

## **CarBalCo Tyker Lacrosse league Rules 2010**

1. No 10-second count for clearing. No offensive stalling.
  2. 7v7 (2 attack, 2 midfield, 2 defense, 1 goalie); substitutions may be made on the fly or at any whistle.
  3. The field may be of any dimension agreeable among the coaches, but should be as close to 75% of the full-size field dimensions as possible.
  4. All players shall use short crosses no longer than 42"; no long crosses are to be used.
  5. In the event that both teams have jerseys of the same or similar color, the home team may be requested to wear practice vests of a contrasting color. This may be requested by either coach or the referee.
  6. Four 12-minute, running-time (except for injuries and team time outs) quarters, with a 5-minute break at halftime. One 1-minute time out per team, per half is allowed if the team calling time out has possession.
  7. No official score or overtime periods played.
  8. One-pass rule after the midfield line before a shot may be taken. Change of possession will reset the 1-pass requirement. If the attacking team has met the one pass rule, then loses and immediately regains possession, the 1-pass rule is still satisfied. An infraction is penalized by awarding the ball to the offended team at the point of infraction.
  9. When a 4-goal advantage is gained (score recorded by referee for this purpose only), play shall be restarted after a goal by giving the ball at midfield to the team that is behind, in lieu of a faceoff, unless waived by the coach. In addition, the team leading by 4 or more goals will be required to make 3 passes in the offensive end prior to shooting.
  10. Strictly restricted stick checking; poke checks and controlled slap checks to the opponents stick or the glove on the stick only, NO one-handed stick checks. The term control is ultimately left up to the discretion of the referee.
  11. All contact to the head or neck, whether intentional or not (other than CLEARLY incidental), must be penalized as slashing.
  12. Strictly restricted body checking; only when player is upright and in clear possession of ball, 2-step rule. Offensively a 2-step rule shall apply against a stationary defensive player (you can't bull dodge a player who isn't paying attention).
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13. No time-serving penalties but offending player must come off the field and then come back in, substituted by another player while out. This is intended to provide an opportunity to "coach" the player.

14. Except for slashing, illegal body check, unnecessary roughness and unsportsmanlike conduct, all penalties will be enforced by change of possession at the point of infraction.

15. Fast Break: The team who committed the penalty must have both midfielders at their offensive side restraining line. The team with possession must start one midfielder with possession of the ball on the midfield line. The other midfielder from the team that has possession must be with the opposing teams' midfielders back at the far restraining line. The midfielder with possession of the ball will start a fast break on the referees whistle. At this time all other midfielders can give chase. No pass is needed. NOTE: No other player substitutions may be made by the coaches until after play is restarted.

#### Misc. Rules:

1. Before each game, both coaches must meet with the referee at the same time to review the rules and be sure they are clearly understood by the referee. All coaches are responsible for having a copy of the rules at each game

2. Each coach is responsible for the proper conduct of their team's supporters. In the event an unruly supporter can be identified as associated with a team, that team will receive one warning. The coach should make an attempt to moderate the unruly supporter's behavior. If the behavior continues, the referee may (at his discretion) assess one or more unsportsmanlike behavior penalties until the unruly behavior stops.

3. Parents and fans must remain on the sideline opposite the players. No parent or fan may remain on either end line.

4. For all games each team is permitted to have one coach on the field during play, for the purpose of instruction. The coach may move around the entire field, but must avoid interfering with play. Coaches must never coach from either end line.

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### Detailed Rules Definition

#### Rule 1 - Game Personnel

- Teams consist of 7 players; 2 attack, 2 midfield, 2 defense, 1 goalie.
- Substitutions may be made on the fly or at any whistle.

#### Rule 2 - Field and Equipment

- The field may be of any dimension agreeable among the coaches, but should be as close to 75% of the full-size field dimensions as possible.

- All players shall use short crosses no longer than 42 inches; no long crosses are to be used.
- In the event that both teams have jerseys of the same or similar color, the home team may be requested to wear practice vests of a contrasting color. This may be requested by either coach or the referee.

#### Rule 3- Time Factors and Scoring

- Four 12-minute, running-time (except for injuries and team time outs) quarters, with a 5-minute break at halftime. One 1-minute time out per team, per half.
- No official score will be kept; no overtime periods will be played.

#### Rule 4- Play of the Game

- No time-serving penalties. At the referee's discretion, the offending team may be required to substitute the offending player, for blatant or repeated infractions.
- Once the ball has been carried across the midfield line, the attacking team must execute a minimum of one legitimate pass attempt (e.g. greater than 5 yards, no one-hand, underhand or roll) before a shot may be taken. Change of possession will re-set the 1-pass requirement. If the attacking team has met the one pass rule, then loses and immediately regains possession, the 1-pass rule is still satisfied. During play, the referee should indicate verbally and signal with raised arm that one pass must be attempted before a shot. An infraction is penalized by awarding the ball to the offended team at the point of infraction.
- When a 4-goal advantage is gained (score recorded by referee for this purpose only), play shall be restarted after a goal by giving the ball at midfield to the team that is behind, in lieu of a faceoff, unless waived by the coach. In addition, the team leading by 4 or more goals will be required to make 3 passes in the offensive end prior to shooting.

#### Rule 5- Personal Fouls

- Slashing- the only acceptable stick checks are the poke check or CONTROLLED slap check to the opponent's stick or glove on the stick, delivered with two hands on one's own stick. The definition of the term "control" is ultimately left to the discretion of the referee; however, any check delivered with significant, intentional "windup" should be considered uncontrolled. Uncontrolled checks of any kind, or intentional, repeated slap/poke checks that do not make contact with the glove or stick will be penalized as slashing. ANY one-handed stick check will be considered slashing. ALL contact to the head or neck, whether intentional or not (other than CLEARLY incidental), must be penalized as slashing. These conditions are to be enforced strictly.
- Illegal Body Check/ Unnecessary Roughness- Body checking is allowed, subject to the definition of a legal body check, provided that: a) the player being checked is upright and has clear possession of the ball (not bent over for a ground ball, not in the act of receiving a pass, bobbling the ball, etc.), and b) the checking player must take no more than two steps from a standing start before contact is made. In ground ball situations, incidental body contact (such as boxing out, legal pushing, etc.) is

allowed. Infractions of the possession and two step restrictions should penalized as unnecessary roughness.

#### Rule 6- Enforcement

- Except for slashing, illegal body check, unnecessary roughness and unsportsmanlike conduct, all penalties will be enforced by change of possession at the point of infraction.
- For slashing, illegal body check, unnecessary roughness and unsportsmanlike conduct infractions, play shall be restarted with a fast-break opportunity awarded to the offended team. Any player assessed a time-serving foul must leave the game once the foul is assessed.