



Boys Lacrosse

RULES

2024

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CYO inspires young people to know God, to love God, and to serve God through athletics.

The National Federation of State High School Associations (NFHS) Lacrosse Rules apply in this league with the exceptions contained within. CYO game rules may not be altered by mutual consent of the coaches. Only the CYO Administration may authorize changes. Although some rules mimic the USA Lacrosse rules, NFHS rules are used.

Items in a yellow banner indicate changes from the 2023 rules.

SECTION 1 - OFFICIAL TEAM

- A. Defined as an individual or group of children from one or more Members listed on the team roster that meet the eligibility rules and are approved by the Member Athletic Director, Member Administrator, and CYO Office.
- B. A CYO Team refusing to continue playing a scheduled game for any reason without the consent of the game official or CYO representative may be subject to penalties as outlined in Bylaw 11. This also applies to CYO Sanctioned Events.
- C. CYO encourages teams with more than 14 players to form two teams.
- D. A partial roster or combined roster cannot be entered into any tournament or sanctioned event.

SECTION 2 - OFFICIALS

- A. Officials that are certified and registered with the Diocese of Cleveland CYO will be assigned to each game.
- B. Officials have the power to warn or disqualify from the competition anyone who commits acts which intend to influence their decisions.
- C. Officials have the authority to call or suspend a game if conditions warrant.
- D. One or two officials may be assigned to each regular season game. Two (2) officials may be assigned for sanctioned events and play-offs.
- E. The head coach and the team captain are the only persons that should speak to the officials during or after the game.

SECTION 3 - EQUIPMENT & UNIFORMS

- A. The field dimensions determined at each grade level.
- B. Boundary lines/marks and all other field rules will follow the NFHS requirements.
- C. Each goal shall consist of two posts or pipes perpendicular to the ground, constructed of metal, 6 feet high and 6 feet apart, joined at the top by a crossbar 6 feet from the ground.
- D. Game Ball-NOCSAE Approved Lacrosse Ball. The ball color shall be white, yellow, orange or lime green and meet the current NOCSAE Lacrosse Ball standard at the time of manufacture. White balls shall be used unless both teams agree to use a yellow, orange or lime green ball.
- E. Officials will ask coach to certify all players are properly equipped.
- F. Illegal Equipment Penalty: one minute non-releasable penalty; the ball is awarded to the opponent on offensive half of the field.
- G. Uniforms and Apparel
 - 1. All players are required to wear CYO issued uniforms.
 - 2. Players must wear matching uniforms including shirts and shorts.
 - 3. Undergarments
 - a. If undergarments such as T-shirts or compression shorts are worn under the uniform, they must be white, gray, black or one of that team's uniform colors. All players wearing an undergarment must wear the same color.
 - b. Undershirts shall be hemmed and shall not have frayed or ragged edges.
 - c. Arm Sleeves, knee sleeves, lower leg sleeves and tights are permissible and must comply with NFHS guidelines. Each item shall be white, black, beige, or a single school color for all participants.
 - 4. Shorts are to be worn above the hip.

5. Shoes
 - a. Players are to wear composition or rubber-soled shoes. Plastic, leather, or rubber cleats-studs may be worn; no spikes are allowed.
6. Guards, casts, braces, and compression sleeves must be worn for medical reasons and must comply with NFHS guidelines.
7. Equipment
 - a. Protective Helmet – must meet the NOCSAE standard. Both the chin pad and chin strap shall be firmly attached to the mask as designed.
 - b. Tooth and Mouth Protector – all players must properly wear a professionally manufactured intra-oral mouthpiece that fully covers the teeth.
 - c. Protective Gloves
 - d. Shoulder Pads
 - e. Arm Guards (Optional for goalkeepers)
 - f. Protective Cup or pelvic protector is required for all players
 - g. Lacrosse stick
8. Long poles are legal all divisions – see age group for size.
9. Goalkeepers Crosse The measurements of the goalkeepers crosse shall be: Length 40-72 inches, head 10-12 inches wide, maximum 16 ½ inches long. Additionally, there are no restrictions on stringing, (other than a hanging length no longer than 2 inches) and no restrictions on pocket depth. Renumber remaining articles
10. Arm pads designed for lacrosse (optional for goalkeeper)
11. Headwear and wristbands may be worn. Headbands cannot exceed 2 inches in width. If worn, only one wristband can be worn on each wrist and cannot exceed 4 inches in width. Each item shall be white, black, beige, or a single solid school color for all participants.
12. Chains, earrings, other jewelry, glitter, face paint, or other inappropriate items may not be worn during the game.
13. An American flag and or a commemorative/memorial patch not to exceed 2 by 3 inches and with the approval of the CYO Administration may be worn on each of the uniform apparel provided neither the flag nor patch interferes with the visibility of the player's number.
14. If a player loses any mandatory personal-equipment when in a scrimmage area, is in possession of the ball, or a player is apparently injured, play shall be suspended immediately.
15. If a player not in possession of the ball legal loses mandatory equipment and no other players are in the immediate vicinity, then the play may continue.
16. Play shall also be immediately suspended if the goalkeepers cross or any other mandatory equipment becomes broken or malfunctions.
- H. If a player wearing an illegal uniform or equipment attempts to enter the game or is discovered in the game, the head coach will be assessed a technical foul and the player shall be removed from or not permitted to enter the game until the illegal equipment is removed or made legal.
- I. Electronic Devices
 1. Walkie-talkies, cell phones, or any other electronic communication systems are not permitted within the competition area.
 2. Teams are permitted to only videotape their games.
 - a. Videotaping is only permitted from areas approved by the facility but is never permitted from within the competition area, team bench area or other unapproved areas.
 - b. Coaches, Fans, etc. are not permitted to videotape an opponent's game or practice.

