



RULES AND REGULATIONS



The IBLA Models its rules and regulations after the USA Youth Boys Lacrosse Rule Handbook which can be downloaded here:

<https://www.usalacrosse.com/sites/default/files/documents/Rules/2022-boys-youth-rulebook.pdf>

Please note, the IBLA modifies the USA Lacrosse rules to help best serve all players in the league, and it does not directly follow the USA Lacrosse Youth Rule book.

Section 1.01 THE ILLINOIS BOYS LACROSSE ASSOCIATION..... 3

I. ABOUT THE IBLA..... 3

II. IBLA MISSION STATEMENT 3

III. IBLA CODE OF CONDUCT 4

IV. IBLA COMMUNICATION CHAIN OF COMMAND 5

V. IBLA MEMBERSHIP BENEFITS..... 6

VI. PRE-SEASON ACTIVITIES..... 7

VII. POST-SEASON ACTIVITIES 7

Section 1.02 TEAMS AND PLAYERS 8

VIII. DIVISIONS, LEVELS & TEAM / PLAYER PLACEMENT & MOVEMENT 8

IX. USL 1.9A & 1.9B [MODIFIED] – Player Equipment 9

Section 1.03 GAME PROCEDURES..... 11

X. GAME CANCELLATIONS AND OFFICAL GAMES 11

XI. GAME DAY MANAGEMENT 12

XII. FIELD SETUP 13

Section 1.04 GAME PLAY 15

XIII. GENERAL GAME PLAY 15

XIV. GAME TIMING & OVER TIMES..... 16

XV. PENALTY GUIDELINES & EJECTION 18

XVI. USL RULE 6 [MODIFIED] - TECHNICAL FOULS 19

XVII. USL RULE 5 [MODIFIED] – PERSONAL FOULS 19

XVIII. FACEOFF PROCEDURES..... 22

Section 1.01 THE ILLINOIS BOYS LACROSSE ASSOCIATION

I. ABOUT THE IBLA

The Illinois Boys Lacrosse Association (IBLA) is a non-profit organization dedicated to providing youth lacrosse teams with a league in which to compete with the same rules, regulations, and structure as high school leagues. The IBLA offers teams the opportunity to play with other local teams, grouping them by region, and competing for a championship. Our organization adds legitimacy to youth lacrosse, helping young players to prepare for their future playing careers at the high school level.

II. IBLA MISSION STATEMENT

It is our mission to raise the level of instruction, support, coaching and play for all of Illinois youth lacrosse.

Players, coaches, spectators and parents are to conduct themselves in a manner that “honors the game” and demonstrates respect to other players, coaches, officials and spectators. In becoming a member of IBLA; an individual assumes certain obligations and responsibilities to the game of lacrosse and its participants. The essential elements of the “Code of Conduct” are HONESTY and INTEGRITY. Those who conduct themselves in a manner that reflects these elements will be credit to the sport of lacrosse, themselves, their teams and IBLA. It is only through such conduct that IBLA can earn and maintain a positive image and make its full contribution to the game of lacrosse.

III. IBLA CODE OF CONDUCT

Expectations, Acceptable and Unacceptable Conduct and Behavior. All players and coaches must sign prior to season.

1) THE IBLA SUPPORTS THE FOLLOWING BEHAVIORS FOR THOSE PARTICIPATING OR INVOLVED IN ANY WAY

- a) Sportsmanship and Fair Play: are essential to the game and must be taught and developed both at home and on the field during practices and games. Permitting, encouraging, or condoning performance that is dangerous or demeaning to a player, coach, official, spectator or anyone connected with the function of the game is unacceptable.
- b) Safety and Welfare: of the players are of primary importance.
- c) Positive Role Models: Coaches must always be aware of the tremendous influence they have on their players. They are to strive to be positive role models in dealing with young people, as well as adults.
- d) Good Sportsmanship: The emphasis on winning should never be placed above the value of good sportsmanship, the concepts of fair play, the skills of the game or the safety of our players.
- e) Positive Reinforcement: Derogatory comments are unacceptable. Use positive reinforcement with players and adults alike. It should be remembered that criticism, once made, can never be retracted.

2) IBLA DOES NOT SUPPORT THE FOLLOWING BEHAVIORS FOR THOSE PARTICIPATING OR INVOLVED IN ANY WAY

- a) Badgering of Officials or Others: Parents or guardians of IBLA players involved with the games must never permit anyone to openly or maliciously criticize, badger, harass or threaten an official. To do so is a violation of the rules of the game and must be considered unacceptable conduct. The coach must quietly and privately address all concerns to the officials at the appropriate time as defined by the rules; and if deemed appropriate, place in writing to the official's assigning authority any significant problems with the officiating.
- b) Abusive Conduct: IBLA player(s), coach(es), guardians or spectators berating or abusing an official or another coach, player, or spectator prior to, during or after the game will be barred from participating in the remainder of the games in question. The offending individual(s) must immediately leave the game area. Depending upon the seriousness of the infraction, the offending coach(es), team official(s) or spectator(s) may be barred from attending any future games or tournaments as a spectator.
- c) Attempt Unfair Advantage: Knowledge of the rules of lacrosse must be respected and adhered to by all who participate in the game of lacrosse, both in the letter and the spirit of the game. The rules are designed to protect the players, provide common standards and control the game. Attempts to beat or circumvent these rules, to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct is considered unacceptable conduct.
- d) Circumventing Rules: Guidelines and eligibility requirements, such as age and previous level of participation, have been established to encourage and maximize participation, as well as promote safety. All who participate in the game of lacrosse must be thoroughly acquainted with these rules and regulations and should assume the responsibility for their observance and enforcement. Attempts to circumvent eligibility rules, or to use ineligible players, shall be considered unacceptable conduct.
- e) Unsportsmanlike conduct: by spectators associated with an IBLA player, will be addressed immediately by the IBLA coaching staff. The IBLA coaching staff will address the offending spectator(s), asking that the disruptive activity cease immediately. If such behaviors continue, a one-minute penalty on the IBLA in-home will be assessed by the game officials. The offending spectator(s) must then immediately leave the game area for the remainder of the game. Failure of the spectator to leave the area will result in the immediate stoppage of play and the forfeiture of the game.

