

**CENTRAL OHIO YOUTH LACROSSE LEAGUE
RULES OF PLAY AND STANDARDS OF CONDUCT
(Amended February 22, 2015)**

The following Rules of Play and Standards of Conduct (the "Rules") have been adopted by the Central Ohio Youth Lacrosse League ("COYLL") and shall govern play and conduct for all games among COYLL member teams for the 2017 lacrosse season and all subsequent seasons until these rules are subsequently amended, restated or otherwise modified in accordance with the governing documents of COYLL.

1. CONDUCT

A. Leagues

- (i) Each league will participate to its fullest extent in scheduled and emergency COYLL meetings to ensure good working order and coordination among participating COYLL Leagues.
- (ii) Each league will pay league, team and assignments fees calculated at the beginning of each season.
- (iii) Each league agrees to play only COYLL participating teams on designated "in season" weekends. "In Season" will be defined at the beginning of each season.
- (iv) Each league is permitted to play outside of COYLL during the week. The league participating will be responsible for establishing its own rules of play, officials and fields.
- (v) Each league will ensure that players from outside of COYLL or other COYLL communities are not permitted to play in COYLL games.
- (vi) Each league will ensure that fields are prepared to rule and safe for play.
- (vii) Each league will independently manage the credentials and assignment of coaches to their respective teams.

B. Coaches

- (i) Each coach shall be aware that he has a tremendous influence, for either good or ill will, on the education of the student-athlete and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.
- (ii) Each coach will place the emotional and physical well-being of his players ahead of a personal desire to win.
- (iii) Each coach will instruct participants in proper sportsmanship responsibilities and demand that they make sportsmanship the number one priority.
- (iv) Each coach will ensure that a player on a COYLL team only plays for his communities COYLL teams for the entire season.

C. Players

- (i) Each player shall treat opponents with the respect that is due to them as guests and as fellow athletes
- (ii) Each player is a representative of his team, school, community and COYLL, and accepts the responsibility and privilege of such representation.
- (iii) Each player shall live up to and abide by, the high standards of sportsmanship established by his coaches and COYLL.
- (iv) Any COYLL player ejected from a game for fighting or "leaving the designated bench area" during a fight shall be ruled ineligible for participation in the next (1) league games at that player's playing level, including tournament play, and will carry over into the next season if necessary.

D. Parents and other Spectators

- (i) Each parent and other spectator is expected to adhere to these Rules to the extent applicable and to encourage their children to abide by the Rules and all other applicable rules and codes of conduct.
- (ii) Each parent and other spectator is expected to know and demonstrate sportsmanship to assist the League in diminishing unsportsmanlike behavior.
- (iii) No spectator will use or encourage profane language or otherwise participate in or encourage obnoxious or disruptive behavior.

E. Honoring the Game All COYLL participating leagues, players, coaches, administrators, parents and spectators should respect the following:

- (i) The rules - the letter and spirit of how the game should be played.
- (ii) The opposition - fierce and friendly without demonizing.
- (iii) The officials - respect officials' decisions even when you disagree.
- (iv) Teammates - commitment to teammates on and off the field.
- (v) Tradition - love of the game that is bigger than individual participation. It is a privilege to participate in the game of lacrosse.
- (vi) The Game - Shall accept both victory and defeat with dignity, pride and compassion.

2. RULES of PLAY .

A. Applicability of NFHS Rules and Exceptions . COYLL plays by the current-year National Federation of State High School Associations' (NFHS) Boys' Lacrosse Rules (the "NFHS Rules"), as modified by the rules set forth below. All NFHS Rules not modified below are to be considered standard rules for the current lacrosse season.

