



Youth Lacrosse: Highlights of U14 and U12 Rules for Boys

Westside Lacrosse Association

Summary

The Westside Lacrosse Association is committed to fostering a safe, fair, and fun lacrosse experience for every player in the league. Knowledge of game rules is an essential part of player development. Typically, parents and players in the Youth Program have minimal prior exposure to the sport of lacrosse, so this guidebook outlines several key rules for **Youth Lacrosse**, as adapted from USLA, USYLA, and NFHS guidelines. Parents and players are encouraged to read through this guide to enhance their development, understanding, and enjoyment of the game.

DRAFT
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Highlights of U14 and U12 Rules for Boys

Table of Contents

| | |
|--|----|
| Welcome! | 2 |
| Rule 1. Game, Field, and Equipment | 3 |
| Rule 2. Game Personnel | 6 |
| Rule 3. Time Factors | 7 |
| Rule 4. Play of the Game | 8 |
| Rule 5. Personal and Expulsion Fouls | 11 |
| Rule 6. Technical Fouls | 12 |
| Rule 7. Penalty Enforcement | 13 |
| Policy on Referee Disrespect and Abuse | 14 |
| Important Lacrosse Terms | 15 |

Welcome!

This guidebook provides an introduction to the Westside Lacrosse Association Recreational League. As a non-profit organization – staffed entirely by volunteers (like you!) -- our goal is to promote the sport of lacrosse in Lakewood, Westlake, Bay Village, Avon, Avon Lake and other communities in Lorain County and the western part of Cuyahoga County that currently do not have lacrosse programs.

In the pages that follow, we discuss the rules, guidelines, and general information parents and players should know for the League.

The Westside Lacrosse Association strives to provide a setting whereby players:

- Have fun and learn the value of team play,
- Learn and develop lacrosse fundamentals for advanced play, and
- Develop good sportsmanship in competitive play.

Again, our foremost objective is *foster enjoyment of the sport of lacrosse* while developing and improving lacrosse skills. Our adoption of guidelines and rules from other lacrosse organizations at the state and local level are described in this guide.

The following are non-negotiable:

1. Mouth guards and personal protective cups are **absolutely positively required** for all games and practices (Rule 1.9). This is mentioned over other protective gear since it is easy for players to forget these items and become involved a game or practice before a coach notices (a missing helmet is more obvious to spot).
2. No fighting, foul language, spearing or unnecessary roughness; offending players will be sent from the field
3. The coaches are not baby-sitters; disruptive players will be sent from the field.
4. There is a “code of conduct” that requires signature of parent and player to underscore the expected behavior during practice and games.

Thank you for your interest in Westside Lacrosse!

Colin K. Drummond

Rule 1. Game, Field, and Equipment

1.1. The Game

The game of youth lacrosse involves two teams with 10 players on each team. Unless a special situation dictates otherwise, youth leagues do not normally play small-sided games (less than 10 players). The goalie is one of the 10 players.

