

**Maryland Youth Lacrosse Association**  
***Rule Highlights - '08***  
***NFHS Rules to be used with the following exceptions***

**Equipment:**

Mouthguards	<u>All players must wear</u> - including goalie Violation is <u>not a penalty unless repeated</u>		
Shoulder Pads	Goalie excepted <u>All field players must wear</u> Football shoulder pads are prohibited		
Helmets	Hockey helmets are legal (mouthpieces must be worn) Adequate facemask is mandatory Football helmets are prohibited		
Arm Pads	All players - <u>including goalie</u> - must wear		
Gloves	Top side of all fingers must be completely protected - <u>protection must be secured to the fingers</u> Worn-out or cut-out gloves are permitted but fingers must remain "in" the gloves Unsafe gloves are not to be assessed a penalty - but must be removed from the game immediately (may return if repaired)		
Crosses		<u>Lightnings</u>	<u>Midgets &amp; Juniors</u>
	Legal lengths	36"-72"	40"-42" 52"-72"
	Long Crosse Limits	doesn't apply	-- 4 Maximum --
	Illegal Crosse	no penalty	- Penalty by Book -

**Play of Game:**

4 Goal Rule	Free clear following goal for team losing by 4 goals or more <u>Face-off</u> to begin every quarter unless excepted by Book
1 Hand Check	Personal foul ( <u>a slash</u> ) only penalize legitimate attempts to dislodge the ball
Substitutions	<u>Horn on any out-of-bounds ball</u> <u>No horn on</u> Non-time serving penalties Inadvertant whistles Officials' Time-outs (not including injuries)
Play-on	Used only with regard to interference with goalie in the crease
Time-outs	2 per half and 1 in each OT period for all games of all age levels Time-outs during play can be called ANYWHERE ON THE FIELD Time-outs in OT can be called as during regulation play

<b>Stalling</b>	<p><b>AUTOMATIC ‘KEEP IT IN’ during the last 2 minutes for the team Ahead – EXCEPT TYKERS!</b>  <b>Officials may give warning if deemed appropriate.</b></p> <p><b><u>Midgets and Juniors ONLY</u></b> - During the last two minutes of the game, (regardless of score) teams will be required to follow HS and NCAA clearing rules. Example: From defensive end; 20 seconds to clear the ball beyond the midfield; then an additional 10 seconds to get the ball into the box. If the team that is ahead gets the ball into its own offensive area, they must keep it in. Purpose of the rule is to prevent teams from stalling and to introduce youth players to how the game is played at the next level.</p>
<b>Goalie Foul</b>	<p>Goalie doesn’t serve penalty unless 2+ minutes or Unsportsmanlike Conduct  Replacement goalie has <b><u>2 minute warm-up period</u></b></p>
<b>Conduct</b>	<p>Inappropriate conduct by an official, player, coach, or spectator  has no place in the MYLA  This conduct must be dealt with <b><u>immediately and reasonably</u></b>  <b><u>If possible</u></b>, follow the SLOA prescribed sequence:  Verbal Warning  Technical Foul  Personal Foul (Unsportsmanlike Conduct)  Expulsion  Expulsions or complaints must be <b><u>reported to me immediately</u></b>  upon the conclusion of the game</p>
<b>Penalty Time</b>	<p>By Book unless excepted above – Tykers may substitute for offending player  (who will serve the penalty)</p>
<b>Field</b>	<p>No penalty if incorrectly marked</p>
<b>Ball Retrievers</b>	<p>Not required</p>
<b>Counting</b>	<p>No offensive or defensive counts-except as stated above for Midgets &amp;  Juniors in the last two minutes of regulation. Repeated delays are to be  assessed a Delay of Game penalty</p>
<b>Alternate Possession</b>	<p><b><u>This rule is not used</u></b> (use face-off to restart)</p>
<b>Game Time</b>	<p>Tyker &amp; Lightning - 10 minute running time quarters  Stop clock on <b><u>time-outs</u></b> and during <b><u>last 2 minutes</u></b> of  game if score is within 2. Games scheduled every hour.  Midgets 8 minute stop time quarters  Juniors 10 minute stop time quarters</p>
<b>OT Play</b>	<p>Tyker &amp; Lightning No Overtime Play  Midgets &amp; Juniors 4 minute Sudden Death periods</p>

## **Procedure:**

<b>Equipment Checks</b>	<b>Equipment checks are to be conducted at end of the 1<sup>st</sup> and 3<sup>rd</sup> periods</b>
<b>Required Equipment</b>	<b>Check goalies and other players for required equipment at opening line-up</b>
<b>Injury</b>	<b>Injured player - unless Goalie - must come out of the game If injury is to the goalie, <u>he may remain in the game</u> if he and coach agree</b>
<b>Spectators</b>	<b>All spectators should view the game from the non-bench side of the field if the layout of the field and the surrounding grounds permit.</b>