

2009 CYLA HOME RULES MATRIX

LEVEL	2 nd Grade	3 rd Grade	4 th Grade	5 th Grade	6 th Grade	7 th Grade	8 th Grade
Coaches and Substitutions							
Coaches on Field	YES Only 1 Coach and the coach must stay out of the way!		NO				
Substitutions	Every 3-4 minutes during dead ball situations by rule. <u>Clock stops!</u> <u>Goalies</u> change at half. All other subs are on the fly through the box. No horns are used!		<u>ALL</u> Substitutions are made On The Fly through the box. No horns will be used!				
Time Serving Fouls							
Personal Fouls	Player committing foul must leave the game. Team allowed to substitute another player		Player(s) serve penalty time in the box.				
Technical Fouls	Offending player must be placed 5 yards behind the ball.		Player(s) serve penalty time in the box.				
Stick/Body Checks							
Stick Check	YES						
Poke Check	YES <u>MUST</u> be on the gloved hand or the stick. Call = Slash		YES				
One-Handed Stick Check	NO Call = Slash		YES			YES	
Body Check	NO		YES – “1 Step Rule” Must be made in an upright position		YES Must be made in an upright position		
Take Out Checks	NEVER ALLOWED at ANY youth level <u>Definition:</u> Player lowers his head or shoulder with the INTENT AND FORCE to put the other player on the ground Call = Unnecessary Roughness						
Stick Lengths							
Short Sticks	37” - 42”		40” - 42”	40” - 42”	40” - 42”		
Long Sticks	37” - 42”		40” - 42”	52” - 60”	52” - 72”		
Goalie Stick	37” - 72”	37” - 72”	40” - 72”	40” - 72”	40” - 72”		
Number Long Sticks	0	0	0	4			

2009 CYLA HOME RULES MATRIX

GENERAL CYLA LEAGUE RULES: These apply to ALL levels

All games will be officiated according to the National Federation of State High School Associations 2008 Rules and the US Lacrosse Youth Lacrosse Rules for Boys as amended and could include additional exceptions.

- Games are four quarters: each quarter consists of a 12 minute running clock.
- **Team time-outs, injury time-outs, officials' time outs & penalty whistles stop game clock including penalty time clock (Official should review with Time Keeper before game)**
- **Clock stops for ALL whistles in the last 2:00 minutes of the 4th quarter if the goal difference is two goals or less (i.e. – Score 6 to 4, clock stops! Score 7 to 4, clock continues to run!)**
- With 2:00 or less remaining in the game, **the team in the lead MUST** keep the ball in the box and will be given a stalling warning of "Keep it in!" from the officials.
 - Only three situations remove the stalling
 1. **Goal scored**
 2. **Defensive possession or defense knocks the ball out of the box**
 3. **Period ends**
- In the event of overtime, each overtime period is sudden victory and is 4 minutes long. Each team gets only 1 timeout and the Alternate Possession at the end of the fourth quarter carries over into the overtime periods.
- The BOX is defined as the goal area and NOT sideline to sideline.
- **Mercy Rule** will be used:
 - If a team is **down by five goals or more**, the coach may request to use the Mercy Rule after a goal and get the ball back at center field at the X without a face-off
 - This rule **will not be used** in any 6th, 7th or 8th grade game where **BOTH** teams are in **Division 1 or Red Division!!**
- **Uniforms - no violations for uniform inconsistency**
 - **Pennies-OK**
 - **Both teams will be asked to change colors if necessary, since NHFS requires visiting team to change, US Lacrosse requires the Home Team to change and the CYLA has no home Rule for this situation!**
- Scores for games shall be kept at the Club level
- Game and field conduct is the responsibility of both head coaches.
- Keep all parents on the opposite side of player area.
- Official rosters should be available for both home and visiting team for official review.
- Code of Conduct shall be adhered to and enforced fully by the RMLOA.
- Sportsmanship is paramount during all CYLA play.
- ALL unsportsmanlike occurrences need to be reported by the referees in their [game report](#) to the Rules & Regulations Committee within 48 hours of occurring with a cc to the administrator of the offending team and/or player
- Referees should be two grade levels above the grade level of the game they are officiating.

