



SPRING 2026 RULEBOOK

Los Angeles Youth Lacrosse League

Los Angeles Youth Lacrosse League (LAYLL or the League) is a volunteer-run recreational lacrosse league operated by and for boys and girls youth lacrosse programs from the greater Los Angeles area. Its mission is to honor and grow the game of lacrosse; to give the gift of this game to as many players, families, teams, and programs as possible by working together cooperatively and embracing shared ideals of competition, sportsmanship, friendship, and fun.

This rulebook was created by the LAYLL Board in furtherance of that goal. Our goal is that our competitions be conducted with consistency and transparency. Still, in youth sports, as in many things, we expect that there will be occasional discrepancies in officiating or administration.

As we move through the season together, please remember that:

- These are kids.
- These are only games.
- LAYLL is run by volunteers.
- Officials and coaches are human beings.
- No college scouts are present at LAYLL games.

Let's work together to make this a fun and rewarding season!

Los Angeles Youth Lacrosse League

COMMUNITY CODE OF CONDUCT

🏑 Players play 🏑 Coaches coach 🏑 Refs refs 🏑 Fans cheer 🏑

All participants in the League share responsibility for creating a safe, respectful, and positive environment for youth lacrosse. Players, coaches, program personnel, officials, family, and fans are to conduct themselves, at all times, in a manner that honors the game and LAYLL values and demonstrates respect to all players, coaches, program personnel, officials, family, and fans.

Sportsmanship and teaching the concepts of fair play are essential to the game and must be developed both at home, at practice, and on the field during games.

Participation in the League is a privilege, not a right. We ask all players, coaches, program personnel, League personnel, family, and fans to abide by this Code of Conduct so that we can provide an equitable, inclusive, positive, and engaging community for our youth athletes.

Violations may result in disciplinary action, which may include, among other things, imposition of penalties, including for unsportsmanlike conduct, during game play, removal from games, and exclusion from future League events.

Expectations of Athletes

- Conduct yourself by the highest standards of sportsmanship and uphold LAYLL values at all times.
- Always demonstrate positive behavior and respect toward your teammates, opponents, coaches, officials, family, and fans.
- Honor the game by following its rules and refraining from conduct that threatens the safety of those around you.
- Refrain from using profane or abusive language, engaging in bullying or threatening behavior, or fighting.
- Honor your commitment to your team and program for the entire duration of the season and regularly attend games and practices.
- Leave the field cleaner than you found it. Remove all personal belongings and garbage.

Expectations of Family, Fans, and Spectators

- Help LAYLL and its member programs by reinforcing the expectations we have for your athletes at home, in the car, and on the sidelines.
- Bring a positive attitude and be a supportive, encouraging presence on the sidelines. Refrain from coaching or otherwise distracting the athletes.
- Remain in the areas designated for spectators, generally, on the opposite side of the field from player and scoring areas.
- When discussing lacrosse with your athlete, we encourage focus on effort and enjoyment rather than outcomes.
- Refrain from speaking negatively with your athlete about coaches, officials, opponents, and fans, and especially about their teammates, both on and off the field.
- Family and fans must not, and must not permit anyone else to, openly or maliciously criticize, badger, harass or threaten any official, coach, league or program personnel, player, or opponent.
- Refrain from using profane or abusive language, engaging in bullying or threatening behavior, or fighting.
- Accept the calls of the officials. Yelling at or complaining about officials or league personnel sets a bad example for your athletes and reflects poorly on your program. Refrain from approaching the officials at any time.
- Honor your athlete's commitment to their team and program for the entire duration of the season and help them to regularly attend games and practices.
- Leave the facilities cleaner than you found them. Remove all personal belongings and garbage.
- If conflicts or other issues arise with any coach, program personnel, or LAYLL personnel, discussion of such issues should occur privately and away from the field of play and more than 24 hours after the conclusion of the relevant LAYLL event. In the event of a conflict or issue with an official, LAYLL personnel, or anyone affiliated with a different program, please address the issue with your own program director, who will follow-up as appropriate.

Expectations of Coaches and Program Personnel

- Honor the game by conducting yourself by the highest standards of sportsmanship at all times.
- Teach the rules, skills, and values of lacrosse in an inclusive, equitable, and positive manner.
- Prioritize the safety, development, and fun of all athletes.
- Treat all players, families, coaches, program and league personnel - whether from your program or another program - with respect.
- Ensure that your team treats the facilities we use with respect and leaves the fields cleaner than they find them.
- Treat all officials and opposing players, coaches, fans, and program and league personnel with respect and take action to ensure that none of your players, coaches or other personnel, spectators, or fans maliciously criticize, badger, harass or threaten them.
- Refrain from using profane or abusive language, engaging in bullying or threatening behavior, or fighting.
- Communicate with officials respectfully and do not argue about calls. Yelling at or complaining about officials is rarely effective, sets a bad example for athletes, and reflects poorly on your program. Officiating concerns or issues should be reported to the LAYLL after the game for review and appropriate follow-up.
- Refrain from speaking negatively about other coaches, programs, or their personnel, referees, opponents, family, or fans, and especially players.
- Refrain from initiating discussions about your program with athletes that are committed to other programs or their families. Coaches and club personnel are not prohibited from responding to inquiries, either verbally or in writing, by providing general information about costs, coaching, facilities, and teams.
- Refrain from the use of, and/or be under the influence of, alcohol, tobacco, marijuana, or illegal drugs at any LAYLL game.
- If conflicts or other issues arise between coaches or program personnel, discussion of such issues should occur privately and away from the field of play and more than 24 hours after the conclusion of the relevant League event.

