



BOWLING GREEN PARKS & RECREATION YOUTH LACROSSE RULES



GAME FORMAT SUMMARY AND EQUIPMENT

- 5 v 5 play, 1 goalkeeper plus 3 field players
- 60 x 35 yard field, adjustable for local conditions
- 3'x3' goals in 9' radius
- Goals 40 yards apart, adjustable for local conditions
- Soft lacrosse balls
- No team timeouts

RULES OVERVIEW

- No contact allowed (body or stick-on-stick/stick-on-body)
- No faceoff
- No offside

THE GAME, FIELD, AND EQUIPMENT

THE GAME

- The purpose of each team is to score by causing the ball to enter the goal of its opponent and to prevent the other team from scoring in their goal.

FIELD MEASUREMENTS

- The playing field will be rectangular, 60-70 yards max in length and 35-45 yards in width.

CENTER SPOT

- The center of the field shall be marked by an approximately four inch circle, square or X.

TEAM AREAS

- The team areas (bench and coaches' areas) are located on the same side of the field as one another. Each extends 12 yards from their goal line towards the mid line and are 3-5 yards deep.

GOAL CREASES

- The goal creases shall be circular and painted on the field or marked with flat disc cones, with a radius of 9 feet.

GOALS

- A 3x3 foot goal with securely fixed netting on it that would not allow a ball to pass through it. The goal shall be centered in the goal crease.
*A 6x6 foot goal is permissible for various levels of play

THE BALL

- A soft lacrosse ball or other soft athletic ball of similar or larger diameter will be used.

THE LACROSSE STICK

- Mini type lacrosse sticks should be used at this level of play

PLAYER EQUIPMENT

- Teams shall have contrasting jersey or shirt colors. Eyewear and gloves are not required at this level of play but are allowed. All players must wear a mouth guard.

PROHIBITED EQUIPMENT

- Players are not permitted to wear helmets, arm pads or shoulder pads.

GAME PERSONNEL

NUMBER OF PLAYERS

- Each team must field 5 players at all times. No goalkeepers are permitted.

COACHES

- Each team may have one coach roaming the field to instruct ALL the players in the game and serve as officials.

OFFICIALS

- Officials are not required for this level of play. However if officials are used, then only 1 certified official is necessary per field of play.

TIMEKEEPER

- If officials are used in a game they shall assume all timing responsibilities. If officials are not used then the head coaches shall designate a time keeper.

SCORE KEEPER

- Score is not kept at 6U level.

TIME OF GAMEPLAY

LENGTH OF THE GAME

- A competition will consist of (2) 12-minute running time halves, with a 4-minute halftime period.

OVERTIME

- Overtime shall not be played at this age level.

PLAY OF THE GAME

COIN TOSS

- Prior to the start of the competition the official will call 1 player from each team and conduct a coin toss. The winner of the coin toss will start the competition with possession of the ball at the center spot. The loser of the coin toss will have the first Alternating Possession.

FACING OFF

- There are no faceoffs at this level.

POSITIONING OF PLAYERS AND STARTING PLAY

- The team that won the coin toss shall place one player at the Center Spot with the ball. All other players shall be on their defensive side of the Center Spot, with all players on the defensive team at least 5 yards from all players on the offensive team. No other player from the offensive team may be within five yards of the ball carrier.

OUT OF BOUNDS AND BALL POSSESSION

- Play will be stopped immediately when the ball goes out of bounds. On a shot that goes out of bounds, possession is awarded to the team of the in-bounds player closest to the location of the ball when it went out.

When the ball goes out of bounds, for any other reason other than a shot, it is awarded to the team that did not touch the ball last.

BALL CAUGHT IN CROSSE OR EQUIPMENT

- If at any point the ball becomes stuck in a player's crosse, the official or coach shall stop play immediately and award the ball to the opposing team.

GOAL SCORED

- A goal is scored when a loose ball passes completely over the goal line and into the goal.

BODY CHECKING

- Body to body contact is NOT permitted at 6U.

