

Lehigh Valley Youth Lacrosse League

Game Rules

1. PLAYER ELIGIBILITY

- A. Players whose residence lies within the general school district or township boundaries of a LVYLL Lacrosse Club must play for that organization.
- B. Recruiting of players from other districts, townships or clubs is prohibited, including other leagues.
- C. Clubs may carry players from areas that do not offer boys youth lacrosse.
- D. Exceptions would be for a player released by the local program.
- E. Players cannot play both youth & high school/club.
- F. Playing on both the "A" and "B" squad is permitted as long as the following is adhered to:
 - A. The spirit of allowing the players to play both "A" and "B" is in order to fill rosters to permit more kids to play. It is not to allow your top players at "A" to dominate at "B".
 - B. Players should be rostered on both teams from the beginning of the year.
 - C. Any changes need to be sent to the league ASAP.
- G. Players must be age eligible to participate in their specific level, unless league exceptions are granted.
- H. U9: Players cannot be more than 8 years old before January 1st of that playing year.
- I. U11: Players cannot be more than 10 years old before January 1st of that playing year.
- J. U13: Players cannot be more than 12 years old before January 1st of that playing year.
- K. U15: Players cannot be more than 14 years old before January 1st of that playing year.
- L. Age Verification:
 - A. In order to verify age of players, each team is responsible to turn in a roster of players with the following info: Name, Date of Birth and Team.
 - B. Players are allowed to be double rostered, as long as they meet age requirements and "A" and "B" requirements.

A. Length of Games

- A. The length of games shall be as follows:
 - A. U15 12 minutes Stop Time
 - B. U13 10 minutes Stop Time
 - C. U11 10 minutes Stop Time
 - D. U9 10 minutes Running

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- B. Any game in which the score is tied at the end of regulation time shall be followed by one (1) four (4) minute sudden death overtime period. If the score is tied at the end of the four (4) minute overtime period, the game shall end in a tie score.

B. TIME OUTS

- A. Each team shall be allowed two (2) time-outs per half of each game. Time outs not taken in the first half cannot be carried over to the second half. In the event of overtime, each team shall be allowed one (1) time-out during the overtime period. Exception: No Time outs with the U9's.
- B. Time-outs between first and second periods and between third and fourth periods shall be one (1) minute. Half time shall be five (5) minutes.

C. EQUIPMENT

A. UNIFORMS

- A. All players must wear jerseys of the same color & have a unique number on the back.

B. STICKS

- A. Length for U15 players shall be Short Crosse: 40 to 42 inches and Long Crosse: 52 to 72 inches.
- B. Length for U13 players shall be Short Crosse: 36 to 42 inches and Long Crosse: 52 to 72 inches.
- C. Length for U11 players shall be Short Crosse: 36 to 42 inches and Long Crosse: 42 to 72 inches.
- D. Length for U9 players shall be a Short Crosse: 36 to 42 inches. No Long Crosses at U9.

C. PROTECTIVE EQUIPMENT

- A. Gloves, shoulder pads and elbow pads shall be worn by all players, except goalkeepers. NO Hockey shoulder pads, except for U9 & U11 players. Goalkeepers shall wear throat guards, chest pads and athletic supporters and may wear shin guards (no goalie pads allowed). It is strongly recommended that all players wear rib pads and athletic supporters. Per NFHS rules, helmets must have a four-point chinstrap and be N.O.C.S.A.E. approved (i.e. NO ice hockey helmets, except for U9 players).
- B. Mouth guards must be properly worn by all players at all times. They do not have to attach to helmet. Mouth guards cannot be white or clear.
- C. Metal Cleats: NO TYPES ARE ALLOWED.

D. SUBSTITUTION

- A. Except in the U11 and U9 division, coaches may substitute by asking officials for a "horn", stopping play and substituting, ONLY when a ball goes out-of-bounds over a sideline (NOT an end line), or when a time-serving penalty has been called. At the U11 and U9 level, coaches may substitute upon any stoppage of play.
- B. Coaches must properly substitute players through the box "on the fly" in all situations other than those described in subsection a) of this rule, including situations in which an injured player is being substituted for.

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- C. For U9, a player committing a timeserving foul must serve the penalty time; however, the player may be replaced on the field immediately so as to avoid a man-up/man-down situation.
- D. All substitutions must be made through the box in front of the scorer's table.
- E. Substitutions may not be made during an injury time-out, except for the injured player. The injured player must come off, even if a team time out is called.
- F. Violations of substitution rules shall result in technical fouls.

E. ADVANCEMENT

- A. All levels will enforce the 4-second crease advancement rule, with special attention given to warning U9 players before time expires.
- B. For U9, U11 and U13, the following rules apply:
 - A. There is no time requirement to advance the ball out of defensive zone into offensive zone.
 - B. There is no time requirement to advance the ball into the offensive restraining area after advancing the ball over the "mid-field" line.
 - C. There is no "stalling" rule,
 - D. There is no requirement to keep the ball in the offensive restraining area in the last two minutes of play by either team.
 - E. U9's must complete one pass in the offensive end to be eligible to score a goal.
- C. For U15, the following rules apply:
 - A. LVYLL games will be played based upon NFHS Advancement Rules, and maybe subsequently modified, as noted below.
 - B. Upon gaining possession of the ball inside the defensive area, a team must advance the ball across mid-field within 20 seconds. Failure to do so will result in a turnover, and the ball will be awarded to the opposing team at the spot of violation or 20 yards laterally from the goal.
 - C. A team in possession of the ball must bring the ball into the attack area within 10 seconds of crossing the centerline. Once a team advances the ball inside its attack area, the ball may be brought outside the attack area unless the team has been warned to "keep it in." A new 10-second count is started when the offensive team takes the ball out of the attack area.
 - D. In the last two minutes of the game, once the winning team brings the ball into their attack area, they must keep the ball "in the box". Failure to do so will result in a turnover.