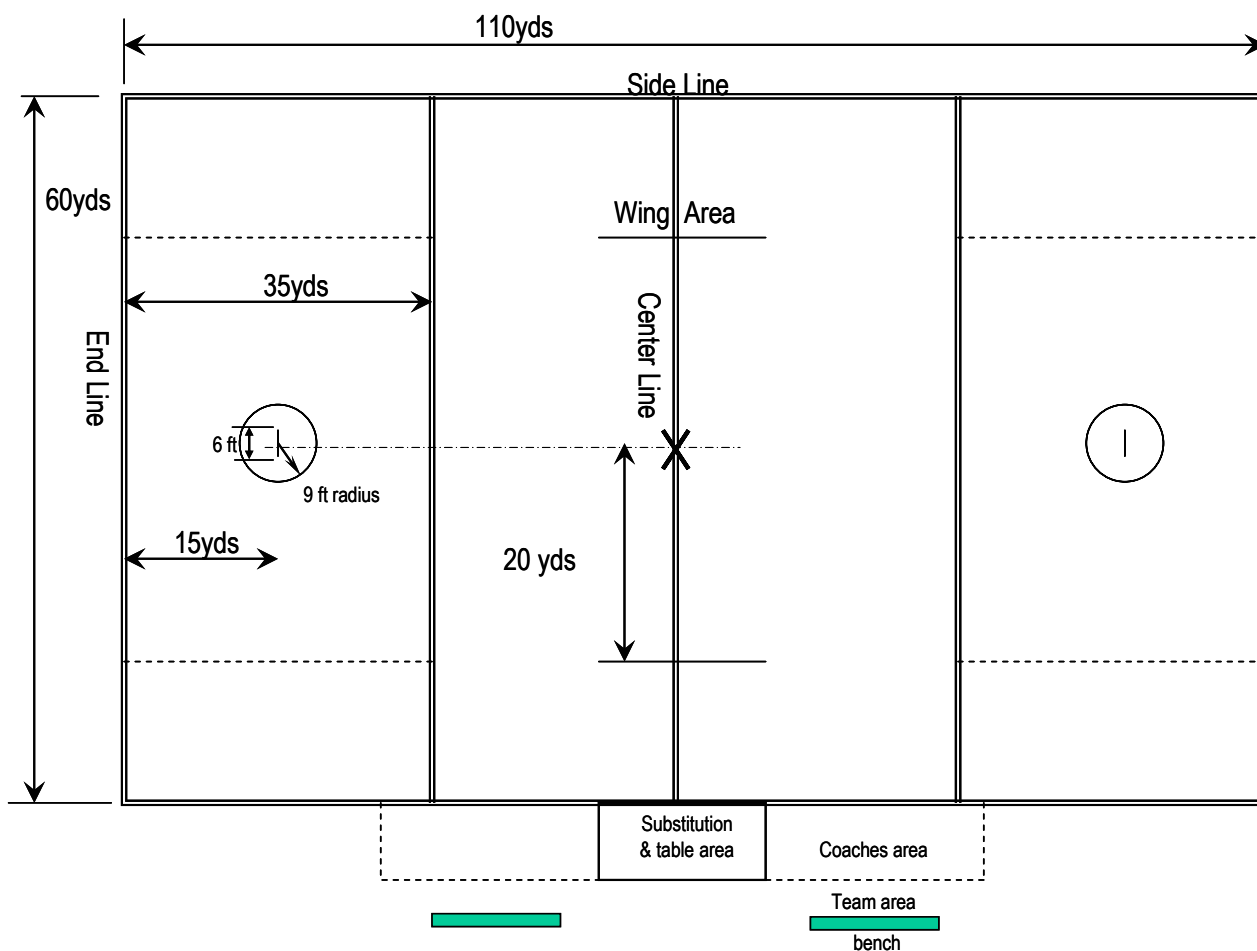
1.2. The Field

A standard playing field is rectangular in size that is 110 yards in length and from between 53.3 and 60 yards in width. Lines and their designations are given in the illustration below. Westside LAX currently is quite fortunate to have the use of a field (by permit, seasonally) at the Lorain County Community College. Directions are provided on our website: www.WestsideLAX.org.

Line Widths: Regulations call for lines to generally be no less than 2 but no more than 4 inches in width. In specific areas (goal line, center line) there are minimum and maximum width criteria, but such criteria will not always be met due to field preparation time and expense constraints (mostly field preparation time).

1.3. Goals and Goal Lines

Each of the two goals is constructed of metal pipe with an O.D. of 1.9 inches and painted orange. The goal opening has an inside measurement 6 feet wide by 6 feet high. There is a line between the vertical goal posts and a crease of 9-foot radius has its center at the midpoint of the goal line.



Rule 1. Game, Field, and Equipment (continued)

1.4. Goal Nets

A tight-meshed pyramid shaped net must extend 7 feet back from the goal line. Westside LAX's portable goals are designed to meet these and a variety of other regulations regarding color and mesh size.

1.5. The Ball

Lacrosse balls are standard white, yellow, or orange solid rubber balls that are approximately 8 inches in circumference and weigh about 5 ounces.

Note: Understanding that the ball weighs just under ½ lb and can easily travel at 30 mph or more during a typical pass or shot on goal, the correct player safety gear is imperative.

Parents please ensure your son wears a protective cup.

1.6. Crosse Dimensions

Attackers and midfielders will normally use a 40 to 42 inch length "short" crosse that has a head with a minimum width of 6.5 inches. Up to 4 so-called "long sticks" can be used by defenders, similar in all ways to a short crosse except the length is between 52 to 72 inches. The goalie crosse has a larger head of between 10 – 12 inches in width. The goalie crosse does not count as one of the maximum 4 long crosses.

1.7. Crosse Construction

Crosses of standard commercial construction will be used. No modifications of the crosse are permitted except for the addition of safety tape or friction tape to the handle.

1.8. Crosse Prohibitions

Illegal crosses can be removed from play by the referee; possible non-releasable penalties can also be assessed to players using illegal crosses. A crosse that is broken in any way cannot be used in play and is considered as "no crosse" at all.

1.9. Player Equipment

Player equipment is discussed according to **mandatory** and **optional** items. Ten pieces of equipment are mandatory and three are optional.

IMPORTANT NOTE:

Play can and will be suspended if any player loses any mandatory equipment on the field of play. The most common infraction is a non-releasable personal penalty of 1 min for failure to have a mouthguard in place.

Mandatory Items:

- a.) A protective NOCSAE tested lacrosse helmet is required. It is preferred (but not required) that team helmets have matching colors.
- b.) A face mask for the helmet is required; any openings must be less than 1½ inches.
- c.) A standard sports mouthguard that is not clear in color (so the referee can easily spot if a mouthguard is being worn or not).
- d.) Protective gloves for the hands. Gloves are considered "part of the stick" and thus it is not a foul to make contact with the hand during a proper stick check maneuver.
- e.) Shoulder pads are required for all players except the goalkeeper.
- f.) Shoes, preferably with cleats. Only standard youth sports cleats (like in soccer, football) are permitted (no golf cleats).
- g.) Jerseys with numbers.
- h.) Arm pads (which are optional for goalies)
- i.) Goalies are required to have a check protector and throat protection.
- j.) Goalkeepers may also wear shin guards and goalie pants with pads.