3) ENFORCEMENT OF VIOLATIONS OF THE CODE OF CONDUCT

- a) An IBLA player or coach ejected from a game for any unsportsmanlike conduct will be barred from the remainder of the game in question and any remaining IBLA games or tournaments. The offending individual(s) must immediately leave the game area. Depending on the seriousness of the infraction, coaches may be barred from attending any future games tournament as a spectator. Such conduct will be reviewed by the IBLA and appropriate action will be taken. The penalties for such behavior can include suspensions or expulsions from IBLA.
- b) IBLA coaches will not play ineligible players knowingly or unknowingly, in any sanctioned game. If this violation occurs the IBLA will forfeit the game or games. The fact that this infraction was done knowingly or unknowingly will not have veering on the fact that the game will be forfeited. The proper apologies will be made to the team or teams that were played with illegal players.
- c) Any IBLA player(s), coach(es), parents, guardians or spectators who at any time while on field grounds or in the game area conducts themselves in an abusive, offensive or illegal manner outside of the game situations will be barred from participating in any remaining IBLA games or tournaments. Depending on the seriousness of the refraction, the offending individual(s) or IBLA player may be barred from attending any games or tournaments as a spectator(s). Further, a spectator(s) who conducts him or herself in an abusive, offensive or illegal manner while on field grounds outside of game situations will be subject to being barred from future games or tournaments. NOTE: It should be understood that if the offending individual(s) will not leave the area of his/her own free will, and to enforce any of the above violations, a request will be made to have the offending individual(s) escorted from the area by a designated authority.
- d) All Coaches and Players must read and sign the Code of Conduct online prior to the start of the season.

IV. IBLA COMMUNICATION CHAIN OF COMMAND

Proper Chain of Command and Communication Rules are established to ensure issues are properly handled.

1) CONTACT CHAIN OF COMMAND

- a) PARENTS
 - i) Parents should only talk to the team coach if situations arise that deem a conversation.
(1) PARENTS SHOULD NEVER CONTACT THE IBLA DIRECTLY
- b) COACHES
 - i) Coaches should contact their Club Director regarding issues with players, parents, referees, game situations or any other topics where a discrepancy exists
 - ii) COACHES SHOULD NOT CONTACT THE IBLA DIRECTLY
- c) CLUB DIRECTORS
 - i) Club Directors are the only authorized personnel that should contact the IBLA directly

2) GAME DAY SITUATIONS

- a) Should a situation arise during a game or weekend that warrants a review, you should talk the situation over with the referee at the next break interval.
- b) If either coach disputes a call that effects the outcome of a game, you should talk the situation out with the referees and opposing coach. Should that not resolve the issue, then your Club Director should be contacted.

3) CONTACTING THE IBLA

- a) CLUB DIRECTORS ONLY should contact: director@ibla.seasonticker.com

V. IBLA MEMBERSHIP BENEFITS

Your IBLA Membership Includes the following:

1) GAME OFFICIALS

- a) ON FIELD OFFICIALS AND SCHEDULING
 - i) The IBLA handles all scheduling and coordinating of referees for all IBLA sanctioned games by working with the referee association to ensure all games are properly officiated. The IBLA staff will also perform reviews of the officials for teams.
 - ii) The IBLA works closely with Scott Rogowski of the Illinois Lacrosse Referee Association to schedule officials for IBLA teams. The IBLA covers referees for all of your regular season games and all playoffs.

2) LEAGUE SCHEDULING AND PLACEMENT MEETINGS

- a) League Scheduling and Placement meetings are held to ensure proper placement of teams and in some cases players.
- b) Conferences are also discussed and developed using available teams
- c) Teams are able to schedule 8 regular season league games. All 8 games must be completed in order to qualify for the playoffs.

3) WEBSITE

- a) IBLAX.SEASONTICKER.COM
 - i) SeasonTicker is used for all game scheduling, results, contacts, location maps and other information during the IBLA Season.
 - ii) This site contains conferences, teams, records, placements, and all progress information for all the teams during the season.

4) ALL-STAR GAME

- a) Coaches will nominate two players from their team to participate in an All-Star Game at Benedictine University this spring. This is a fun day to get all of the teams and players together, and watch some of the best players face-off in a fun, friendly game. The players will also receive All-Star jerseys.
 - i) All Star Game is only for Majors and Minors

5) TROPHIES

- a) Trophies are provided for each divisional champion.

VI. PRE-SEASON ACTIVITIES

The IBLA Pre-Season is an important part of creating teams, divisions and conferences. All Club Directors and Coaches are invited to attend the meetings that occur between January and the beginning of the season.

