**ONNECTICUT VALLEY YOUTH LACROSSE, INC.**

**Rules of Play for the 2013 Season**

**Summary of Significant Modifications to the**

**2013 National Federation of State High School Associations Boys Lacrosse Rules (the “Federation Rules”)**

 All Connecticut Valley Youth Lacrosse League games are played in accordance with the Federation Rules, as modified by the Connecticut Valley Youth Lacrosse League. The significant modifications to the Federation Rules that will be in effect for the 2013 Season are as follows:

1. **Officials.** The Home Team shall have the responsibility of providing officials at each game. Two certified youth lacrosse officials shall officiate Bantam and Junior Games wherever possible. A single certified youth lacrosse official may officiate Bantam games. A single certified high school official may officiate Bantam or Junior games. Wherever possible, 2 certified high school officials or one certified high school and one certified youth official shall officiate Senior games.

2. **Spectators**. All spectators shall be on the side of the field opposite the bench area.

3. **Time.** The regulation playing time (“Stop Time”) of a Senior Game shall be 40 minutes, divided into 4 periods of 10 minutes each. The regulation playing (“Stop Time”) of a Junior Game shall be 40 minutes, divided into 4 periods of 10 minutes each. If the score is tied at the end of a game, the teams shall play 2 sudden victory overtimes of 3 minutes each. If the game is still tied at the end of a second overtime, the game shall be considered a tie.

4. **Equipment**. All goalies are required to wear arm pads and a protective cup. Color requirements for gloves, mouth guards, under jerseys, compression shorts and sweat pants shall not be enforced.

5. **Substitutions**. Regular substitutions (with a horn) may be made when play has been suspended for any reason, including the ball going out of bounds along either end line, at all levels of play with the exception of Senior A play. All substitutions at the Senior A level of play shall conform with the Federation Rules.

6. **Stick Checks.** Officials shall not conduct random stick checks during the first half and the second half of each game. Coaches shall be entitled to request stick checks during Senior and Junior games. An illegal stick shall result in a one minute non-releasable penalty.

7. **Stalling.** Offensive stalling rules(get it in/keep it in) shall not be enforced at the Junior level of play, including offensive stalling during the final 2 minutes of play. The only stalling rule that shall be applicable to the Senior level of play (A and B) shall be the offensive stalling rule (keep it in) during the final 2 minutes of regulation play.

8. **Ten Second Count and Twenty Second Count.** Neither the Ten Second Count applicable to offensive play nor the Twenty Second Count applicable to defensive play shall be in effect at the Junior or Senior B levels of Play. Both the Ten Second Count and the Twenty Second Count shall be in effect at the Senior A level of play.

9. **Penalties on Goalies.**  If a time serving penalty is called on a goalie, the in home rather than the goalie shall serve the penalty time. If a third time serving penalty is called on the same goalie, however, the goalie shall be required to serve the penalty time for such third penalty and each time serving penalty thereafter.

10. **Six Goal Rule**. If a team is leading by 6 goals, there shall be no face off after each goal scored by either team while one leads by 6 goals or more and possession of the ball shall be awarded to the loosing team after each goal. Face off shall resume if the lead is reduced to fewer than 6 goals. The loosing team shall be entitled to waive this rule and participate in a face off. This rule is not applicable to semifinal and championship games.

11. **Fouling Out.** Any individual that accumulates 4 personal fouls or 5 minutes of penalty time during a single game, shall be prohibited from participating further in such game. Fouling out does not constitute ejection from the game.

12. **Fighting and Ejections.** Fighting is an expulsion foul. Any player that is ejected from a game for fighting shall be prohibited from participating in the next game. Any player who is ejected for fighting a second time during a single season shall be prohibited from any further participation for the remainder of the season. Any player or coach ejected from a game by a game official for any reason other than fighting. shall be suspended for his next regular scheduled game. Further ejection shall be subject to additional suspensions.

