

# Lacrosse Rules 2018

**UTAH COUNTY YOUTH LACROSSE** is a *Development League* for grades 3 thru 6, with body contact (**No Takeout Checks**) and stick checking allowed. Teams play to win, but not at the expense of *Sportsmanship* and *Playing Time* for new or less-skilled players. Won-loss records are not kept; score keeping is optional; and emphasis is on *Skills Development* and *Enjoyment of the Game!*

For grades 7-8 we will use official high school rules. *Sportsmanship* will still be expected and *Playing Time* for less skilled players will still be expected, emphasis is still on *Skills Development* and *Enjoyment of the Game!*

## **Number of Players**

- \* 3-6 grade teams play 6 vs. 6 with 1 Goalie & 5 Field Players.
- \* 7-8 grade teams play 6 vs. 6 with 1 Goalie & 5 Field Players.

## **Player Eligibility:**

- \* Players currently enrolled in 3<sup>rd</sup> & 4<sup>th</sup> grade are eligible for the "Lower" League.
- \* Players currently enrolled in 5<sup>th</sup> & 6<sup>th</sup> grade are eligible for the "Upper" League.
- \* Players currently enrolled in 7<sup>th</sup> & 8<sup>th</sup> grade are eligible for the Jr. High League.

## **Playing Field:**

\* 80 yards' x 40 yards with Goal Creases & 1 Mid-Line a penalty/substitution box and wing marks.

## **Equipment:**

- \* Full protective gear required. (Helmet, shoulder & arm pads, gloves, mouth guard, cup).
- \* Long Poles for defensemen are not allowed.

## **Home Team Responsibilities:**

- \* Field Set-up: lined field, goals, cones & game balls.
- \* Game Officials.

## **Time Factors:**

- \* Four quarters, 12 min. running time.
- \* Two 1-minute timeouts per half per team.
- \* 1-minutes between quarters and a 3-minute half time.
- \* No overtime; no tiebreakers.

## **Rules of Play:**

- \* NFHS rules.
- \* Off-side rules apply to only 1 defensive player. (one defensive player I.E. goalie must stay behind midline at all times)
- \* No 10 or 20 second counts.
- \* No takeout checks.
- \* After a 4 pt differential, there is no faceoff. Possession goes to the team who is down.
- \* **Any player ejected from a game will sit the remainder of the current game and the next game as well. Any coach ejected will be required to leave the field for the remainder of the current game and will not be allowed to coach the next game.**

## **Takeout Checks:**

3-6 Grade Level-Any contact where a player gains unnecessary momentum to knock another player to the ground. Points of emphasis for the official making the call are force

and intent. Hip checking from the side, bodying up, stick checks and boxing out the opponent are all legal contact. A body check from the front is legal if the player initiating contact does not lower his helmet (spearing) and the official deems that the force is not excessive. The body checked opponent leaving his feet is usually, not always, evidence of excessive force; the body checked opponent being legally pushed out of the play is not. A player who trips or falls after coming in contact with another player is not necessarily a victim of a takeout check. It is potentially incidental contact, and therefore a no-call.

**Face-off:**

On a face-off the wing players may release but will not be allowed to attack the ball or players in the face-off until the ball clears the face off area. This will minimize injury to the players.

**Setting Picks:**

\*\*\*Picks will be allowed, however a player must be stationary with his stick vertical up against his body. The stick may not be tilted or moved in any way during the pick. Also the body of the player can't move during the pick. This means no hip checks, no shoulder bumps etc. Picks in Lacrosse are similar in ruling to picks in basketball.

**Technical Fouls**

*Players in the Penalty box will release either when penalty time expires or if a goal is scored by the team with the player advantage.*

**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 player, or both players are within five yards of a loose ball..

**Pushing:** Occurs when a player thrusts or shoves a player from behind.

**Screening:** Occurs when an offensive player moves into and makes contact with a defensive player with the purpose of blocking him from the man he is defending.

**Warding Off:** The rules of lacrosse says that this occurs when a player in possession of the ball uses his free hand or arm to hold, push or control the direction of an opponent's stick check.

Penalty- Player Sits for 1 minute, no subs and ball awarded to other team at point of foul.

**Personal Fouls**

**Slashing:** Occurs when a player's stick viciously 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, arms, feet or legs.

**Cross Checking:** Occurs when a player uses the handle of his crosse between his hands to make contact with an opponent.

***Unsportsmanlike Conduct:*** Lacrosse rules say that this occurs when any player or coach commits an act which is considered unsportsmanlike by an official, including taunting, arguing, or obscene language or gestures.

***Unnecessary Roughness:*** Occurs when a player strikes an opponent with his stick or body using excessive or violent force.

Penalty- Player Sits for one minute, no subs and Ball awarded to other team at point of foul.