

# U.L.A. Boys Rules

## 5th/6th Grade Conference

**ULA Mission Statement:** The Upstate Lacrosse Association (ULA), by teaching the fundamentals and foundations of lacrosse, strives to provide the youth players of Central New York with a healthy, positive, and safe learning environment in which the game of lacrosse will be taught, played, and enjoyed while instilling good sportsmanship, teamwork, discipline, charity, and integrity.

**Grade Clarification:** The grade level that the player attended this past school year is where the player will compete in the ULA. A player may play at only one grade level per year.

**Grade Advancement:** A player is allowed to move up one age group if both affected coaches and the players parent(s) agree. A 4th grader may play in the 5/6 conference.

**RULES:** All rules per NYS Modified High School rules with the following exceptions.

- \* PLAY: 10 versus 10 with 3 midfielders, 3 attack, 3 defensive players, and 1 goalie.
- \* No body checking is allowed.
- \* There is no such thing as a "Brush" in this level. Contact between the Stick and a Helmet is a personal foul.
- \* Stick checking must be two handed and is allowed only on the gloves holding the stick or the stick itself and checks must be under control. Any one-handed check will be considered a slash, regardless of it making contact on the Gloves.
- \* Flagrant penalties will be assessed at the discretion of the Officials. If a player is assessed a flagrant penalty, he will sit out the remainder of the quarter but can be substituted for. If a player has 2 flagrant penalties in one game, he will be suspended for the remainder of that game and the next game. If a Player has more than two games with 2 or more Flagrant penalties, they are suspended for the balance of the season.
- \* Substitutions are permitted whenever the Ball goes out of bounds.
- \* For all restarts, ALL Players must be 5 yards or more away from the Player in possession of the Ball. NO running restart.
- \* When there is an existing Flag down and the same Team commits another penalty, play shall stop and both penalties will immediately be assessed.
- \* Lacrosse sticks must be between 36" and 42" long and suitable for field lacrosse play.
- \* Faceoff: Play shall start at the beginning of the game, each quarter, and after each goal - see 4 goal rule for exception. Both players go down into the face-off position and are adjusted by the official. Once in place, the ball is placed between the players sticks and the face-off is executed.
- \* 4 Goal Rule- If a team is losing by 4 or more goals, the face off may be suspended and the ball awarded to the team that is behind in the score at the midfield line. The coach of the team that is losing by 4 or more goals may request to maintain the face off instead of automatically taking possession of the ball.

- \* Goalie Ball - When the goalie's stick is clamped on the ball and with at least 1 foot in the crease, it is the goalie's ball.
- \* Maximum of 3 coaches per team on the sidelines during games. Only the Head Coach is allowed to speak to the officials during play of the game. The Head Coach must introduce himself/herself to the officials prior to the start of the game. Teams with a large number of players may have a 4th coach on the sidelines to assist with player management. The 4th coach must remain behind the team bench.
- \* Start/Stop of play - During Scheduled One-Hour Games - There will be two 22 minute running time shifts per half and a 4-minute halftime. No timeouts or overtime. Clock stops for injuries.
- \* During Scheduled One Hour 15-minute Games - There will be four 9 minute stop time quarters with a 5-minute halftime. One timeout per half per team. No substitutions are allowed after timeouts. No overtime period. If there is excessive heat the game can be modified per the Officials recommendations. Clock stops for injuries.
- \* Scoring: A goal is counted once the ball goes completely past the goal line.

**EQUIPMENT:** The following equipment is required; Helmet, Gloves, Arm Pads (including goalies), Shoulder Pads, Protective Cup, and a Mouth guard. Rib pads are recommended for all players. Goalies are also required to have a Throat Guard and a Chest Protector. For goalies, many coaches believe youth level goalkeepers benefit from wearing shin, knee, and thigh pads. Such pads are allowed for youth play, as long as the pads do not significantly increase the size of the limb protected (i.e., no ice hockey, field hockey, or box lacrosse goalie pads).

**PLAY AREA:** The field dimensions for the 5/6 level of play are: standard Modified level dimensions = 110 x 60 yards. 80 yards goal to goal. Restraining box is 40 x 35 yards. Wings are 10 yards from the sidelines. Goals are 6'x 6'. The Crease shall be a 9' Radius.

**POINTS OF EMPHASIS:**

- \* Please encourage your player's parents to offer only positive comments to the players on both teams.
- \* Parents/spectators must be seated on the opposite side of the field from the team benches & at least 5' back from the sideline.
- \* Coaches and officials need to work together as partners to promote safe play and a positive learning environment for all players.
- \* During the game, all players should be playing multiple positions on the field to develop a variety of lacrosse skills and become well-rounded players.