one time-out per overtime period.

Playing Time: It is the intent of the league that all players will have playing time in a game. The amount of playing time is the discretion of the coach and may be impacted by a player's attendance, behavior, readiness and attitude as well as other factors.

Substitutions: Coaches may call for a "horn" to substitute players whenever play is suspended for change of possession. The referee must acknowledge the request before substitution begins. Substitutions are not permitted at the set-up of a penalty fast break.

Checking: Legal stick and body checking are permitted. All stick checks must be "in control" with two hands and intended for stick or glove areas of ball carrier. Excessive hitting or "take-out" type body checks will be considered unnecessary roughness and result in a personal foul.

Advancement: There is no time requirement to advance the ball out of the defensive zone or into the offensive zone. There is no requirement to keep the ball in the offensive restraining area in the last two minutes of play by either team.

Equipment: Stick length shall be a minimum of 37 inches and a maximum of 40 inches (no long sticks permitted). Goaltenders shall wear throat guard, chest protector and protective cup. All players must wear a lacrosse helmet, lacrosse shoulder pads, lacrosse arm guards, protective cup and a mouth guard. Mouth guards must be highly visible and properly worn at all times.

Penalties: No player suspension to penalty box. Personal Fouls will result in a free 'fast break' situation for the team that is fouled. Pushing (technical foul) with possession will also result in a free 'fast break' situation for the team that is fouled. All other technical fouls will result in change of possession.

Honor the Game

The league's goal is to provide a positive experience for the players, parents and coaches alike. As fans and supporters of the league, the actions of the parents are a key component to fostering a positive environment. The following guidelines will benefit the children most:

- Remember that the game is for youth – not adults – and do your best to make youth sports fun for your child.
- Encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other sporting event.
- Instruct your child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- Help your child enjoy the youth sports experience by doing whatever you can, such as being a respectful fan, providing timely transportation, and assisting with coaching and league activities.
- Cheer good plays by both teams, refrain from coaching/instructing your child during the game (leave it to the coaches) and respect the call of the officials (they're not professionals).
- Respectfully remind other players and fans to HONOR THE GAME!

Charlotte Youth Lacrosse Association Penalties

Personal Fouls – result in free fast break for team that is fouled

- **SLASHING:** Occurs when a player's stick contacts an opponent in any area other than the stick or gloved hand on the stick.
- **TRIPPING:** Occurs when a player obstructs his opponent at or below the waist with the crosse, hands, arms, feet or legs.
- **CROSS CHECKING:** Occurs when a player uses the handle of his crosse to make contact with an opponent.
- **UNSPORTSMANLIKE CONDUCT:** Occurs when any player or coach commits an act which is considered unsportsmanlike by an official, including taunting, obscene language or gestures, and arguing.
- **UNNECESSARY ROUGHNESS:** Occurs when a player strikes an opponent with his stick or body using excessive or violent force.
- **ILLEGAL CROSSE:** Occurs when a player uses a crosse that does not conform to required specifications. A crosse may be found illegal if the pocket is too deep or if the crosse was altered to gain an advantage.
- **ILLEGAL BODY CHECKING:** Occurs when any of the following actions take place: (a) body checking of an opponent who is not in possession of the ball or within five yards of a loose ball; (b) avoidable body check of an opponent after he has passed or shot the ball; (c) body checking of an opponent from the rear or at or below the waist; (d) body checking of an opponent by a player in which contact is made above the shoulders of the opponent. A body check must be below the neck, and both hands of the player applying the body check must remain in contact with his crosse.
- **ILLEGAL GLOVES:** Occurs when a player uses gloves that do not conform to required specifications. A glove will be found illegal if the fingers and palms are cut out of the gloves, or if the glove has been altered in a way that compromises its protective features.

Technical Fouls – result in change of possession (if foul creates loss of possession) with exception of “pushing with possession” which will result in a free fast break for the team that is fouled

- **HOLDING:** Occurs when a player impedes the movement of an opponent or an opponent's crosse.
- **INTERFERENCE:** Occurs when a player interferes in any manner with the free movement of an opponent, *except* when that opponent has possession of the ball, the ball is in flight and within five yards of the players, or both players are within five yards of a loose ball.
- **OFF SIDES:** Occurs when a team does not have at least four players on its defensive side of the midfield line or at least three players on its offensive side of the midfield line.
- **PUSHING:** Occurs when a player thrusts or shoves a player from behind.
- **SCREENING:** Also known as “moving pick”, occurs illegally when an offensive player moves into and makes contact with a defensive player with the purpose of blocking him from the man he is defending.
- **WARDING OFF:** Occurs when a player in possession of the ball uses his free hand or arm to hold, push or control the direction of an opponent's stick check.

“Slow whistle” Rule - play will continue if team that was fouled retains possession of the ball and advances the ball after the foul is flagged. Once the team that was fouled loses possession of the ball, play is suspended to impose the penalty. Common for personal fouls.

“Play-on” Rule - play will continue if team that was fouled retains possession of the ball and advances the ball after the foul is flagged. If the fouled team's possession/advancement of the ball is not adversely affected, then play continues as if foul did not occur. Common for technical fouls.