

AYL 2011 Fall Season 3/4, 5/6th Grade Boys Rules

I. Player Eligibility and Participation

- A. 3/4 - third and fourth grade
- B. 5/6 - fifth and sixth grade
- C. 7/8 - seventh and eighth grade
- D. HS - ninth through twelve grade
- E. **Playing Down:** No player may “play down” into a younger division

II. 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. Fields will be 110 x 53 1/3 - 60 yards, to accommodate play on existing fields.
- 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 as balanced as possible across all divisions. AYL drafts players onto each team based off age, grade, height, weight, and experience level.

- 1. Each team should institute a policy to ensure equitable playing time for all players.
- 2. Atlanta Youth Lacrosse educates 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 1/2, 3/4, and 5/6th grade levels.

D. Game Day:

- 1. AYL provides a safe and properly lined field.
- 2. AYL provides a scorer’s table, horn, scorebook, timekeeper and two time clocks.
- 3. Spectator area must be on the opposite side of the field from the player’s benches. No parents/spectators are permitted directly behind or next to team benches
- 4. Teams must wear their assigned AYL jerseys. No other jerseys will be permitted.

E. Game Time

- 1. 3/4, 5/6, 7/8, HS – two (2) twenty-minute running time halves
- 2. The clock will only stop for an official’s timeout, or an injury timeout. There is a five (5) minute halftime.
- 3. 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.
- 4. Overtime: One, four-minute sudden victory overtime
 - a) If the overtime period ends in a tie, the game will end with a Sudden Victory Braveheart

F. Uniforms

- 1. Players must wear their assigned AYL jersey
- 2. Teams must ensure that each player is wearing the correct jersey number during games

G. Rosters:

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1. The scorer's table provides all team rosters at every game including name, grade, and jersey number for each player on each team.

III. Equipment Rules

A. Required Equipment:

1. A mouthpiece of any readily visible color (no clear or white) are mandatory at all levels.
2. 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

1. Stick length for 3/4, 5/6, 7/8, and HS are 40-42 inches (short stick) and 52-72 (long-stick)
2. Long sticks are permitted at each level of play, but no more than four (4) long sticks are allowed on the field at any one time.

IV. Coaches Participation

- A. Coaching Credentials: Each team's coaches will be AYL Volunteer Coaches, having registered and provided a current US Lacrosse Member Number.
- 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: Two (2) Adult Officials

1. As defined as any individual age 18 or older or,
2. Any individual age 17 or older and having been a certified official and actively officiating games for one (1) year or longer

B. Allowed: Two (2) Junior Officials

1. Can only officiate below their age group. 7/8th grade player could officiate 3/4, and 5/6th games, but not HS games.
2. All Junior Officials must be certified by Head Official Gordon Corsetti, rules@ayllax.com

VI. **Game Play Rules**

A. Body Contact & Checking

1. Permissible Controlled Checking: in addition to all NFHS rules on body checking, the following age specific modifications apply:
 - a) 3/4th Grade - No intentional body checking. Contact is similar to basketball
 - b) 5/6, 7/8, HS - Body checking is permitted, no takeout checks are allowed
2. No "take-out" checks are permitted at any age group. "Take-Out" checks are defined as those where a player lowers his shoulder and drives through the opposing player as is to drive him to the ground.
3. Officials have sole judgement to determine the legality of all body checks at all levels
4. One handed stick checks are permitted but must be controlled, and hit the stick or gloved hand holding the stick

B. Goalie Rules

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C. Faceoff Rules

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D. Mercy Rule:

1. 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
2. The losing coach will be given the option of getting possession of the ball or continuing to faceoff
 - a) Whichever is chosen will be applied for the remainder of the game

E. Substitutions

1. 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:
 - a) ball out of bounds on sideline (coach should request horn at table),
 - b) time served penalty (no horn needed), and
 - c) after a goal (no horn needed). All other substitution is on the fly.

F. Penalties

1. Players receiving penalties must take a knee or sit in the penalty box until their penalty is released
2. 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.

VII. Ejections

1. In the event that a Player or Coach is ejected from a game, the following MUST transpire:
 - a) Coaches will leave the team sideline and cease any and all coaching activities
 - b) Players will remove all equipment and sit on team bench / sideline
 - c) 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.
 - d) 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.
2. The Official on the field is responsible with notifying AYL Staff present, or via email at rules@ayllax.com regarding any ejections within 48 hours of the incident.

End of Rules of Play – Clarifications / Modifications