

Charlotte Youth Lacrosse Association Girl's League 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 be carried 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.

Checking: Stick and body checking are not permitted. Hitting and all body checks will be considered unnecessary roughness and result in a personal foul. Continued and/or excessive checking will result in a technical foul and fast-break penalty.

Whistle Rule: All movement will be suspended when the referee blows the whistle. Continued movement by a player after the whistle will result in a change of possession penalty.

Passing: Three consecutive passes must be made by one team before a shot on goal is allowed. Two of these passes must be between different players. No two consecutive passes may be made between the same two players.

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: Mouth guards and protective eye wear must be highly visible and properly worn at all times. No jewelry may be worn at any time during practice or game play. If a player is found wearing jewelry during a game, the result will be a change of possession.

Penalties: Personal Fouls and pushing (technical foul) with possession will 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 Girl's League 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.
- **TRIPPING:** Occurs when a player obstructs her opponent at or below the waist with the crosse, hands, arms, feet or legs.
- **CROSS CHECKING:** Occurs when a player uses the handle of her crosse to make contact with an opponent.
- **UNSPORTSMANLIKE CONDUCT:** Occurs when any player or coach commits an act that is considered unsportsmanlike by an official, including taunting, obscene language or gestures, and arguing.
- **UNNECESSARY ROUGHNESS:** Occurs when a player strikes an opponent with her 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: **No body checks are permitted.****

Technical Fouls – result in change 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.
- **COVERING:** Occurs when the ball is covered by the crosse in an attempt to gain possession.
- **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 her from the man he is defending.
- **WARDING OFF:** Occurs when a player in possession of the ball uses her free hand or arm to hold, push or control the direction of an opponent's stick.

“Play-on” Rule - if team that was fouled retains possession of the ball and advances the ball after the foul is flagged, play will continue and no penalty will be assessed.