

2019 Mid Penn Boys Lacrosse Rules

GRADES 3/4, 5/6, and 7/8	No Eye Black with words, numbers, logos, etc.	One handed check is a slash, even if no contact, NO take out checks	"NOCSAE" ball required	Time-serving penalties , But no man down for 10U
	Unnecessary Roughness is non- releasable	It is recommended the home team provide a Sideline Mgr	Email Assignor with issues including ejection(who & why)	Uniform rules are not strictly enforced
	Player is disqualified for 3 personal fouls OR 5 minutes of personal fouls	Be strict on cross checks, head shots, unnecessary roughness, defenseless player	3 yard (not 5) or checks, legal holds, etc. but 5 yards for restarts	There is a 4 second count for goalie with possessions in the crease
GRADES 1/2 ONLY	Soft-type ball required	1 or 2 officials will be assigned based on availability.	Required Equipment: stick and soft-type ball, mouth guard, athletic cup	Optional Equipment: all gloves, NO other equipment allowed, including helmets *Goalies should wear FULL equipment
	NO CONTACT, including stick to stick	No time-serving penalties	half-field is suggested, optional crease this year	Modified US Lacrosse 6U/8U rules
RULE	8U - 1st/2nd Grade	10U - 2nd/3rd Grade	12U - 3rd/4th Grade	14U - 7th/8th Grade
Player on Field	3v3, goalie not recommended	7 V 7 with goalie (3*-2-2) *Goalie is a defender Utilize U12 Offsides Rule 4.10	10 V 10 with goalie	10 V 10 with goalie
Game Time	10 min running quarter with 5 min half-time, NO time-outs	8 min running quarters with 3 min half-time, NO time-outs	12 min running quarters with 3 min half-time, 1-1 minute time per half	12 min running quarters with 3 min half-time, 1-1 minute time out per half; or if last game, 10 min start stop quarters with 2 min break between quarters and 5 minute half time
Officials	NONE (coach run)	1 or 2 officials	2 officials	2 officials

Body Checking	NONE	NO body checking permitted. The following are permitted: legal holds, legal pushes, boxing out, defensive positioning, incidental contact	NO body checking permitted. The following are permitted: legal holds, legal pushes, boxing out, defensive positioning, incidental contact	Limited body checking permitted; however, body checks that might be acceptable in high school play may be considered excessive in youth lacrosse and should be
Stick Checking	NONE	Checks must be made on the crosse or gloved hand of a crosse or within 3 yard of a loose ball: (a) lift bottom hand or head of stick when below chest area, (b) poke bottom hand or head of stick when below chest area, (c)downward check below shoulders of both players	Checks must be made on the crosse or gloved hand of a crosse or within 3 yard of a loose ball: (a) lift bottom hand or head of stick when below chest area, (b) poke bottom hand or head of stick when below chest area, (c)downward check below shoulders of both players	2017 BOYS US LAX RULES, prohibits one-handed stick checking

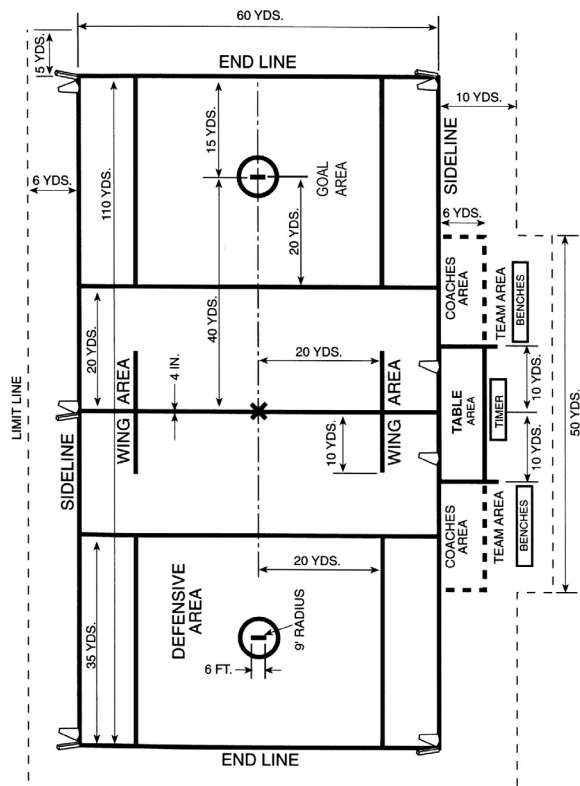
RULE	1-2	3-4	5-6	7-8
Crosse length	All 37"-42", NO LONG POLES	All 37"-42", NO LONG POLES	2017 BOYS US LAX RULES, ONLY 4 LONG POLES PERMITTED	2017 BOYS US LAX RULES, ONLY 4 LONG POLES PERMITTED
Field Size	35 yards x 60 yards	35 yards by 60 yards	Utilize full field	Utilize full field
10/20 second counts	NONE	NONE	2017 BOYS US LAX RULES	2017 BOYS US LAX RULES
Trouble scooping	No Raking penalties	No Raking penalties	No Raking penalties	No Raking penalties
Mercy Rule	NONE	Team trailing by 6 goals gets ball instead of face- offs, unless coach declines	Team trailing by 6 goals gets ball instead of face- offs, unless coach declines	Team trailing by 6 goals gets ball instead of face- offs, unless coach declines
Over time	NONE	NONE	NONE	NONE

Required Equipment	Stick, soft-ball, mouth guard, athletic cup	Full Equipment required, athletic cup required but not checked	Full Equipment required, athletic cup required but not checked	Full Equipment required, athletic cup required but not checked
Faceoff	NONE	Standard face-off procedures	Standard face-off procedures	Standard face-off procedures
Substitution	As needed/requested	on-the-fly, NFHS 2017 Rules	on-the-fly, NFHS 2017 Rules	on-the-fly, NFHS 2017 Rules
Counts/Stalling	NONE	NONE	2017 BOYS US LAX RULES	2017 BOYS US LAX RULES

7-8/14U Age Exception Policy for 2019:

- Player must not have a birth day earlier than 9/1/2003 and be an 8th grade student
- Each club must submit to league player information, including name, birthday and jersey number
- All clubs will receive exception list from league Board for their files
- Coach with exception is required to share player number(s) with referees and opposing coach prior to game starting
- If **player is ejected** for cumulative penalty time (fouled out-3 personal fouls or 5 minutes in personal foul penalty time) or deliberately striking or attempting to strike anyone or leaving the bench area during an altercation or second non releasable, unsportsmanlike foul or any action deemed by the officials to be flagrant misconduct, then **player will be suspended from league play for the balance of the season.**
- IT IS UP TO EACH CLUB TO INFORM ITS MEMBERSHIP (parents, players, coaches) OF THIS POLICY.
- THE GAME TABLE MUST TRACK PENALTY TIME TO BE FAIR GIVEN IMPACT TO PLAYER AND CLUB AND REPORT EJECTIONS TO LEAGUE.

Full Field Dimensions



Small field for 8U/10U play. Can fit two within one full field. Suggest marking additional lines with an alternate color (other than those used for end lines and restraining lines).