Optional Items:

- a.) **Under-shirts or under-jerseys** can be worn as long as the colors are solid (no patterns) and all players wear the same color or a color that matches the team jersey.
- b.) **Compression shorts** can be worn, but as in the case of under-shirts, these must be the same color for all team members.
- c.) **Sweatpants** can be worn and these are not required to be color-coordinated. From a team appearance standpoint, it would be best if gray or navy colors were used.

Rule 1. Game, Field, and Equipment (continued)

1.10 Prohibited Equipment

The following listed items are traditionally not an issue in Youth Lacrosse, but they are mentioned for completeness. These are taken almost verbatim from the National Federation of State High School Associations Boys Lacrosse Guide.

- a.) Players must remove any items they are wearing or carrying that in the opinion of the referee or coach can be hazardous to other players or other individuals on the field.
- b.) If medical or religious items must be worn, they are to be taped to the body in a way that does not create a hazardous situation to themselves or other players.
- c.) Nothing can be worn over the player jersey that might obstruct the jersey number.
- d.) Goalkeepers cannot wear any equipment beyond the equipment specified in 1.9.
- e.) Duplicate jersey numbers are not permitted on the same team.
- f.) Electronic equipment cannot be used for coaching purposes **during** the game.

Very common is the question whether football or hockey gloves and shoulder pads can be worn in place of lacrosse gear. Basically, the answer is no. This is distressing to parents for obvious financial reasons, but if the regulations at all levels are quite clear on this. The nature of the equipment reflects the nature of the play.

1.11 Equipment Certification

One of the responsibilities of the head coach is to certify to the referee that every player is properly dressed and equipped to play the game. The referee trusts that the head coach has, in fact, done this and team penalties can be assessed if violations are detected during spot or random checks. It would not be unusual for a high-scoring player to have their stick checked for modifications.

1.12 Game Administration

Referees understand that Youth Lacrosse leagues are primarily staffed by volunteers and that generally speaking new clubs will not have the resources to provide professional-style equipment. Regardless, there are several minimal items that need to be provided:

- a.) A horn
- b.) Game administration table
- c.) Scorebook
- d.) Timers

There is no requirement that a or game clock scoreboard be provided which is visible to the spectators.

The game administration table must be located on the opposite side of the field as the spectators.

One of the coaches must be designated as a head coach. For administrative purposes the head coach becomes the referees key point of contact for:

- a.) Keeping non-playing members of the home lacrosse association and associated spectators under control.
- b.) Assurance that each player is properly equipped to play.
- c.) Assure that player standards of conduct are adhered to.

In the case of a home game, the head coach is also responsible to assure that all the necessary game administration equipment and personnel are present prior to the game.

Rule 2. Game Personnel

Youth League Volunteers

Closely linked to the game administration is the tendency of Youth Leagues to be supported by volunteers that may not know the intricacies of the game. Youth League referees are acutely aware of this and generally speaking this is not a problem. Difficulties may arise when young children – anxious to be a part of the game – are allowed to perform, say, scoring or timing. Despite being a volunteer organization it is extremely important to have an adult manage these important game functions.

Non-playing children are welcome as, for instance, ball retrievers (assuming they are wearing the proper equipment, section 2.4.)

2.1 Players

A minimum of ten players and their designations must be listed in the official scorebook. All players are listed from top to bottom in the following order:

- Attack
- Midfield
- Defense
- Goalkeeper

An “In-Home” player that is a starting player must also be designated. Typically this player is the first Attack player listed in the scorebook.

2.2 Captains

A team captain and alternate should be designated. In the typical Youth League game the role of the captain is primarily ceremonial for the coin-toss (and the captain will vary from game to game). In the role of a captain a player is not empowered to enter into arguments or to be critical of the referee.

2.2 Coaches

A typical team has a designated Head Coach and several Assistant Coaches. Before, during, and after the game the Head Coach serves as the principal point of contact (from the perspective of the referee) for primarily the administrative responsibilities outlined in Section 1.12. There is no assumption of lacrosse-playing expertise in the Head Coach role during a game, only the responsibility to take action for equipment, spectator behavior, referee fees, etc.

2.4 Home Coach

In the youth league the Home Coach is invariably the Head Coach, serving the functions of ensuring a safe field of play is provided, that referees are on-hand for the game, and that scorers and timekeepers are available.

2.5 Game Officials

At the High School and College level there are a minimum of two – and typically three – game officials on hand who have authority over the game. In the Youth U14 and U12 divisions it is more common that at most two, and more frequently one, referee officiates the game.

In a two-referee situation one is designated the Referee (lead) and the other is an Umpire so that a clear precedence of decision-making occurs.

2.6 Duties of the Game Official

Simple: To ensure safe and fair play of the game. In the Youth League the referee’s decisions must not be contested and during the game the game official has control over the players, coaches, spectators, etc., etc.

2.7 Bench Official

When available, the role is again very simple: Additional control over the game from the bench area which allows the Referee and Umpire to focus more on field activity than bench activity. It is unlikely a bench official will be available for a typical youth lacrosse game (you are lucky if you have two referees!).

2.8 Timekeeper

There is stoppage of the clock during youth lacrosse games, so the timekeeper ensures accuracy of playing time, duration of penalties, and notifies the nearest game official when at least 20 seconds remains before the end of a period.