1) IBLA PRE-SEASON MEETING

- a) The Pre-Season Meeting informs all Clubs of rules, procedural and other new and updated information
- b) New Rules are submitted and reviewed
- c) Club Tournaments are discussed
- d) Scheduling dates are discussed

2) YOUTH COACHING CLINIC(s)

- a) The IBLA will host one Youth Coaching Clinic
- b) All coaches and others involved in the program are invited to attend.

3) IBLA PLACEMENT

- a) The IBLA Placement meeting is an important part of determining the level that teams will play
 - i) Using previous years' data and coaches input, teams are voted into the divisions they will play
- b) Conferences are also discussed and developed for the season.

4) TEAM SCHEDULING

- a) Team scheduling takes place online and follows the IBLA Placement meeting
 - i) Monday the Majors will schedule, Tuesday= Minors, Wednesday= Juniors, Thursday= Minis
 - ii) League will help schedule crossover games to eliminate unwanted duplicate games

VII. POST-SEASON ACTIVITIES

NOTE: Playoff locations are set based on the availability of fields. Smaller programs with lesser fields will travel to locations where all conference teams can meet and participate at a single location.

1) ALL-STAR GAME

- a) The IBLA ALL-STAR game is held each year at Benedictine University.
- b) All clubs and levels submit voted players to the IBLA and all-star teams are selected (See section V. 4)
- c) The game takes place the week before the playoffs

2) PLAYOFFS

- a) Teams must compete in 8 SCHEDULED IBLA CONFERENCE GAMES to be eligible for the playoffs
- b) Some conferences and divisions are split again at the end of the season depending on size
- c) Seeding of the teams is determined once the last games are played
- d) All teams are included in the playoffs

VIII. DIVISIONS, LEVELS & TEAM / PLAYER PLACEMENT & MOVEMENT

The IBLA uses a modified set of USL Rules for player placement and levels of play. The availability of community players and not allowing high-school players to play restricts the divisional levels that are required to develop a league.

1) USL RULE 1. Level [MODIFIED] – TEAM DIVISIONS

- a) The IBLA divides players into 4 distinct DIVISIONS
 - i) MINI – Grades K, 1 & 2
 - ii) JUNIOR – Grades 3 & 4
 - iii) MINOR – Grades 5 & 6
 - iv) MAJOR – Grades 7 & 8

2) TEAMS AND TEAM LEVEL PLACEMENT

- a) Team Level Placement Guidelines
 - i) The IBLA allows teams to REQUEST their 'level of play' into one of three levels.
 - (1) A = Top players in the program or 80% of player from the highest grade.
 - (2) B = If your team has 50% of players from the highest grade, team must be in the "B" division.
 - (3) C = This is a developmental division for new players of the game.
 - ii) Teams request their level during team registration
 - (1) This information provides a baseline for the league to establish the conferences for each level of play. If there are not enough teams within that level of play per conference we will look to either move teams to a nearby conference or combine 2 groups to provide a variety of teams to play.
 - (2) The IBLA Placement meetings [SEE VI.3] help to assist teams and clubs in the placement of their teams.

3) PLAYER MOVEMENT

- a) Players can only be rostered on ONE TEAM for the IBLA season and playoffs.
 - i) All teams will lock in their rosters no later than April 4th
 - ii) The team that the player is rostered on for the IBLA season is the team the player must play during the playoffs.
- b) At all levels, if teams are in need of players during the season – to avoid forfeiture of games
 - i) Players can move UP one level (i.e. C to B) to fill roster spots on teams for the same club. Limit to 14 Players.
 - ii) Players can move divisions (i.e. Juniors to Minors) to fill roster spots on teams for the same club. Limit to 14 Players.
- c) NO PLAYER CAN MOVE DOWN LEVELS (I.E. A TO B)
- d) GOALIES ARE EXCEPTIONS TO THE PLAYER MOVEMENT RULE
 - i) Goalies may only move to upper teams to fill a roster spot to avoid forfeit.
 - ii) THE IBLA MUST BE NOTIFIED AND APPROVAL GIVEN BEFORE A GOALIE ROSTER MOVE unless the move falls under the above player movement rules (VIII.3.b.ii and VIII.3.b.iii)
- e) ANY PLAYER MOVEMENT MUST BE APPROVED BY THE OPPOSING COACH IN WRITING BEFORE GAME PLAY STARTS.
- f) THE APPROVAL OF THE PLAYER MOVEMENT NEEDS TO BE SENT TO THE LEAGUE BEFORE GAME PLAY STARTS.

IX. USL 1.9A & 1.9B [MODIFIED] – Player Equipment

All IBLA Players are required to wear the proper equipment according to USL 1.9A and 1.9B

1) USL 1.9A [MODIFIED] – FIELD PLAYER EQUIPMENT

- a) All field players shall have a lacrosse helmet that meets NOCSAE ND041 at the time of manufacture and has a permanent, replica of the NOCSAE lacrosse seal appearing legibly on the exterior of the helmet shell
- b) An Intra-oral mouth protector (mouth piece),
- c) Protective gloves designed for boy's lacrosse
- d) Shoulder pads designed for boy's lacrosse
- e) Athletic cleats or athletic shoes
- f) Arm pads designed for lacrosse
- g) A jersey and shorts of the same color(s) as their teammates
- h) Athletic protective cup.

Note: Rib pads are recommended but not required pieces of equipment for all levels.

