

# 2023 Fall Ball Rules for Boys Youth Lacrosse

## TEAM EXPECTATIONS

Game and field conduct is the responsibility of BOTH TEAMS and game officials.

Keep all parents/spectators on the opposite side of the player area and away from the end lines. Preferably 3 yards from the sideline if possible.

Each team shall keep a book of all required FLA forms as well as a CURRENT/UPDATED AND ACCURATE ROSTER. Code of Conduct shall be adhered to and enforced fully by BOTH TEAMS and the game officials.

Sportsmanship of the coaches, players, and spectators is paramount during all FLA play. It is the responsibility of coaches to maintain control over their fans and assist officials with any parents that become unruly. Excessively bad behavior could result in the termination of the game by the lead official. Spectators can cause a team to be penalized for conduct (30 seconds or unsportsmanlike conduct 1- 3 minutes with the option of an ejection).

All players and all coaches must be members of US Lacrosse. (All officials are required to be members of US Lacrosse in order to work with FLOA)

A maximum of 4 coaches (including Head Coach) are allowed on the sidelines during the game. All others will be asked to join the spectators.

Despite USA Lacrosse moving to age-based levels of play the FLA has decided to stay with GRADE-level based play. Please take this into account in the spring when we have an "A" and a "B" division.

## GAME FORMAT

Games are 2 halves of 22 running time minutes each (unless otherwise specified or circumstances dictate otherwise) Halftime is 5 minutes.

There is one time out per team per half. Time outs do not accrue from the first half to the second half. "Use them or lose them." Each time out is two (2) minutes. The game clock stops during time outs.

There is no overtime. Games will end in a tie for the Fall.

## NFHS 2023 POINTS OF EMPHASIS

Sportsmanship and conduct

Player safety

Eyeshade

Faceoffs

Running clock penalty administration.

## NFHS 2024 Rule Changes that are in effect for the Fall (for reference)-

**Field/ Substitution area** – The substitution box shall be 10 yards long. 5 yards on either side of the midfield line. There is an additional 5-yard box on either side of the cones delineating a COACHES ONLY BOX. No players shall be in this coach's box other than passing through for a substitution that is IMMINENT.

**Sticks** - No gaps larger than a golf ball and the webbing shall be completely attached to the head and side walls. Also, there are no "Protrusions" allowed on the sticks by design or otherwise.

**Footwear** – no metal cleats.

**Goalies** – The goalie is treated like every other player once he leaves his crease. If the goalie loses a required piece of equipment outside of his crease play does not necessarily stop immediately as it had in the past. If a goalie loses a required piece of equipment WHILE IN THE CREASE play is stopped immediately. If a goalie breaks his stick while playing the ball OUTSIDE the crease, he is like EVERY OTHER PLAYER and shall get a new goalie stick or be substituted for with another properly equipped goalie.

***Play of the game – HELMETS:*** The chin strap shall be worn under the chin and shall be firmly attached at all the helmet's manufactured attachment points, securely enough so that the helmet is unable to be removed without detaching the chin strap from the attachment point(s). If a player has the helmet come off during play, play shall be suspended immediately, and the player shall leave the field until after the next dead ball following the resumption of play. Any player participating in play without a helmet or any other required equipment shall be called for a technical foul/illegal procedure penalty.

### **SENIOR DIVISION (7th/8th grade) RULES**

#### **FLA will follow the 2023 NFHS Boys Lacrosse rules except for the modifications listed below:**

**Penalty time is running time.** Running time is enforced with the running game clock. This means that home team supplying the table with equipment should be aware of this change.

Personal fouls called on the Goalie are served by the Goalie unless the team only has one goalie. When a team only has one Goalie, the "in home" will serve personal fouls. Unsportsmanlike conduct fouls/expulsion fouls shall be served by the goalie and a reasonable amount of time (not to exceed 3 minutes) is given to properly equip another eligible player as the new goalie.

The "in home" player shall be a starting attackman.