LAYLL League Rules

I. General Rules

- A. All rules not stipulated herein shall conform to the most recent versions of the NFHS rules for boys and girls lacrosse, in both cases, as modified by the most recent versions of the USA Lacrosse Boys Lacrosse Youth Rule Book and Girls Lacrosse Youth Rule Book. In the case of disagreement or conflict, these rules will control.
- B. USAL Lacrosse Membership
 - 1. All players, coaches, and program directors **MUST HAVE** a current, valid USA Lacrosse membership.
 - 2. All coaches, over the age of 18, must have a current USA Lacrosse certification of Bronze level or higher.
- C. For all divisions, standard NOCSAE balls are required.
- D. For all divisions, all players must wear required, USA Lacrosse approved protective gear. A copy of the USA Lacrosse equipment guide is available [here](#). A list of approved girls goggles and helmets is available on the SEI website [here](#).
- E. Officials should be treated with respect at all times. Officials will be available to speak with coaches at timeouts and halftime. No parent or fan is permitted to approach an official to discuss any game or call.
- F. In all cases herein where it is noted that a rule may be waived, modified, or varied “if coaches agree,” or words to similar effect, all coaches and officials participating in a game must agree to the proposed waiver, modification, or variance. If any party does not agree, the waiver, modification, or variance will be disallowed, and the rules, as written herein or in the applicable rule book, will control.

II. Divisions and Sub-Divisions

- A. The League will host boys and girls teams in the following age divisions:

Girls K/1	Boys K/1
Girls 1/2	Boys 1/2
Girls 3/4	Boys 3/4
Girls 5/6	Boys 5/6
Girls 7/8	Boys 7/8

- B. If any age division has 8 or more teams, the league may, in its discretion, decide to create based subdivisions, *e.g.*, “A” and “B” divisions.
- C. In that case, the League will communicate with Program Directors regarding plans for subdivisions and playoffs.

III. Rosters & Team Size

- A. No player may be rostered for teams in more than one program during the spring season.

B. Team Rosters

1. Rosters listing players’ first and last names, must be submitted by the Monday prior to the first weekend of regular season play. Rosters may be amended and resubmitted to account for late sign-ups.
2. Not later than the Friday preceding the second to last weekend of regular season play, programs must submit final rosters.
3. During regular season play, teams may “share” players as described in Rules III.D. and III.E, below, if necessary to avoid a forfeit or to have substitutes.
4. Only rostered players, including goalies, may play for a team during playoffs or championship games.

C. Roster & Team Size Chart

<u>Division</u>	<u>Pref’d # of Players</u>	<u>Min. Req’d Players</u>	<u>Min. Roster Size</u>	<u>Division</u>	<u>Pref’d # of Players</u>	<u>Min. Req’d Players</u>	<u>Min. Roster Size</u>
Girls K/1	4	3	6	Boys K/1	4	3	6
Girls 1/2	4	3	6	Boys 1/2	4	3	6
Girls 3/4*	8	6 field	10	Boys 3/4	8	7	12
Girls 5/6	12	9	14	Boys 5/6	10	8	12
Girls 7/8	12	9	14	Boys 7/8	10	8	12

*Goalie optional except in playoffs

- D. Minimum roster size: The minimum number of players required to roster a team in an age division is the preferred number of total players on the field plus two. See Chart below.

E. Minimum Number of Required Players

1. Games should proceed with the preferred number of players, as set forth in the chart above.
2. If a team is unable to field a team with the preferred number of players but is able to field the minimum required number of players, the coaches should agree to an acceptable number of players and positions, that meets or exceeds the minimum required number of players. If coaches cannot reach agreement regarding the number and/or positions of players, the final decision may be made by the coach of the team with fewer available players, subject to the agreement of the official(s).
3. Any team unable to field the minimum required number of players will forfeit the game. Even if the game is forfeited, it should proceed with the number of players present with numbers and positions to be agreed upon by coaches. Teams are encouraged to share players between them and/or utilize guest players to facilitate play with the most players on the field. If coaches cannot reach agreement regarding the number and/or positions of players, the final decision may be made by the coach of the team with fewer available players, subject to the agreement of the official(s). EXCEPT that if guest or shared players are available and the coach of the team with fewer players refuses to accept such players, the other coach may elect to play the game with up to the minimum required number of players.

(For example, if the minimum required number of players is 8, Team A has 10 players, and Team B has 6 players, and Team B is offered but refuses to utilize shared or guest players, Team A may elect to field 8 players and Team B can either accept shared or guest players or play down.)

F. Shared Players & “Playing Up”

1. Players may not “play down” an age group, either permanently or as shared players. In appropriate situations, a waiver of this rule may be requested.
2. In the discretion of their coaches or program directors, players within a program may “play up” from a younger age group to an older age group, either permanently or as shared players. Once rostered with an older age group, a player may not “play down” in their true age group.
3. Prior to playoffs, teams within a program may “share” players “up” from a lower age group to avoid a forfeit for failing to field the minimum required number of players.

