

Y-Lax Rules- Fall 2021

Practice/Game Breakdown:

Week 1	Full Practice
Week 2	Split
Week 3	Split
Week 4	Split
Week 5	Split
Week 6	Split

Full Practice: This is designed to allow an opportunity for coaches to teach and players to learn various skills and rules of the games. When a full practice is scheduled, teams will not play against one another, and the entire time is to be used for instruction.

Split: Splits allow coaches and players to build on things they have learned in previous weeks. The first 25 minutes of the scheduled time is to be used for instruction. The last 25-30 minutes are to be used for playing a game. During splits, teams will follow the following break down depending on division:

- 3v3
 - Two 10 minute halves
 - 5 minute half time
- 5v5
 - Two 14 minute halves
 - 5 minute half time

Game Personnel:

- U6/U8- 3v3
- U10/U12- 5v5
 - There will be no goalies in any of the leagues. Players must stay outside of the crease when they are defending and shooting.

Players Equipment

- Players should wear closed toe athletic shoes.
- **Players must use a lacrosse stick. Sticks will be provided but not guaranteed for every player.**

10 Basic Safety and fair play laws

- 1.) No stick to stick, body to body, or body to stick contact.
 - a.) No body contact
 - b.) Players can only defend from a stick length away to prevent injuries.
 - c.) No kicking or hitting other lacrosse sticks with your hand.

- d.) A player in possession of the ball shall not use their free hand or arm to hold, push, or control the direction of the movement of the stick or player.
 - e.) No offensive player, while in motion, shall move into and make contact with a defensive player.
- 2.) Maintain control of your body at all times.
 - 3.) No covering the ball with your stick or body
 - 4.) Other than using your foot, no intentionally playing the ball off the body
 - 5.) No entering the crease with your body (except to get the ball out of the goal after a shot is scored)
 - 6.) No defending goal by standing in the 5 yard space in front of the goal (except when playing a stick's length away from an attacking opponent)
 - 7.) No dangerous propelling (passing or shooting through someone, or passing or shooting without looking first: it is the responsibility of the person with the ball to make a safe pass or shot)
 - 8.) No dangerous follow through with the stick (following your pass or shot)
 - 9.) Respect your teammates and opponents at all times-use good sportsmanship
 - 10.) Take care of the equipment and space.

Rule Violation

If a player violates the rule the first time it's a warning. If the same player violates the rule, it is a 1 minute penalty for that player. The player must be subbed out for the 1 minute penalty. Any player that violates the rule again must sit out for another 1 minute penalty.

If any of these rules are violated the ball is given to the opposing team where the violation occurred. The player may pass or run/cradle the ball. All other players must be 5 stick lengths away from the ball. The player with the ball does not have to wait for this to occur.

If a violation occurs while a player is shooting the ball and the ball goes in the goal, the goal counts. If the ball does not go into the goal, the player that shot gets the ball back 10 yards behind, where the infraction occurred.

Unsportsmanlike Conduct:

Any unsportsmanlike behavior such as vulgar language, conduct issues, arguing, and/or obscene gestures or abuse of equipment or the space in violation of law 9 and 10 should result in a one-minute suspension from the game and awarding possession of the ball to the offended team.

Out of Bounds and Ball Possession:

- Play shall be stopped immediately when the ball goes out of bounds, touches the line or touches something that is out of bounds. The ball goes to the opposing team. Play restarts closest to the location where the ball went out of bounds and the player will self-start once inbounds and are stationary for at least one second.

Goal Scored:

- A ball can be kicked, propelled, or shot as long as a player has both hands on their stick. If a crease is used, the player cannot cross into the crease on a shot.

Substitutions:

- Substitutions are on the fly by players touching sticks. Exceptions are for injury substitutions or when a team does not have enough players on the field when play is ongoing.

Officials:

- Officials will not be provided by the league for this division. A coach or assistant coach may be the referee.
- In the event of a dispute rock, paper, scissors shall be used.