

*All Officials **must** go on-line to www.mylalax.com or e-mail/call the Coach/Program Director to give Phone # and confirm site and time of the game.

ALL NFHS RULES APPLY WITH THE FOLLOWING YOUTH MODIFICATIONS:

U-15 SPECIFICS (JUNIOR A, B, C) \$50 ea. 2 refs, \$70 1 ref (\$35 each team)

1. 25 minute halves (max.) running time until last 2 minutes of each half.
2. Double/Triple teaming allowed.
3. Coaches may move from own sub area to end line in their own half of field
4. 6 goal differential - possession at center

U-13 SPECIFICS (MIDGET A, B, C) \$50 ea. 2 refs, \$70 1 ref (\$35 each team)

1. Modified checking below **SHOULDER**.
4. 25 minute halves (max.), running time until the last 2 minutes of each half.
5. Double/Triple teaming allowed.
6. 3 second rule for holding the ball while being closely guarded.
7. Coaches may move from own sub area to end line in their own half of field
8. 6 goal differential - possession at center

U-11 SPECIFICS (LIGHTNING A, B, C) \$45 ea. 2 refs (\$70 1 ref, \$35 from ea. team) Full field 12v12

1. Modified checking below **SHOULDER**.
2. 20 minute halves (max.), running time until the last 2 minutes of each half.
3. May shoot from free positions (if 2 passes have been attempted - B and C).
4. Double team allowed. Triple (or more) teaming is a major foul at LB & LC only. LA CAN triple team.
5. 3 second rule for holding the ball while being closely guarded.
6. Coaches may move along full team boundary & behind opponent's team bench area & score table
7. Two attempted passes before shooting (Levels B and C ONLY) Goalie clear counts as pass
8. 6 goal differential - possession at center
9. In case of red/yellow card, team **MUST** sub for carded player.

U-9 SPECIFICS (TYKERS A,B) (\$70 1 ref, \$35 from ea. team)

1. Seven field players and a goalkeeper.
2. 8m arc, no 12m fan, sidelines, no restraining line, center line (no circle). Center line used for off-sides (2 back and goal keeper) Offsides is called, but not penalized. If goal is scored and offsides affects play, goal is disallowed
3. Regular women's crosse with modified pocket.
4. No checking. 2 attempted passes. Goalie clear counts as pass. **UNDERARM** pass **NOT INCLUDED** in the count.
5. 20 min halves (max.) running time until the last 2 minutes of each half.
6. May not shoot from any free position except when major foul in arc is called. FP 8m on goal line extended; defender placed 4 m. behind; arc cleared
7. Level A is permitted to double team. Man to man only at levels B&C; and at ALL times. **EXCEPTIONS:** There may be 2 players from each team on ground ball **AND** if attack beats her defender by good margin, another defender is permitted to slide to pick up. Ensure that there is no double-team by trail defense
8. 5 second rule over **ENTIRE** field for holding the ball while being closely guarded.
9. One coach from each team is allowed on the field for purpose of coaching only.
10. May sub from table on dead ball, on the fly or after a goal
11. 4 goal differential - possession at center

ALL LEVELS:

Only three coaches from each team permitted on sideline.

No Deputy permitted in goal circle(all levels)

If a team has no goalie or goal is empty, all 8m. free positions must be indirect

*For LB, LC and Tyker: if, after an attack turnover between the restraining line and the goal they are shooting on, possession is regained, the attack does not need 2 more passes. A pass is defined as a stick's length in distance.

*For possession at center. Ball must be played by another player before shot. Teams must line up with 4 players behind each restraining line. 3 players between the restraining lines.

*All GKs dressed per rulebook, plus abdominal, pelvis protection. Shirt on **OUTSIDE**.

* No parents on the bench side.

* **No follow-through into goal circle on shots.**

* **No intentional kicking the ball**

*If a game is suspended for weather and 80% has not been completed: if continued on another day, pick up game from point of suspension.

OVERTIME: Midgets, Juniors and Lightnings will play off regular season ties. Coin toss (Visitor calls). Put 3 min. on clock. **RUNNING CLOCK: SUDDEN VICTORY;** first goal scored, game is over. If still tied, change ends(no subs), continue until goal is scored, playing 3 min. periods. One time out is permitted in overtime play (no carryover from regulation).