4. If a program enters multiple teams within an age division, prior to playoffs teams within a program may field up to 3 “shared” players from another program team in the same age division teams to avoid a forfeit for failing to field a sufficient number of players.
5. Prior to playoffs, goalies may be shared by teams within the same program. Goalies may be shared “up” or “across” an age division, but may not “play down” an age division. Goalies shared as described in this Rule may be used to avoid a forfeit for failing to field a goalie.
6. The purpose of the rule allowing for “sharing” is to facilitate game play and promote development. Teams and programs are urged to “share” players within their program - whether “up” or “across” - in a way that furthers sportsmanship and fair competition and to refrain from utilizing the same “star players” on multiple teams. If a coach believes that an opposing team is abusing this rule, it should address the issue with the opposing coach as provided in Rule V.F. If the issue cannot be resolved on the field, the matter may be reported to the League as provided for in Rule V.F. In that case, the League may review the issue and may take whatever action it, in its discretion, determines is appropriate, including issuing a warning or reviewing game results to determine whether abuse of the rule unfairly affected the outcome of a game.

IV. Game Play & Timing

- A. Where provided, officials will keep time. Where no official is provided, League personnel and/or coaches should work cooperatively to keep time.
- B. Games will be scheduled to start on the hour or half hour. Except in playoff games, regardless of when a game actually starts, and regardless of the rules set forth herein for game duration, all games must conclude not later than 55 minutes after their scheduled start time. Thus, if a game begins late, the officials will end the game 55 minutes after the scheduled start time regardless of the amount of time left on the clock.
- C. No overtime except in playoff or championship games.
 1. In playoff and championship games, overtime will consist of a single 5-minute sudden victory overtime period.
 2. If the score remains tied at the conclusion of the overtime period, the game will be determined by Braveheart - which includes a single midfielder & goalie from each team. Play starts with a draw and the first team to score wins.
 3. No time outs in overtime.

- D. The “home” team will be the first team listed on the schedule and should wear a light colored jersey.
- E. Games in the 3/4, 5/6, and 7/8 divisions should hold a meeting prior to the game for coaches, captains, and officials. A coin toss, to be called, by the “away” team captain should be used. The winner of the coin toss may either **(1)** choose which side they want to defend first, or **(2)** decide which team will have the first Alternate Possession.

V. Scorekeeping & Forfeits

- A. Scores will not be kept in the K/1 or 1/2 Divisions.
- B. Scores will be kept in all other divisions. However, regardless of the final score, in no case will a score differential of more than 10 goals be posted.
- C. For all games in which score will be kept, a table, a score sheet (as shown in Appendix A), and a score flipper will be provided.
- D. If League staff or personnel is available, they will staff the table and be responsible for writing down the score on the score sheet, updating the score flipper, and keeping penalty time. If league staff or personnel is not available, each team may appoint a volunteer to sit at the table and work cooperatively to write down the score on the score sheet, update the score flipper, and keep penalty time.
- E. At the conclusion of the game, a coach from each team and an official will review the score sheet and sign it. Officials, or table personnel if provided by the League, will be responsible for documenting the score sheet by photographing it and, the same day, emailing the photograph to: losangelesyouthlacrosseleague@gmail.com. Physical scoresheets should be delivered to League personnel.
- F. All scoring issues and disputes or other complaints, should be addressed, in a respectful manner, during or immediately following the game. If a dispute cannot be resolved, a formal protest regarding officiating or regarding game results may be submitted by a program’s director, must be made in writing, and must be delivered to the League at losangelesyouthlacrosseleague@gmail.com no later than 5:30 p.m. Pacific Time on the Tuesday following the game.
- G. If a team forfeits a game, *e.g.*, for failing to field an adequate number of players or a goalie, the game will be recorded as a 0-1 loss for the forfeiting team regardless of the outcome of the played game.
- H. If both teams forfeit, the game will be recorded as a 0-0 tie for both teams.

VI. Post-Season & Tie Breaks

- A. Playoffs will be held in each 3/4, 5/6, and 7/8 division or sub-division.
- B. Final playoff timing, format, and ranking methodology will be determined in the League's discretion based on the number of total teams and divisions, in light of field and official availability. Details will be communicated to Program Directors and rankings and schedules for post-season play, playoffs, and championships will be set as early as possible.

LAYLL GIRLS RULES

VII. Rules Applicable to All Girls Divisions

- A. Mouth guards - without protruding tabs or straps - must be worn at all times.
- B. Eye protection (*i.e.*, goggles) or a helmet that complies with the ASTM standard for USA Lacrosse and is Safety Equipment Institute certified must be worn at all times. A list of approved goggles and helmets is available on the SEI website [here](#).
- C. Jewelry and/or watches are not allowed.
 - 1. **Taped over jewelry, including earrings, is not allowed.**
 - 2. This is a USA Lacrosse rule, not a League rule, and the officials will enforce the rule strictly. The League is not able to provide a waiver.
 - 3. Players unable to remove earrings or other jewelry items will not be allowed to participate.

VIII. GIRLS K/1 and 1/2 Divisions

A. Playing Area & Goals

- 1. Games will be played on a split/sideways field, approximately 40-50 yards long and 20-30 yards wide.
- 2. If necessary, K/1 may be played sideways on a split field.
- 3. Both teams will use 4 x 4 foot goals, when available, or standard 6 x 6 goals. In the 1/2 division, shot blockers may optionally be used in 6 x 6 foot goals. Regardless of goal size, unless coaches agree otherwise, no shot blockers will be used in the K/1 division.
- 4. Goal circles/creases will be placed around each goal.

B. Officials

- 1. Games in the K/1 division will not be assigned officials. When possible, League personnel will be assigned in advance to officiate games in the K/1 division. If League personnel is not available, coaches should officiate. In that case, a coach for the home team should officiate the first and third quarters and a coach for the away team should officiate the second and fourth quarters. Coaches may agree to an alternative approach, *e.g.*, designating one coach the official for an entire game or having coaches for both teams officiate simultaneously.

