

Lacrosse Rule Book



**“Train up a child in the way he should go; even when he is old, he will not depart from it.”
Proverbs 22:6**

CYL Lacrosse Information

There has been an enthusiastic reception for lacrosse across many area CYL schools. Our goal is to simply get the girls playing a sport they can enjoy the rest of their lives.

Our play is defined by US Lacrosse standards in the following two categories with highlights as noted:

Junior Division

- No checking.
- Regulations women's crosse, with "relaxed pocket" allowed.

Senior Division

- Modified checking
- Regulation women's crosse with standard pocket (i.e. no "relaxed" pocket).

We hope the girls enjoy the physical challenges and skills required by lacrosse, as well as the honor and discipline that both CYL and lacrosse are known for. CYL remains a league powered by volunteers and parental involvement is critical – even if lacrosse is new to you. Please get involved. Thanks for supporting CYL lacrosse!!!

A Brief History of Lacrosse

Lacrosse is considered America's *first* sport, originally played by at least 48 Native American tribes scattered throughout what is now Canada and all parts of the United States. American Indians used lacrosse matches to resolve conflict, heal the sick and socialize with other tribes and villages. Legend tells of games with thousands of players, fields many miles long and games that lasted days at a time. Balls were made of wood, deerskin, baked clay or stones.

Lacrosse is regarded as a game of honor and sportsmanship. To Native Americans, lacrosse is still referred to as “The Creators Game.” A Jesuit missionary first documented a Huron lacrosse contest in what is now Ontario, Canada. The French referred to the stick as a cross or “crosse”. By the 1800s Europeans had become enamored with this Native American game. In 1890 the first women’s lacrosse game was played at the St. Leonard's School in Scotland. It was not until 1926 that Miss Rosabelle Sinclair established the first women's lacrosse team in the United States at the Bryn Mawr School in Baltimore, Maryland.

While historically known as a Northeast sport, today lacrosse is played in virtually every state. Most area high schools and many colleges feature women’s lacrosse as a varsity sport. Due to the quick play and rapid ball movement, lacrosse is often referred to as the “fastest sport on two feet.”

CYL Girls Lacrosse Rules

GOVERNING RULES

Excepted as noted below, the rules of the US Lacrosse “US Lacrosse Girls’ Youth Lacrosse Rules” apply (see www.uslacrosse.org for complete rulebook).

GAME TIMING

Games consist of two 20 minute halves (running clock) with a five minute half time. One 60-second time-out per half is allowed per team. Additional water breaks are allowed as designated by the referee.

PLAYERS

There will generally be 8 players (7 in the field + 1 goalie). Grades will be divided into categories defined by the league based on participation. In the event a team is short a player(s) and behind by a goal, the other team will play with an equal number of players or loan appropriate players to the other team. Players may also be borrowed or shared only to complete a full team of eight. Please note that CYL Lacrosse is not a coed league – Girls only.

SPORTSMANSHIP

The purpose of the league is to provide our children a place to learn about sports, have fun, engage in fair play, and respect the dignity of the other team. When a team has a 5-goal advantage, the leading team should make changes significant enough to even competition. This is consistent with promoting a positive game environment for both teams. For example, the leading coach can re-arrange players so less skilled offensive players will be attacking or require the team to pass the ball 5 times before they shoot. Coaches are expected to be creative while encouraging fair play. In addition, “stalling” to preserve a lead is not considered a proper strategy in the CYL. Coaches that fail to follow these tenants are in violation of the CYL Code of Conduct and may be subject to disciplinary action.

CHECKING RULES

Junior Division.

No checking with either the stick or body is allowed at any time.

Senior Division.

“Modified checking” is allowed. Modified checking allows stick checking when the opponents stick has the ball in the crosse and the crosse is below shoulder level. No body checking is

allowed at any time.

It should be noted that stick-to-stick or body-to-body contact is not necessarily a violation of the no checking rule. A defender placing her stick or body in a good defensive position may force the offensive player to cradle into her stick or contact her body. If the offensive player initiates the contact, it is not a checking violation and may be an offensive violation at the referee's discretion. This may also occur when a defensive player is attempting to intercept or defend a pass and the offensive player—the thrower or the catcher—initiates contact.

TWO EXCHANGE RULE

An offensive team must exchange the ball from player to player on its offensive half of the field twice before shooting at the goal. The “exchange” (ideally a pass) is any transfer of the ball from one player to another (i.e. a successful pass & catch; a missed pass that is scooped up by the recipient, etc.). The only exchange that does not count is the deliberate "dumping" or direct, stick-to-stick "hand off" of the ball.

