



SOUTH FLORIDA YOUTH LACROSSE LEAGUE

2009 Game Day Rules- Boys

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,

(1) 4 minute sudden victory period, if necessary

Senior - 15 minute running quarters, 5 minute halftime,

(1) 4 minute sudden victory period, if necessary

All: Timeouts per team - 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

PENALTIES

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

Lightning- Change of possession with offending player sent off field, fast break scenario

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



STICK LENGTH

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

Junior- Maximum is 60 inches, 4 max on field

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

NOTES:

It is preferred that spectators and fans be on opposite side of the field from the players if at all possible.

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