2009 CYLA HOME RULES MATRIX

CYLA HOME RULES – LONG FORM:

All games will be officiated according to the National Federation of State High School Associations 2008 Rules and the US Lacrosse Youth Lacrosse Rules for Boys as amended and could include additional exceptions.

2009 Boys Lacrosse Rules 2nd & 3rd Grades

- Games are four quarters: each quarter consists of a 12 minute running clock.
- Players are substituted every 3-4 minutes during the games in order to foster equal playing time for all players; substitutions should be made during loose ball or out-of-bounds situations, i.e., not during possessions.
- Goalies change at quarters, if desired-encouraged to change at half-time.
- **No body checks of any kind are allowed**
- Incidental contact only during man/ball situations.
- Personal foul penalties are enforced by substitution of the player.
- Technical fouls require the offending player to start 5 yards behind the opponent who is awarded the ball.
- **Stick lengths:**
 - **All sticks 37-42”**
 - **Goalie cross is 37-72”**
- **One attempted pass is required in the offensive end before shooting**
 - **Note** - A completed clearing pass into the offensive zone from the defensive zone satisfies this rule.
- **Only one coach** from each team is allowed on the field and cannot impede play
- Offensive players to keep ball in the “box” during last two minutes of play
- **Team time-out, injury time-out, & penalty whistles stop game clock including penalty time clock (Official should review with Time Keeper before game)**
- Scores for games shall be kept at the Club level

2009 Boys Lacrosse Rules 4th Grade

- Games are four quarters: each quarter consists of a 12 minute running clock.
- Recommend changing goalie at half-time
- Body checks allowed
- **No take out checks allowed** - applies to any player offensive or defensive with or without the ball
- Penalties are enforced with man down.
- Stick lengths:
 - **All sticks 40-42” - No long sticks!!!**
 - **Goalie cross is 40-72”**
- **Substitutions are “on the fly” – No horns will be used at any time.**
 - Shots out on end line considered live-ball.
- **Team time-out, injury time-out, & penalty whistles stop game clock including penalty time clock (Official should review with Time Keeper before game)**

2009 CYLA HOME RULES MATRIX

2009 Boys Lacrosse Rules 5th Grade

- Games are four quarters: each quarter consists of a 12 minute running clock.
- Body checks allowed.
 - **No take out checks allowed** - applies to any player offensive or defensive with or without the ball
- Penalties are enforced with man down.
- **Stick lengths:**
 - **Short crosse: 40-42"**
 - **Long crosse is 52-60"**
 - **Goalie crosse is 40-72"**
- Goalies substituted as needed.
- **Substitutions are "on the fly" – No horns will be used at any time.**
 - **Shots out on end line considered live-ball.**
- **Team time-out, injury time-out, & penalty whistles stop game clock including penalty time clock (Official should review with Time Keeper before game)**

2009 Boys Lacrosse Rules 6th - 8th Grades

- Games are four quarters: each quarter consists of a 12 minute running clock.
- Full body checking allowed within 5 yards of the man/ball.
- No take out checks allowed; applies to any player offensive or defensive with or without the ball
- Penalties are enforced with man down.
- Goalie is substituted as needed.
- **Stick lengths:**
 - **Short crosse: 40-42"**
 - **Long crosse is 52-60"**
 - **Goalie crosse is 40-72"**
- **Substitutions are "on the fly" or during a dead ball whistle; shots out on the end line considered live-ball.**
- **Team time-out, injury time-out, & penalty whistles stop game clock including penalty time clock (Official should review with Time Keeper before game)**

GENERAL CYLA LEAGUE RULES:

- Game and field conduct is the responsibility of both head coaches.
- Keep all parents on the opposite side of player area.
- Official rosters should be available for both home and visiting team for official review.
- Code of Conduct shall be adhered to and enforced fully by the RMLOA.
- Sportsmanship is paramount during all CYLA play.
- ALL unsportsmanlike occurrences need to be reported by the referees in their game report to the Rules & Regulations Committee within 48 hours of occurring with a cc to the administrator of the offending team and/or player
- Referees should be two grade levels above the grade level of the game they are officiating.