2) USL 1.9B [MODIFIED] – GOALIE EQUIPMENT

- a) All goalies shall have a lacrosse helmet that meets NOCSAE ND041 at the time of manufacture and has a permanent, replica of the NOCSAE lacrosse seal appearing legibly on the exterior of the helmet shell,
- b) A throat protector designed for lacrosse
- c) An Intra-oral mouth protector (mouth piece)
- d) Protective gloves designed for boy's lacrosse
- e) Goalie chest protector designed for lacrosse
- f) Athletic cleats or athletic shoes
- g) Athletic protective cup
- h) A jersey and shorts of the same color as their teammates.

3) SPECIFIC CROSSE RULES

- a) NO WOODEN SHAFTS are allowed in any IBLA sanctioned game. We encourage all non-IBLA activities during the season to adhere to this rule.
- b) Long Poles are only allowed at MAJOR, MINOR & 10 v 10 Juniors levels.
 - i) MAJOR, MINOR & 10 v 10 Juniors LEVEL GUIDELINE
 - (1) No restrictions on Long Pole Length

4) REFEREE STICK (CROSSE) CHECKS

- a) Game officials may perform 2 stick checks per team per game. If a Crosse is found to be illegal, officials will tell the player the problem. If the Crosse can be corrected (deep pocket) it may remain in the game; otherwise it will remain at the table for the duration of the game.
- b) Penalty: A crosse found illegal due to a deep pocket will carry a 1-minute non-releasable foul. All other crosse violations for non-conformance will result in a 3-minute non-releasable penalty and the stick will be disqualified for the rest of the game.

X. GAME CANCELLATIONS AND OFFICAL GAMES

IBLA Game Cancellation procedures.

1) WEEKEND GAME CANCELLATIONS OR CHANGES

- a) Weekend game changes are to be completed by Tuesday at 5pm
 - i) After 5pm officials will not be guaranteed to be available for updated games.
- b) CANCELLATION PROCEDURE
 - i) Home team is responsible for canceling the game in SeasonTicker and emailing the Referees
 - (1) scottrogowski@yahoo.com

2) DAY OF WEATHER-RELATED CANCELLATIONS

- a) Must be completed 2 hours before game start time.
- b) CANCELATION PROCEDURE
 - (1) Notify the Referee Service – scottrogowski@yahoo.com
- c) Call the Main Phone Line: 224-260-6213
- d) Notify the IBLA: director@ibla.seasonticker.com

3) IBLA 'OFFICIAL' GAME

- a) Games may be called because of weather or other reasons.
- b) If an IBLA GAME HAS STARTED and the game has to be stopped for any reason (except those mentioned in section XVI. 5), then:
 - XVII. The game is an OFFICIAL IBLA GAME THAT HAS TO BE SCORED AS SUCH if the game has passed the halftime point.
 - XVIII. Once the first whistle of the 2nd half or 3rd quarter has occurred, the game is considered official and will be scored with the current score at the time of game termination.
- c) Games that have not reached the halftime point that are terminated will be rescheduled and no score will be submitted.

4) RE-SCHEDULING AND IBLA GAME PRIORITY

NOTE: During the IBLA Season, several teams participate in tournaments or other non-IBLA activities. Teams should ensure that proper planning is involved in case re-scheduling of IBLA games must be done. All teams should have the ability to complete the minimum game requirement during the season.

- a) Upon Game Cancellation Procedure (SEE X.3 and X.4)
 - (1) Team that cancelled the game should provide at least 2 dates for the opposing team to select from.
 - (2) Priority should be made to maintain the home or away status.
 - (3) Opposing team can counter with dates that they can accommodate.
 - (4) Completing the re-scheduled game takes priority over weekday or weekend dates, home or away or any other circumstances where an unfair advantage is thought to exist.
 - (5) Work together with the opposing team to ensure the game is re-scheduled.
- b) If a game is forfeited, the team will be penalized 0-7 loss on the scorecard.

XI. GAME DAY MANAGEMENT

Game Day Procedures and Management for Home and Visiting Teams.

1) PRE-GAME PROCEDURES AND SETUP

- a) FIELD SETUP (See Section [XII. Field Setup])

2) TEAM RESPONSIBILITIES

- a) Coaches and players should arrive 30 minutes before their game.
- b) Each team will provide first aid supplies including ice packs for their team.
- c) Each team must provide a garbage bag and clean up after each game.
- d) Each team will be asked to provide a designated Sideline Manager (one adult per team, on site, per game-day contest) to help encourage, maintain and manage the sportsmanlike behavior of spectators and fans. The Sideline Manager will be responsible for keeping penalty time for their team.
- e) Both teams are responsible for having a minimum of 4 balls on the end line closest to their end, throughout the entire game.
- f) All players must show their coach that they have a mouth guard, snapped helmet, screw in the stick, rubber or plastic butt end before they are cleared to warm up or play.
- g) Parents are at least 5 yards from field of play on opposite side of field from the team benches

3) ADDITIONAL HOME TEAM RESPONSIBILITIES

- a) A Scoring table
 - i) Located between the team bench area and behind the penalty box.
 - ii) Proper game scoring equipment (scoreboard) and timing devices for penalties and game clock functions.
 - iii) A copy IBLA rules and regulations
- b) Field lined & in good condition. If there are any problems Home coach needs to make opposing team aware.
- c) Goals set up with no holes in netting
- d) Ensure at least 4 game balls are located on each end line
- e) Parents are at least 5 yards from field of play