SECTION 4 - PRE-CONTEST COACHES RESPONSIBILITIES

- A. Coaches must be CYO certified.
- B. CYO Credentials are to be worn and visible at all times.

1. Credentials cannot be given to another coach at any time.
 2. Coaches who have given their credentials to another coach, even for one game, will have their coaching privileges revoked for one year
- C. The head coach shall be in control of and responsible for the actions of any and all persons connected with their team. Coaches shall assist the official(s) in keeping the game under control. It shall be the head coach's duty upon the request of an official, to effectively control the actions of spectators not in conformity with the standards of proper conduct.
- D. At each game and practice, coaches are to have in their possession: an official team roster, a copy of each athlete's Pre-participation Form and Emergency Medical Authorization Form and a first aid kit.
- E. A pre-game conference will be held between the officials, coaches, and captains.
- F. Bench Personnel is limited to the players listed on the eligibility roster and no more than three (3) non-players. Non-players 16 years of age or older must be CYO certified. Non-players under the age of 9 are not allowed in the team bench area.

SECTION 5 - PARTICIPATION

- A. Each player must be treated with dignity regardless of his or her ability.
- B. If a coach will not play a player because of missed practice, unsportsmanlike conduct, academics or injury, the coach must mark the player as not participating on the official game score sheet and inform the Game Officials before the game begins.
- C. All players are to meet the participation requirements contained in the division specific rules.
- D. Penalized players must social distance from each other, table personnel and substitutes
- Late Arriving Players
1. If a player arrives late to a game during the first half and is permitted to play by the coach, the player is to meet the full participation requirement of the game.
 2. If a player arrives late to a game during the second half and is permitted to play by the coach, the player is to meet one half of the participation requirement for the total.
- E. Upon violation of the Participation Rule, the scorer will notify the Game Officials and the following penalty will be assessed:
1. For violations discovered at the game, the team will contact the CYO Athletic Office with the details and documentation of the violation and the CYO Administration will assess the penalties toward the coach or team. If after a review a violation is confirmed, a forfeiture of the game will be assessed.
 2. All violations of the participation rules are to be communicated to the Athletic Office by the Athletic Directors parish, who caught the infraction or the game officials by the morning following the infraction.
- F. All violations of the participation rules are to be communicated to the Athletic Administration Office by the Athletic Director
- G. Guest Player Rule: If a team has less than +1 of the minimum athletes at a game, a guest player may be moved from the member's other CYO Lacrosse teams to fill the positions at the start of a game under the following restrictions:
1. The athlete meets the age/grade restrictions of the team they will assist.
 2. The guest player is reported by means of the button on the Coaches Information page of www.ccdcle.org/cyo before the game in which they will be used.
 3. The same individual may be moved as a guest player for no more than two (2) games during the season.
 4. The athlete complies with Game and Time limits as outlined in Section 6.
 5. The guest player(s) must meet the minimum participation requirements outlined in the division specific sections and game officials by the morning following the infraction. Additional penalties may be imposed.

6. Uniform Requirements
 - a. Guest players must wear the uniform of the team that they are playing on, not their rostered team uniform.
 - b. There are to be NO duplicated uniform numbers (teams should have at least one extra jersey to be borrowed by the guest player for that game).
7. Guest players cannot be used for sanctioned events or CYO championship competitions.