2. Whenever possible, games in the 1/2 division will be officiated by at least one official. It may be a Jr. or trainee official. If an official is not available, Rule VIII.B.1 will apply.
3. In all cases, games should be officiated with an emphasis on safety and instruction.

C. Personnel & Positions

1. 4 v 4 (preferred) but may be played 3 v 3 up to 5 v 5, as agreed by the coaches.
2. There are no “positions” or “offsides.” Every player should play at both ends of the field on both offense and defense (similar to basketball or hockey).
3. Players may be shared between teams, without penalty, to facilitate game play and participation.

D. Goalkeeping

1. There will be no goalies in the K/1 division.
2. Goalies in the 1/2 division are optional but not required. At the coach’s option, a shotblocker may be used on a 6x6 goal even if a goalie is played.

E. Game Time & Substitution

1. Subject to Rule IV.B, games will consist of four 7-minute running-time quarters. There will be a 3 minute break between periods.
2. Where an official is available, time will be kept by the official.
3. Where an official is not available, time will be kept by the designated League personnel or a coach responsible for officiating.
4. Teams will switch ends at halftime only.
5. Substitutions may be done on the fly or during a stoppage of play.
6. Each team is allowed as many “on-field timeouts” as necessary. The clock will not stop during these time-outs.
7. Coaches may agree to time outs for water breaks if necessary. In that case, the clock will stop during the time-out.

F. Starting and Restarting Play

1. Draws
 - a) Each quarter will be started with a draw.
 - b) Coaches and officials should help players line-up to start play.
2. After a goal, the defending team will retrieve the ball from the goal and play will commence on a whistle.
3. After a foul, the ball will be awarded to the non-offending team and players on the offending team must move away from the ball-carrier.
4. After a foul occurring outside of the critical scoring area, the non-offending player may, under certain circumstances, “self-start,” *i.e.*, re-start play without waiting for an additional whistle. In such cases, the player must pause before a self-start.
5. Officials and coaches will assist players to understand self start versus whistle start.

G. Stick Checks

1. No stick checks.
2. No restriction on pocket depth, but a girls stick must be used.

H. Penalties, Rules & Officiating

1. Points of Emphasis
 - a) No CHECKING; but
 - b) *In the 1/2 Division only*, the 3-Second Good Defense Rule will be enforced and result in a turnover when for three seconds: **(1)** the ball-carrier being guarded by a defender within a stick’s length away, **(2)** the ball-carrier’s stick is in a checkable position, and **(3)** the ball-carrier is not moving their feet.
 - c) 1 v 1 defense is required EXCEPT that double or multiple teams, *i.e.*, “crashing,” is permitted in the critical scoring area.
 - d) A defender may not be in “shooting space,” *i.e.*, a defender may not enter or remain in the area between a ball-carrier looking to shoot and the goal unless they are not more than a stick’s length away from the ball-carrier.

2. No cards will be issued. At the discretion of the official (or coach or League personnel responsible for officiating), to address overly aggressive play or repeat offenses, a player may be required to substitute out for a possession or for longer if warranted.
3. No team will be required to play shorthanded.

I. Passing Rule

1. Before shooting, players must attempt at least one pass.
2. Pass attempt may occur **anywhere** on the field.
3. To satisfy this rule, an attempt must be made to cause the ball to travel through the air; close range stick to stick transfers, rolling, and the like, will not satisfy the pass requirement.
4. Officials will signal or inform players when the pass requirement has been met.
5. Passes only reset after a change of possession.

IX. GIRLS 3/4 Division

A. Playing Area & Goals

1. Games will be played on a split/sideways field, approximately 50-60 yards long and 30-40 yards wide.
2. Both teams will use standard 6 x 6 goals.
3. Goal circles/creases will be placed around each goal.
4. Mid-line will be the restraining line.

B. Officials

1. Games in the 3/4 division will preferably have at least one official. It may be a Jr. or trainee official.
2. The League will use its best efforts to supply an official. If no official is available, the League will assign League personnel or a coach to officiate. The League will, when possible, inform affected teams in advance if an official is unavailable.

C. Personnel & Positions

1. Games will be 7v7 (2 defense, 3 midfield, 2 attack).

2. If a team does not have enough players to field a 7 person team, the game may be played 6v6 (2 defense, 2 midfield, and 2 attack or 1 defense, 4 midfield, and 1 attack, as agreed by the coaches).
3. The minimum required number of players to avoid a forfeit is 6 during regular season game and 7, including a goalie, during playoffs. Players may be shared within a program as described in Rule III.F.5 to field the minimum required number of players.
4. Even if the game is forfeited, it should proceed with the number of players present with numbers and positions to be agreed upon by coaches, as described in Rule III.E.
5. Regardless of the number of players on the field, no more than 5 players on a team may be on the offensive side of the restraining line and no more than 5 players on a team and the goalie, if used, may be on the defensive side of the restraining line (*i.e.*, the mid-line).

