



NEWTOWN RECREATION

Youth Lacrosse League Rules

Except for the regulations covered in these rules, all rules of the Newtown Recreation Youth Lacrosse League will be those of US Lacrosse.

I. LEAGUE PHILOSOPHY

The Newtown Recreation Youth Lacrosse League exists to fully develop the physical and social attributes of individual players in a positive athletic environment. Newtown Recreation believes that all players should have fun, develop skills, and learn to appreciate the game.

Newtown Recreation endorses and promotes positive coaching that offers praise and encouragement towards players. We believe that playing the game is the most important reason for the contest and not who wins or loses.

To further promote sportsmanship amongst our players, coaches, and parents, Newtown Recreation has adopted a “Code of Sportsmanship” that all players and coaches will recite before each game:

“I will: Keep the Rules. Keep faith with my teammates. Keep my temper. Keep a strong heart in defeat. Keep my pride under in victory. Keep a sound soul, a clean mind, and a healthy body.”

II. TEAM ORGANIZATION

1. All participants of the Youth Lacrosse League must be registered through Newtown Recreation. A registration form must be on file for each participant.
2. A child that is a registered player with another lacrosse league (other than Newtown Recreation) is not eligible to play on a Newtown Recreation lacrosse team.
3. Age divisions for the Youth Lacrosse League will be as follows:
 - 7/8yr. old boys and girls (2nd/3rd Grade)
 - 9-10yr. old boys and girls (4th/5th Grade)
 - 11/12yr. old boys and girls (6th/7th Grade) “B” League
 - 12/13yr. old boys and girls (7th/8th Grade) “A” League

**NOTE: All ages will be determined by the child’s age as of September 1st.
Newtown Recreation reserves the right to alter the age divisions as deemed necessary.**

4. Once a team is established, each player will remain on that team. Brothers or sisters who are in the same age division may be placed on the same team for family convenience. Player additions or deletions can only be made through Newtown Recreation.

III. UNIFORMS

1. Each player will be issued a jersey top uniform. All participants during the game must wear the jersey.
2. **Names placed on the player’s jersey are limited to the player’s first and/or last name. Nicknames are not allowed!**
3. All players must wear proper equipment

4. Girls- Mouthguard and Goggles
5. Boys- Helmet, Mouthguard, Gloves, Pads
6. All players must wear rubber cleats or tennis shoes. No baseball or metal cleats!

IV. **PLAYING REQUIREMENTS**

1. Each player who is eligible must participate in each game according to the following rules:
 - No player will sit out twice until all other players have sat out at least once.
 - No player shall sit out consecutive quarters/halves (unless injury or illness).
2. Every effort should be made to play your game as scheduled. If you cannot field the minimum of players on game day, please notify the other team's coach before your game starts. Playing options include borrowing a player, both teams playing with fewer players. NOTE: In these situations, teams are limited to fielding no more than two players more than their opponent. (Maximum of two-man advantage)

V. **PLAYER/TEAM CONDUCT**

1. Any person acting in a discourteous way toward an official or another player shall be subject to disciplinary action set forth by the Newtown Recreation Disciplinary Committee.
2. Profanity of any kind will result in ejection from the game, regardless of where or whom it is directed to. This rule applies to players, spectators, assistant coaches, and coaches.
3. Any player, spectator, coach, or parent displaying behavior that is detrimental to the league and its participants will be asked to leave a game by a game or league official.

VI. **OTHER**

1. It is required that all players remove all jewelry (rings, necklaces, earrings, etc.) before participating in any game. Referees have the authority to require that such jewelry be removed before a player can participate.
2. **Hard cast and splints will not be permitted on the playing field. Any player with a cast or splint will not be allowed to play.**
3. Please do not litter. If there are no trash cans, or if they are full, please take your trash with you.
4. Newtown Recreation Youth Lacrosse will be governed by the National Federation of State High School Association "Blood Rule", details of which are as follows:
 - A. If a player is bleeding, the referee will call an official's time-out. A substitute must replace the affected player.
 - B. The bleeding must be stopped and the wound covered before the player is allowed to return to the field.
 - C. If any part of the player's uniform is saturated with blood, that uniform part must be changed or cleaned before the player can return to the game.
 - D. Referee's discretion will determine if a "bleeding situation" has been sufficiently managed to allow a player's return to the court.
5. Newtown Recreation reserves the right to edit, remove and/or change any of the aforementioned rules.



Newtown Recreation YOUTH LACROSSE RULES



7/8yr. old boys (2nd/3rd Grade Boys)

THE GAME

- Except for the regulations covered in these rules, all rules of the Newtown Recreation Youth Lacrosse League will be those of US Lacrosse.
- Ten-minute running clock quarters. Play will restart at the center for draw for all quarters and after goals. (Referee will keep the official time)
- Five-minute half time and one minute between quarters
- Teams will switch sides of field at halftime.
- **5 Goal “mercy rule.” No face offs at this point.**
- Each team will play 7 vs. 7 (2 Attack, 2 Middies, 2 Defense, and 1 Goalie)
- Goalie will have 10 seconds to clear ball.
- Limited checking is allowed. Checks are restricted to stick and poke checking of opponent. No slashing or take-out checks are allowed.
- Offsides WILL be called.
- 1 pass must be completed (on the offensive end) before a shot on goal can be attempted. Any dropped ball or change in possession requires the 1 pass rule to begin again.
- All players must wear a helmet, gloves, pads, and a mouthguard.
- No overtime. Games will end in a tie.
- Missed shot and out of bounds rules apply.
- Personal fouls will result in an “offensive fast break” as opposed to man-down situation.