2.9 Scorer

To record scores and assists by players, to records time-outs, and to track personal fouls.

2.10 Ball Retriever

At each end-line the home team shall provide a ball retriever, equipped with a helmet. The retriever’s uniform should be different in color from the field players.

Rule 3. Time Factors

3.1 Length of Game

At the high school level regulation playing time is 4 periods of 12 minutes. Since the clock is started and stopped based on the referee's whistle, the role of the timekeeper is important (Section 2.8). In the "Youth League" playing time can be reduced to 8 minutes per quarter.

What is "Middle School"?

Terminology can be confusing. Although the Youth League is officially for age brackets U14 and U13, some leagues divide players into a "middle school" and "youth league" groups. The situation is confusing since in some Ohio communities a player could be in 6th grade in middle school (that has students from grades 6-8), yet the player cannot play "middle school" lacrosse in that particular region. For Westside LAX the U14 bracket is composed of players in 7th and 8th grade and the U12 bracket is for players in 5th and 6th grade.

By whatever name you call it, the basic idea is to categorize players into age categories to ensure developmentally appropriate play. Because lacrosse is a contact sport, dramatic differences in size and weight create legitimate safety concerns. There is no question that your typical 8th grader is taller and heavier than a typical 6th grade player.

In Ohio there is a Middle School Lacrosse Association and regionally there is the North Coast Lacrosse Association that govern ages and brackets and rules on special cases of eligibility.

Parents and teams visiting other communities will notice some variation of the length of the game, depending on the game situation and prior agreement of coaches. For instance, a U14 middle school might play a scrimmage of two 20-minute halves and let the "clock run" (no stoppage of the clock at the referee's whistle). This might be the case on a weekday evening game in which daylight is limited. In a "real" game situation – which includes all pre-game formalities -- parents should expect the total elapsed time of the "game" to last between one and two hours.

With many newer youth league teams and in cases where there are significant skill differences between teams a "mercy rule" is sometimes applied. In this case, usually after halftime in which the score is, say, 12-3, the

game will be played with a running clock. The purpose of this is to avoid unnecessarily "drawing out" a game whose outcome is fairly predictable.

In short, the best answer for the length of a "youth league" game is "it depends!"

3.2 Intervals

There are typically two-minute intervals between the first and second periods and between the third and fourth periods of a game (but this will vary for a variety of reasons). During these intermissions, all rules governing play of the game remain in force. The intermission between the second and third periods shall be 10 minutes, unless another time is mutually agreed upon by the coaches, conference, league or state association. The teams may leave the field, and all rules governing play of the game remain in force.

3.3 Final Two Minutes

During the final two minutes of play the so-called "offensive-stalling rules" are in effect. In this situation the team that is ahead will be warned to "keep it in" once the ball has been brought into the opponent's goal area.

3.4 Sudden-Victory Overtime

In the event of a tie at the end of the regulation game, there is the option for play to be continued (after a two-minute intermission) with a sudden-victory overtime period.

In sudden-victory overtime, the teams shall play periods of four minutes each until a goal is scored, the game ending upon the first goal scored. A two-minute intermission between sudden-victory periods is permissible.

3.4 Interruptions

If a game is interrupted (weather, darkness, wild dogs, etc.) due to events beyond the control of the teams, the game can be continued from the point of interruption. By mutual agreement of team management and the referees, the game may be terminated or the duration of the remaining periods modified.

Rule 4. Play of the Game

Youth League Volunteers

Closely linked to the game administration is the tendency of Youth Leagues to be supported by volunteers that may not know the intricacies of the game. Youth League referees are acutely

4.1 Coin Toss

About 5 minutes before gametime, the referee will call team captains to the center circle. The visiting team will call the coin toss by the referee. The coin toss simply determines choice of goals (since the face-off determines possession).

Prior to the coin toss (and sometimes afterward) the referee will often meet briefly with the coaches (and possibly the team captain or complete team), to provide any special instructions.

4.2 Lineup

Prior to the face-off at the beginning of the game, the referee shall bring together the (starting) players, in lines facing each other at the center of the field. Players are oriented with their left sides toward the goal they are defending. At that time the referee has the opportunity to explain any special rules.

4.3 Face Off

Play shall be started at the beginning of each period and after each goal with a "face-off." Here the ball is placed at the center of the field and two opponents vie for possession.

SOME EXCEPTIONS:

- (1) In the event of an extra-man situation or a flag-down situation that creates an extra-man situation at the conclusion of any period, the next period starts by awarding possession of the ball to the team that had possession of the ball of the prior period (and approximately at the same place on the field).
- (2) If a player or team commits a foul before or during any face-off, the ball will be awarded to the offended team.
- (3) If a player at any face-off delays resumption of play by any action or maneuver, such as backing out or standing up after the crosses are placed on the ground, the ball will be awarded to the offended team.
- (4) If a player prematurely (in the opinion of the referee) moves his crosse or any part of his body and thereby gains an unfair advantage, the ball shall be awarded to the offended team.

More Notes on the Face-Off

(Taken verbatim from the NFHS Guidebook.)

