



SOUTH FLORIDA YOUTH LACROSSE LEAGUE

2010 Game Day Rules- Boys

SFYLL follows the general guidelines found in the “Boys Lacrosse Rules Book” (National Federation of State High School Associations/US Lacrosse) including the section on Youth Lacrosse. Minor differences and highlights are outlined here in the “SFYLL Game Day Rules”.

GAME LENGTH

Bantam – 10 minute running quarters, 5 minute halftime, no overtime

Lightning – 12 minute running quarters, 5 minute halftime,

(1) 4 minute sudden victory period, if necessary

Junior – 13 minute running quarters, 5 minute halftime,

(2) 4 minute sudden victory periods, if necessary

Senior - 15 minute running quarters, 5 minute halftime,

(2) 4 minute sudden victory periods, if necessary

All: Timeouts- 2 per half, 1 per sudden victory period

CONTACT

BANTAM/LIGHTNING - No body checking is permitted. Incidental contact or use of hips on ground balls and on defense is allowed. If a loose ball is not moving, the referee may re-start play following the alternate possession rule.

JUNIOR/SENIOR - Body checking is permitted, however, no take-out checks are permitted by any player. A take out check is defined as any check in which the player lowers his head or shoulder with the force and intent to put the other player on the ground. Players may make contact in an upright position within five yards of the ball.

FIELD SIZE/# OF PLAYERS

Bantam- Shorter field with shot blockers (No Goalies), Standard number of players is -2 attack, 2 mids, 2 D or 2/3/2. Coaches may agree on more players.

Lightning, Junior, Senior – Standard field size, 10 vs 10

STICK LENGTH

Bantam & Lightning- May use shorter poles, no D poles

Junior & Senior- Maximum is 72 inches, 4 max on field

COACHES ON FIELD

Bantam - 1 coach is allowed on field during games (no stick, gloves etc)

Lightning, Junior, Senior – No coaches on field



PENALTIES

Bantam- Change of possession (Use Flow method of Referring to keep game moving)

Lightning- Change of possession with offending player sent off field, substitute allowed, fast break scenario, remaining players behind restraining line

Junior & Senior- Time serving penalties at 1.5 x the amount (30 second is 45, 1 minute is 90 seconds etc.)

One handed check in Bantams is considered a slash.

MERCY RULE

Faceoff – 4 point lead, team behind awarded ball at midfield unless waived by trailing coach.

NOTES:

It is required that spectators/fans/parents be on opposite side of field from players (unless field layout prohibits it).

In the event of a jersey color conflict the home team will wear pennies/vests.

All expulsion/ejection fouls need to be reported to your league Board and to the SFYLL (both coaches and referee should report).

Coaches are responsible for their own behavior as well as that of their staffs, players and parents/spectators. The SFYLL has zero tolerance for derogatory behavior and profanity. Maintain the integrity of both sidelines and the game.

HONOR THE GAME OF LACROSSE

Respect the ROOTS of Positive Play

Rules: We refuse to bend the rules to win

Opponents: A worthy opponent is a gift that brings out our best

Officials: Show respect even when we disagree

Teammates: Never do anything to embarrass our team

Self: We live up to our own standards even when others don't