Goalies may wear soccer style shin-guards under their socks or hard-plastic shin-guards (such as used in baseball and field hockey) over their socks. Goalies are required to wear mouth guard, gloves, lacrosse-specific throat guard, protective cup, and **a chest protector that meets SEI Certification (NOCSAE ND 200).**

Players on a team are not required to wear equipment of the same color. All players SHALL have the same color jersey.

Body checks at the senior level (3-yard rule) are permitted as long as the player uses reasonable force and no attempt to injure the opposing player is made. **A body check in which the player displays excessive aggression, or attempts to injure is considered a take-out check. No take-out checks are allowed at any level.**

**All Unnecessary Roughness penalties will be non-releasable (1, 2, or 3 minutes).**

ONLY IF THERE IS A GOAL DIFFERENTIAL OF 4 GOALS OR fewer in the last two minutes of regulation time, the team that is leading must "keep it in" the offensive attack area. AKA – Automatic Stalling rule.

**ONE HANDED CHECKS ARE ALLOWED AT THE SENIOR LEVEL OF FLA LACROSSE.** This rule change DOES NOT relieve Senior players from keeping their one-handed checks under control and on the gloves. Out of control checks whether one handed or not will be called a slash with a 1, 2 or 3 minute penalty called.

A mandatory application of a modified competition rule (MCR) will be in effect for any team that gains a four-goal lead. Mandatory application of the MCR shall be as follows:

- a. For the Senior and Junior divisions, after a goal that makes the score a four (or more) point difference, the HEAD COACH of the team that is behind in the score has a choice of possession at center X or to face off.
- b. For the Senior and Junior divisions, after the score that makes the seven (or more) point difference, the team that is ahead in the score will be required to complete three consecutive passes inside the offensive attack zone before shooting on the goal. Referee will count the number of passes out loud.

Once the three passes are completed, the only time the offensive team will have to complete three more passes is AFTER a change of possession. **Shooting on goal before the three completed passes will result in a technical foul call of “illegal procedure” by the official and the ball is turned over to the other team.**

**NOTE:** This MCR does not eliminate required faceoffs for the start of each quarter. Faceoffs will occur regardless of point differential at the beginning of each quarter. Rules regarding possession of the ball at the end of any quarter when a player is in the penalty box are not affected by this MCR.

### JUNIOR DIVISION (5th/6th GRADE) Rules

All rules are the same as those used in Senior Division except for:

Highly recommended that players wear rib pads. Not mandatory.

There is no automatic stalling in effect under 2 minutes left in the game.

Body Checking and Slashing:

**No Body Checking (hitting with the shoulder, hips, or any part of the torso) of any kind is permitted.** Note:

Boxing-out is not body checking and is permitted and encouraged. INCIDENTAL CONTACT between players is inevitable in lacrosse and is NOT a penalty.

**Legal pushes from the front or the side are allowable.** No pushes from behind.

**NO ONE-HANDED CHECKS ARE PERMISSIBLE AT THE JUNIOR LEVEL.** Additionally, PLEASE watch the “punching blow” with two hands on the stick. This is illegal and may be called “unnecessary roughness” by the officials.

The minimum length of a junior stick is 37 inches

### COMMON SITUATIONS AND RULES TO NOTE:

Flag down situations - the slow whistle rule is still in effect for flag down situations. This means that when a flag is down, play continues, even when the ball hits the ground. Also note that once there is a flag down, loose ball technical fouls committed by the offending team will receive a flag as well. **Example:** B1 slashes A1, flag down, play continues, A1 drops the ball, during the loose ball fight for the ball, B2 commits a loose ball push. This results in a 2<sup>nd</sup> flag and stops play.

Once a flag is down Play will continue until one of the following occurs:

A second foul is committed by the offending team (unless a scoring play is in progress.)

A goal is scored.

The ball goes out of bounds.

A change of possession occurs.

A foul is committed by the previously offended team.

When a flag down situation is in effect and a goal is scored, technical fouls are wiped out and personal fouls are still served. Do not confuse this situation with “dead ball foul” that occurs AFTER the goal has been scored or after the whistle has sounded.

