Outdoor Boys Lacrosse Rules

Sylvania Recreation District

3rd & 4th Grade Boys Outdoor Lacrosse Rules

Players

- Games are played with 7 total players on the field (2 midfielders, 2 attackmen, 2 defenseman and a goalie).
- **No long poles permitted in this league.**
- Each team MUST provide a goalie for each game. Goalie equipment will be available to borrow if necessary.
- **All goalies MUST wear arm pads.**

Equipment

- ALL players must wear certified lacrosse protective equipment, including a protective cup.
- All players must have athletic shoes and **mouth guards** to participate in the game.
- Game officials and Athletic Site Supervisors will determine whether a player is in compliance, no exceptions.

Timing

- The game will consist of two 23-minute running halves. 5 minutes for halftime. The clock will continue to run after goals. The clock will stop for timeouts.
    - Each team will receive one (1) timeout per half.
- Please be ready to begin play at the scheduled start time, the game clock will start on time. There will be no overtime in this league. If the game is tied at the conclusion of the game, the game will end in a tie.

Face Offs

- Face-offs will be held at the start of each half. For all face offs, defenseman, attackman, and goalies, must remain at Goal Line Extended until possession is called.
    - The wing midfielders must start at midfield with a foot touching the sideline.
- Following a goal, the goalie must retrieve the ball from the goal and ready it for play. The official shall verbally count and give a visual five-second count.
    - If the goalie does not retrieve and possess the ball within five seconds, the ball will be awarded to the non-offending team.
- If there is a 6-goal differential, at which point the team that is down 6 goals (or more) will receive a free clear to the midfield line.
    - On a free clear, the defensive team must be on the defensive half of the field until the whistle is blown.

3rd & 4th Grade Boys Outdoor Lacrosse Rules - Continued

Penalties

- NO stalling or Time-Possession fouls will be assessed. *Personal and technical fouls will be served in the penalty box, but field players will remain even strength.*

    - Technical Fouls
        - If the team that is offended is NOT in possession of the ball, that offended team will be given possession of the ball.
        - If the offended team IS in possession of the ball, the offended team will play man up for 30 Seconds
            - Example of technical fouls - Loose ball push from behind, off-sides etc.
    - Personal Fouls
        - All normal time serving penalties will be assessed for 30 seconds (technical) or 1 minute (personal)
        - Any player receiving 3 personal fouls in one game will "foul-Out".
    - Body Checking
        - Absolutely NO body checking is permitted. Some equal pressure contact is allowed.
        - A takeout check is a check that is meant to put the opposing player on the ground with force, and typically occurs when 3 or more steps are taken prior to making contact.
            - A take out check will result in an unsportsmanlike conduct penalty and an ejection.
    - Stick Checks
        - Any one-handed check will be considered a slash, regardless if it makes contact.
        - The only stick checks permitted are
            - lift checks
            - poke checks
            - downward stick checks below both players shoulders.
    - Unsportsmanlike Conduct
        - All unsportsmanlike conduct penalties will result in an immediate ejection from the game and will require the offending player/coach to sit out the next scheduled game as well.
        - If the same player/coach receives a 2nd unsportsmanlike penalty in the same season, he/she will be removed from the league for the remainder of the season.

5th & 6th Grade Boys Outdoor Lacrosse Rules

Players

- Games are played with 7 total players on the field (2 midfielders, 2 attackmen, 2 defenseman and a goalie).
- **No more than 3 long poles are allowed on the field at any time.**
- Each team MUST provide a goalie for each game. Goalie equipment will be available to borrow if necessary.
- **All goalies MUST wear arm pads.**

Equipment

- All players must wear certified lacrosse protective equipment, including a protective cup.
- All players must have athletic shoes and **mouth guards** to participate in the game.
- Game officials and Athletic Site Supervisors will determine whether a player is in compliance, no exceptions.

Timing

- The game will consist of two 23-minute running halves. 5 minutes for halftime. The clock will continue to run after goals. The clock will stop for timeouts.
    - Each team will receive one (1) timeout per half
- Please be ready to begin play at the scheduled start time, the game clock will start on time. There will be no overtime in this league. If the game is tied at the conclusion of the game, the game will end in a tie.

Face Offs

- Face-offs will be held at the start of each half, as well as after each goal.
- If there is a 6-goal differential, the team that is down 6 goals (or more) will receive a free clear at the midfield.
    - On a free clear, the defensive team must be inside the “box” on their defensive half of the field until the whistle is blown.
- For all face offs, defenseman, attackman, and goalies, must remain inside the restraining box until possession is called.
    - The wing midfielders must start behind the wing line.