4) REFEREE OBLIGATIONS

- a) Meet both coaches & certify players
- b) Conduct team line up at midfield, explain rules & hand shake

5) LIGHTNING DURING GAME, PRE-GAME OR WHEN ANYONE IS IN FIELD AREA

- a) When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning.
- b) Suspend play and take shelter immediately.
 - i) Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
- c) Any subsequent thunder or lightning after the beginning of the 30-minute count, reset the clock and another 30-minute count should begin.
- d) See Section (X.4 for official game requirements)

6) POST-GAME PROCEDURES

- Teams meet at half field for handshake
- Players and Coaches clean sidelines
- Coaches confirm score with officials
- Home team reports scores on Season Ticker website within 24 hours of game completion

XII. FIELD SETUP

IBLA sponsored events will be played on modified or regulation size fields for all age groups.

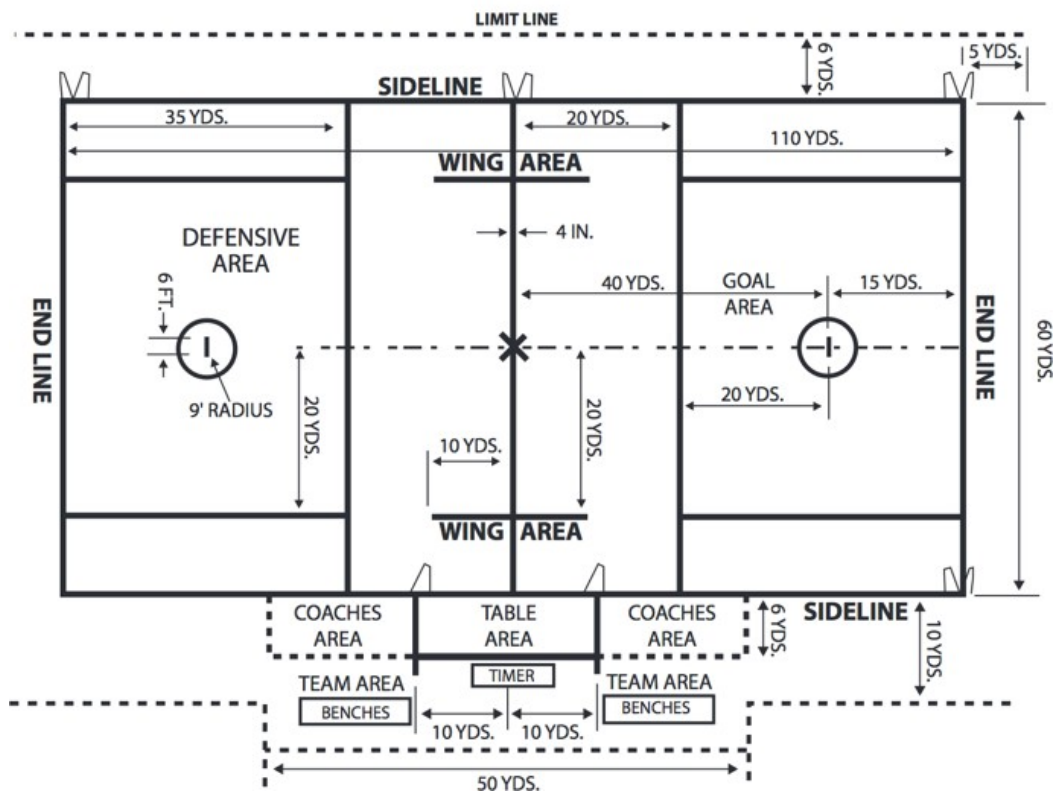
1) HOME FIELD RESPONSIBILITIES

- The home team is responsible for setting up the field. Cones at all corners, restraining lines, and a substitution and penalty box.

2) FIELD LAYOUT – JUNIOR A & B Gold – MINOR – MAJOR DIVISIONS

- The field size should be as close as possible to US Lacrosse Field Regulation guidelines.