13. **Running Time**. After the first half, any time the score differential reaches nine goals or more, the clock will only be stopped for a team time out, an official’s time out or an injury time out. Should the score differential be reduced to less than nine goals, normal play shall resume. All penalties that occur during a score differential situation of nine goals or more will be running time, with the running penalty time beginning with the next whistle resuming play.

14. **Concussions.** As a special point of emphasis, the Federation Rules highlight the rules applicable to a player exhibiting the symptoms of a concussion. Specifically, any player who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate healthcare professional.

15. **Permissible Checking Distance.** All stick checks, body checks, legal holds and legal pushes must be on a player in possession of the ball or within 3 yards of a loose ball or ball in flight. This change from 5 yards to 3 yards does not apply to a free play restart, in which no player may be closer than 5 yards to the player awarded the ball.

16. **Slashing.** Slashing shall be called in accordance with the Federation Rules at the Senior level of play. At the Junior and Bantam levels of play, any one handed check (including poke checks) shall be considered a slash, whether or not it makes contact with the opposing player’s crosse.

17. **Take Out Checks.** No take out checks are permitted by any player at any age level. A take out check is defined as follows:

* Any body check in which the player lowers his head or shoulder with the force and intent to put the other player on the ground.
* Any body checks considered more aggressive or more physical than necessary to stop the advancement of the player carrying the ball or to keep or move a player away from a loose ball. This includes but is not limited to:

 (i) Any check in which a player makes contact with sufficient force and intent to knock down the opposing player;

 (ii) Any check in which a player makes contact with sufficient force and intent to injure the opposing player; and

 (iii) Any check made in a reckless or intimidating manner.

* Any body check on a player in a defenseless position. This includes but is not limited to:

 (i) Body checking a player from his “blind side”;

 (ii) Body checking a player who has his head down in an intent to play a loose ball; and

 (iii) Body checking a player whose head is turned away to receive a pass, even if that player turned toward the contact immediately before the body check. ***NOTE: Sports medicine research indicates that the severity of certain injuries may be reduced if the player can anticipate and prepare himself for an oncoming hit. Other sports medicine research indicates that peripheral vision may not be fully developed in many boys before approximately age 15. Game officials should be especially alert to blind side checks at all youth levels.***

Special attention is called to the Federation Rule (Rule 5, Section 4) relating to checks involving the head/neck, which are modified to provide as follows:

* A player shall not initiate contact to an opponent’s head or neck with a slash, crosscheck or with any part of his body (head, elbow, head, shoulder, etc.), including any follow through to the head and neck.
* A player shall not block an opponent with the head or initiate contact with the head, including an offensive player in possession of the ball (known as spearing).

18. **Game Termination**. Officials shall have the authority to terminate a boys youth game in response to flagrant acts of unsportsmanlike behavior including excessively rough play or the encouragement of excessively rough play by coaches, athletes, spectators or fans. A game termination will be the last resort in insuring the players' safety and preserving the integrity of the game. If possible, game officials will issue at least one strong warning if the game is in danger of being terminated. It is conceivable, however, that games may be terminated on the first instance of a flagrant unsportsmanlike act. Every effort should be taken to avoid game termination, including the enforcement of existing rules for team conduct penalties, unsportsmanlike conduct penalties and ejection fouls. Mechanics for terminating a game for flagrant unsportsmanlike behavior can be found at [www.uslacrosse.org](http://www.uslacrosse.org) (programs and grants, sportsmanship card). All games terminated by an official will result in a 1-0 victory for the team that is innocent of the terminal offense(s). The game shall count in league statistics as a full game.

This summary of the significant modifications to the Federation Rules covers only the Junior and Senior levels of play within the Connecticut Valley Youth League and does not include the Bantam level of play. Please review the entire Rules of Play for the 2013 Season for the remainder of the modifications to the Federation Rules and the Special Rules Applicable to Bantam play.