



Rules of Play – Boys, Bantam, Lightning, Junior Division and Senior Division

Clarifications / Modifications: Effective 2/1/2011

Website: www.MetroAtlantaLax.com

Questions/Email: AdminDirector@metroatlantalax.com

Boys Bantam Rules

I. Player Eligibility and Participation

- a. To be eligible for play, a player must be in 1st, 2nd or 3rd grade.
 - i. Any exceptions to this rule are to be presented to the MAYLA Rules and Competition Committee as a Waiver Request (AdminDirector@metroatlantalax.com) 30 days prior to the start of any season.
 - ii. Any granted Waiver Requests shall be made available by the MAYLA Executive Director or Secretary and are accessible by emailing AdminDirector@metroatlantalax.com.

II. Field and Team Rules

- a. **Field Size:** Each team shall try its best to provide a Game Field with dimensions of 60 x 35 yards or as agreed upon by each coach by necessity or exception
 - i. Goal Crease: The goal crease shall be positioned 7 yards from the end line.
 - ii. Midfield Line: There shall only be a single midfield line.
 - iii. Restraining Box: There is **no** restraining box at the U9 level.
 - iv. Offensive Zone: The offensive zone is considered to be between the midfield line and the endline.
- b. **Fielded Team Size:** Play will be 7 vs. 7 consisting of: two (2) Attack, two (2) Midfielders, two (2) Defenders and one (1) Goalie.
 - i. Player Shortages: Teams may exchange players with each other in order to have enough players to play the game.
- c. **Game Time:** Games will consist of four 12-minute quarters with a running clock.
 - i. Shift Change: Clocked is stopped every four minutes, for mandatory substitutions ("shift change"), however play in progress will continue until officials' whistle (ball hits ground, shot, offensive stall).
 1. Play will resume at the midfield line with the team in possession retaining possession or
 2. If no possession, the ball will be awarded to the trailing team at midfield or
 3. If no possession or lead then via alternate possession rules
 - ii. Time Outs: Each team receives one-30 second time out per quarter with clock stopping.
 - iii. Half Time: Half-time is 5 minutes unless official deems otherwise.
 - iv. Overtime: There is no overtime. Any game that has completed in a tie, will end in a tie
- d. **Uniforms:** Home Team must supply white shirts / jerseys in the event that both teams have similar colored jerseys.
- e. **Rosters:** Both teams must present to the scorers table a complete roster identifying each player
 - i. Roster shall include but is not limited to the following
 1. Players Name
 2. Players Jersey #
 3. Players Date of Birth
 - ii. Any players not shown on the Roster shall be disqualified for play unless agreed upon by each Coach out of necessity or exception

III. Equipment Rules

- a. **Required Equipment:** Each player must wear a NOCSAE Certified Helmet, arm pads, shoulder pads, mouth guard and protective cup.
- b. **Stick Specifications:** Sticks must be between 37" and 42" long and be of proper type.

IV. Coaches Participation

-
- a. PCA Certification: Each teams Head Coach shall supply to the table a copy of his/her PCA certification
 - b. On Field Participation: One coach from each team will be allowed on the field during play, but may not interfere in game play. Coaches on the field will move / adjust as directed by the Official.

V. Officiating: Each game shall be officiated by either

- a. Preferred: One (1) Adult Official
 - i. As defined as any individual age 18 or older or,
 - ii. Any individual age 17 or older and having been a certified official and actively officiating games for one (1) year or longer
- b. Allowable: One Junior Officials
 - i. As defined as those individuals not fitting into the "Adult Official" classification in Section (V.a)
 - ii. Keep in mind that Junior Officials will gain a greater understanding of how to call the game at Lightening/Junior Division than with all the modifications at Bantam