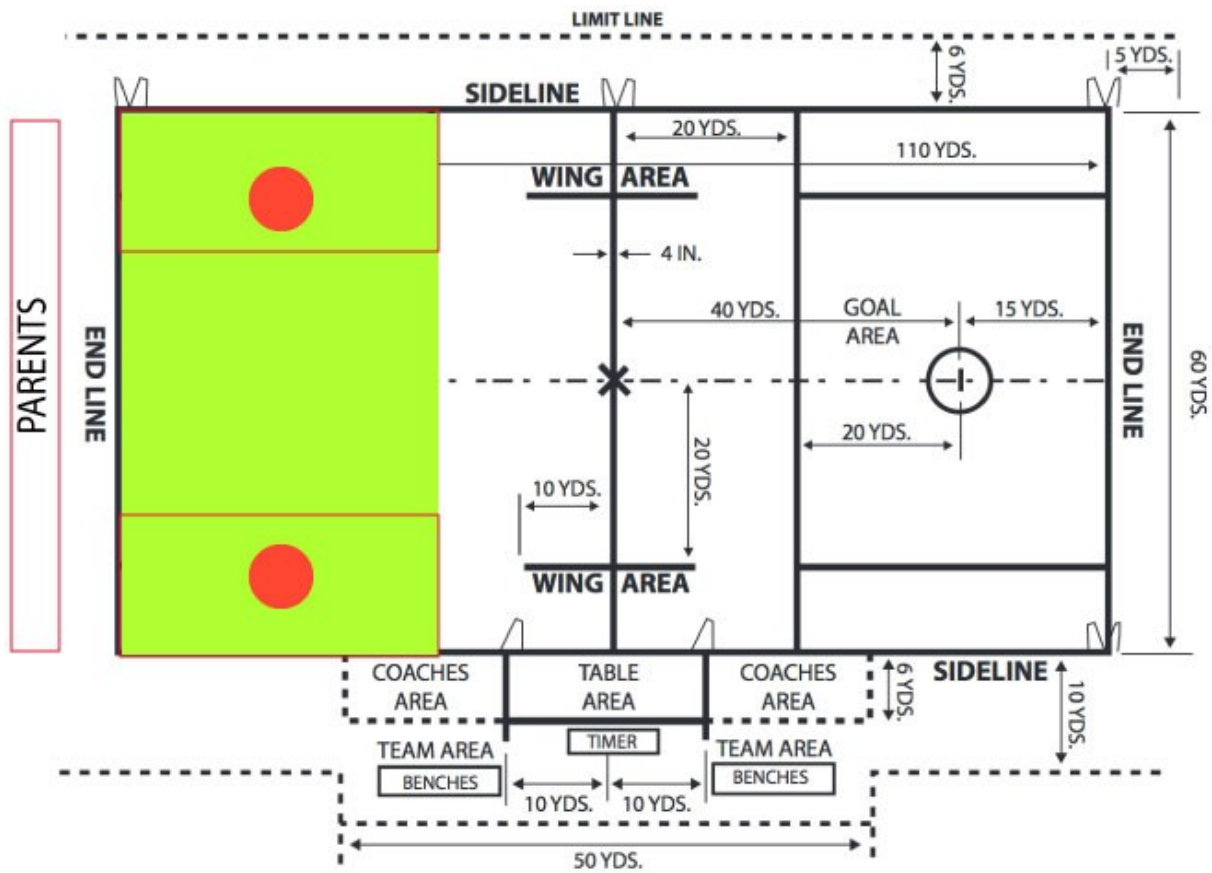
BOYS' YOUTH LACROSSE STANDARD FIELD DIAGRAM



3) FIELD LAYOUT – Juniors B Silver, C & MINI DIVISION

- a) The MINI Division field will be an approximately 1/3 section of the main field played between the main field end line and first restraining box top line.
- b) Portable creases may be used in lieu of painting or permanently marking the main field.

BOYS' YOUTH LACROSSE STANDARD FIELD DIAGRAM



XIII. GENERAL GAME PLAY**1) FACING OFF**

- a) In any regular season game, a faceoff at Center X will occur after each goal.
 - i) Also, at beginning of quarters and/or halves.
 - (1) Dependent on current penalties.
 - ii) This is superseded by the 7-Goal Rule except during playoffs.

2) ADVANCING THE BALL (Counts)

- a) MINI LEVEL
 - i) 10 Second Crease Count
 - ii) No Counts Enforced
- b) JUNIOR LEVEL
 - i) 10 Second Crease Count
 - ii) No count for advancing the ball up the field
- c) MINOR AND MAJOR LEVEL
 - i) 4 Second Crease Count
 - ii) 20 Second Mid Line Clear Count (This INCLUDES the 4 second crease count.)
 - iii) 10 Second 'Get a Touch' Count
 - iv) Failure to get the ball into the proper field segment will result in a 'Failure to Advance' possession change.

3) OFFENSIVE STALLING

- a) Officials may enforce 'Stalling' rules at any time they feel a team is deliberately wasting time while they have possession. Once a 'stall' is called the team in possession must keep the ball in the offensive box ('Keeping it in').

4) TIME OUTS

- a) One 45 second time out is allowed per team per half.
- b) There are NO TIMEOUTS in overtime
- c) Injury Time Out
 - i) The referee will use discretion on stopping the clock during an injury.

5) COACHES ON THE SIDELINES

- a) There should be no more than 3 coaches on the sidelines for any team at any level.
 - i) All coaches on the sidelines must abide by the IBLA Code of Conduct
 - ii) No additional adults are allowed on either sideline

6) PLAYERS ON THE FIELD

- a) JUNIOR B Silver, C & MINI division: 7v7 including goalie
- b) JUNIOR A, B Gold – MINOR – MAJOR – 10v10 including goalie

7) SUBSTITUTIONS

- a) Major and Minors – substitutions will be on the fly
- b) Juniors and Minis – coaches can call for a substitution whistle at any point during a dead ball

8) OVER AND BACK

- a) Enforced at the Major and Minor levels

XIV. GAME TIMING & OVER TIMES

Game times and over times vary depending on the division that is playing

1) JUNIOR & MINI DIVISION GAME TIMES

- a) Game Duration
 - i) Four 10-Minute Running Clock Quarters
- b) Overtime
 - 1. One 4-minute full squad overtime
 - 2. After 4 minutes has elapsed, if no goal is scored, game will be recorded as a tie.

2) MINOR AND MAJOR DIVISION GAME TIMES

- a) Game Duration
 - i) Four 10-Minute STOP Clock Quarters
- b) Overtime
 - 1. One 4-minute full squad overtime
 - 2. After 4 minutes has elapsed, if no goal is scored, game will be recorded as a tie.

- (3) NO Substitutions allowed
- (4) Play until next goal is achieved.