B. General Rules for Seniors and Juniors

- (i) One (1) completed pass is required within the offensive half of the field prior to a goal being scored. Another completed pass is required only when the ball crosses back over the midfield line and is recovered by the offensive team.
- (ii) COYLL members with more than one team shall create multiple teams with skill levels balanced among all such teams by utilizing an equal number of their most skilled players and least skilled players on each team.
- (iii) Player substitutions are permitted when play has been suspended by the officials after the ball has gone out of bounds on the sidelines provided that is not from a shot on goal. Coaches can request a horn from the timer indicating to the officials that a substitution is desired. All other rules with respect to substitutions during suspension of play shall apply.
- (iv) Only body checking of equal force will be permitted. Body checking of excessive, or unequalled and unmatched, force that results in the checked player being knocked to the ground will be an unnecessary roughness personal foul.
- (v) Bull dodges that result in a defensive player being knocked to the ground will be an unnecessary roughness personal foul.
- (vi) No counts-leaving defense or entering offensive zones.
- (vii) Each team shall have four (4) time-outs per regulation game (two time-outs (2) per half) and one (1) time-out for each sudden victory period.
- (viii) One (1) minute stalling warning during the 4th period (keep it in).
- (ix) Alternate possession rule.
- (x) Games are comprised of quarters of 8 minutes each, stop time. 2 minutes between quarters, 5 minute halftime and 1 minute between overtime quarters.
- (xi) Waive all same color equipment rules, except uniform jersey.
- (xii) Illegal stick penalties will result in a non-releasable 2:00 minute penalty.
- (xiii) Players receiving two (2) unsportsmanlike conduct penalties in a game will result in ejection from the game and non-participation in the next regularly scheduled contest at that player's playing level. The same rule applies for all coaches. This does not include illegal stick rules violations.
- (xiv) Any one-handed check shall be considered a slash, whether or not it makes contact with the opposing player.

NOTE: If the defensive player's hand comes off his stick in his legitimate follow-through motion after, or during his recovery from, a controlled poke check, this need not be considered a slash solely because his hand came off the stick.

(i) Seniors (5th & 6th Grade) .

a) Up to 3 players are permitted on the field using sticks measuring longer than 52 inches and shorter than 72 inches (long crosse), except for the goalkeeper's crosse, which may be 40 – 72 inches long. Short sticks will measure longer than 40 inches and shorter than 42 inches.

b) Any Player who accumulates commits one (1) minute non-releasable personal foul with a long cross will result in the removal of long crosse from play for the duration of the game for the team and the player committing the personal foul with a long crosse shall be prohibited from playing with a long crosse for the duration of the game.

c) Where possible, there shall be two (2) Youth or High School US Lacrosse Certified Officials for each game.

d) A team trailing by 6 goals shall be awarded a free clear (possession without a face-off) to begin play after a 6 goal lead has been established by the opposing team. If the lead is cut to 5 goals or less, play shall resume with a face-off at midfield. Note: regardless of the score differential, each quarter shall begin with a face-off. The trailing team shall have the option of waiving the mercy rule.

(ii) Juniors (3rd & 4th Grade) .

a) Games will be contested eight (8) players per side on the field at a time consisting of one (1) goalie, two (2) defenders, three (3) midfielders and two (2) attackers. Each team must maintain three (3) players on the their defensive half, and two (2) players on their offensive half at all times

b) All players will use short sticks. They will measure longer than 37 inches and shorter than 42 inches.

c) Any player committing a time serving personal or technical foul will be suspended from play for the amount of time assessed by the official. The open position will be immediately filled by any substitute player from the offending team. This will result in an even number of players on the field at all times. An offended team will be awarded a fast break advantage. The ball will be awarded to the offended team player inside the midfield line. All other middies from both teams will remain behind the defensive box. Upon sounding the whistle, the remaining midfield players will be immediately released into active play.

d) There shall be at least one (1) Youth or High School US Lacrosse Certified Official for each game.

e) Face off after every goal scored. Teams behind by 8 goals or more shall have possession by free clear after each goal instead of a face off .

f) The field shall be seventy (70) yards long and fifty (50) yards wide in the configuration attached hereto as Exhibit A; *provided, however,* that there may be reasonable variations from the dimensions set forth on Exhibit A in order to accommodate the particular field availability of COYLL member leagues, so long as such variations do not impact overall safety of the players.

3. Scheduling .

(i) All schedules are to be completed and given to the League on or before start date of the first scheduled day of the season. An official schedule will include: date and time of game; designation of home team; opponent; and location.

(ii) Home team coaches are to confirm the game date, time, and location with the Visiting coach and game officials at least 24-hours in advance.

