

2024 Spring Rules for Boys Youth Lacrosse

TEAM EXPECTATIONS

- A. Game and field conduct is the responsibility of BOTH TEAMS and game officials.
- B. Keep all parents/spectators on the opposite side of the player area and away from the end lines. Preferably 3 yards from the sideline if possible.
- C. Each team shall keep a book of all required FLA forms as well as a CURRENT/UPDATED AND ACCURATE ROSTER.
- D. Code of Conduct shall be adhered to and enforced fully by BOTH TEAMS and the game officials.
- E. **Sportsmanship of the coaches, players, and spectators is paramount during all FLA play. It is the responsibility of coaches to maintain control over their fans/parents and assist the game officials with any parents that become unruly. Excessively bad behavior could result in the termination of the game by the lead official. Spectators can cause a team to be penalized for conduct (30 seconds or unsportsmanlike conduct 1- 3 minutes with the option of an ejection).**
- F. All players and all coaches must be members of US Lacrosse. (All officials are required to be members of US Lacrosse in order to work with FLOA)
- G. A maximum of 4 coaches (including Head Coach) are allowed on the sidelines during the game. All others will be asked to join the spectators.
- H. Despite USA Lacrosse moving to age-based levels of play the FLA has decided to stay with GRADE-level based play. Please take this into account in the spring when we have an "A" and a "B" division.

GAME FORMAT

- Games are 2 halves of 22 running time minutes each (unless otherwise specified or circumstances dictate otherwise)
- Halftime is 5 minutes.
- There is one time out per team per half. Time outs do not accrue from the first half to the second half. "Use them or lose them." Each time out is two (2) minutes. The game clock stops during time outs.

NFHS 2024 POINTS OF EMPHASIS

- Eye black – One single stroke of eye black ONLY!!!
- Properly worn Mandatory Equipment – Helmet chinstraps are to be worn properly and not in the mouth area.
- Crosse Prohibitions – The officials WILL be checking sticks during the game to ensure that sticks are LEGAL.
- Checks involving the head or neck and player safety

NFHS 2024 Rule Changes that are in effect for Spring (for reference)-

Field/ Substitution area – The substitution box shall be 10 yards long. 5 yards on either side of the midfield line. There is an additional 5-yard box on either side of the cones delineating a COACHES ONLY BOX. No players shall be in this coach's box other than passing through for a substitution that is IMMEDIATE.

Sticks - No gaps larger than a golf ball and the webbing shall be completely attached to the head and side walls. Also, there are no "Protrusions" allowed on the sticks by design or otherwise.

Footwear – no metal cleats.

Goalies – The goalie is treated like every other player once he leaves his crease. If the goalie loses a required piece of equipment outside of his crease play does not necessarily stop immediately as it had in the past. If a goalie loses a required piece of equipment WHILE IN THE CREASE play is stopped immediately. If a goalie breaks his stick while playing the ball when the goalie is OUTSIDE the crease, he is like EVERY OTHER PLAYER and shall get a new goalie stick or be substituted for with another properly equipped goalie.

Play of the game – HELMETS: The chin strap shall be worn under the chin and shall be firmly attached at all the helmet's manufactured attachment points, securely enough so that the helmet is unable to be removed without detaching the chin strap from the attachment point(s). If a player has the helmet come off during play, play shall be suspended immediately, and the player shall leave the field until after the next dead ball following the resumption of play. Any player participating in play without a helmet or any other required equipment shall be called for a technical foul/illegal procedure penalty.

SENIOR DIVISION (7th/8th grade) RULES

FLA will follow the 2024 NFHS Boys Lacrosse rules except for the modifications listed below:

Penalty time is running time. Running time is enforced with the running game clock. This means that home team supplying the table with equipment should be aware of this change.

Personal fouls called on the Goalie are served by the Goalie unless the team only has one goalie. When a team only has one Goalie, the "in home" will serve personal fouls. Unsportsmanlike conduct fouls/expulsion fouls shall be served by the goalie and a reasonable amount of time (not to exceed 3 minutes) is given to properly equip another eligible player as the new goalie.

Players on a team are not required to wear equipment of the same color. All players SHALL have the same color jersey.

Body checks at the SENIOR LEVEL (3-yard rule) are permitted as long as the player uses reasonable force and no attempt to injure the opposing player is made. **A body check in which the player displays excessive aggression, or attempts to injure is considered a take-out check. No take-out checks are allowed at any level.**

All Unnecessary Roughness penalties will be non-releasable (1, 2, or 3 minutes).

ONE HANDED CHECKS ARE ALLOWED.

JUNIOR DIVISION (5th/6th GRADE) Rules

All rules are the same as those used in Senior Division except for:

1. There is no automatic stalling in effect under 2 minutes left in the game.
2. There is no 20 second clearing time and no 10 second "get in in."
3. Body Checking and Slashing:
 - a. **No Body Checking (hitting with the shoulder, hips, or any part of the torso) of any kind is permitted.**
Note: Boxing-out is not body checking and is permitted and encouraged. INCIDENTAL CONTACT between players is inevitable in lacrosse and is NOT a penalty.
4. The minimum length of a junior stick is 37 inches
5. **ONE HANDED CHECKS ARE ALLOWED AT THE JUNIOR LEVEL OF FLA LACROSSE this year.** This rule change DOES NOT relieve Junior players from keeping their one-handed checks under control and on the gloves. Out of control checks whether one handed or not will be called a slash with a 1, 2 or 3 minute penalty.

At BOTH Senior and Junior levels a mandatory application of a modified competition rule (MCR) will be in effect for any team that gains a four-goal lead. Mandatory application of the MCR shall be as follows:

- a. For the Senior and Junior divisions, after a goal that makes the score a four (or more) point difference, the HEAD COACH of the team that is behind in the score has a choice of possession at center X or to face off.
- b. For the Senior and Junior divisions, after the score that makes the **seven (or more) point difference**, the team that is ahead in the score will be required to complete three consecutive passes inside the offensive attack zone before shooting on the goal. Referee will count the number of passes out loud. Once the three passes are completed, the only time the offensive team will have to complete three more passes is AFTER a change of possession. **Shooting on goal before the three completed passes will result in a technical foul call of "illegal procedure" by the official and the ball is turned over to the other team.**

NOTE: This MCR does not eliminate required faceoffs for the start of each half. Faceoffs will occur regardless of point differential at the beginning of each half. Rules regarding possession of the ball at the end of any half when a player is in the penalty area are not affected by this MCR

Any questions:

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