VI. Game Play Rules

- a. Body Contact
 - i. No intentional body on body contact is permissible
 - 1. No "Man-Ball"
 - 2. No "Butt Ball" (backing players out of the way)
 - 3. No physical bumping out of bounds
 - ii. Incidental and unintentional contact is to be expected
- b. Checking
 - i. The following controlled checks are permitted:
 - 1. 'Poke' check
 - 2. 'Lift' check
 - 3. Limited 'Rap' check provided:
 - a. The cocking motion is limited
 - b. Max of a 30 degree arc to swing
 - ii. All checks must land on the stick or glove(s) holding the stick
 - iii. Sole contact with the body (intentional or not) will be called a 'slash'
 - iv. One handed checks are prohibited and called a 'slash'
- c. Prohibited Checks:
 - i. Body Checks: No body checking is permitted.
 - ii. One handed Checks: Both hands must be on the crosse
- d. Goalie Rules
 - i. Goalie Required for Play: Each team must provide a goalie.
 - ii. Required Equipment: Goalie must wear Required Equipment as noted in Section III and must also wear neck and chest protection and use a goalie stick.
 - iii. Goalie cannot score a goal.
 - iv. Goalie ball: When goalie has clamped on the ball with at least one foot in the crease, it is the goalie's ball.
 - v. Exiting the Crease: Goalie cannot come out of the crease until the minimum pass requirement is met. (The minimum pass requirement(s) are explained below.)
 - vi. Crease Protection: Goalie will get crease protection and opposing players must be at least 5 yards from the crease when goalie is awarded possession for any reason.
- e. Face Off Rules
 - i. Start of Play: Each game shall start with a Face-off
 - ii. Every Goal: After every goal, play shall restart after a Face-Off, unless the Mercy Rule (See Section X.X) is in effect.
 - iii. Start of Each Quarter: Each subsequent Quarter shall start with a Face-Off, unless the Mercy Rule (See Section X.X) is in effect.
 - iv. Player Positioning: Player shall be positioned in the following manner for a Face-Off
 - 1. Midfielders: Shall be positioned on the sidelines
 - 2. Attack and Defenders: Shall be positioned behind Goal Line Extended until Possession is called.
- f. Two Pass Rule
 - i. Prior to attempting to score, the attacking team must attempt to complete two (2) passes in the Offensive Zone (See Section II.a.iv)

1. Passes made in the Offensive Zone (See Section II.a.iv) of the field can be dropped and the pass can still be considered a “completed attempt”.
 2. Passes just need to be attempted and possession by the attempting team must be continuous.
 - a. In the case of a ground ball, possession by the offense is assumed to be maintained until/unless the defense positively establishes possession of the ball
 3. Passes must be have an airborne element to be considered
 - a. No rolling ball between players
 4. Referee Notifications: The Referee needs to call out each pass by holding a finger in the air to indicate which of the two passes has been correctly attempted.
 - a. As example, after the 1st required pass is attempted the referee would hold up 1 finger, upon the correct attempt of the 2nd pass the referee would hold up two fingers, indicating the offensive team may now shoot at the goal.
- ii. Shot Taken When Two Pass Rule Has Not Been Met: If a shot is taken without the required pass attempts, regardless of whether the shot results in a goal, the ball is awarded to the goalie and
 1. Goalie gets possession of ball and play starts on the Official’s whistle.
 2. Goalie is awarded Crease Protection (See Section VI.a.vi)
 3. If the shot results in a goal, the goal is disallowed
 - iii. Two Pass Rule Met – Shot Taken but Travels Out of Bounds and Offense is Awarded the Ball
 1. In the event that the Two Pass Rule is met and a shot is taken and travels wide of the goal and travels out of bounds and the offense retains possession, the offense must attempt one additional pass prior to attempting to score.

g. Mercy Rule

- i. Effective: The Mercy Rule is placed into effect when **a four (4) or more goal differential exists. Once a 4 goal differential is met the trailing team has the ability to invoke/waive Mercy Rule applicability.**

As example, Team Red had scored its 5th goal of the day and Team White has only 1 goal. The Mercy Rule is now effective. Team White Head Coach has asked that play continue as normal and Mercy Rule not apply.

Permissible: Normal Game Play is to continue.

Two minutes later, Team Red scores its 6th goal and Team White still only has 1, Team White has now asked for Mercy Rule to apply.

Permissible: Mercy Rule play will not begin to play and modifications to scoreboard and Face-Offs now apply.

- ii. Face-offs: Once the Mercy Rule becomes effective, the Face-Off will be eliminated and in normal Face-off situation the trailing team will be awarded the ball at Midfield.
- iii. Advancing of the score via the scoreboard will stop, however manual tabulation is permissible.

As example, Team White scores their 7th goal of the day and Team Red had 3 goals. The scoreboard will show 7-3 and the Mercy Rule is now in effect. Team White scores its 8th goal, the scoreboard will continue to show 7-3 and hand tabulation of 8-3 is permissible. Team Red now scores its 4th goal of the day, the scoreboard may be advanced to 8-4 maintaining the 4 goal differential. The Mercy Rule continues to stay in effect. Team Red scores its 5th goal of the day, the scoreboard is advanced to 8-5 and the Mercy Rule is now lifted. Game Play resumes to normal configuration.

h. Substitutions

- i. Substitutions can be on the fly, even after goals or ball goes out of bounds.
- ii. Teams can sub players during the opposing team’s time out
- iii. All players, except goalie, must be replaced except when a team has 12 or less players, playing in the game.
- iv.

i. Penalties

- i. Offsides: Attack, Defense & Goalie cannot cross mid-field. An offside penalty will result in a Change of Possession
- ii. Minor Penalties: Change of possession is awarded at the spot of foul.
- iii. Major Penalties: Player subbed by Team Coach for 1 min and change of possession.