"The face-off is considered to have ended when the ball crosses the defensive-area line or it has gone out of bounds in the center-field area and the officials cannot determine who was responsible. The ball shall be awarded by alternate possession if it has crossed the defensive-area line and goes out of bounds."

"The official first shall place the ball on the ground at the center of the field. The players shall stand on the same side of the field as the goal each is defending. The official shall indicate to both players to assume their respective positions at the same time. On a face-off, the crosses and ball should be within the 4-inch-wide center stripe or as close as the equipment (ball and crosses) will permit. The crosses shall rest on the ground along the center line and be placed parallel to each other, up to, but not touching, the ball. Players may not back out and reset their positions once the official has initiated the face-off positioning."

"The official shall make certain that the reverse surfaces of the crosses match evenly, and each player shall have both hands on the handle of his own crosse, touching the ground but not touching any strings of the crosse. The player's feet may not touch his crosse. Both hands and both feet of each player shall be to the left of the throat of his crosse. The handle may touch the center line but not cross it completely. The feet shall be behind the line and not touching it. No portion of either crosse may touch, and each player shall be positioned so that his entire body is to the left of the throat of his crosse. It is legal to lean over the center line."

"Once the players facing have assumed their positions, the official shall say "set." Once this signal is given, both players shall remain motionless until the official sounds the whistle to start play. The official will sound the whistle promptly after readying the ball for play and stating the word "set." At the sound of the whistle, each player may attempt to direct the course of the ball by the movement of his crosse in any manner he desires. It is illegal to kick or step on the opponent's crosse."

4.4 Positions

At the start of a face-off, players are located in three zones (reference the figure on page 3):

- a.) the goalkeeper and three other players are within the defensive-area,
- b.) three players are behind the defensive-area line in their half of the field, and
- c.) one player is in each of the wing areas.

After whistle sounds to mark the beginning of play, those players in the wing areas are “released” and can advance to the ball. **All other players are confined to their areas until a player of either team has gained possession of the ball.** Players positioned in the midfield area and the players within the goal area may not change (or interchange) positions prior to possession established.

4.5 Play of the Ball

Eight situations define “play of the ball”:

- a.) **Free play** - Whenever a player has been awarded the ball for any reason – in this situation no player may take a position closer to him than five yards.
- b.) **Player possession** - A player in control of the ball, characterized by the ability to carry, cradle, pass or shoot.
- c.) **Team possession** - When a player of that team has “possession” (item b.) or has a “ball in flight” (item g.).
- d.) **Loose ball** - A ball not in the possession of a player.
- e.) **Pass** - Movement of the ball by a player throwing or bouncing the ball to a teammate.
- f.) **Completed pass** - When a pass is caught by a teammate.
- g.) **Ball in flight** - A ball in flight from one teammate to another is a ball in possession if the ball is caught by a teammate.
- h.) And, an attempt by a team to move the ball from its defensive half of the field to its offensive half.

4.6 Out of Bounds

Play is suspended when the ball is out of bounds. There are two general provisions surrounding the game restart when the ball is out of bounds.

- Player in Possession, and
- Loose Ball

Player in Possession:

When a player with the ball in his possession steps on or beyond a boundary line, or any part of his body or crosse touches the ground on or beyond a boundary line, the ball is out of bounds, and the player shall lose possession. The ball shall be awarded to any player of the opposing team who is ready immediately to resume at the point where the ball was declared out of bounds. No player may be within five yards of the player with the ball on a restart.

Loose ball

When a loose ball touches a boundary line or the ground outside a boundary line, or when it touches anything on the boundary line it is considered “out of bounds”, and the following applies:

- a.) Except on a shot or deflected shot at the goal, the ball shall be awarded at the point where it was declared out of bounds to any player on the team opposing that of the player who last touched the ball, who is ready immediately to make the free play.
- b.) Should a ball that has not crossed the defensive-area line go directly out of bounds on a face-off, it shall be faced again.
- c.) When a loose ball goes out of bounds as a result of a shot or deflected shot at the goal, it shall be awarded to the team, one of whose inbound players was nearest to the ball when it became an out-of-bounds ball, at the point where it was declared out of bounds. If two inbound players of opposite teams are equidistance from the ball when it goes out of bounds, play shall resume according to the alternate-possession rule.

4.7 Goals

A goal **is scored** when a loose ball passes from the front, completely through the imaginary plane formed by the rear edges of the goal line, the goal posts and the crossbar of the goal, regardless of who supplied the impetus

A goal is not scored for any of the following:

- a.) after the game horn sounds to indicate the end of a period. or
- b.) after the period has ended, regardless of whether the official's whistle may have sounded, or
- c.) when any part of the body of a player of the attacking team is in the goal-crease area at the time.
- d.) When the attacking team has more than 10 players on the field of play at the time.
- e.) When the attacking team or both teams are offside at the time.

4.8 Offsides

For families familiar with games such as soccer, “offsides” is not only different, but actually a lot simpler to understand!

A team is considered **offside** when:

- a.) It has fewer than three players in its goal half of the field (between the center line and the end line).
- b.) It has fewer than four players in its defensive half of the field (between the center line and end line).
- c.) A player, seeing that he is going to be offside before he can stop, instead runs out of bounds.