D. Goalkeeping

1. Goalies are highly encouraged, but not required, for regular season games. As described in Rule III.F.5, goalies may be shared within a program, to facilitate play during regular season games. If used, goalies will NOT count as one of the 6 field players required to avoid forfeit.
2. Goalies are required for playoff and championship games. If a team does not have a goalie for a playoff or championship game, it will forfeit the game. In that case, the game should nonetheless proceed with either a guest goalie or with a shot blocker to be used by the team without a goalie. If a shot blocker is used, Rule IX.D.5 will apply.
3. If a team does not have a designated goalie, it is encouraged to rotate field players through the position. Programs are encouraged to provide goalie gear to facilitate such rotation. The League has a set of goalie gear available and it will be provided on a first come, first served basis.
4. If a team plays without a goalkeeper, a shot blocker should be used in that team's goal. If one team plays with a goalie and one team without, the team with a goalie may optionally use shot blocker as well. If both teams play with a goalie, and the coaches agree, shot blockers may be used by one or both teams. No team fielding a goalie shall be required to use a shot blocker.
5. Where a goalie is not being used:

- a) any shot that hits the goal blocker then drops to the ground past the goal line or hits the shot blocker, drops to the ground and rolls past the goal line will not be counted.
- b) A shot that hits the goal blocker as it travels into the goal, provided that it does not drop immediately to the ground inside of the goal, will be counted.
- c) Any shot that is rolled underneath the shot blocker will not be counted. A rolled ball is one that is purposefully rolled using an underhand motion with no noticeable attempt to shoot or bounce the ball. It will be removed from the goal and treated like a goalie ball.
- d) The foregoing rules do not apply if a goalie is used along with a shot blocker.
- e) If a ball comes to rest within the goal circle/crease it is considered to be a 'goalie ball' and possession is given to the defending team. A defensive player may retrieve the ball within the goal circle and commence play.

E. Game Time & Substitution

- 1. Subject to Rule IV.B., games will consist of two 22-minute running-time halves. There will be a 5 minute break between halves.
- 2. Time will be kept by the officials.
- 3. Teams will switch ends at half-time.
- 4. Substitutions may be done on the fly or during a stoppage of play. In all cases, substitutions must be made through the sub box.
- 5. No time outs. Except that Coaches may agree to time outs for water breaks if appropriate in light of weather or if rosters are light. Clock will stop during the time-out.

F. Starting and Restarting Play

- 1. Draws
 - a) At the beginning of each half, and after a goal is scored, play will start with a draw using a traditional line up, with all players on each team, other than three involved in the draw, holding on the goal line extended until possession is gained.

- b) If one team is winning by four goals or more, the losing team **may** elect to have a player start play with possession of the ball at the center of the field rather than a draw.
- 2. After a foul, the ball will be awarded to the non-offending team and players on the offending team must move away from the ball-carrier. After a foul occurring outside of the critical scoring area, the non-offending player may, under certain circumstances, “self-start,” *i.e.*, re-start play without waiting for an additional whistle. In such cases, the player must pause before a self-start.
- 3. Officials and coaches will assist players to understand self start versus whistle start.

G. Stick Checks

- 1. No stick checks.
- 2. Modified pocket allowed - no more than half the ball may be visible below sidewall.

H. Penalties, Rules & Officiating

- 1. Points of Emphasis
 - a) No checking; but
 - b) The 3-Second Good Defense Rule will be enforced and result in a turnover when: **(1)** the ball-carrier is closely guarded, **(2)** the defender has both hands on their stick, and **(3)** the ball-carrier’s stick remains in a checkable position for 3 seconds.
 - c) 1 v 1 defense is required EXCEPT that double or multiple teams, *i.e.*, “crashing,” is permitted in the critical scoring area.
 - d) A defender may not be in “shooting space,” *i.e.*, a defender may not enter or remain in the area between a ball-carrier looking to shoot and the goal unless they are not more than a stick’s length away from the ball-carrier.
 - e) A defender may not remain in the critical scoring area for more than 3 seconds unless they are “marked-up,” *i.e.*, within a stick’s length of an opposing player.
- 2. Fouls in the critical scoring area will result in a free-position shot. Officials should place the shooter at least 8 meters away from the goal, clear the critical scoring area, and ensure that all other players are at least 4 meters away from the shooter.

3. Cards

- a) Cards may be issued.
- b) A carded player must “sit out” for 1 minute.
- c) At the discretion of the official, to address overly aggressive play or repeat offenses, a player may be required to serve a longer penalty if warranted.
- d) No team will be required to play down a player.
- e) Penalty time will be kept by the table personnel, whether provided by the league or volunteer.

I. Passing Rule

- 1. Before shooting, teams must make either one completed pass or two attempted passes.
- 2. Only passes and catches in the offensive half of the field count toward the pass requirement.
- 3. To satisfy this rule, an attempt must be made to cause the ball to travel through the air; close range stick to stick transfers, rolling, and the like, will not satisfy the pass requirement.
- 4. Officials will signal or inform players when the pass requirement has been met.
- 5. Passes only reset after a change of possession.
- 6. If both coaches and all officials agree that it is warranted by the skill level of the teams, the passing rule may be modified or disregarded.

X. GIRLS 5/6 & 7/8 Divisions

A. Playing Area & Goals

- 1. Games will be played on a regulation field, preferably with appropriate lines.
- 2. Standard 6 x 6 goals will be used.

B. Officials

- 1. Games in the 5/6 division will preferably have two officials, including at least one Sr. official and the League will use its best efforts to supply two officials, including at least one Sr. official. However, if such officials are unavailable, games in the 5/6 division may proceed with at least one Sr. official or with two Jr. officials.

2. Games in the 7/8 division will preferably have two officials, including at least one Sr. official and the League will use its best efforts to supply two officials, including at least one Sr. official. However, if such officials are unavailable, games in the 7/8 division may proceed with at least one Sr. official.