F. MERCY RULE

- A. The goal differential to enforce the Mercy Rule is as follows:
 - A. U9 and U11 4 Goals
 - B. U13 5 Goals
 - C. U15 6 Goals

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- B. A team that falls behind by at least the designated goals above shall be awarded a free clear (possession without a face-off) to begin play. If the lead is reduced to below the designated number of goals, play shall resume with a face-off at mid-field. Regardless of the score and regardless of which team shall have been in possession of the ball at the end of the preceding quarter, each quarter shall begin with a face-off.
- C. The team that is behind shall have the option of waiving this rule during regular season games. NO MERCY RULE during playoff games.

G. STICK CHECKING

- A. All legal checks are allowed in U15 and U13, including one-handed checks, Special attention shall be given to one-handed checks which are "out-of-control" or otherwise illegal, and to body checks administered by wing middies to face-off middies during the face-off.
- B. One-handed stick checks shall not be allowed in the U9 and U11 levels. This rule should be strictly enforced.

H. BODY CHECKING

- A. Body checks may not be initiated in the U9 and U11 levels. Legal body contact is to be defined as body contact resulting from an attempted stick check; from body contact in normal equal pressure situations such as ground balls or slides (where the defender must have established position and set his feet) but not defined as a specific attempt to make bodily contact when not in close proximity to the player who is hit. This rule does not prevent a player from riding another play out of bounds nor does it prevent a defensive player from stepping in front of an offensive player with the ball. This rule should be strictly enforced. U11 Coaches must discuss this rule with the officials prior to start of game.

I. UNSPORTSMANLIKE CONDUCT

- A. The Head Coach is the only team member permitted to speak to the officials.
- B. Special attention shall be given by officials and coaches to unsportsmanlike conduct by a player or players whether on the field or on the sideline and/or unsportsmanlike conduct by any coach or spectator.
- C. Obscene language or obscene gestures shall result in an unsportsmanlike conduct penalty and game expulsion.

J. FIELD SETUP

- A. Fields should be setup according to the US lacrosse rules for U11, U13 and U15 levels. If a team is unable to have a regulation sized field, they should inform the league prior to the start of the season.
- B. Wherever the physical layout of a field shall permit it, the players' benches and scorer's table shall be on the opposite side of the field from areas designated for spectators. When the physical layout of a field shall not permit such separation of players' benches/scorer's table from spectator areas, the home team shall rope off or otherwise designate areas restricted to players and coaches only, and every effort should be made to keep spectators out of such designated areas during warm-ups and play of games.

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- C. There must be a separate timekeeper and scorekeeper for each game.
- D. The visiting team shall be allowed to have an adult representative at the head table.

K. U9 GAMEPLAY

- A. U9's will play using eight players on the field; one goalie, two defensemen, three midfielders, and two attackmen. If a team does not have a goalie they will play only seven players and have the option of using a "blocker" or other agreed upon means of goal protection.
- B. Each team shall pay one half of the officials' fee, directly to the official.

L. DISCIPLINARY ACTION

- A. LVYLL adheres to NFHS and PSLA rules and regulations. LVYLL will not tolerate fighting or disrespectful behavior in any manner towards spectators, opponents, coaches and officials. Each Member Team is expected to maintain strong sportsmanship standards. Failure to do so will result in the following:
 - A. COACH and PLAYER:
 - A. Ejection #1 - Suspension from next league game.
 - B. Ejection #2 - Disqualification from League play for remainder of season, disqualification from any playoffs.

M. MISCELLANEOUS

- A. With a face-off pending and simultaneous fouls, with equal total penalty time, committed there will be a face-off, not alternate possession.

2. GAME OFFICIALS

- A. The league shall appoint an assignor, who shall assign two (2) sanctioned US lacrosse officials for each game.
- B. The official's fees are as follows
 - A. U9: One Man - \$20 (split evenly between both clubs)
 - B. U11: One Man - \$60 Two Man - \$40 each
 - C. U13: One Man - \$65 Two Man - \$45 each
 - D. U15: One Man - \$75 Two Man - \$50 each
- C. If an official is not given sufficient notification of a cancelled game, he/she will be paid half of regular pay. If the game cancellation is due to no-show on the part of one of the teams, then the no-show team will pay the official.

3. FIELD CONDITIONS AND POSTPONEMENTS

- A. Field conditions are up to the home team. Home team coaches must advise visiting team's coaches at least two (2) hours before the game in regards to postponements. If the visiting team is not so advised, they shall assume the game is to be played. The home team shall also advise the officials accordingly. Makeup games must be rescheduled within two weeks of the cancellation.

4. PROTESTS

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- A. If any violation of the league by-laws is suspected, a protest may be submitted to the league President. The league representative or the head coach must submit this protest in writing within seventy-two (72) hours of the infraction. If it is the ruling of the league that a team has violated the league by-laws, the following penalties shall be imposed.
 - 1. For a violation that affects a single game: loss of the game.
 - 2. For a violation that affects more than one game: loss of each game in which the violation occurred. For example: ineligible players, incomplete rosters, etc.

5. TROPHIES

- A. Trophies will be given to the post-season league playoff champions & runner-ups.
- B. Trophies for league playoff champions and runner-ups will be presented at the conclusion of the championship game.