SECTION 6 - GAME & TIME LIMITATION

- A. On Monday through Friday, no team or player may play in more than one (1) game per day.
- B. On Saturday and Sunday a team/player is permitted to play a maximum of two (2) games per day. For the 3rd-4th grade teams, there must be a minimum of three (3) hours between the scheduled start time of the first game and the scheduled start time of the second game.
- C. No team or player may play more than four (4) games per week.
- D. Events on Sunday cannot begin until 1:00 PM.
- E. Events cannot start after 8:00 PM.
- F. Practice sessions must be completed by 9:00 PM.

SECTION 7 - LIGHTNING & INCLEMENT WEATHER

- A. When thunder is heard or a lightning bolt is seen at a practice or competition, the teams must suspend play and take shelter immediately. Once play has been suspended, a period of at least 30 minutes after the last thunder heard or lightning flash is witnessed must be honored prior to resuming play/practice.
- B. Umpires or the CYO Administration assume authority for competitions when they arrive on the field. When umpires recognize inclement weather, they are duty bound to suspend the game. Coaches and Athletic Directors are responsible for application of this policy at practices.
- C. Announcements related to game cancelations will be posted on the main page of the schedule website, telephone announcement lines, Twitter (@CYOSportsDOC) and media as needed.
- D. Contests that are suspended as a result of inclement weather and cannot be resumed within a reasonable time at the same site will be canceled, unless deemed necessary to reschedule by the CYO Administration.
- E. Teams are to report to the field at the scheduled time of the game, unless they are notified through the CYO Office of the field/game cancellation.

SECTION 8 - PRACTICE AND COACHING GUIDELINE

- A. Practice or any organized team conditioning cannot start prior to the CYO published first day of practice.
- B. Practice sessions shall be limited to one (1) session per day not to exceed two (2) hours in duration.
- C. Scrimmages - No score or time limits will be kept. Use of officials is the decision and expense of the teams involved.

SECTION 9 - FACE-OFF PROCEDURES (ALL DIVISIONS)

- A. The official shall instruct the players to prepare for the face-off by saying down.
- B. Once the players are down they are to move into their face-off position as quickly as possible. Players shall stand as they get into position for the face-off and remain standing until the face-off whistle.
- C. The crosses and gloves shall rest on the ground along the center line, parallel to each other up to but not touching, the center line. All fingers of both hands shall be gloved and wrapped around the cross. The cross head and the glove hands shall be touch the ground. The hand closer to the throat shall be in a palm-up position.

SECTION 10 - FOULS

- A. **Technical Fouls** are those of a less serious nature than personal fouls and include all violations of the rules of the game except those specifically listed as personal or ejection fouls.

- B. **Penalty Technical Fouls** If the team fouled has possession of the ball or there is a flag down on the offending players team, the penalty is 30-second suspension of the offending player. If the ball is loose and there is no flag down, award the ball to the team that was fouled.
- C. **Personal Fouls** - fouls of a serious nature; illegal body checking is a flag down, slashing, cross-checking, tripping, unnecessary roughness, unsportsmanlike conduct, checks involving the head/neck, and the use of illegal crosse and/or illegal equipment. The penalty for a personal foul shall be a two-minute time penalty for the athlete. The ball shall be given to the team fouled.
- D. **Personal Foul Penalties** - The penalty for a personal foul shall be suspension from the game of the offending player for one-three minutes, depending on the official's judgment of the severity and perceived intent of the personal foul. The ball shall be given to the team fouled.
- E. **Fouling Out** - any player who accumulates five minutes of personal fouls shall be disqualified from the game, but not ejected.
- F. **Cross-Check** - a player may not check his opponent with his cross in a cross-check position. That is, a check with that part of the handle of the cross that is between the player's hands, either by thrusting away from the body or by holding it extended from the body.
- G. **Tripping** - a player may not trip an opponent with any part of his body or cross.
- H. **Body Check-** Upon the whistle starting play, players shall not initiate a body check against their opponent; a body check against a crouched player is an illegal body check.