-
- iv. Flagrant penalties: At the Discretion of the official: a player will be removed from play for rest of the game. A team must substitute for the player removed.
 - v. Man Down Play: **No** Man Down play is allowed at the Bantam level. Each team must always have 7 players on the field during play.

j. Ejections:

- i. In the event that a Player or Coach is ejected from a game, the following MUST transpire:
 - 1. Coaches will leave the team sideline and cease any and all coaching activities
 - 2. Players will remove all equipment and sit on team bench / sideline
 - 3. Coaches and/or Players will sit out the remainder of the game in which the violation occurred and one additional (immediately following) game. In the event that this is the last game of the Season, the player will serve the suspension in the following Season.
 - 4. Any and all home field rules that require an ejected individual leave the premises immediately must also be obeyed by the ejected Player and/or Coach.
 - 5. In the event that the Player and/or Coach refuses to comply, the Officials may call immediate end to the game and field is to be cleared of play.
 - 6. **Any ejections must be documented and communicated by the Head Coach of the Team levied the ejection to the Metro Atlanta Youth Lacrosse Association Rules and Competition Committee via AdminDirector@metroatlantalax.com within 72 hours of the incident. It is your (not the Official's) responsibility to notify of any ejections. Failure to comply may result in additional suspensions / disqualifications.**

End of Rules of Play – Clarifications / Modifications

Intentionally Left Blank



Boys Lightning, Junior and Senior Division Rules

I. Player Eligibility and Participation

- a. To be eligible for play, a player must be
 - i. Lightning – 4th and 5th grade
 - ii. Junior Division– 6th and 7th grade
 - iii. Senior Division- 8th Grade
- b. Any exceptions to this rule are to be presented to the MAYLA Rules and Competition Committee as a Waiver Request (AdminDirector@metroatlantalax.com) 30 days prior to the start of any season.
- c. Any granted Waiver Requests shall be made available by the MAYLA Executive Director or Secretary and are accessible by emailing AdminDirector@metroatlantalax.com.
- d. Players can - "play up" in a program. For example, a 6th grader can play in the Senior Division level if the coaches and parents agree it is in her best interest. No player can "play down" a program (a 6th grader must play at the Junior level even if he is still 10 years old on December 31st).
- e. No player is allowed to play on a 9th grade, Junior Varsity or Varsity High School team (GHSA or NGLL) during the MAYLA season.

VII. Field and Team Rules

- a. **Field Size:** No modifications beyond National Federation of State High School Associations' (NFSHA) 2009 Boy's Youth Lacrosse Rules as modified by the US Lacrosse Youth Council rules will apply.
- b. **Fielded Team Size:** No modifications beyond National Federation of State High School Associations' (NFSHA) 2009 Boy's Youth Lacrosse Rules as modified by the US Lacrosse Youth Council rules will apply..
- c. **Team Balance:** All teams are to be balanced across programs. Programs are expected to draft teams or come up with another process to ensure balance whenever they have multiple teams in a particular level
 - i. Each program should institute a policy to ensure equitable playing time for all players.
 - ii. Programs should educate coaches on the benefits of providing each player the opportunity to try multiple positions over the course of the season. This is particularly important for the Junior, Lightning and Bantam levels.
- d. **Game Day:**
 - i. The home team is responsible for providing a safe and properly lined field.
 - ii. Home team will provide scorer's table, horn, scorebook, timekeeper and two time clocks.
 - iii. Spectator area must be on the opposite side of the field from the player's benches. NO PARENTS/SPECTATORS ARE ALLOWED ON THE BENCH SIDE OF THE FIELD.
 - iv. Home teams should wear white jerseys. Away teams should wear a contrasting color. Any team that cannot comply with this rule must provide scrimmage vests or pinnies and must advise the opposing team in advance.
- e. **Game Time:**
 - i. Lightning – 24 minutes per half (12 minute running time quarters)
 - ii. Junior Division – 24 minutes per half (12 minute running time quarters)
 - iii. Senior Division – 24 minutes per half (12 minutes running time quarters)
 1. For running time games, the clock will be stopped for team time-outs and official time-outs only. There are 2 minute breaks between quarters and 5 minutes at halftime
 - iv. Penalties are timed at 1.5 times normal (i.e 1 minute personal foul is 1 minute 30 seconds). The penalty clock does not start until the player is in the penalty box and play has resumed.
 - v. Overtime: No Overtime. Games can and will end in a tie.
- f. **Uniforms:** Home Team must supply white shirts / jerseys in the event that both teams have similar colored jerseys.
- g. **Rosters:** Both teams must present to the scorers table a complete roster identifying each player

-
- i. Roster shall include but is not limited to the following
 1. Players Name
 2. Players Jersey #
 3. Players Date of Birth
 - ii. Any players not shown on the Roster shall be disqualified for play unless agreed upon by each Coach out of necessity or exception
 - iii. "Double Rostering" or placing a player on multiple rosters for play is prohibited.
 - iv. Roster revisions are allowed prior to the third game of the season. Subsequent revisions require Commissioner Approval.

