

**2022 Capital District Youth Lacrosse Rules**  
**\*If not noted, then the rule applies to all levels\***

**Equipment**

**Required:** lacrosse helmet, shoulder pads(All **chest protectors and shoulder pads** must contain the NOCSAE logo and SEI certification mark on both the packaging and the product to be legal for play.), arm pads, gloves, mouthpiece, athletic cup, and cleats

**Goalies:** Must wear a throat guard, chest protector(see above), and arm pads

**Long Poles:** 5/6 and 7/8

**Player Eligibility**

**US Lacrosse Membership:** Every Player and Coach is required to be an active member of **US Lacrosse**. Programs should be able to provide proof of active membership if required. Failure to do so will exclude the program from any CDYL activities and events.

If any program has 7th or 8th graders playing on their school's JV lacrosse team, they must submit a written request to the league to gain permission for this player to be included on the 7-8 rec. team roster. Coaches will use their best judgment to monitor and include this player in appropriate playing situations that match the abilities of the other players involved.

**Games**

**Two Halves: 30 MINUTES RUNNING TIME FOR WEEKDAY GAMES**  
**25 MINUTES RUNNING TIME FOR ROUND ROBIN GAMES**  
**2 TIMEOUTS PER HALF**

**5on5: (1A, 3M, 1D,) for Grades 1-2 (Cross Field 60x35)**

**7on7: (2A, 2M, 2D, 1G) for Grades 3-4 (Cross Field 60x35)**

**10on10: (3A, 3M, 3D, 1G) for Grades 5-6 and 7-8 (Regulation Fields)**

**\*Dead Ball Situations: on the defender to retreat 5 yards, moving restart**

## **Body Checking**

**1-2, 3-4, and 5-6: No Body Checking**

**7-8: Body checking only on player with possession of the ball-below the neck, above the waste, from the front (same as modified rules)**

**NO ONE HANDED CHECKS FOR ANY GRADES**

### **4.15 - ALLOWABLE BODY CONTACT**

Examples of permitted body contact are:

1. Legal holds – Holding is permitted under the following conditions
  - a. An opponent with possession of the ball or within 3 yards of a loose ball may be held from the front or side.
  - b. An opponent in possession of the ball may be played with a hold check from the rear if the hold exerts no more than equal pressure. For (a) and (b), a hold check shall be done with closed hand, shoulder, or forearm, and both hands shall be on the crosse.
  - c. A player may hold the crosse of an opponent with his crosse when that opponent has possession of the ball.
  - d. A player within 3 yards of a loose ball may hold the crosse of his opponent with his own crosse.
2. Legal pushes – A legal push is exerting pressure after contact is made and is not a violent blow. Pushing is permitted from the front or side when an opponent has possession of the ball or is within 3 yards of a loose ball. In this case, pushing shall be done with either closed hands, shoulder, or forearm, and both hands shall be on the crosse
3. Positioning yourself against an opponent to gain possession of a loose ball (boxing out an opponent) BOYS' YOUTH RULEBOOK | 17
4. Defensive positioning to redirect an opponent in possession of the ball (riding a player)
5. Incidental contact

**Substitutions:** Free sub on all out of bounds (horn)

All others - on the fly in designated box area

**Mercy Rule:** If up by 5

No face-off, losing team gets possession of the ball at midfield

**Penalties:**

**Grades 1-2 and 3-4 :** fast break from midfield with a 5 yard head start (offending player must leave the field-but can be replaced by another player) This is a learning environment, players

can return after the coach processes the penalty with the player, use this as a teachable moment.

**Grades 5-6 and 7-8:** Play is man up/down Time serving penalties

Technical Foul Penalties: 1:00 minute

Personal Foul Penalties: 1:30 minute

**Flagrant Fouls:** Language, Sportsmanship, Taunting, ETC will be at the discretion of the officials. Players must sit out 2:00 minutes, half, or can be ejected based on the official's discretion. Fighting will not be tolerated. If a player is kicked out of a game for fighting, they must sit out the next game. Coaches/programs must enforce the rule.

**Home Team:** Is responsible for obtaining officials or coordinating game officials. They will also ensure that officials are paid.

**Visiting Team/s:** Must call/email to confirm game time and location with the home team in advance. Coordinate with the home team your balance of ref fees.

**Pre-game Discussion:** Please hold a conversation with opposing coaches and refs to make sure everyone is on the same page.

**Sidelines:** No parents should be allowed on the player's sideline if field set up allows.