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| **Rules of the Game** |

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| Rule 1 - Game Personnel  Number of Players  10 players per side on the field, however games can be played with as few as 7 per side on the field if coaches agree. All USLYC sponsored events will be played with the regulation 10 players per side.  SOURCE: National Federation of State High School Associations  Rule 1, Section 1 - The Game  Lacrosse is played by two teams of 10 players each.    Rule 2 - Field & Equipment    Field  SECTION 1. Play on regulation size field is preferred; however the coaches and officials can agree to play on any size field available. USLYC sponsored events will be paled on regulation size fields for all groups.  SOURCE: National Federation of State High School Associations  Rule 1, Section 2 - Playing Field  The lacrosse playing field shall be rectangular, 110 yards long and between 53 and 60 yards wide.  Equipment  SECTION 2. Equipment will conform to NFHS crosse dimensions and equipment requirements, including NOCSAE- approved helmets, with the following exceptions:  A. Arm pads are required at all divisions for each player and are optional for the goalie.  SOURCE: National Federation of State High School Associations  Rule 1, Section 5 - The Ball  Rule 1, Section 6 - Crosse- Dimensions  Rule 1, Section 7 - Crosse Construction  Rule 1, Section 8 - Crosse Prohibitions  Rule 1, Section 9 - Helmet, Face mask and Mouthpiece  Player Equipment  b. The length of the crosse may be 37 to 40 inches for offensive players in the Lightning and Bantam Divisions and defensive players in such divisions may use a stick with a length of 37 to 72 inches.  SOURCE: National Federation of State High School Associations  Rule 1, Section 6 - Crosse- Dimensions  The Crosse shall be an overall fixed length of either 40 to 42 inches  (Short crosse) or 52 to 72 inches (long crosse), except for the goalkeeper's crosse, which may be a length of 72 inches or less.  c. Rib pads are strongly recommended!  SOURCE: National Federation of State High School Associations  Rule 2, Section 9-Personal Equipment  All players are required to wear protective gloves, arm pads, shoulder pads, shoes, and jerseys.  Responsibilities of the home team  SECTION 3. a. Game balls and adequate number of balls must be maintained at the end lines behind the goals during regulation play.  b. Ball boys (may be waived with consent of the coaches).  SOURCE: National Federation of State High School Associations  Rule 2, Section 4 - Home Coach's Responsibility  Rule 2, Section 8 - Timekeeper  Rule 2, Section 9 - Scorer  c. Home teams are responsible for contrasting jersey colors and will wear pennies if needed.  SOURCE: National Federation of State High School Associations  Rule 2, Section 9 - Player equipment  G. R. 4 The home team wears white or light-colored jerseys.      Rule 3 - Time Factors and Scoring  a. Senior & Junior Division- Four quarters, 10 minute stop clock, and sudden victory 4 minute overtime periods will be utilized.  b. Lightning and Bantam Divisions- four quarters, 12 minute running clock, and one overtime running clock period of 15 minutes, no sudden victory.  c. Overtime- in the event of a tie, two (2) four (4) minute (sudden victory) overtime periods will be played. If, after two (2) overtime periods the score is tie, additional sudden victory overtime periods may be played until a winner is determined; provided time permits and coaches and officials are in agreement.  National Federation of State High School Associations  Rule 3 - Sections 1, 3 and 4  d. Timeouts-two (2) timeouts are permitted per half.  SOURCE: National Federation of State High School Associations  Rule 3, Section 28 - Team timeouts    Rule 4 - Play of the Game  The game is to be played with emphasis on the proper development of stick, team, and sportsmanship skills:  a. All divisions will follow NFHS rules with the following exception:  No 10-second count  SOURCE: National Federation of State High School Associations  Rule 4, Section 14 - Advancing the ball beyond the defensive-area line  Rule 4, Section 15 - Advancing the ball into the goal area  b. Youth Division. Time serving penalties are enforced and man up situations are permitted in all divisions except the Bantam Division, where there are no time-serving penalties; instead the player must be substituted and the ball awarded to the other team at the point of the infraction.  SOURCE: National Federation of State High School Associations  Rule 7, Sections 1,2, &3  Body checking is permitted in Senior & Junior Divisions; however, no take-out checks are permitted by any player.Definition-Take-out checks: Checks in which the player lowers his head or shoulder with the force and intent to take out (\*put on the ground) the other player.  Players may make contact in an upright position within five yards of the ball. No body checking of any kind is permitted in the Lightning & Bantam division, which includes no man/ball, clear the type body pushing. If the ball is not moving the referee will start play following the alternating position session rule.  SOURCE: National Federation of State High School Associations  Rule 5, Section 3 - Illegal body check NOTE: Spearing  Rule 5, Section 3/1 - Body checking within 5 yards of a loose ball  In any game and at any point during a game when there is a four-point lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the four-point lead is maintained, unless waived by the coach of the trailing team.  SOURCE: National Federation of State High School Associations  Rule 4, Section 3 - Facing off    Rule 5 - Personal and Expulsion Fouls  a. Personal Foul/Slashing - For Lightning and Bantam Divisions. Any poke check not making contact with the gloved hand while holding the stick itself will be considered a slash. Also, any one-handed check will be considered a slash for the Bantam Division.  SOURCE: National Federation of State High School Associations  Rule 5, Section 6 - Slashing  Personal fouls are to be taken seriously. In addition to the NFHS rules, any player or coach who uses derogatory language (starting with damn) on the field or bench, whether addressing a player, coach or referee may receive: first offense, 1 minute non-releasable penalty; a 2 minute non-releasable penalty for the second offense; and expulsion from the game for the third offense.  SOURCE: National Federation of State High School Associations  Rule 5, Section 9 - Unsportsmanlike conduct  c. Players illegally playing down to any division will be expelled for the season and the team will be eliminated from any playoffs and ineligible for any titles or awards.  SOURCE: National Federation of State High School Associations  Rule 5, Section 11 - Expulsion    Rule 6 - Technical Fouls  a. Offensive stalling shall be enforced, however this rule will be waived for Lightning and Bantam Divisions.  SOURCE: National Federation of State High School Associations  Rule 3, Section 10 - Offensive stalling  b. Senior and Junior Division: the winning team is to keep the ball in the box during the last two minutes of the game. Lightning and Bantam Divisions are excused from this rule.  SOURCE: National Federation of State High School Associations  Rule 3, Section 3 - Final two minutes of regulation play  Rule 6, Section 10 - Offensive stalling |