



JTAA LACROSSE REC LEAGUE

2021 Game Day Rules - Boys

JTAA follows the general guidelines found in the “Boys Lacrosse Rules Book” (National Federation of State High School Associations/US Lacrosse) including the section on Youth Lacrosse. Minor differences and highlights are outlined here in the “JTAA Game Day Rules”.

GAME LENGTH

6U – 10U - 8 minute running quarter. 2 minute water break between 1st & 3rd. 5 minute half.

12U/14U - 10 minute running quarter. 1 minute water break between 1st & 3rd. 5 minute half.

All games are running time. All subs on the fly. Clock does not stop at timeouts (officials and team). 1 time out per half. No timeouts in last 2 minutes of 4th quarter. Injury or referee timeout will stop clock in last 2 minutes and extend game time.

6U/8U – No overtime. Game will be counted as a tie.

10U, 12U, 14U – “Braveheart” decides tie. One vs One full field faceoff until someone scores. Goalies must stay in crease. *(can end in a tie if both coaches agree).*

CONTACT

No Take-Out Checks are allowed at any level. A takeout 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.

6U, 8U, 10U, 12U, 14U – No body checking (incidental contact OK per guidelines) Incidental contact or use of hips on ground balls and on defense is allowed, **within 3 yards of the ball.**

3 Yard Rule is in effect at all levels

FIELD SIZE/# OF PLAYERS

6U – 5 v 5, shot blockers (Rolling the ball under the shot blocker does not count as a goal-ball awarded to defensive team)

8U, 10U, 12U, 14U – 7 v 7, Teams consist of a goaltender, 2 attackers, 2 midfielders and 2 defenders (if team has no Goalie shot blocker can be used (no rolling ball shots – see 6U) or flip goal over to small V. 8v8 up to full field 10v10 is allowed if all coaches agree prior to any game for 10U, 12U, and 14U. Field is 35 x 60 yards for small field play.

GOALIES

Goalies are required to wear arm pads

COACHES ON FIELD

* **6U, 8U**- 1 coach is allowed on field. Coaches should try to stay near sideline.

* **10U, 12U, 14U** – No coaches on field

STICK LENGTH

6U/8U - 37 to 42 inches, no D poles

10U - 37 to 42 inches, **D poles 47- 52 inches** - max 2 on field (**Recommendation is to have all players play with short crosse but is not mandatory**)

12U/14U - Short crosse 40 to 42 inches, Long crosse 52 to 72 inches with 3 max on field.

FACEOFFS –

6U, 8U, 10U, 12U - Faceoff will occur before the start of each quarter. Faceoff must be taken by different player each time. Players do not release until possession is called by the official.

8U,10U,12U - After a goal is scored, the play starts with the Goalkeeper (**8U Can start with an offensive player passing the ball from the crease**). The two attack men from the team that just scored will line up behind Goal Line Extended. The two middies line up behind the midline. Play starts with the referee whistle. Goalie must make free pass from crease to 1 of the 4 teammates in the defensive end. The pass cannot be made over the midline. Possession of the ball must be gained before the other teams' players can release from the "hold" positions (behind GLE and above midline). The goalie cannot run the ball out of the crease. The goalie can only run the ball up the field once the initial completed pass is made. The ball is live if it rolls over the midline on the free clear.

14U – Faceoffs will take place after each goal is scored. Players cannot take more than 5 faceoffs per game.

Exception: We will not be requiring “tape on the handle”

PENALTIES

6U – Change of possession (use Flow method of officiating to keep game moving). Manage overly aggressive players by sending them off the field.

8U – Change of Possession. No Man Down. Player comes off the field for 30 seconds.

10U, 12U, 14U – Full time serving penalties (30 sec, 1 min, etc. No 1.5X anymore)

Foul Out – 4 personal fouls or 5 minutes in personal foul penalty time. Manage aggressive multiple foul players accordingly. **Eject as warranted at 4min penalty time.**

One handed check considered slash even if no contact is made in all age groups.

Contact to the helmet is considered slash penalty.

MERCY RULE

All ages - With 5 goal lead team down awarded ball at midfield after goals unless waived by trailing coach.

NOTES:

* It is required that spectators/fans/parents be on opposite side of field from players (unless field layout prohibits it).

* All expulsion/ejection fouls need to be reported to your Age Director.

* Coaches are responsible for their own behavior as well as that of their staffs, players and parents/spectators. The JTAA has zero tolerance for derogatory behavior and profanity. Maintain the integrity of both sidelines and the game.

POINTS OF EMPHASIS

Violent Collisions-There is no justification for deliberate/violent collisions between players especially with defenseless players or for checks to the head and neck. Penalties will be assessed accordingly. Read the rule book!

Sportsmanship- Unsportsmanlike conduct will not be tolerated. Foul language, berating officials or the other team is a penalty. Players, coaches, parents and fans need to be aware of this zero-tolerance rule.

This game is about the kids not the adults – let's remember that at all times. **HONOR THE GAME. Only "Meets NOCSAE Standards" balls are allowed at JTAA.**