

FINGER LAKES LACROSSE LEAGUE RULES

The Spring League will use NHA Modified Lacrosse Rules with the following exceptions:

5th and 6th Grade Boys

Participation: Individuals on the teams in the league must currently be in 5th or 6th grade only. Younger players may play up at the discretion of their coach.

Player Format: 3 attack, 3 middies, 3 defenders, and a goalie (equal playing time for each player is expected)

Pre-game: Players and coaches should be brought to the middle of the field by the refs for a quick review of the rules and for pre-game handshakes. There should also be post-game handshakes.

Contact Rule: No deliberate body contact may be initiated with the torso, either offensively or defensively. (Players should be instructed to play the ball). Incidental body contact is inevitable on ground balls and similar situations.

Stick Rules: Four long sticks will be allowed on the field at any time. Poke checks and slap checks are limited to the stick or glove area only. One handed checks are NOT ALLOWED. Two handed checks must be taught and used at all times.

Field Size: Regulation fields and goals should be used in all games. There should be a 5 yard buffer between parents and the sideline.

Officials: Each town will need to supply their own officials for their home games. Certified Officials or an adult should officiate 5/6 level games whenever possible.

Coach Rule: Only one coach will be allowed to address the officials during the game.

Pass Rule: None, however coaches may institute this rule at any time during the game.

Penalties: When a foul is committed it will result in either a 30 second technical foul, 1 minute personal foul, or 3 minute, non-releasable personal foul for checks on a defenseless player or checks to the neck or head. The team that is man down will play with one less midfielder. The timekeeper will release the penalty. Penalized player must report and stay in the penalty area. A coach should accompany the player and explain the penalty turning it into a learning experience.

Timing: (4) 15 minute running quarters for weekday games and (4) 12 minute quarters for round robin games. Each team will have one clock stopping time out per quarter. There is no Overtime; games will end when time expires not matter the score.

Goal Rule: After a goal is scored, a face-off will take place at midfield. After a 5 goal differential, the team behind will be awarded the ball at midfield when scored upon. The coach of the losing team has the option to not implement this rule.

Parental Rule: Parents should be instructed to sit on the far side of the field from where the coaches and players are located. This will allow the coaches and participants fewer distractions from game situations and reduce any possible negative situations to arise. Negative comments and remarks should be addressed immediately and not tolerated. We are expecting our players to behave like gentlemen and all parents and coaches should act as positive role models.

3rd and 4th Grade Boys

Participation: Individuals on the teams in the league should currently be in 3rd or 4th grade only. Younger players may play up at the discretion of their coach. No higher grades will be allowed.

Player Format: 2 attack, 3 middies, 2 defenders, and a goalie (equal playing time for each player is expected)

Pre-game: Players and coaches should be brought to the middle of the field by the refs for a quick review of the rules and for pre-game handshakes. There should also be post-game handshakes.

Contact Rule: No deliberate body contact may be initiated with the torso, either offensively or defensively (Players should be instructed to play the ball). Incidental body contact is inevitable on ground balls and similar situations.

Stick Rules: Short sticks only. Poke checks and slap checks are limited to the stick or glove area only. One handed checks and slap checks are NOT ALLOWED. Engaging with hands and 'riding' a player out of bounds is acceptable but any arm extension will result in a penalty.

Field Size: No full size fields. Ideal size would be 40 x 75 yards with regulation 6 x 6 goals. There should be a 5 yard buffer between parents and the sideline.

Officials: Each town will need to supply their own officials for their home games

Coaches Rule: Only one coach will be allowed to address the officials during the game

Pass Rule: One pass must originate and be completed in the offensive end with each new possession the team has before a shot can be taken.

Penalties: When a foul is committed it will result in a 1 minute penalty. The player will be removed and another will take their place. No Man Down. The timekeeper will release the penalty. Penalized player must report and stay in the penalty area. A coach should accompany the player and explain the penalty turning it into a learning experience.

Time Keeping: (4) 15 minute running quarters for weekday games and (4) 12 minute quarters for round robin games. Each team will have one clock stopping time out per quarter. There is no Overtime; games will end when time expires no matter the score.

Goal Rule: After a goal is scored, a face off will take place at midfield. After a 5 goal differential, the team behind will be awarded the ball at midfield when scored upon. The coach of the losing team has the option to not implement this rule.

Parental Rule: Parents should be instructed to sit on the far side of the field from where the coaches and players are located. This will allow the coaches and participants fewer distractions from game situations and reduce any possible negative situations to arise. Negative comments and remarks should be addressed immediately and not tolerated. We are expecting our players to behave like gentlemen and all parents and coaches should act as positive role models.

Kindergarten, 1st and 2nd Grade Boys

Participation: Individuals on the teams in the league should currently be in Kindergarten, 1st or 2nd grade only. Younger players may play up at the discretion of their coach. No higher grades will be allowed.

Player Format: 2 attack, 3 middies, 2 defenders, and a goalie (equal playing time for each player is expected)

Pre-game: Players and coaches should be brought to the middle of the field by the refs for a quick review of the rules and for pre-game handshakes. There should also be post-game handshakes.

Contact Rule: No deliberate body contact may be initiated with the torso, either offensively or defensively (Players should be instructed to play the ball). Incidental body contact is inevitable on ground balls and similar situations.

Stick Rules: Short sticks only. Poke checks are limited to the stick or glove area only. One handed checks and slap checks are NOT ALLOWED.

Field Size: No full size fields. Ideal size would be 40 x 60 yards with regulation 4 x 4 goals. There should be a 5 yard buffer between parents and the sideline.

Officials: Each town will need to supply their own officials for their home games

Coaches Rule: One coach will be allowed on the field anytime to be able to coach his team. His presence on the field will not affect the flow of the game. Only one coach will be allowed to address the officials during the game.

Pass Rule: One pass must originate and be completed in the offensive end with each new possession the team has before a shot can be taken.

Penalties: When a foul is committed it will result in a 1 minute penalty. The player will be removed and another will take their place. No Man Down. The timekeeper will release the penalty. Penalized player must report and stay in the penalty area. A coach should accompany the player and explain the penalty turning it into a learning experience.

Time Keeping: (4) 15 minute running quarters for weekday games and (4) 12 minute quarters for round robin games. Each team will have one clock stopping time out per quarter. There is no Overtime; games will end when time expires no matter the score.

Goal Rule: After a goal is scored, a face off will take place at midfield. After a 5 goal differential, the team behind will be awarded the ball at midfield when scored upon. The coach of the losing team has the option to not implement this rule.

Parental Rule: Parents should be instructed to sit on the far side of the field from where the coaches and players are located. This will allow the coaches and participants fewer distractions from game situations and reduce any possible negative situations to arise. Negative comments and remarks should be addressed immediately and not tolerated. We are expecting our players to behave like gentlemen and all parents and coaches should act as positive role models.