C. Personnel & Positions

1. Games will be 12v12 (4 defense, 3 midfield, 4 attack, 1 goalie).
2. If a team does not have enough players to field a 12 person team, the coaches should agree to an acceptable number of players and positions, provided the game will be played with at least 9 players a side (3 defense, 2 midfield, 3 attack, 1 goalie). In this case, if time allows, field size may be modified. Whenever possible, the League should be informed at least 48 hours in advance if a game will need to proceed 9v9 to facilitate field size modification.
3. The minimum required number of players to avoid a forfeit is 9, including a goalie. Players may be shared within a program as described in Rule III.F.5 to field the minimum required number of players. Even if the game is forfeited, it should proceed with the number of players present with numbers and positions to be agreed upon by coaches, as described in Rule III.E.
4. Regardless of the number of players on the field, no more than 7 players on a team may be on the offensive side of the restraining line and no more than 7 players on a team and the goalie, if used, may be on the defensive side of the restraining line.

D. Goalkeeping

1. Goalies are required. If a team does not have a goalie, it will forfeit the game. As described in Rule III.F.5., goalies may be shared within a program, to facilitate play and avoid forfeits.
2. If a team does not have a designated goalie, it is encouraged to rotate field players through the position. Programs are encouraged to provide goalie gear to facilitate such rotation. The League has a set of goalie gear available and it will be provided on a first come, first served basis.
3. If a team does not have a goalie, the game should nonetheless proceed with either a guest goalie or with a shot blocker to be used by the team without a goalie. If a shot blocker is used, Rules IX.D.5 will apply.

E. Game Time & Substitution

1. Subject to Rule IV.B, games will consist of two 22-minute running-time halves. There will be a 5 minute break between halves.
2. Teams will switch ends between halves.
3. Substitutions may be done on the fly or during a stoppage of play. In all cases, substitutions must be made through the sub box.
4. Timeouts:
 - a) 2 per game (30 seconds each). Clock continues running during timeouts.
 - b) Coaches may agree to additional timeouts if rosters are short. Where possible, the clock will stop during these additional timeouts.
 - c) EXCEPT: In the five minutes prior to the end of the game (according to the official clock or pursuant to Rule IV.B), if the goal differential is 4 or fewer, no time outs may be taken by the team that is winning.

F. Starting and Restarting Play

1. Draws
 - a) At the beginning of each half, and after a goal is scored, play will start with a draw using a traditional line up.
 - b) If one team is winning by four goals or more, the losing team **may** elect to have a player start play with possession of the ball at the center of the field rather than a draw.
2. After fouls, players may self-start, after a pause, in appropriate circumstances.

G. Stick Checks

1. Stick checks will be performed before all games.
2. Each coach allowed 1 stick check per game. Loss of time out if stick is legal; goal disallowed or change of possession if illegal.

H. Penalties, Rules & Officiating

1. Points of Emphasis

- a) Modified checking (below the shoulder) will apply in the 5/6 division.
 - b) Transitional checking (12 inch sphere) will apply in the 7/8 division.
 - c) Stick to body contact initiated by the defense is prohibited. Players must not initiate stick-to-body contact by using the stick to hit, push, or displace an opponent. Incidental contact may occur. A hand or forearm holding a stick is not considered part of the stick and may contact an opponent's body.
 - d) Defensive players may not contact an opponent's body with their stick held in a horizontal position.
2. Cards
- a) Cards may be issued.
 - b) All cards are unreleasable. The penalized team must play down for the entire duration of the penalty. The penalized player must serve the full penalty in the sub box.
 - c) If a second yellow card is issued against the same player, the penalized player is ineligible to return to the game. The player must still serve the entire penalty in the sub box, and the penalized team must play down for the entire duration of the penalty, but will return to even strength after the penalty is served.
 - d) Penalty time will be kept by the table personnel, whether provided by the league or volunteer.
3. Officials have discretion to eject players immediately for egregious conduct, *e.g.*, fighting.

LAYLL BOYS RULES

XI. Rules Applicable to All Boys Divisions

- A. All players, in each division of play, must wear appropriate, USA Lacrosse protective gear. A copy of the USA Lacrosse equipment guide is available [here](#).

XII. BOYS K/1 and 1/2 Divisions

A. Playing Area & Goals

1. Games will be played on a split/sideways field, approximately 40-50 yards long and 20-30 yards wide.
2. If necessary, K/1 may be played sideways on a split field.
3. Both teams will use 4 x 4 foot goals, when available, or standard 6 x 6 goals. In the 1/2 division, shot blockers will be used in 6 x 6 foot goals. Regardless of goal size, unless coaches agree otherwise, no shot blockers will be used in the K/1 division.
4. Goal circles/creases will be placed around each goal.

B. Officials

1. Games in the K/1 division will not be assigned officials. When possible, League personnel will be assigned in advance to officiate games in the K/1 division. If League personnel is not available, coaches should officiate. In that case, a coach for the home team should officiate the first and third quarters and a coach for the away team should officiate the second and fourth quarters. Coaches may agree to an alternative approach, *e.g.*, designating one coach the official for an entire game or having coaches for both teams officiate simultaneously.
2. Whenever possible, games in the 1/2 division will be officiated by at least one official. It may be a Jr. or trainee official. If an official is not available, Rule XI.C.1 will apply.
3. In all cases, games should be officiated with an emphasis on safety and instruction.

