

CAPITAL DISTRICT YOUTH LACROSSE CLASSIC
2009 RULES

1. **REQUIRED EQUIPMENT** - HELMET, SHOULDER PADS, ARM PADS, GLOVES, MOUTHPIECE. RECOMMENDED EQUIPMENT-ATHLETIC CUP AND CLEATS. NO HOCKEY HELMETS ARE ALLOWED! LONG POLES (Max 72") ARE OK FOR 5TH/6TH & 7TH/8TH. NO LONG POLES FOR 3RD/4TH GRADERS (36" - 42"). GOALIES ARE REQUIRED TO WEAR ALL OF THE ABOVE PLUS THROAT AND CHEST PROTECTORS
2. **2 HALVES** (22 MINUTE RUNNING TIME) (AIR HORN STARTS AND STOPS ALL GAMES/HALVES). 5 MINUTE HALFTIME FOR ALL GAMES.
3. **7 ON 7** (2A, 2M, 2D, 1G) FOR 3RD & 4TH GRADERS (DIVISION 3)
10 ON 10 (3A, 3M, 3D, 1G) FOR 5TH & 6TH (DIVISION 2)
10 ON 10 (3A, 3M, 3D, 1G) FOR 7TH & 8TH (DIVISION 1)
4. **1 TIMEOUTS** PER HALF (1 MINUTE IN DURATION)
5. **ALL PENALTIES** WILL BE AS FOLLOWS:
3RD/4TH GRADERS WILL FAST BREAK. FOULED MIDDIE GETS 5 YARD HEAD START
5TH/6TH & 7TH/8TH GRADERS WILL PLAY MAN UP/DOWN – TECHNICAL FOUL
PENALTIES = 30 SECONDS. PERSONAL FOUL PENALTIES = 1 MINUTE.
6. **5 YARDS ON DEAD BALL** SITUATIONS
7. 3RD-6TH GRADE, NO **BODY CHECKING**. 7TH & 8TH GRADE-BODY CHECKING ON MAN WITH POSSESSION ONLY. SAME AS NYS MODIFIED RULES. NO 1 HANDED CHECKS FOR ALL GRADES (3RD - 8TH)!
8. **FLAGRANT FOULS** (LANGUAGE, SPORTSMANSHIP, BAITING & TAUNTING) WILL BE AT THE DISCRETION OF OFFICIALS. PLAYERS MUST SIT OUT 1 MINUTE TO A HALF OR THE ENTIRE GAME AT THE OFFICIALS DISCRETION.
9. **ALL GAMES WILL BE OFFICIATED.**
10. EACH TEAM MUST HAVE AN ADULT COACH WHO WILL BE IN CHARGE OF TEAM DECISIONS AND WILL ACT AS THE TEAM REPRESENTATIVE. **NO PARENTS** ALLOWED ON/AT TEAM BENCH SIDE OF FIELD.
11. **SUBSTITUTIONS** - SAME AS HIGH SCHOOL OR EVERY 3-5 MINUTES TO CHANGE EQUIPMENT-BE FLEXIBLE. FREE SUB (HORN) ON ALL OUT OF BOUNDS. ALL OTHERS = ON THE FLY IN DESIGNATED BOX AREA.
12. **4 GOAL RULE** - IF UP BY 4, NO FACE-OFF, LOSING TEAM GETS BALL AT MIDFIELD. TEAM THAT IS UP BY 4 MUST MAKE 2 SUCCESSFUL PASSES IN A ROW ON THE OFFENSIVE HALF OF THE FIELD BEFORE EVERY SHOT. (3RD - 6TH GRADES ONLY)
13. THERE IS NO OVERTIME PERIOD. WHEN THE HORN BLOWS THE GAME IS OVER.
14. HAVE FUN, WORK HARD AND ENFORCE GREAT **SPORTSMANSHIP!**
HOLD A **PRE GAME DISCUSSION** WITH ALL OFFICIALS/COACHES TO OPEN COMM.