The referee will hold up an appropriate number of fingers indicating the number of exchanges completed. Two fingers indicate a player/team is eligible to shoot on goal. The two exchanges must be completed again before shooting if an opponent takes possession of the ball via a scooped ground ball, interception, etc. Any penalty resulting in a free position will be regarded as having completed one exchange (i.e. one more exchange required before shooting on goal).

EQUIPMENT

Sticks

Junior Division: Regulation women's crosse with “relaxed pocket” allowed.

Senior Division: Regulation women's crosse with standard pocket (i.e. no “relaxed pocket”).

Protective Equipment

Mouth guards and lacrosse-approved eye guards/goggles are mandatory. The mouthpiece must cover all of the upper teeth and must be a color other than clear or white. Tight fitting gloves or other lightweight, soft pads are allowed, but generally discouraged due to the lack of checking. No hard helmets are allowed excepting the goalie.

The goalie must wear helmet, throat protector, chest protector, goalie gloves & leg padding as provide by the league. The league will provide all goalie equipment including the goalie stick.

Ball & Goal

Standard yellow lacrosse balls and goals will be furnished for all games.

Uniform

Standard CYL attire will be used, including the CYL t-shirt and shorts. Team attire should be of consistent, uniform look and not be altered in any way (no names or numbers on shirts, no cut-offs, etc.). Cleats (soccer style) are strongly recommended. No additional padding is needed. If sweatshirts or pants are needed due to cooler weather they should be worn underneath the CYL shirts and/or shorts.

START OF PLAY

A draw is used at the start of each half and after each goal to begin play. The draw is conducted at the center position. The ball is placed between two horizontally held crosses (sticks) at the center of the field. At the sound of the whistle the ball is flung in the air as the crosses are pulled up and away.

Any team ahead by four or more goals will defer possession at half time and after goals scored. The other team will be allowed a free position at mid-field.

FOULS

Catholic Youth League defers to the US Lacrosse rules reference for all foul calls.

A team fouled with possession of the ball will be given a free position.

All players must stop in position at all whistles to allow proper alignment for the free position.

A “slow whistle” (indicated by a thrown flag) may occur when the offense has entered the critical scoring area and the defense commits a foul. The offense is allowed to complete its scoring attempt before the foul is called. Any foul resulting in ongoing safety concerns will result in an immediate whistle.

OTHER RULES

Players must stop in place at the sound of all whistles.

Excepting the goalie, the ball cannot be intentionally played with the body (i.e. no use of hands, kicking of the ball, etc.).

Sidelines and end lines are used to designate areas of legal play. Balls out of bounds are awarded to the team opposite of the last touch. The exception is shots on goal, which are awarded whatever player is closest to the ball where and when it goes out of bounds.

Stick and body contact by a defender are not allowed unless initiated by the action of the offensive player.

A goal is scored when the ball passes completely over the goal line and into the goal cage. Scoring must be from an offensive player's crosse, and not off the body of an attacker. A goal may be scored if deflected off the body or crosse of a defender if initiated from an offensive player's crosse.

An "Off sides" infraction occurs when a team does not have at least 2 players (excluding the goalie) on both two-thirds of the field. Said differently, a team on defense must keep two players out of its defensive third (typically two attackers); and a team on offense must keep at least two players out of the offensive third of the field (typically two defenders).

At the Junior Division level, referees and coaches should coach teams to an appropriate "on-sides" position without stopping play for infraction unless a deliberate advantage is gained.

At the Senior Division level, referees should enforce "off-sides rules" according to US Lacrosse rules.

Coaches are not permitted on the field during games, and must remain on their respective side of the mid-field line throughout the game.

Lacrosse Terms & Definitions

Attacker: offensive player

Check: to initiate contact with another player or another player's stick (not allowed in this league)

Clear: advancing the ball from the defensive end of the field to the offensive end

Cradle: rocking action used to keep the ball in the crosse

Crosse: the "crosse" or stick

Cutter: a potential pass recipient breaking towards the goal

Exchange: transfer of the ball from one player to another on the offensive half of the field (a pass and catch; a dropped pass scooped up by the recipient; etc.)

Foul: infraction that usually results in a free position; some are minor and some are major

Free Position: Penalty awarded for a foul; Player who has been fouled gets the ball and all others must move 4 meters away.