C. Personnel & Positions

1. 4 v 4 (preferred) but may be played 3 v 3 up to 5 v 5, as agreed by the coaches.
2. Players may be shared between teams, without penalty, to facilitate game play and participation.

3. There are no “positions” or “offsides.” Every player should play at both ends of the field on both offense and defense (similar to basketball or hockey).

D. Goalkeeping

1. There will be no goalies in the K/1 division.
2. Goalies in the 1/2 division are optional but not required. At the coach’s option, a shotblocker may be used on a 6x6 goal even if a goalie is played.

E. Game Time & Substitution

1. Subject to Rule IV.B, games will consist of four 7-minute running-time quarters. There will be a 3 minute break between periods.
2. Where an official is available, time will be kept by the official.
3. Where an official is not available, time will be kept by the designated League personnel or a coach responsible for officiating.
4. Teams will switch ends at halftime only.
5. Substitutions may be done on the fly or during a stoppage of play.
6. Each team is allowed as many “on-field timeouts” as necessary. The clock will not stop during these time-outs.
7. Coaches may agree to time outs for water breaks, if necessary. In that case, the clock will stop during the time-out.

F. Starting and Restarting Play

1. Faceoffs
 - a) Each quarter will be started with a faceoff.
 - b) Coaches and officials should help players line-up to start play.
2. After a goal, the defending team will retrieve the ball from the goal and play will commence on a whistle.

G. Penalties, Rules & Officiating

1. Warnings should be issued for overly aggressive play and repeat offenses.
2. Points of Emphasis

- a) No take out checks.
- b) Limited stick checking.
- 3. Penalties will result in a change of possession, but will not be time-serving.
- 4. At the discretion of the official (or coach or League personnel responsible for officiating), to address overly aggressive play or repeat offenses, a player may be required to substitute out for at least one possession or for longer if warranted.
- 5. No team will be required to play shorthanded.

H. Passing Rule

- 1. Before shooting, players must attempt at least one pass.
- 2. Pass attempt may occur **anywhere** on the field.
- 3. To satisfy this rule, an attempt must be made to cause the ball to travel through the air; close range stick to stick transfers, rolling, and the like, will not satisfy the pass requirement.
- 4. Officials will signal or inform players when the pass requirement has been met.
- 5. Passes only reset after a change of possession.

XIII. BOYS 3/4 Division

A. Playing Area & Goals

- 1. Games will be played on a split/sideways field, approximately 50-60 yards long and 30-40 yards wide.
- 2. Both teams will use standard 6 x 6 goals.
- 3. Goal circles/creases will be placed around each goal.
- 4. Mid-line will be the restraining line.

B. Officials

- 1. Games in the 3/4 division will preferably have one official. It may be a Jr. or trainee official.
- 2. The League will use its best efforts to supply an official. If no official is available, the League will assign League personnel or a coach to officiate. The League will, when possible, inform affected teams in advance if an official is unavailable.

C. Personnel & Positions

1. Games will be 8v8 (2 defense, 3 midfield, 2 attack, 1 goalie). There will be no D-poles.
2. If a team does not have enough players to field an 8 person team, the game may be played 7v7 (2 defense, 2 midfield, 2 attack, and 1 goalie or 1 defense, 4 midfield, and 1 attack, and 1 goalie, as agreed by the coaches).
3. The minimum required number of players to avoid a forfeit is 7. Players may be shared within a program as described in Rule III.F.5 to field the minimum required number of players.
4. Even if the game is forfeited, it should proceed with the number of players present with numbers and positions to be agreed upon by coaches, as described in Rule III.E.
5. Regardless of the number of players on the field, no more than 5 players on a team may be on the offensive side of the restraining line and no more than 5 players on a team and the goalie, if used, may be on the defensive side of the restraining line (*i.e.*, the mid-line).

D. Goalkeeping

1. Goalies are required. If a team does not have a goalie, it will forfeit the game. As described in Rule III.F.5, goalies may be shared within a program, to facilitate play and avoid forfeits.
2. If a team does not have a designated goalie, it is encouraged to rotate field players through the position. Programs are encouraged to provide goalie gear to facilitate such rotation. The League has a set of goalie gear available and it will be provided on a first come, first served basis.
3. If a team does not have a goalie, the game should nonetheless proceed with either a guest goalie or with a shot blocker to be used by the team without a goalie. If a shot blocker is used, Rule IX.D.5 will apply.

E. Game Time & Substitution

1. Subject to Rule IV.B, games will consist of two 22-minute running-time halves. There will be a 5 minute break between halves.
2. Time will be kept by the officials.
3. Teams will switch ends at half-time.

4. Substitutions may be done on the fly or during a stoppage of play. In all cases, substitutions must be made through the sub box.
5. No time outs. Except that Coaches may agree to time outs for water breaks if appropriate in light of weather or if rosters are light. In that case, the clock will stop during the time-out.

F. Starting and Restarting Play

1. At the beginning of each half, and after a goal is scored, play will start with a faceoff using a traditional line up, with all players on each team, other than three involved in the draw, holding on the goal line extended until possession is gained.
2. If one team is winning by four goals or more, the losing team may elect to have a player start play with possession of the ball at the center of the field rather than a faceoff.