A team is **not considered to be offside** when four players or more of the same team are in the penalty area. That team is required to have three players in the goal half of the field and the remainder of its players in the defensive half of the field at all times. No penalty shall result from the failure of the team to have the required number of players in the defensive half of the field when this situation exists.

Penalty and Restarts:

- a.) If only one team is offside, a technical foul shall be called against the offending team.
- b.) If both teams are offside and one of the teams has possession of the ball, the players shall be placed **onside** and play resumed with the team in possession of the ball retaining possession.
- c.) If both teams are offside and neither team has possession of the ball, the players shall be placed onside, and the ball shall be awarded according to alternate-possession rule.
- d.) When the attacking team is offside and a goal is scored, the goal shall not count, and the ball shall be awarded to a defensive player outside goal area.

4.9 Advancing the Ball

Upon gaining possession of the ball inside the defensive area, a team shall advance the ball outside the defensive-area line 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 outside the goal area

4.10 Body Checking

Body checking of an opponent in possession of the ball or within five yards of a loose ball, from the front or side above the waist and below the neck, is legal

4.11 Cross Checking

Checking an opponent's **crosse** with his own **crosse** when that opponent has possession of the ball or is within five yards of a loose ball or when the ball in flight is within five yards of the player, is legal

4.12 Goal Crease

Within his own goal-crease area, the designated goalkeeper has the following privileges and protections:

Goalkeeper:

- a.) The goalkeeper may stop or block the ball in any manner with his **crosse** or body. He may block the ball or bat it away with his hand, but he may not catch the ball with his hand.
- b.) No opposing player shall make contact with the goalkeeper or his crosse while the goalkeeper is within the goal-crease area
- c.) An attacking player may reach within the crease area to play a loose ball as long as he does not make contact with the goalkeeper or the goalkeeper's crosse.
- d.) The crosse of the goalkeeper, not his body, when extended outside the cylinder above the crease area, is subject to being checked

Players:

- a.) If an offensive player deliberately leaves his feet by diving or jumping and his own momentum carries him into the crease and the shot goes into the goal, the goal is disallowed.
- b.) An attacking player may not be in the opponent's goal-crease area.
- c.) A defending player, including the goalkeeper, with the ball in his possession, may not enter the goal-crease area, or remain within the goal-crease area in possession of the ball longer than four seconds.
- d.) A player is considered to have entered the goal-crease area when any part of his body touches the goal-crease area.

Rule 5. Personal and Expulsion Fouls

The penalty for a personal foul is a one to three minute suspension from the play and possession to the team that was fouled. Players with 5 personal fouls are ejected from the game.

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, feet, or arms.

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 considered unsportsmanlike by an official, including taunting, obscene language or gestures, or 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:

- Body checking an opponent who is not in possession of the ball or within 5 yards of the ball;
- Avoidable body check of an opponent after he has passed or shot the ball;
- Body checking of an opponent from the rear or below the waist;
- Body checking of an opponent by a player in which contact is made above the shoulders of the opponent.

A body check must be made below the neck, and both hands of the player must remain in contact with his crosse.

Illegal Gloves

Occurs when a player uses gloves that do not conform to the 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 to compromise protective features

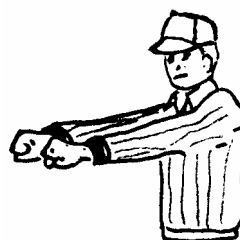
Some Common Referee Signals



Slashing



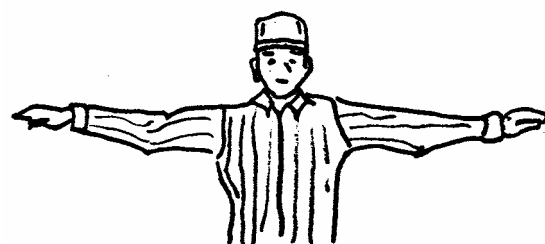
Tripping



Cross Checking



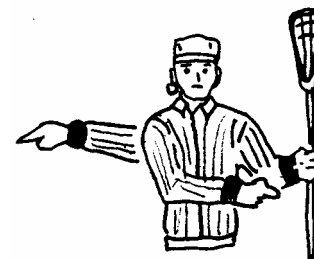
Personal Foul



Unsportsmanlike Conduct



Unnecessary
Roughness



Illegal
Equipment

Rule 6. Technical Fouls

TECHNICAL FOULS

Over time, every player will learn the basic rules of the game and also understand the variety of personal and technical fouls that can occur. Due to the intensity and physical nature of the game there are a variety of fouls called in every game. We want to coach players to play aggressive, but fair. Players that are considered skillful will generally have fewer fouls called on them than less talented players. Below are highlighted the major technical and personal fouls.

The penalty for a technical foul is a thirty second suspension if a team is in possession of the ball when the foul was committed, or possession of the ball to the team that was fouled if there was no possession when the foul was committed.

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

Occurs illegally when a player moves into and makes contact with a defensive player with the purpose of blocking him from the man he is defending.

Stalling

Occurs when a team intentionally holds the ball without conducting normal offensive play, with the intent of wasting time.

Warding Off

Occurs when a player in possession of the ball uses his free hand to hold push or control the direction of an opponents stick check.