5th & 6th Grade Boys Outdoor Lacrosse Rules - Continued

Penalties

- NO stalling or Time-Possession fouls will be assessed.
- Personal and technical fouls will be served in the penalty box, and the offending team will play man down.
    - Technical Fouls
        - If the team that is offended is NOT in possession of the ball, that offended team will be given possession of the ball.
        - If the offended team IS in possession of the ball, the offended team will play man up for 30 Seconds
        - Example of technical fouls- Loose ball push from behind, off-sides etc.
    - Personal Fouls
        - All normal time serving penalties will be assessed for 30 seconds (technical) or 1 minute (personal)
        - Any player receiving 3 personal fouls in one game will "foul-Out".
    - Body Checking
        - Equal pressure body contact is allowed.
        - Absolutely NO “Take Out” checks allowed.
        - A takeout check is a check that is meant to put the opposing player on the ground with force, and typically occurs when 3 or more steps are taken prior to making contact.
            - A take out check will result in an unsportsmanlike conduct penalty and an ejection.
    - Stick Checks
        - Any one-handed check will be considered a slash, regardless if it makes contact.
        - The only stick checks permitted are
            - Lift checks
            - Poke checks
            - Downward stick checks below both players shoulders.
    - Unsportsmanlike Conduct:
        - All unsportsmanlike conduct penalties will result in an immediate ejection from the game and will require the offending player/coach to sit out the next scheduled game as well.
        - If the same player/coach receives a 2nd unsportsmanlike penalty in the same season, he/she will be removed from the league for the remainder of the season.

7th & 8th Grade Boys Outdoor Lacrosse Rules

Players

- Games are played with 10 total players on the field (3 midfielders, 3 attackmen, 3 defenseman and a goalie).
- **No more than 4 long poles are allowed on the field at any time**.
- Each team MUST provide a goalie for each game. Goalie equipment will be available to borrow if necessary.
- **All goalies MUST wear arm pads.**

Equipment

- ALL players must wear certified lacrosse protective equipment, including a protective cup. All players must have athletic shoes and **mouth guards** to participate in the game.
    - Game officials and Athletic Site Supervisors will determine whether a player is in compliance, no exceptions.

Timing

- The game will consist of two 23-minute running halves. 5 minutes for halftime.
- The clock will continue to run after goals. The clock will stop for timeouts.
    - Each team will receive one (1) timeout per half.
- Please be ready to begin play at the scheduled start time, the game clock will start on time. There will be no overtime in this league. If the game is tied at the conclusion of the game, the game will end in a tie.

Face Offs

- Face-offs will be held at the start of each half, as well as after each goal.
- If there is a 6-goal differential, the team that is down 6 goals (or more) will receive a free clear at the midfield.
    - On a free clear, the defensive team must be inside the “box” on their defensive half of the field until the whistle is blown.
- For all face offs, defenseman, attackman, and goalies, must remain inside the restraining box until possession is called.
    - The wing midfielders must start behind the wing line.

7th & 8th Grade Boys Outdoor Lacrosse Rules - Continued

Penalties

- NO stalling or Time-Possession fouls will be assessed.
- Personal and technical fouls will be served in the penalty box, and the offending team will play man down.
    - Technical Fouls
        - If the team that is offended is NOT in possession of the ball, that offended team will be given possession of the ball.
        - If the offended team IS in possession of the ball, the offended team will play man up for 30 Seconds
        - Example of technical fouls- Loose ball push from behind, off-sides etc.
    - Personal Fouls
        - All normal time serving penalties will be assessed for 30 seconds (technical) or 1 minute (personal)
        - Any player receiving 3 personal fouls in one game will "foul-Out".
    - Body Checking
        - Equal pressure body contact is allowed.
        - Absolutely NO “Take Out” checks allowed.
        - A takeout check is a check that is meant to put the opposing player on the ground with force, and typically occurs when 3 or more steps are taken prior to making contact.
            - A take out check will result in an unsportsmanlike conduct penalty and an ejection.
    - Stick Checks
        - Any one-handed check will be considered a slash, regardless if it makes contact.
        - The only stick checks permitted are
            - Lift checks
            - Poke checks
            - Downward stick checks below both players shoulders.
    - Unsportsmanlike Conduct
        - All unsportsmanlike conduct penalties will result in an immediate ejection from the game and will require the offending player/coach to sit out the next scheduled game as well.
        - If the same player/coach receives a 2nd unsportsmanlike penalty in the same season, he/she will be removed from the league for the remainder of the season.