3) FINAL 2 MINUTE RULE

- a) In the last 2 minutes of a game at ANY LEVEL
 - i) If the score differential is 2-goals or less (i.e. 5-7)
 - (1) The clock becomes a STOP CLOCK
 - ii) If the score differential becomes 3-goals or more (i.e. 5-8)
 - (1) The clock returns to standard level timing rules

4) 7-GOAL RULE

- a) At any time during the game at ANY LEVEL
 - i) If the score differential is 7-goals or more (i.e. 10-3)
 - (1) The clock becomes a RUNNING CLOCK
 - (2) The team that has the 7-goal deficit can elect to have a free clear during any faceoff
 - ii) If the score differential becomes 6-goals or less (i.e. 10-4)
 - (1) The clock returns to standard level timing rules
- iii) The 7-goal rule DOES NOT APPLY to playoff games.
- iv) If the score differential is 10-goals or more, the leading team will play man-down (must be a midfielder)

5) TIMING ADJUSTMENTS

- a) Teams may adjust game times due to the following
 - i) Player availability
 - ii) Player injury (reducing the number of players)

6) INTERVAL TIME

- a) 2-minute interval between quarters
- b) 5-minute interval between halves

7) INJURY TIME OUT OR STOP TIME

- a) During a stop in game play due to an injury:
 - i) The referee can use discretion on stopping the clock during running clock situations
 - ii) SUBSTITUTIONS ARE ALLOWED while the injury time out is under way
 - iii) CONGREGATING PLAYERS IS ALLOWED while the injury time out is under way

XV. PENALTY GUIDELINES & EJECTION

1) TIME SERVING PENALTIES

- a) Time serving penalties and man-up /man-down are enforced AT ALL Levels.
- b) Majors & Minors: All penalties are stop time for and are independent from the game clock.
- c) Juniors & Minis: All penalties are running time.
- d) PLAYER SUBSTITUTION
 - i) The player serving the penalty may leave the penalty box provided another player enters and serves the penalty. The replacement player can then be released upon the completion of the penalty time.
 - ii) The player that was replaced (and originally received the penalty) cannot return to the field until the penalty time has expired.
- e) Penalties carry over from regulation to overtime periods.

2) SLOW WHISTLES

- a) When a team in possession is fouled, a flag is thrown but no whistle will sound to stop play until the fouled team loses possession or ball has gone out of the box. DELAYED WHISTLE (FLAG DOWN): when a team in possession is fouled, a flag is thrown but no whistle will sound to stop play until the fouled team loses possession or ball has gone out of the box.

3) USL 7.1 [MODIFIED] – GAME EJECTION [FOULING OUT]

- a) If a player accumulates 5 minutes of personal foul penalties, he will be disqualified for that game. Any player that has been disqualified must take off all their equipment, except for their helmet and remain on the sidelines until the end of the game.

4) USL 5.12 [MODIFIED] – GAME EJECTION – PLAYER

- a) Should a player be ejected from a game for any of the following:
 - i) Deliberately striking or attempting to strike anyone or leaving the bench area during an altercation
 - ii) A second non-releasable unsportsmanlike foul
 - iii) Any action deemed by the officials to be flagrant misconduct
- b) That player shall not be allowed to play the next game after the ejection has occurred.

5) USL 8.0 [MODIFIED] – GAME TERMINATION

- a) Officials will have authority to terminate a boys' youth game in response to flagrant acts of unsportsmanlike behavior including excessively rough play or the encouragement of excessively rough play by coaches, athletes, or spectators. A game termination will be the last resort in ensuring the players' safety and preserving the integrity of the game. If possible, game officials will issue at least one strong warning that the game is in danger of being terminated. However, it is conceivable that games may be terminated on the first instance of a flagrant unsportsmanlike act.
- b) Officials have the authority to terminate a game in progress in response to behavior mentioned above by parents, coaches, athletes, spectators and/or fans.

6) COMMUNICATION WITH REFEREE

- a) Only coaches should address the referee(s) and this should be done in a respectful manner during quarter or half breaks.

XVI. USL RULE 6 [MODIFIED] - TECHNICAL FOULS

1) TECHNICAL FOUL DEFINITION

- a) Technical fouls are those of a less serious nature and involve players being illegally disadvantaged or gaining an unfair advantage over another player.

2) TECHNICAL FOUL PENALTY

- a) The penalty for a technical foul shall be either a 30-second suspension of the offending player from the game (if the team fouled had possession of the ball at the time the foul was committed) or simply the awarding of the ball to the team fouled (if the team fouled did not have possession of the ball at the time the foul was committed).

3) EXCEPTION 1

- a) A loose-ball technical foul by Team B followed by a personal foul by Team A during the play-on will result in both players serving penalty time.

4) TECHNICAL FOULS THAT CAN BE ENFORCED

REFERENCE USL YOUTH LACROSSE RULES FOR DEFINITIONS

USL 6.2 CREASE VIOLATIONS/GOALKEEPER
INTERFERENCE

USL 6.3 HOLDING

USL 6.4 ILLEGAL OFFENSIVE SCREENING

USL 6.5 ILLEGAL PROCEDURE

USL 6.6 CONDUCT FOUL

USL 6.7 INTERFERENCE

USL 6.8 OFFSIDE

USL 6.9 PUSHING

XVII. USL RULE 5 [MODIFIED] – PERSONAL FOULS

1) PERSONAL FOUL DEFINITION

- a) Personal fouls are those of a serious nature. Personal fouls include either a safety or sportsmanship violation. In keeping with the overarching emphasis on player safety and sportsmanship at the youth level, US Lacrosse expects strict enforcement of the Cross Check, Illegal Body Check, Checks Involving the Head/Neck, Slashing, Unnecessary Roughness, and Unsportsmanlike Conduct Rules.