Goal Circle or "Crease": lined circle around the goal & goalie; the imaginary cylinder above the line may not be contacted by an offensive player with any part of the body or stick

Pass: Exchange of the ball through the air from one teammate's crosse to another

Pick-ups or ground balls: scooping a ball from the ground

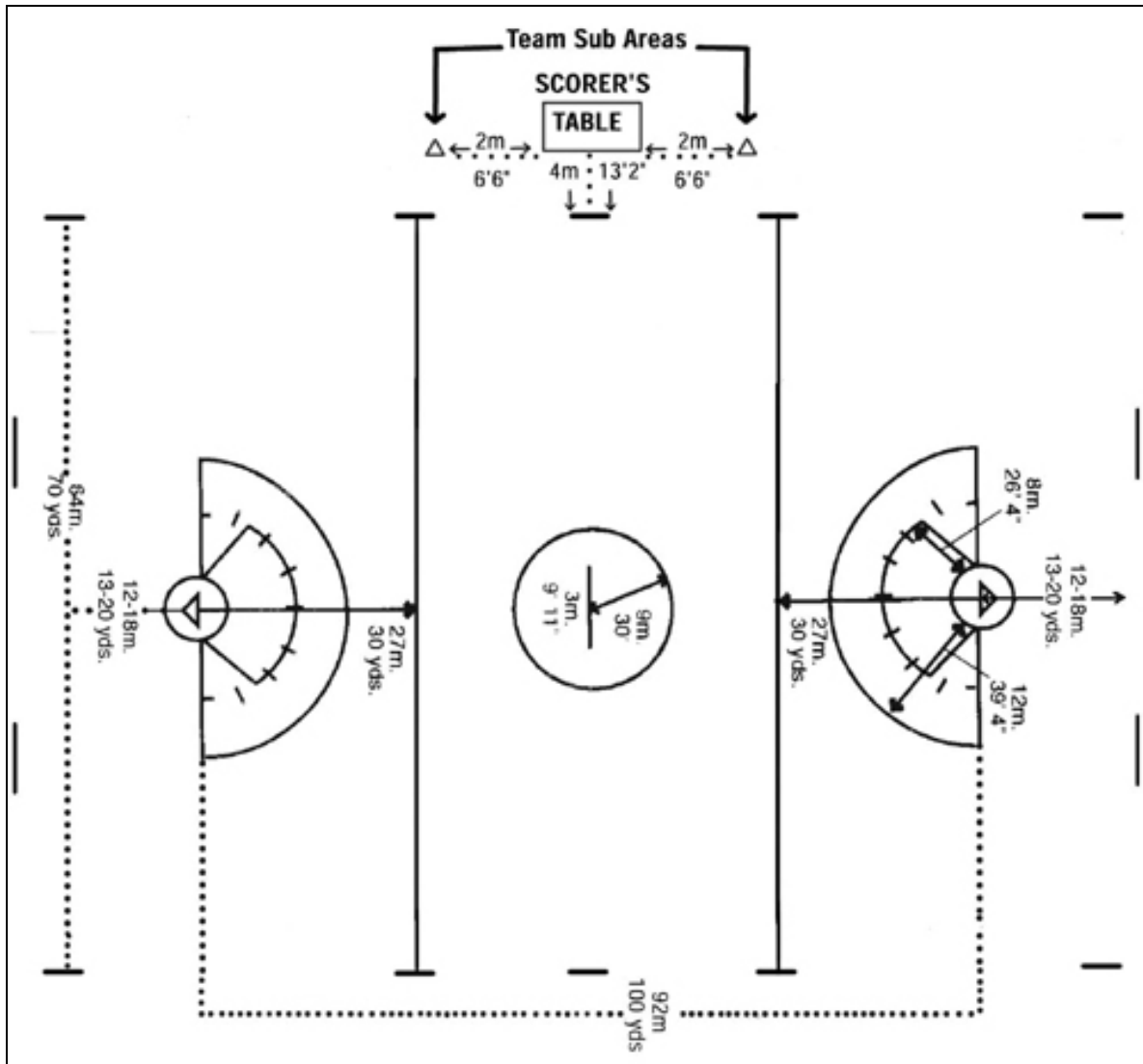
Possession: A player with the ball in her crosse

Relaxed pocket: The leathers of a crosse may be loosened enough so that no more than half of the ball is visible below the stick head; this helps developing catching and cradling skills

Save: any time a goalie catches or deflects an opponents shots on goal

Two Exchange Rule: requires offensive team to exchange the ball from player to player twice on the offensive half of the field before shooting on goal.

PLAYING AREA



Note: These are the dimensions for a full-size field. CYL is playing a modified number of players (8) so we will be using corresponding smaller field dimensions.