VIII. Equipment Rules

- a. Required Equipment:
 - i. A mouthpiece of any readily visible color (no clear or white) and goggles are mandatory at all levels.
 - ii. Helmet, gloves, arm pads and lacrosse shoulder pads (not football) are mandatory for all field players. Goalies must wear helmet, gloves, chest protector and protective cup.
- b. Stick Specifications:
 - i. Stick length for Bantam is 36-42 inches
 - ii. Stick length for Lightening is 40-42 inches
 - iii. Stick length for Junior and Senior Division is 40-42 inches and 52-72
 - iv. No long poles are allowed in Lightening. Long poles are allowed in Junior and Senior Division, but never more than 4 long poles on the field at a time..

IX. Coaches Participation

- a. PCA Certification: Each teams Head Coach shall supply to the table a copy of his/her PCA certification
- b. On Field Participation: No Coach participation on the field of play is permissible at Lightening, Junior and Senior Division

X. Officiating: Each game shall be officiated by either

- a. Preferred: Two (2) Adult Officials
 - i. As defined as any individual age 18 or older or,
 - ii. Any individual age 17 or older and having been a certified official and actively officiating games for one (1) year or longer
- b. Allowable: Two (2) Junior Officials
 - i. As defined as those individuals not fitting into the "Adult Official" classification in Section (V.a)

XI. Game Play Rules

- a. Body Contact & Checking
 - i. Permissible Controlled Checking: In addition to all NFHSA rules on body checking, the following age specific modifications apply:
 1. Junior Division contact will be defined as limited contact meaning that no player may take more than three steps to initiate a body check.
 - ii. No body checking is permitted in Bantam or Lightening Division
 - iii. No "take out" checks are allowed in any age group. "Take Out" body checks are defined as those where a player lowers his shoulder and drives through the opposing player as is to drive him into the ground.
 - iv. Lightening – Any check not making contact with the gloved hand while holding the stick will be considered a slash.
 - v. All age levels – Any checks with one hand will be considered a slash
- b. Goalie Rules

No modifications beyond National Federation of State High School Associations' (NFSHA) 2009 Boy's Youth Lacrosse Rules as modified by the US Lacrosse Youth Council rules will apply.
- c. Face Off Rules
 - i. No modifications beyond National Federation of State High School Associations' (NFSHA) 2009 Boy's Youth Lacrosse Rules as modified by the US Lacrosse Youth Council rules will apply.
- d. Mercy Rule: At any time in a game where there is a four point lead, the team that is behind will be given the ball at midfield in lieu of a face off. This will continue as long as a four point lead is maintained. Face offs will continue at the beginning of each quarter regardless of score.

e. Substitutions

- i. Substitution No modifications beyond National Federation of State High School Associations' (NFSHA) 2009 Boy's Youth Lacrosse Rules as modified by the US Lacrosse Youth Council rules will apply. To clarify, controlled substitution is only allowed under 3 circumstances:
 1. ball out of bounds on sideline (coach should request horn at table),
 2. time served penalty (no horn needed), and
 3. after a goal (no horn needed). All other substitution is on the fly.

f. Penalties

- i. No modifications beyond National Federation of State High School Associations' (NFSHA) 2009 Boy's Youth Lacrosse Rules as modified by the US Lacrosse Youth Council rules will apply. .

g. Ejections:

- i. In the event that a Player or Coach is ejected from a game, the following MUST transpire:
 1. Coaches will leave the team sideline and cease any and all coaching activities
 2. Players will remove all equipment and sit on team bench / sideline
 3. Coaches and/or Players will sit out the remainder of the game in which the violation occurred and one additional (immediately following) game. In the event that this is the last game of the Season, the player will serve the suspension in the following Season.
 4. Any and all home field rules that require an ejected individual leave the premises immediately must also be obeyed by the ejected Player and/or Coach.
 5. In the event that the Player and/or Coach refuses to comply, the Officials may call immediate end to the game and field is to be cleared of play.
 6. **Any ejections must be documented and communicated by the Head Coach of the Team levied the ejection to the Metro Atlanta Youth Lacrosse Association Rules and Competition Committee via AdminDirector@metroatlantalax.com within 72 hours of the incident. It is your (not the Official's) responsibility to notify of any ejections. Failure to comply may result in additional suspensions / disqualifications.**

End of Rules of Play – Clarifications / Modifications