



## 2016 SPRING CARA LACROSSE RULES (REVISED 3-10-16)

**US Lacrosse Rules will apply unless specified within.**

### Philosophy

- To allow participants to have fun.
- To allow all youth an opportunity to participate.
- To teach participants proper skills and fundamentals.
- To provide an environment in which the participant will learn sportsmanship, camaraderie and teamwork.
- Players must all play an equal amount of time.

### League Format

There will be 4 coed age groups: 6-8, 8-10, 10-12 & 12-14. **We will go by age as of 3-1-16.** Rosters will ideally consist of 10-14 players. **An individual player may only play for 1 team no matter the age group.** Teams will play with 6 players and a goalie in games. Practices will be held 1-2 times a week starting the week of March 7. There will be 6 Saturday games starting March 19. There will be an end of season event in Aurora on April 30. Game sites will rotate between the agencies.

### Equipment

An equipment check will be performed by the officials before each game. Players not properly equipped will not be allowed to play. All players must have the following equipment:

**Stick:** Sticks may come in a variety of lengths and styles. Girl's sticks are allowed. There is no depth of packet rule. All players will play with the same size stick – 37-42 inches. Defenders at the 10-12 & 12-14 levels will be allowed to play with a long pole between 52-72 inches.

**Mouth guard:** This guard protects valuable teeth.

**Gloves:** Gloves help players hold on to the stick and also protect their fingers and hands from the ball or other sticks.

**Lacrosse helmet with face guard:** The helmet and guard protect a player's head and eyes. All helmets and face masks should be approved by the National Operating Committee on Standards for Athletic Equipment (NOCSAE).

**Shoulder pads:** As the name implies, these pads protect the shoulders.

**Elbow pads:** These pads protect the elbows when players fall or get knocked down.

**Rib pads:** Rib pads usually are optional at the younger levels of play but are recommended to help protect kids' ribs from being whacked.

**Cup and holder:** These pieces are appropriate for all boys.

Goalies must have a helmet with mask, chest guard, throat guard and a goalie stick.

## Field Dimensions

The field will range from 70-90 yards by 30-50 yards. Team benches will be on one side of the field and spectators will be on the opposite side. Spectators are not allowed on the bench side of the field nor behind the goals.

## Positions

**Attack:** The attacker's responsibility should be to score goals. The attacker generally restricts their play to the offensive end of the field. Attackers should demonstrate quick feet and the best stick work with both hands. Each team should have 2 attackers at all times.

**Midfield:** The midfielder's aim to cover the entire field, playing both offense and defense. The midfielder plays a transition game and is often asked to clear the ball from defense to offense. Midfielders should have good stick work including throwing, catching and scooping. Midfielders should also have speed and stamina. Each team should have 2 midfielders at all times.

**Defense:** The defender's are in charge of defending the goal. Defenders generally restrict their play to the defensive end of the field. Defenders need to understand the game and be able to react quickly. Great stick work is not necessarily needed to be a good defender. Each team should have 2 defenders at all times.

**Goalie:** The goalie protects the goal and prevents the offensive team from scoring. Goalies should be good leaders that can help the defense react. A good goalie has great hand/eye coordination, quickness, confidence and the ability to concentrate. Each team has one goalie.

## Game Time / Scorekeeper & Timer

Games will consist of four ten minute quarters with a running clock. The clock will only stop for injuries and timeouts. There will be a 5 minute halftime. Games may end in a tie. Teams change sides between periods. Each team is allowed 2 timeouts per half.

Five minutes prior to the start of the game, each team must provide an adult (18 or older) to fulfill one of these positions. The two volunteers will decide who does what duty. If they cannot agree, the field supervisor will assign the duties.

- The scorekeeper's responsibilities are keeping track of points, time outs and player/team fouls.
- The timer's responsibilities are keeping official time and manning the flip chart showing the score.

## Game Play

Each team will play with 6 players and a goalie. Teams must keep 2 players and the goalie in its defensive half. Teams must keep 2 players in its offensive half. The 2 midfielders may roam the entire field. One coach from each team will be allowed on the field at the 6-8 level to assist their team.

No offensive or defensive counts will be used.

Offsides will not be called at the 6-8 level. Offsides will be called if an advantage is gained at all other levels.

Coaches may substitute players "on the fly" or in a timed manner.

Each player will be limited to 5 individual goals per game. Any shot on goal thereafter will result in a 30 second technical penalty.

## Definitions

**Body Checking:** Contact must be above the waist and below the shoulders with both hands together on the stick from the front or side – never from the back (based on player's head position). At the 6-8 level, we will enforce the "1 step rule" when body checking.

**Interference:** A player cannot interfere with the free movement of an opponent unless they have the ball or both players are within 3 yards of a ball in flight or a loose ball.

**Pick/Screen:** Are allowed when an offensive player is stationary and attempting to block the path of a defender guarding another player.

**Slashing:** is called when a player strikes an opponent in any part of the body with the stick. Any one handed check shall be considered slashing, whether or not it makes contact with the opposing player.

## Penalties

A common penalty (personal foul) will result in a 30 second - 1 minute suspension from play and possession to the opposing team. A player with 5 penalties will be ejected. Personal fouls include (but are not limited to) slashing, tripping, cross checking, illegal body checking, unsportsmanlike conduct, unnecessary roughness, hitting a defenseless player, illegal or improper equipment and illegal body checking. **Contact to the head is strictly prohibited.**

Penalized players will be substituted for and teams will NOT play shorthanded **except at the 12-14 age level.**

**When a personal foul penalty occurs at the 12-14 level and a one minute (or longer) penalty is assessed the offending player is to go to the penalty/substitution area in front of the score table. The player must remain in the penalty area until the penalty has been served. A penalty is served when the opposing team scores or when the penalty time expires. Teams will not play more than one person down. Penalties will be served consecutively if necessary with the 2<sup>nd</sup> penalized player allowed to be substituted for.**

A minor penalty (technical foul) will result in a turnover. **If the ball is possessed at the time of the defensive infraction, play will continue until the ball is dead on the ground.** If the team that committed the minor penalty has or gains possession then the whistle is blown and the team that was fouled gets possession. Minor penalties include holding, interference, offsides (not at 6-8's), pushing from behind, illegal use of the free hand, screening and stalling.

