



Boy's Lacrosse Rules **Amended 10/16/11**

Length of the game: The game will consist of two twenty-three minute halves. The referee will put twenty-five minutes on the clock when he/she arrives and again at the start of halftime and let it run. The horn will sound at twenty-four minutes and again at twenty-three and a half. The game or half will start at twenty-three minutes whether teams are ready or not (please have or teams ready to play).

Overtime: During the regular season there will be no overtime. If a game ends in a tie each team will be rewarded with one point in the standings.

Time outs: Each team will be given a 45-second time out in each half. Teams can not carry time outs over into the next half of play. The clock will stop during a time out and the referee will keep the 45-seconds on a hand clock. The referee will sound the horn at 40-seconds and again at 45-seconds. If the team returning from their time out does not put the ball in play within 5-seconds they will lose possession. A team must have possession of the ball to call a time out.

Number of players on the field:

- 5th/6th and 7th/8th Grade: 7 field players, (2, 3, 2) plus goalie with half way line as restraining line with 2 players behind.
- JV & Varsity: 5 field players plus goalie. No off-sides

If a team does not have a goalkeeper they can use the woody board, however the game is a forfeit win for the team that can field six field players and a goalkeeper from their roster.

FOR JV & VARSITY LEVELS ONLY:

Once defensive player has gained CONTROL of ball, he has 10 seconds to cross midfield. If after the ball is over midfield, it is passed back over midfield there WILL be a change of possession when the team that was in control of the ball touches it.

Footwear – Must be turfs or flats

Offside: Teams are welcome to line up with any type of shape (alignment of players) as they see fit. The halfway line is used as the off-sides line. Teams must always have at least three players in their defensive side of the field and a minimum of two players on the offensive side of the field. If a team is offside they will have to select a player to serve a one-minute penalty. **At the varsity & JV level only each team will play with 5 field players and a goalkeeper with no off-sides.**

NO LONG STICKS ALLOWED!!!!

Goals: The varsity division will use full side goals (six by six). All other divisions will use the indoor box goal (5 by 5).

Rosters: A complete roster must be turned into Ultimate Goal personnel before the start of your first game. A team can add up to 3 additional players to there before the start of fourth game. All team information must be listed on an Ultimate Goal Family Sports Center roster form. Coaches and team managers are requested to follow the rules regarding player eligibility at all times. Ultimate Goal personnel and referees reserve the right to check rosters at anytime during the season.

Fouls: All NYS High School Boys Lacrosse rules will be followed. Only stick checking will be allowed. **NO PLAYER IS ALLOWED TO PUSH OR "BOARD" ANOTHER PLAYER INTO THE WALL. Any body contact into the board is an automatic 1 minute or more (maximum 3 minutes) non-releasable penalty.** Slashing or any other checking/boarding foul will result in a one minute penalty for the player who committed the foul.

***New Rule 10/17/11: Any intentional body checks will be categorized as an unsportsmanlike penalty - a 3 minute non-releasable penalty.**

Technical Fouls: All technical fouls will results in a 1 minute penalty.

Start of play: A face-off will be used to start the game and the second half. The face-off will take place at the halfway line within the center circle. (See Sportsmanship rule for amendment).

Specific Field Rules: If a ball goes through the netting or leaves the field of play, it will be called like outdoor rules.

If a ball enters the soccer goal which is built into the end wall: The referee will award possession to the player closest to the ball.

Spitting: No spitting within the facility: Violators of this rule will be warned once and will be automatically ejected after the second infraction.

Sportsmanship Rule: Coaches, players and fans are encouraged to show good sportsmanship throughout each game and the season. The rules will come into play to assist this rule:

When a team is down by five (or more goals):

- a. They will receive the ball after each goal whether they scored or the other team.**
- b. They receive a free ride after each goal scored. The ride will start at the halfway line.**

When a team is down by ten or more goals:

- a. They continue to receive both items A & B from above.**
- b. They will add a player to play only in the attacking half of the field**

THE ULTIMATE SPORTSMANSHIP AGREEMENT

PLEASE WORK WITH US TO DEVELOP A POSITIVE, ENJOYABLE AND SAFE ENVIRONMENT FOR EXCELLENT SPORTSMANSHIP, DEVELOPMENT AND FUN. SUPPORT YOUR TEAM, YOUR TEAMMATES, YOUR OPPOENT AND OFFICIALS. LET US ALL WORK TOGETHER TO RECOGNIZE EVERYONE'S EFFORTS.

IN OUR ONGOING EFFORT TO ENHANCE THE QUALITY OF SPORTSMANSHIP IN OUR YOUTH AND ADULT LEAGUES WE ASK FOR YOUR COMMITMENT. WE KNOW EVERYONE MEANS WELL AND THAT THINGS DO HAPPEN BUT WE ASK YOU TO CONTINUE YOUR EFFORTS TOWARDS MAKING ALL OUR LEAGUES A HAPPY ENVIRONMENT TO PLAY IN.

- 1. PLAYER(S) INVOLVED IN A FIGHT (PLAYER(S) PRESENTLY ON THE FIELD OF PLAY) WILL BE DISMISSED FROM THAT GAME AND SERVE A MINIMUM OF A TWO GAME SUSPENSION.**
- 2. PLAYERS, COACHES OR SPECTATORS LEAVING THE TEAM BENCH AREA, COACHING BOX OR GRANDSTAND TO BECOME INVOLVED WITH FIGHT OR OTHER ON FIELD ISSUES - WILL BE DISMISSED FROM THE LEAGUE AND SERVE A ONE YEAR SUSPENSION FROM THE ULTIMATE GOAL FAMILY SPORTS CENTER.**
- 3. PLAYERS, COACHES AND SPECTATORS DEMONSTRATING POOR SPORTSMANSHIP WILL BE ASKED TO LEAVE THE FACILITY AS THIS BEHAVIOR WILL NOT TOLERATED.**