



The CNY Family Sports Centre

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Boys Lacrosse Rules (Grades 3/4, 5/6 & 7/8)

All US Lacrosse Rules apply, except the following exceptions listed.

1. Coach/Captain Responsibilities

- a. The Coach/Captain must submit a Team Roster Form and Individual Waiver Form, signed from each rostered player and coach prior to their first game of the scheduled season.
- b. Coach/Captain is responsible for FULL team payment prior to start of their THIRD game. Teams not paid in full by this time may be removed from the schedule.

2. Roster

- a. A copy of the Roster must be on file by the first game. Additions can be made up to and including the 3rd game of the season. Rosters must be finalized after the 3rd game has completed.
- b. All players (parent if player is under 18) and coaches must sign an Individual Waiver Form **before** they participate.
- c. Players are only permitted to play for **one** team in any given division.
- d. Teams who use ineligible players (see above roster guidelines) will forfeit games where an ineligible player was used.

3. Cancellations and Rescheduling Requests

Indoor activities at the CNY Family Sports Centre are extremely busy. Therefore, rescheduling of games will only be considered in extreme exceptional circumstances. Unavailability of certain players within teams and weather conditions are not acceptable reasons to reschedule a game.

4. Equipment

- a. All players must have the following equipment:
 - i. Field lacrosse helmet (hockey helmets are not permitted)
 - ii. Gloves
 - iii. Shoulder Pads
 - iv. Mouthguard

5. Format

- a. Play on fields (boarded) is 7v7 plus a goalie. Long sticks are not permitted on indoor fields.

6. Contact

- a. **Body Contact:** Consistent with league philosophy, NO body contact is allowed in any of the divisions. No deliberate body contact may be initiated with the torso, either offensively or defensively. Players must play the ball. Incidental body contact is to be expected (i.e. ground balls). Contact that is viewed by the referee(s) to be deliberate and/or blatant will result in a penalty and possible ejection from the game and/or league.
- b. **Stick Contact:** Only two handed stick checks limited to the stick and glove area are allowed.

7. Playing Time

- a. League matches consist of two 20 minute halves of running time. There is **ONE** time out per half per team.
- b. There is a two-minute rest period between halves.
- c. The referee(s) have been instructed to begin the games at their scheduled times. Coaches are responsible to watch the clock and have their team ready to start on time. Referee(s) will give a 30 second warning prior to start of game.
- d. Time may be stopped at the referee's discretion for situations that are beyond the control of the referee and/or either team.
- e. There is no overtime in the event of a tie.

8. Substitutions

- a. During the game, substitutions for field players may be made at any time on an unlimited basis (goalkeepers must notify the referee), provided the player being substituted for is within three yards of his or her own bench area. Substitutions must be made at mid field.
- b. Goalkeeper substitutions may occur on play stoppages only. Referees must be notified when a goalkeeper change is made.

9. Start of Play

- a. Face-offs will take place at the start of the game and at the start of the second half.
- b. Teams without goalkeepers will forfeit the game. The game can still be played with a board in the goal, but the team without their goalkeeper will result in a forfeit for the game in league standings.

10. Rules of the Match

- a. Benches – The home team is listed on the schedule
- b. Penalties –
 - i. Technical Foul – 30 Seconds
 - ii. Personal Foul – 1 Minute
- c. After 3 personal fouls, or 3 minutes of accumulated time, a player will foul out of the game.
- d. No time penalties will be charged for 3/4 grade level. Possession will change and the coaches should sub the player out.
- e. Officials will call penalty release time. Coaches are responsible for releasing players at appropriate time.
- f. Out of Bounds –
 - i. Shot on Goal into the back soccer goal will result in possession of whomever is closest to the ball.
 - ii. Passes that are missed and end up in back soccer goals will result in change of possession.

11. Participant Misconduct and Discipline

The Central New York Family Sports Centre has a zero tolerance policy towards fighting, taunting, trash-talking, bullying and any other unsportsmanlike behavior. The referee has the responsibility and the right to eject players, terminate games and use any other measures they deem necessary to maintain a safe environment.

Any player who is ejected will incur a minimum one-game suspension from all league play at the CNYFSC. A second ejection may result in suspension from the remainder of the session.

Any player who is ejected for fighting or other violent actions may also be banned from the facility.

Any player, who is ejected from a game, may be asked to leave the facility depending on the referee and management's discretion.

The review of an incident and resulting disciplinary actions are the sole discretion of the CNYFSC Management.

12. Coaches and Bench Personnel

Coaches and bench personnel are expected to demonstrate good sportsmanship in all their dealings with players, parents, officials, other coaches and management. Comments about officials should be addressed in writing to the CNYFSC Staff. No spectators are allowed in the bench area. Coaches and bench personnel may be penalized for unsportsmanlike conduct.

13. Standings

- a. Tie-breaker procedure
 - i. Head-to-Head record
 - ii. Least goals allowed