Rule 7. Penalty Enforcement

7.1 Procedure

A player who has committed a violation of the rules and must serve penalty time shall:

- a.) Leave the field of play at once.
- b.) Report immediately to the scorer's table and remain in the penalty area until informed by the timekeeper that he may re-enter the game. When re-entering the game, the player shall enter the field of play through the table area.
- c.) Player serving penalty time shall sit or kneel in front of scorer's table.
- d.) If the goalkeeper is penalized or injured, the official will allow a full one-minute delay for replacing the goalie on the field beginning with his warm-up.

7.2 Penalty Time

The following rules shall apply in determining the beginning and end of penalty time:

- a.) Penalty time begins at such time as play is resumed after the calling of the penalty.
- b.) Penalty time ends when the time of the penalty has expired, except that the scoring of a goal against a team having one or more players serving penalty time shall release the player or players from serving the balance of the penalty time. All releasable penalties shall be full time served, released only by a goal being scored against the penalized team. Non-releasable penalties remain non-releasable until full time is served, excluding simultaneous fouls, expulsion penalties and non-releasable penalties.

A player receiving a penalty for a period of time in excess of that remaining in any period shall remain out of the game in the subsequent period until the full length of his penalty time has expired.

7.3 Resuming Play

When a penalty occurs and the ball is in the offended team's offensive half of the field, the ball shall be put in play by the team awarded the ball, at the spot where the ball was when play was suspended or outside the goal area.

When a penalty occurs and the ball is in the offended team's defensive half of the field and a penalty is to be served, the ball shall be awarded to any player of the offended team at the center line of the field.

When no penalty time is to be served, the ball will be put in play at the spot the ball was when the whistle blew or outside the goal area.

7.4 Slow-Whistle Technique

If a defending player commits a foul against an attacking player and an attacking player has possession of the ball, and if the act of fouling does not cause the player in possession of the ball to lose possession, the official shall drop a signal flag, make the verbal signal 'flag down' and withhold the whistle until:

- .A goal is scored by the attacking team.
- The ball goes out of bounds.
- .A player on the defending team gains possession of the ball.
- A shot is taken that does not result in a goal.
- The ball enters the goal area or is in the goal area at the time the foul occurs and thereafter moves out of the goal area.

The slow whistle shall be used whether the foul is committed against the player in possession of the ball or some other member of the attacking team. During a slow whistle, a shot remains a shot until:

- It is obvious that a goal will not be scored;
- Added impetus is given the ball by any member of the attacking team;
- Possession is gained by any member of the defensive team; or
- After hitting the goalkeeper, goal posts or crossbar, the ball is touched by any player of either team other than the defending goalkeeper, or an official.

7.5 Play-on Technique

If a player commits a loose-ball technical foul or crease violation and an offended player may be disadvantaged by the immediate suspension of play, the official shall visually and verbally signal play-on, and withhold the whistle until such time as the situation of advantage gained or lost has been completed.

Policy on Referee Disrespect and Abuse

GENERAL GUIDELINES

Lacrosse games are often physical and in the "heat of battle" the referees can end up being the brunt of a player or coaches frustration. It is O.K. to be frustrated, it is not O.K. for referee abuse and disrespect to result.

Our policy is that the referee has control of the game from the moment he/she arrives at the match site until he/she departs the match site.

In a variety of sports there has been a serious coach and spectator problem with disrespect, the use of foul language, and verbal abuse of referees. **Coaches, players, and spectators cannot provoked unacceptable situations -- tsuch behavior can not and will not be tolerated!**

Physical abuse is defined as unwelcome touching, striking, or the verbal threat to do so!

Please note the following:

1. Any physical abuse will result in immediate dismissal from the Association and the incident referred to the Board for further disciplinary action.
2. If disrespect, the use of foul language, verbal or physical abuse occurs prior to or after the match or in route to or from the match site, the referee does not have to declare a penalty, etc.; instead, the referee needs only to report the incident to the Board to initiate disciplinary action.
3. Coaches – Conduct is clearly an issue of common sense; the role of the coach and behavior are clearly defined by common sense. If the referee has to discipline the coach, the individual can be suspended from the game. If there is only one Coach registered for the team and he/she is ejected, **the match can stopped and forfeited by his/her team.**
4. Players – Same as coaches, except for stoppage of match and forfeiture.
5. Spectators – Holding coaches responsible for their spectators usually has limited success. Therefore, the following rules are in effect:

SPECTATORS:

- Upon any incident of abuse directed towards the referee, or an opposing team, the referee will warn the coach and stop the match to counsel the spectator(s).
- A repeat offense during the same match will be cause for stoppage of the match at the discretion of the referee and the offending team will forfeit the match.
- A second incident of abuse, at a future match, but the same offender, will result in the suspension of the player associated with the offender for the remainder of the season, or the entire next season if the incident occurs during the last match of the season.

Records of offenses will be maintained from season to season.

Important Lacrosse Terms

Attack Goal Area: The area defined by a line drawn sideline to sideline 20 yards from the face of the goal. Once the offensive team crosses the midfield line, it has ten seconds to move the ball into its attack goal area.

