

*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:

JUNIOR A, B, C \$55 ea. 2 refs; \$75 1 ref

1. Four 12 min. quarters; running clock after goals; change ends after 2nd quarter
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

MIDDIE A, B, C \$55 ea. 2 refs; \$75 1 ref

1. Modified checking below SHOULDER.
4. Four 12 min. quarters; running clock after goals; change ends after 2nd quarter
3. Double/Triple teaming allowed.
4. 3 second rule for holding the ball while being closely guarded.
5. Coaches may move from own sub area to end line in their own half of field
6. 6 goal differential - possession at center

LIGHTNING A, B, C \$50 ea. 2 refs (\$75 1 ref) Full field 12v12

1. Modified checking below SHOULDER.
2. Four 10 min. quarters; running clock after goals; change ends after 2nd quarter.
3. May shoot from free positions
4. Double/triple teaming is permitted all ALL levels.
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. No pass requirement at any level
8. 6 goal differential - possession at center
9. In case of red/yellow card, team **MUST** sub for carded player.

TYKERS A,B (\$70 1 ref)

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 clock after goals
6. **MAY NOT** shoot from any free position anywhere on the field even if two passes have been made **except** when major foul in arc is called (two passes must still have been completed.) FP 8m on goal line extended; defender placed 4 m. behind; penalty zone 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 Tyker only: 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. Shirt on OUTSIDE.

*No parents on the bench side.

*No follow-through into goal circle on shots for Middies, Lightnings, Tykers. JUNIORS MAY FOLLOW THROUGH

*No intentional kicking the ball at Tyker level. All other levels may kick ball within rule 9-1-a

*Per Rulebook 4-3-1 - Each team permitted two time outs during regulation.

*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. All stats(cards, score, timeouts) will carry over to the continued game.

OVERTIME: Middies, Juniors and Lightnings will play off regular season ties. Coin toss (Visitor calls). Put 3 min. on clock. See Rules 4-6. **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).