Clarification of **fouling out vs. ejection** – A player has fouled out when he/she receives 5 minutes or more of personal foul time. This simply means the player is disqualified from the remainder of the game. If there are multiple games in one day, this does not carry over to other games. If a player is ejected, for example, for fighting, then that player shall not play for that game or any other games that day. The ejection will also be brought to the attention of the league president for review and the president will determine a future course of action with the coach of that player.

For the purpose of declaring a shot at the end of a quarter (which is continued after the horn, sounding the end of the quarter, if the ball is in flight before the horn sounds): A shot must be initiated from above GLE. Anything coming from behind GLE is not considered a shot until it enters the goal.

Shots leading to a goal at the end of a quarter (after the horn) will be disallowed if:

The ball contacts any member of the attacking team or his equipment.

The ball is touched by a player of either team other than the defending goalkeeper after hitting the goalkeeper, his equipment, the goal posts, or the crossbar.

Over and back may not be prevented by a player reaching over the center line with his hand, foot, or any body part of his body in order to bat the ball back to the offensive side of the field.

There is a releasable unsportsmanlike conduct penalty for coaches on the field, obstructing play.

There is now a 1-minute ejection foul for coaches available to the officials. This allows the official to penalize the coach without penalizing the team for 3 minutes. This is optional and will be used based on severity of the offense.

Cross check hold is a legal move. This is defined as using the shaft between the separated hands, by a defensive player, to move or manipulate the offensive ball carrier. The stipulation is that the hands must be no wider than shoulder width apart. Enforcement of cross checks or of holds remains unchanged.

Equipment and stick checks will be conducted during game after the 1st and 3rd quarters with one coach-requested, free stick check allowed during the game. The minimum length for a Senior stick is 40 inches. **ALL**

**STICK PENALTIES ARE TWO MINUTES NON-RELEASABLE. Equipment violations are still one-minute non-releasable penalties.**

The "fix-it-ticket" items on a stick check are any strings, leathers, shooting strings that hang longer than 2" from the stick. There is no penalty called. These are corrections that shall be made before the player returns to the game. The extra mesh that hangs down at the throat of the stick IS part of the discussion. Also, the butt end cover is required for all hollow shafts and to be designed for lacrosse and an opportunity to replace a makeshift butt end will be given without penalty. Solid shafts do not require butt ends

Requirements at a faceoff: **TOP HAND CLOSEST TO THE HEAD OF THE STICK SHALL BE PALM UP**. The gloves up to but not touching the center line, stick is parallel to the midfield line and the head of the stick is perpendicular to the ground. The opposing sticks shall be placed so that the top of the head of one stick is aligned with the ball stop of the other stick ("Top to Stop"). Once correctly aligned, the official will place the ball between the sticks at approximately the middle point of the two heads. Any intentional grabbing of opponents stick or touching the ball to gain an advantage is an unsportsmanlike conduct penalty (usually a one minute non-releasable foul.) The standard rules of withholding, holding, and kicking the stick still apply to all faceoffs.

All sticks used for faceoffs (both long and short) must have contrasting color on the shaft up to the plastic of the head (the throat of the shaft). This can be achieved with paint or tape, but there may NOT be any tape on the plastic throat of the head that crosses over to the shaft. The color on the shaft shall be a color that is in contrast to the plastic head and the player's glove. Failure to abide by this rule is an automatic delay of game call and the ball is awarded to the other team. This rule applies to FACEOFF STICKS ONLY!!! Once the delay of game penalty is called, the player stays in the game with the same stick.

Coaches are NOT PERMITTED ON THE FIELD OR IN THE SUBSTITUTION BOX in order to coach. Coaches can certainly enter the SUBSTITUTION box to check score, game time, penalty time. A coach should only enter the field of play when asked by the game officials to check on a player's health or safety or to **politely** ask an official for clarification of the rules. Coaches are Limited to the 2023 Coaches area as well as the bench area.

NOCSAE labels **are required** on the balls that you use for practices and games. It may have NCAA/NFHS label but it SHALL have the NOCSAE label.

### **Any questions:**

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