CHECKING WITH CROSSE

- Intentional crosse to body or crosse to crosse contact is not permitted at 6U.

PLAY IN CREASE AREA AND GOAL-CREASE PROHIBITIONS

- No player from either team may enter the crease at any time at 6U. A player may reach their stick into the crease to play a loose ball.

SUBSTITUTIONS PROCEDURES

- Only whole-team substitution of all field players is permitted and shall occur after each goal is scored, or may occur during other dead ball situations. Exceptions are for injury substitutions or when a team does not have enough players for full-team substitutions, in which case the coach may keep one or more players on the field from the previous group. No live ball "on-the-fly" substitutions are permitted.

RESTARTING AFTER A GOAL IS SCORED

- The official will remove the ball from the goal and place it on the ground along goal line extended. The ball is awarded to the team who was just scored upon and all players shall be a minimum of 5 yards away from the player with the ball.

RESTARTS FOLLOWING A TIMEOUT

- Restarts following a timeout shall be nearest the spot where the ball was at the time the whistle was blown or if that the ball is within 15 yards of the goal, it shall be restarted laterally 5 yards from the sideline nearest to the spot of the ball at the time of the whistle.

CHANGE OF GOALS

- Teams will not change goals between halves.

OFFICIAL'S TIMEOUT

- An official may suspend play at his discretion. If a player loses any of his mandatory personal equipment in a scrimmage area or a player is apparently injured, play shall be suspended immediately.

TEAM TIMEOUTS

- Team timeouts are not permitted at this level of play.

ALTERNATE POSSESSION

- When the official cannot determine which team should be awarded the ball or when play is stopped while the ball is loose, possession shall alternate. The referee shall keep track of the alternating possessions.

SCRUM SITUATION

- In the event that a loose ball cannot be quickly picked up due to two or more players in a "scrum" or becomes trapped by multiple sticks, the official shall stop play and awards the ball via Alternating Possession rules.

EXCESSIVE POSSESSION (OPTIONAL)

- One of the objectives at this level is to encourage team play. Therefore, if both coaches or the official agree that a player who withholds the ball from play by continuing to maintain possession of the ball for more than 5-7 seconds, without passing or shooting, they will be assessed a technical foul and possession of the ball will be awarded to the offended team.

PERSONAL AND TECHNICAL FOULS

PERSONAL FOULS

- Personal fouls are those of a serious nature. Personal fouls include either a safety or sportsmanship violation. In keeping with the emphasis on player safety and sportsmanship at the youth level.

These fouls include:

- Cross Check
- Illegal Body Check
- Checks involving the head/neck area
- Slashing
- Unnecessary Roughness
- Unsportsmanlike Conduct rules

PENALTY

- The penalty for a personal foul shall be a stoppage of play, with the foul being explained to the player who then must leave the field. The offending player may return on the next whole team substitution.

TECHNICAL FOULS

- Technical fouls are those of a less serious nature and involve players being illegally disadvantaged or gaining an unfair advantage over another player.

These fouls include:

- Goal Crease violation/Goalkeeper interference
- Holding
- Illegal screening
- offside
- stalling
- withholding ball from play

PENALTY

- The penalty for a technical foul shall be a stoppage of play and possession awarded to the offended team.

RESUMING PLAY AFTER PENALTY

- When a penalty occurs and the ball is in the offended team's offensive half of the field, the ball shall be put in play by the team awarded the ball at the spot where the ball was when play was suspended. If the ball was within 15 yards of the goal when play was suspended, it shall be restarted laterally 5 yards from the sideline nearest to the spot of the ball at the time of the whistle. If the ball has crossed the end line prior to the penalty occurring, the ball shall be restarted at that spot.
- When a penalty occurs and the ball is in the offended team's defensive half of the field and a penalty is to be served, the ball shall be awarded to any player of the offended team in its offensive side of the field at the Center Spot. When no penalty time is to be served, the ball will be put in play at the spot the ball was when the whistle was blown.