SECTION 11 - 3rd-4th GRADE COMPETITION RULES

- A. Number of Players - 7 players will be on the field from each team; 6 field players and 1 goalkeeper.
- B. Field Dimensions - 60 x 30 yards (180 X 90 feet). Max 3 Long Poles on the field (47" - 54")
- C. Participation
 - 1. Each player on a team with 11 or more athletes must play a minimum of one quarter per game.
 - 2. Each player on a team with 10 or less athletes must play a minimum of one half of the game.
 - 3. Substitutions – During the first half, only whole-team substitutions of all field players is permitted and shall occur after each goal is scored, or may occur during other dead ball situations. The second half is free substitutions.
- D. Game Clock - A competition will consist of four (4) 9-minute running clock quarters, with a 2-minute break between each quarter and a 5-minute half time.
- E. Timeouts - Teams have two timeouts per half.
- F. No overtime period.
- G. Start of the Game
 - 1. The competition will start with each team placing 6 field players and a goalkeeper on the field.
 - 2. Play shall be started at the beginning of each period and after each goal by facing the ball at the Center Spot.
 - 3. A team may start with 6 to begin a game.
- H. Restart After A Goal Is Scored
 - 1. The competition will restart with a faceoff at the center. When a team is up by 6 or more goals, the ball is automatically awarded to the scored upon team.
- I. Out of Bounds - Play shall be stopped when the ball goes out of bounds. The last team to touch the ball will lose possession of the ball and play will be restarted closest to the location the ball went out of bounds.
- J. Goal Circle Rules - No player other than the goalkeeper may enter the goal circle at any time. Additionally a player may not follow through into the goal circle on a shot.
- K. A team is considered offside when a team has (including players in the penalty area) more than 4 players in its offensive half of the field or more than 5 players in its defensive half of the field.
- L. Body Contact
 - 1. A player cannot impede the movement of a player or his crosse. A player cannot use his hands or crosse to block a player's movement, only exert pressure.

2. There is no checking.
3. A player may not:
 - a. Use the portion of the handle that is between his hands to hold an opponent.
 - b. Step on the crosse of an opponent.
 - c. Hold an opponent with his crosse.
 - d. Hold or pin an opponent's crosse against the body of the opponent with his crosse.
 - e. Hold an opponent with his free hand that is off the crosse.
 - f. Hold the crosse of the opponent using any part of his body.
 - g. Use his crosse to hold or pin an opponent's crosse to the ground on a faceoff.
4. 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 they hold exerts no more than equal pressure (for i and ii, a hold check must be done with a 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.
5. 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 should be done with either closed hands, shoulder, or forearm and both hands shall be on the crosse.
6. Positioning yourself against an opponent to gain possession of a loose ball (boxing out an opponent).
7. Defensive positioning to redirect an opponent in possession of the ball (riding a player).
8. Incidental contact.

SECTION 12 - 5th-6th GRADE COMPETITION RULES

- A. Number of Players - 7 players will be on the field from each team; 6 field players and 1 goalkeeper.
- B. Field Dimensions - 60 x 30 yards (180 X 90 feet). Max 3 Long Poles on the field (52" - 72")
- C. Participation
 1. Each player on a team with 11 or more athletes must play a minimum of one quarter per game.
 2. Each player on a team with 10 or less athletes must play a minimum of one half of the game.
 3. Substitutions – During the first half, only whole-team substitutions of all field players is permitted and shall occur after each goal is scored, or may occur during other dead ball situations. The second half is free substitutions.
- D. Game Clock - A competition will consist of four (4) 10-minute running clock quarters, with a 2-minute break between each quarter and a 5-minute half time.
- E. Timeouts - Teams have two timeouts per half.
- F. No overtime period.
- G. Start of the Game
 1. The competition will start with each team placing 6 field players and a goalkeeper on the field.
 2. Play shall be started at the beginning of each period and after each goal by facing the ball at the Center Spot.
 3. A team may start with 6 to begin a game.
- H. Restart After A Goal Is Scored
 1. The competition will restart with a faceoff at the center. When a team is up by 6 or more goals, the ball is automatically awarded to the scored upon team.

- I. Out of Bounds - Play shall be stopped when the ball goes out of bounds. The last team to touch the ball will lose possession of the ball and play will be restarted closest to the location the ball went out of bounds.
- J. Goal Circle Rules - No player other than the goalkeeper may enter the goal circle at any time. Additionally a player may not follow through into the goal circle on a shot.
- K. A team is considered offside when a team has (including players in the penalty area) more than 4 players in its offensive half of the field or more than 5 players in its defensive half of the field.
- L. Body Contact
 - 1. A player cannot impede the movement of a player or his crosse. A player cannot use his hands or crosse to block a player's movement, only exert pressure.
 - 2. There is no checking.
 - 3. A player may not:
 - a. Use the portion of the handle that is between his hands to hold an opponent.
 - b. Step on the crosse of an opponent.
 - c. Hold an opponent with his crosse.
 - d. Hold or pin an opponent's crosse against the body of the opponent with his crosse.
 - e. Hold an opponent with his free hand that is off the crosse.
 - f. Hold the crosse of the opponent using any part of his body.
 - g. Use his crosse to hold or pin an opponent's crosse to the ground on a faceoff.
 - 4. 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 they hold exerts no more than equal pressure (for i and ii, a hold check must be done with a 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.
 - 5. 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 should be done with either closed hands, shoulder, or forearm and both hands shall be on the crosse.
 - 6. Positioning yourself against an opponent to gain possession of a loose ball (boxing out an opponent).
 - 7. Defensive positioning to redirect an opponent in possession of the ball (riding a player).
 - 8. Incidental contact.

