



BOYS Divisions Rules

(3rd grade–8th Grade)

We will follow US Lacrosse Rules, unless modified herein.

Game Format

- Each game will be two 20 minute running halves.
- Each team is allowed 1 Timeout per half - Timeouts will be 1 minute in length. The timeout will NOT stop the clock. No timeouts allotted in the final 3 minutes of the game. No timeouts in overtime.
- Halftime will be five (5) minutes.
- Face Offs - Standing Neutral Grip. PALM UP! Must play ball first. Immediately move ball (1-step) Younger players may have knee down. NO MOTO GRIP!
- Mercy Rule – 6 goals (ball will be awarded at midfield to the team that is behind, instead of a draw)
- Penalties are stop time, but game clock will continue to run. - Clock is kept by the on field official.
- Overtime: 4 minute sudden victory. If neither team scores in overtime, the game will end in a tie.
- Slashing: NO One-handed checks are allowed. Any one-handed check will be considered a slash.
- Penalties: 5th grade–8th grade teams will play man-down for time serving penalties. Teams in the 3rd /4th grade division will NOT play man down, but the player who received the penalty will need to be subbed-out.

3rd Grade Division:

- 7v7 (6 field + Goalie) or modified as needed
- Modified field -with Regulation goal
- Face Off after goal (Coaches may mutually chose to for possession to the team scored on after a goal instead of Face Off). This needs to be decided before the game and agreed by both sides.
- 1-Pass Rule after any change of possession.
 - The 1 Pass Rule. A player must be “hot” in order to shoot on goal. A player is considered “hot” when a pass is attempted (does not have to be caught) in the offensive zone.

4th – 5th Grade Divisions:

- 10v10
- Modified field or full field – Regulation Goal
- Face Off after goal
- No body Checking

6th – 8th Grade Divisions:

- 10v10
- Full field
- Face Off after goal
- Body Checking allowed (3 yard rule)
- Over and back
- Advancing ball counts (goalie 4, midfield clear 20, in the box 10)
- Final 2 minutes “keep it in the box” applies to team in lead.