2) PERSONAL FOUL PENALTY

- a) The penalty for a personal foul shall be suspension from the game of the offending player for 1, 2, or 3 minutes, depending on the official's judgment of the severity and perceived intent of the personal foul. The ball shall be given to the team fouled.

3) EXCEPTION 1

- a) The penalty for personal fouls 5.3 ILLEGAL BODY CHECKS (to a defenseless player) and 5.4 CHECKS INVOLVING THE HEAD NECK are automatically 2 or 3-minute non-releasable fouls.

4) PERSONAL FOULS THAT CAN BE ENFORCED

REFERENCE USL YOUTH LACROSSE RULES FOR DEFINITIONS

USL 5.2 CROSS CHECK

USL 5.3 ILLEGAL BODY CHECK

USL 5.4 CHECKS INVOLVING THE HEAD/NECK

USL 5.5 ILLEGAL CROSSE

USL 5.6 USE OF ILLEGAL EQUIPMENT

USL 5.7 SLASHING (INCLUDING STICK CHECK)

USL 5.8 TRIPPING

USL 5.9 UNNECESSARY ROUGHNESS

USL 5.10 UNSPORTSMANLIKE CONDUCT

XVIII. NOTABLE USL RULES THAT ARE ENFORCED

Rules that are often disputed during games.

1) 4.18.4 OTHER DEFENSIVE PLAYER IN THE CREASE

- a) No defensive player, other than a properly equipped goalie, can enter their own crease with the perceived intent on blocking a shot or acting as a goalie. Defensive players are allowed to be in or pass through the crease but never with the perceived intention of blocking a shot.

2) 4.7 BALL STUCK IN CROSSE

- a) If at any point the ball becomes stuck in a players Crosse the play shall stop immediately and award the ball to the opposing team.

3) 6.5.2 MISSING MOUTHPIECE

- a) A missing mouthpiece is now a technical foul
 - i) This includes the 'Fish Hook' where the player only has a portion of the mouthpiece in his mouth.
- b) This is called by the discretion of the referee

4) 5.7 SLASHING [ONE-HANDED STICK CHECK]

- a) There are NO one-handed stick checks allowed.
- b) A one-handed stick check is considered a slash and is a personal foul.
- c) If the defensive player is attempting a legal check and one hand falls off the stick
 - i) The discretion of the referee will be used to call a one-handed stick check (Slash)
- d) The USL Rule States
 - i) One-Handed checks shall be considered a slash, whether or not it makes contact with the opposing player. If the defensive player's hand comes off his stick in his legitimate follow-through motion after, or during his recovery from, a controlled poke check, this need not be considered a slash solely because his hand came off the stick.

5) BODY CHECKING

- a) Rules Interpretation Video: <https://www.uslacrosse.org/rules/boys-rules>
- b) USLacrosse High School:
 - i) To understand illegal body checking, we first need to establish the requirements for a legal body check:
 - (1) Player being checked must be in possession of or within 5 yards of a loose ball (3 for youth)
 - (2) Contact must be from the front or the side
 - (3) Contact must be above the waist and below the neck
 - (4) Both hands of the player applying the check shall remain in contact with the crosse
 - ii) All of the above must be true in order for a body check to be legal, and Rule 5.3 covers when the official should and should not throw the flag when looking at a body check.
 - (1) Cannot body check anyone who does not have a ball
 - (2) Cannot body check from anywhere on the back
 - (3) Cannot body check a player who does not have feet on the ground
 - (4) Cannot body check from a blind side.
 - (5) Cannot body check a player with his head down, going after loose ball
 - iii) <https://www.uslacrosse.org/blog/how-it-works-illegal-body-checking-rule-in-boys-lacrosse>
- c) USLacrosse Youth:
 - i) Major/Minor (U14/U12): Limited body checking is permitted
 - (1) Translation: From the front or side, not blindside or excessive, on a player with possession or within three yards of a loose ball, both hands on the crosse, below the neck and above the waist.
 - ii) Junior/Mini (U10/U8): Limited body contact is permitted.
 - (1) Translation: Legal pushes (man/ball) and legal holds (riding a player out of bounds or away from the goal) are permitted. Body contact=Legal Holds, Legal Pushes, "Boxing Out" and Some Incidental Contact.
 - iii) Legal Checks:
 - (1) Can lift bottom hand or head of stick if below chest area
 - (2) Poking bottom hand or head of stick if below chest area
 - (3) Downward check started below both players' shoulders
 - (4) Everything else is and will be called a slash
 - iv) Legal Pushes or Holds:
 - (1) Only on person with ball
 - (2) From front or side

MAJOR RULES CHANGES AND CLARIFICATIONS

Rule 4.3 FACING OFF

- Ball is placed on the midline by officials to designate the faceoff location.
- Players must stand for the faceoff position (optional 10U).
- All fingers shall be wrapped around the crosse.
- Crosse head and gloved hands shall be touching the ground.
- Hand closer to the throat of the lacrosse head shall be in a palm-up position.
- The “Motorcycle Grip” or Moto Grip is Illegal
- Faceoff players must play the ball first.