SECTION 13 - 7th-8th GRADE COMPETITION RULES

- A. Number of Players - 9 players will be on the field from each team; 8 field players and 1 goalkeeper.
- B. Field Dimensions - Regulation (100- 110 yards X 53'1/3- 60 yards) Max 4 Long Poles on the field (52" - 72")
- C. Participation
 - 1. Each player on a team with 11 or more athletes must play a minimum of one quarter per game.
 - 2. Regular substitutions should occur focusing on player development in multiple positions on the field. Substitutions can occur after goals or during play.
- D. Game Clock - A competition will consist of four (4) 10-minute running clock quarters, with a 2 minute break between each quarter and a 5 minute half time.
- E. Checking is permitted. No "Take Out" body checks.
- F. Timeouts - Teams will have two timeouts per half and one per overtime period if applicable.

- G. Start of the Game
 - 1. A competition will start with each team placing 8 field players and a goalkeeper on the field.
 - 2. 2 players from each team will be positioned around the draw circle for the draw.
 - 3. The players behind the restraining lines must hold until the official has signaled that possession has been attained.
 - 4. A team may begin with 8 players to begin a game.
- H. Restart After A Goal Is Scored
 - 1. The competition will restart with a faceoff at the Center. When a team is up by 6 or more goals, the ball is automatically awarded to the scored upon team.
- I. Out Of Bounds - Play shall be stopped when the ball goes out of bounds. The last team to touch the ball will lose possession of the ball and play will be restarted closest to the location the ball went out of bounds.
- J. Goal Circle Rules - No player other than the goalkeeper may enter the goal circle at any time. Additionally a player may not follow through into the goal circle on a shot.
- K. Off sides- 6 players on offense or > 7 players on defense (Include penalty area)
- L. Body Contact - body checking of an opponent in possession of the ball or within three yards of a loose ball or when the ball in flight is within three yards of the player, from the front or side above the waist and below the back, is legal. To be legal, a body check shall be below the neck, and both hands of the player applying the check shall remain in contact with the crosse. A player cannot thrust their crosse into their opponent, or check an opponent that is excessively violent, even if it is legal.

SECTION 14 - CAUTION AND DISQUALIFICATION

- A. Teams are expected to conduct themselves in a manner that the game officials and CYO administration believe shows respect and dignity towards its opponent.
- B. Yellow Cards
 - 1. There are five mandatory yellow cards: Check to the head, dangerous follow through, dangerous propelling, slashing and dangerous contact.
 - 2. If a player received a yellow card, they are removed from the field for one minute. At the 3rd-5th grade the team DOES NOT play short on the field. In 6th - 8th the team will play short for the minute.
 - 3. If the player is issued a second yellow card, they are suspended for the remainder of the game.
 - 4. If a coach receives a yellow card, a player is removed from play for a minute.
- C. Red Cards - If a player or coach receives a red card for a flagrant or unsportsmanlike foul the team will play one player short for four minutes.
- D. If a coach receives one technical foul, the coach must remain seated for the remainder of the game.
- E. A player or coach ejected from the game must fulfill the requirements of Bylaw 9 prior to returning to practice or participation in any games.
- F. A player ejected from a competition for any reason must remain with the team and be supervised by a member of the team's coaching staff at the competition site.
- G. NFHS - 5-12 Ejection- A player, substitute, coach, non-playing member of a team or anyone officially connected with the team shall be ejected for:
 - 1. Deliberately striking or attempting to strike anyone or leaving the bench area during an altercation.
 - 2. Second non-releasable, unsportsmanlike foul.
 - 3. Any action deemed by the officials to be flagrant misconduct.
- H. Penalty: Three minute non-releasable for a player, substitute or non-playing team member or a minute non-releasable penalty for a coach and ejection for the remainder of the game. The ejected coach shall be removed from the premises (bench and field area). The ejected player, substitute or non-playing team member shall be confined to the bench area.
- I. Any player, coach or other person who receives two (2) ejections during the course of the season will

be suspended for the remainder of the season and may be subject to additional disciplinary action.

(Updated March 2024)