SUBSTITUTIONS & PLAYING REQUIREMENTS

- Substitutions will be made at the end of each quarter, in the event of an injury, on the fly and/or at the discretion of the referee.
- No player will sit out two quarters until all other players have sat out at least one quarter.
- No player shall play all 4 quarters unless all other players have played in 3 quarters.
- Each player should play at least one quarter in an offensive position.
- Coaches should actively rotate players to different positions on the field.

COACHES

- Coaches should occupy opposite halves of the sidelines during the game (one team on each side).
- No coach, parent, or player is allowed behind the goal during the game.

MISCELLANIOUS

- The Referee will stop play if a player appears to be injured and in danger.
- League Standings are not kept.
- **Hard cast and splints will not be permitted on the playing field. Any player with a cast or splint will not be allowed to play.**



Newtown Recreation YOUTH LACROSSE RULES



9/10yr. old Boys (4th/5th Grade Boys)

THE GAME

- Except for the regulations covered in these rules, all rules of the Newtown Recreation Youth Lacrosse League will be those of US Lacrosse.
- Ten-minute (10) running clock quarters. Play will restart at the center for draw for all quarters and after goals. (Referee will keep the official time)
- Five-minute half time and one minute between quarters
- Teams will switch sides of field at halftime.
- **5 Goal “mercy rule.” No face offs if lead more then 5 goals.**
- Each team will play 10 vs. 10 (3 Attack, 3 Middies, 3 Defense, 1 goalie)
- Offsides WILL be called.
- All players must wear full equipment- helmet, mouthguard, gloves, and pads.
- No overtime. Games will end in a tie during regular season.
- Missed shot and out of bounds rules apply.
- Each team will get 1 time-out per half.
- Players can take no more then 3 steps to initiate body contact. No “take out” checks are allowed (lowering shoulder to drive through opponent).
- Personal fouls will result in “man-down” penalties. Running clock penalties to be time and ½. Ex.- 30 sec = 45 sec or 1 min – 1min 30sec.
- No long poles.
- Home team will responsible for providing a sideline manager to assist with scorekeeping and timekeeping.

SUBSTITUTIONS & PLAYING REQUIREMENTS

- Substitutions will be made on the fly, in the event of an injury, after goals, and/or at the discretion of the referee.
- **Each player should play at least once in an offensive position if desired.**
- Coaches should actively rotate players to different positions on the field.

COACHES

- Coaches should occupy opposite halves of the sidelines during the game (one team on each side).
- Coaches will remain off the field and on the sidelines during the game.
- No coach, parent, or player is allowed behind the goal during the game.

MISCELLANIOUS

- The Referee will stop play if a player appears to be injured and in danger.
- League Standings are not kept.
- **Hard cast and splints will not be permitted on the playing field. Any player with a cast or splint will not be allowed to play.**



Newtown Recreation YOUTH LACROSSE RULES



Middle School Boys

THE GAME

- Except for the regulations covered in these rules, all rules of the Newtown Recreation Youth Lacrosse League will be those of US Lacrosse.
- Twelve-minute running clock quarters. Play will restart at the center for draw for all quarters and after goals. (Referee will keep the official time)
- Five-minute half time and one minute between quarters
- Teams will switch sides of field at halftime.
- **5 Goal “mercy rule.” No face offs if lead more then 5 goals.**
- Each team will play full squads (including goalie)
- Offsides WILL be called.
- All players must wear full equipment- helmet, mouthguard, gloves, and pads.
- No overtime. Games will end in a tie.
- Missed shot and out of bounds rules apply.
- Each team will get 1, 1minute time-out per half
- Players can take no more then 3 steps to initiate body contact. No “take out” checks are allowed (lowering shoulder to drive through opponent).
- Personal fouls will result in a “time and a half” running clock penalty.
- Defense plays with long poles.
- Each team will responsible for providing a sideline manager to assist with scorekeeping and timekeeping.
- 10/20 Counts for A LEAGUE ONLY

SUBSTITUTIONS & PLAYING REQUIREMENTS

- Substitutions will be made on the fly, in the event of an injury, after goals, and/or at the discretion of the referee.
- **No player will sit out twice until all players have sat out at least once.**
- Each player should play at least once in an offensive position.
- Coaches should actively rotate players to different positions on the field.

COACHES

- Coaches/teams should occupy opposite halves of the far sideline during the game (one team on each side).
- Coaches will remain off the field and on the sidelines during the game.
- No coach, parent, or player is allowed behind the goal during the game.

MISCELLANIOUS

- The Referee will stop play if a player appears to be injured and in danger.
- League Standings are not kept.
- **Hard cast and splints will not be permitted on the playing field. Any player with a cast or splint will not be allowed to play.**