Body Check: Contact with an opponent from the front - between the shoulders and waist - when the opponent has the ball or is within five yards of a loose ball.

Box: An area used to hold players who have been served with penalties, and through which substitutions "on the fly" are permitted directly from the sideline onto the field.

Catching:

The act of receiving a passed ball with the crosse.

Checking:

The act of attempting to dislodge the ball from an opponent's stick.

Check-up: A call given by the goalie to tell each defender to find his man and call out his number.

Clamp: A face-off maneuver executed by quickly pushing the back of the stick on top of the ball.

Clearing: Running or passing the ball from the defensive half of the field to the attack goal area.

Cradling:

The coordinated motion of the arms and wrists that keeps the ball secure in the pocket and ready to be passed or shot when running.

Cutting:

A movement by an offensive player without the ball, toward the opponent's goal, in anticipation of a feed and shot.

Crease: A circle around the goal with a radius of nine feet into which only defensive players may enter.

Crosse (Stick): The equipment used to throw, catch and carry the ball.

Defensive Clearing Area: The area defined by a line drawn sideline to sideline 20 yards from the face of the goal. Once the defensive team gains possession of the ball in this area, it has ten seconds to move the ball across the midfield line.

Extra man Offense (EMO): A man advantage that results from a time-serving penalty.

Face-Off: A technique used to put the ball in play at the start of each quarter, or after a goal is scored. The players squat down and the ball is placed between their crosses.

Fast-Break: A transition scoring opportunity in which the offense has at least a one-man advantage.

Feeding:

Passing the ball to a teammate who is in position for a shot on goal.

Ground Ball: A loose ball on the playing field.

Handle (Shaft): An aluminum, wooden or composite pole connected to the head of the crosse.

Head: The plastic or wood part of the stick connected to the handle.

Man Down Defense (MDD): The situation that results from a time-serving penalty which causes the defense to play with at least a one man disadvantage.

Midfield Line: The line which bisects the field of play.

On-The-Fly Substitution: A substitution made during play.

Passing:

The act of throwing the ball to a teammate with the crosse.

Pick: An offensive maneuver in which a stationary player attempts to block the path of a defender guarding another offensive player.

Pocket

The strung part of the head of the stick which holds the ball.

Poke Check

A stick check in which the player pokes the head of his stick at an opponent's stick through the top hand by pushing with the bottom hand.

Rake

A face-off move in which a player sweeps the ball to the side.

Riding

The act of trying to prevent a team from clearing the ball.

Release: The term used by an official to notify a penalized player in the box that he may re-enter the game.

Scooping

The act of picking up a loose ball with the crosse.

Screening

An offensive tactic in which a player near the crease positions himself so as to block the goalkeeper's view of the ball.

Shooting:

The act of throwing the ball with the crosse toward the goal in an attempt to score.

Slap Check:

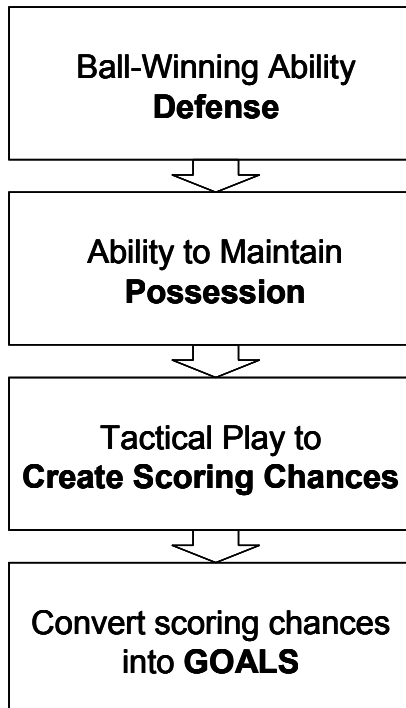
A stick check in which a player slaps the head of his stick against his opponent's stick.

Unsettled Situation: Any situation in which the defense is not positioned correctly, usually due to a loose ball or broken clear.

Wrap Check

A one-handed check in which the defender swings his stick around his opponent's body to dislodge the ball. (This check is only legal at the highest level of play.)

Four Skill and Concept Areas



A team must have the ball to do anything!

- Attitude: Determination, desire, composure
- Fitness: Stamina, strength, speed, agility
- Technique: Positioning, tackling, heading, stance
- Team Defense: Communication, balance, covering, pressuring
- Goalkeeping: Correct technique, practice, courage, leadership

Once the ball is won, it must be advanced!

- Ball control: Cradling, soft first touch, receiving the ball
- Passing: Techniques, accuracy, timing
- Moving with the ball: Dodging, feinting, confidence
- Movement off the ball: Getting open, creating options, overlap runs
- Communication: What to say, when to say it, nonverbal

Near the goal, create scoring opportunities

- Get the ball and bodies into opponent's "box" area
- Penetrate behind defense: Use of wings, crossing the ball
- Penetrate through defense: Direct shots, diagonal runs, speed
- Make and maintain an offensive "triangle"

Attitude and technique

- Take shots, think shots!!
- Follow-up and follow-through all shots
- Maintain composure and look for opportunities to cut in
- Passing around the cage can create opportunities
- Shoot and expect rebounds