G. Penalties, Rules & Officiating

1. Over and back rule is in effect.
2. No take out checks.
3. Warnings should be given for overly aggressive play.
4. Traditional time-serving penalties will be used. All penalties are releasable.
5. The penalized team must play down for the entire duration of the penalty. The penalized player must serve the full penalty in the sub box.
6. Officials have discretion to impose extended or non-releasable penalties of up to three minutes for severe fouls, dangerous play, or unsportsmanlike conduct. Officials have discretion to eject players immediately for egregious conduct, *e.g.*, fighting.
7. Penalty time will be kept by the table personnel, whether provided by the league or volunteer.

H. Passing Rule

1. Before shooting, teams must make one completed pass.
2. Only passes and catches in the offensive half of the field count toward the pass requirement.
3. Officials will signal or inform players they're "hot" when the pass requirement has been met.

4. Passes only reset after a change of possession.
5. If both coaches and all officials agree that it is warranted by the skill level of the teams, the passing rule may be modified or disregarded.

XIV. BOYS 5/6 & 7/8 Divisions

A. Playing Area & Goals

1. Games will be played on a regulation field, preferably with appropriate lines.
2. Standard 6 x 6 goals will be used.

B. Officials

1. Games in these divisions will be officiated preferably by two officials and the League will use its best efforts to supply two officials. However, if such officials are unavailable, games may proceed with at least one official.

C. Personnel & Positions

1. Games will be 10v10 (3 defense, 3 midfield, 3 attack, 1 goalie).
2. If a team does not have enough players to field a 10 person team, the game may proceed 9v9 (3 defense, 2 midfield, 3 attack, 1 goalie) or 8v8 (2 defense, 3 midfield, 2 attack, 1 goalie), as agreed by the coaches. If the game proceeds 8v8, there will be no D-poles and, if time allows, field size may be modified. Whenever possible, the League should be informed at least 48 hours in advance if a game will need to proceed 8v8 to facilitate field size modification.
3. The minimum required number of players to avoid a forfeit is 8, including a goalie, during playoffs. Players may be shared within a program as described in Rule III.F.5 to field the minimum required number of players. Even if the game is forfeited, it should proceed with the number of players present with numbers and positions to be agreed upon by coaches, as described in Rule III.E.
4. Regardless of the number of players on the field, no more than 6 players on a team may be on the offensive side of the restraining line and no more than 6 players on a team and the goalie, if used, may be on the defensive side of the restraining line.

D. Goalkeeping

1. Goalies are required. If a team does not have a goalie, it will forfeit the game. As described in Rule III.E, goalies may be shared within a program, to facilitate play and avoid forfeits.

2. If a team does not have a designated goalie, it is encouraged to rotate field players through the position. Programs are encouraged to provide goalie gear to facilitate such rotation. The League has a set of goalie gear available and it will be provided on a first come, first served basis.
3. If a team does not have a goalie, the game should nonetheless proceed with either a guest goalie or with a shot blocker to be used by the team without a goalie. If a shot blocker is used, Rule IX.D.5 will apply.

E. Game Time & Substitution

1. Subject to Rule IV.B, games will consist of two 22-minute running-time halves. There will be a 5 minute break between halves.
2. Teams will switch ends between halves.
3. Substitutions may be done on the fly or during a stoppage of play. In all cases, substitutions must be made through the sub box.
4. Timeouts:
 - a) 2 per game (30 seconds each). Clock continues running during timeouts.
 - b) Coaches may agree to additional timeouts if rosters are short. Where possible, the clock will stop during these additional timeouts.
 - c) EXCEPT: In the five minutes prior to the end of the game (according to the official clock or pursuant to Rule IV.B), if the goal differential is 4 or fewer, no time outs may be taken by the team that is winning.

F. Starting and Restarting Play

1. At the beginning of each half, and after a goal is scored, play will start with a faceoff. Except that, in the event that a team is behind by a score differential of 4 or more goals, the coach of that team MAY elect to accept possession in the center circle after a goal, rather than proceeding with a faceoff.
2. 3 players for each team may be lined up in the center.
3. All other players must wait below one of the restraining lines until the official signals that a team gained possession of the ball.

G. Penalties, Rules & Officiating

1. No take out checks.
2. 30 seconds to clear the ball over midfield and touch it in the box. Once touched in the box, the over and back rule is in effect.
3. When the goal differential is less than 3 goals, the team in the lead must keep the ball in the box after it is touched in.
4. Players may be required to serve 45 to 90 second releasable penalties, in the officials' discretion.
 - a) The penalized team must play down for the entire duration of the penalty. The penalized player must serve the full penalty in the sub box.
 - b) Penalty time will be kept by the table personnel, whether provided by the league or volunteer.
5. If a player receives 3 90-second fouls, that player will be removed from the game and referees should report the the removal to LAYLL personnel in charge of referee assignments.
6. If a player receives 3 90-second fouls in two games, the player will be suspended for one game.
7. Officials have discretion to impose non-releasable penalties of up to three minutes for severe fouls, dangerous play, or unsportsmanlike conduct.
8. Officials have discretion to eject players immediately for egregious conduct, *e.g.*, fighting.

LAYLL SCORESHEET

Division: _____

HOME TEAM	AWAY TEAM
Name:	Name:
<u>Goals</u>	<u>Goals</u>
<u>Total:</u>	<u>Total:</u>

Home Team Coach Signature: _____

Away Team Coach Signature: _____

Officials Signature: _____

LAYLL SCORESHEET

Division: _____

HOME TEAM	AWAY TEAM
Name:	Name:
<u>Goals</u>	<u>Goals</u>
<u>Total:</u>	<u>Total:</u>

Home Team Coach Signature: _____

Away Team Coach Signature: _____

Officials Signature: _____