(iii) It must be recognized that visiting teams may require considerable travel time to reach the Home Team's field. Reasonable consideration shall be given to Visiting Team tardiness because of travel complications.

(iv) The other team, appointing official, games officials, and the League are to be informed at least forty-eight (48) hours in advance of any changes to start times and/or games cancellations.

(v) Notifications of cancellation due to weather conditions and/or field conditions are to be made to the other team, appointing official, games officials, and the League as soon as possible. The game is to be rescheduled within forty-eight (48) hours with the date and time agreed by both coaches and notification sent to the appointing official and the League.

- (vi)** In the case of a team failing to appear for an officially scheduled game that has not been properly cancelled, the team failing to appear will be responsible for paying officials. The team appearing will be declared the winner. **(vii)** The following rules will apply to games halted by weather or darkness:
- a.)** If a game is halted in the fourth period, with a point spread of four or more goals, the team in the lead shall be declared the winner.
 - b.)** If a game is halted for any reason and the game cannot be rescheduled for any reason, the team with the lead shall be declared the winner.
 - c.)** The other team, appointing official, game officials, and the League are to be informed of a rescheduled game within forty-eight (48) hours with date and time agreed by both coaches.
 - d.)** Rescheduled games are to be restarted at the point where play was suspended.
- (viii)** In the event of thunder or lighting, all individuals should leave the game site and reach a safe structure or location by the time the person monitoring the weather obtains a flash-to-bang (lightning-to-thunder) count of thirty (30) seconds (equivalent to lightning being six (6) miles away). When considering resumption of a game, everyone ideally should wait at least thirty (30) minutes after the last flash of lightning or sound of thunder before returning to the field of activity.

4. Home Team Obligations .

- (i)** The designated Home Team is responsible for providing a playing field of regulation specifications and confirming the scheduling of duly certified officials by the League. If officials are not appointed by the assigning authority for COYLL or if assigned officials fail to appear the head coaches will arrange for the best possible coverage of the game. In the absence of these conditions, the visiting team can cancel the game and request it to be re-scheduled at a mutually acceptable date and time.
- (ii)** The Home Team shall provide a scorekeeper, timekeeper, minimum of 4 (four) end line balls on each end line and/or ball boys.
- (iii)** The Home Team wears white or light-colored jerseys or as agreed upon by coaches prior to the game.
- (iv)** Box area must be maintained by the Home Team. There is not to be any cheering or coaching by personnel working the box/table area.
- (v)** Spectators are prohibited from the players side of the field, and on the end line. It is the home teams responsibility to remove all spectators from these areas before play can be resumed or be brought into the sideline box.

5. Other Rules and Obligations .

- (i)** Officials' Decisions. The application and interpretation of the game rules shall be the sole responsibility of the officials.
- (ii)** League Penalties. Penalties or sanctions for violating these Rules or other applicable rules may be imposed by the League on players, coaches, teams, league and/or spectators after a process of fact gathering and the opportunity to be heard by the person or entity accused of wrongdoing. Penalties shall be fair and reasonable in light of the circumstances.
- (iii)** Player Eligibility. Each player must be a current-year member of the US Lacrosse Association and must be in the appropriate grade and must meet all requirements as specified by each member school or club to be eligible to participate in COYLL games including academic and age standards. A player may play "up" or "down" to the Seniors or Juniors, as the case may be, upon the written request of the player's parent or legal guardian and the approval of the COYLL Board of Directors (or a committee formed to evaluate such requests). A determination to permit a player to play "up" or "down" shall be made solely with the player's well-being in mind and may take into consideration any physical or other factors as may be relevant. Such requests shall not be considered for the competitive advantage of a team. The decision of the Board (or applicable committee) shall be final.
- (iv)** Game Disputes. In case of disputes regarding games, written protests are to be submitted to the League within twenty-four (24) hours of the contest. The ruling of the League shall be final.

(v) Notices to the League. Notices to the League called for in these Rules shall be deemed properly provided if delivered via e-mail or other reasonable method to the then-acting President or Commissioner (if such position has been duly established and filled by the Board of Directors).