



2025

Diocese of Cleveland CYO

LACROSSE

COACH'S MEETING



www.ccdcle.org/cyo



@CYOSportsDoC

DIOCESE OF CLEVELAND CYO LACROSSE COACH'S MEETING

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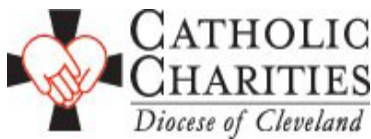
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DIOCESE OF CLEVELAND CYO LACROSSE PROGRAM PLANNER - 2025



March	1	Coaches Development Program – St. Ambrose, 9:00am 929 Pearl Road, Brunswick, OH 44212
	6	In-person mandatory spring sports season coaches meeting, 6:00pm-8:00pm Walsh Jesuit HS, 4550 Wyoga Lake Rd, Cuyahoga Falls, OH 44224. (must attend one).
	10	Spring season opens; practices may begin; sanction event period Early registration ends at 9:00am; regular registration begins.
	11	In-person mandatory winter sports season coaches meeting, 6:00-8:00pm Magnificat High School, 20770 Hilliard Blvd. Rocky River 44116. (must attend one).
	17	Regular registration ends at 9:00am. LAST DAY to enter black-out dates.
	18	Spring Sports fee payments and Fee Summary Form due
	19	Coaches Development Program – Seton Catholic (Gym), 6:00pm-9:00pm 6923 Stow Rd., Hudson, 44226.
	26	Deadline to register athletes and coaches to online rosters
April	2	Spring Sports Schedules Available on website
	12	Lacrosse season competition begins
	12-13	Parent's Day at the Games
	18	CYO offices closed - Good Friday
	18-20	No CYO Competitions can be scheduled – Easter Break
	27	Team Mass Sunday
May	3-4	Officials Appreciation Weekend
	17-23	Diocese of Cleveland CYO Lacrosse Championships
	24	Spring sports season ends Sanctioned Event period ends

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MULTIPLE ROSTERS

- A player in grades 3-8 may participate in CYO and other non-CYO leagues. A girl may play on a boys' team when the member does not sponsor a girls' team. A boy may play on a girls' team with the approval of the CYO Administration when the member does not sponsor a girls' team.

NO RESCHEDULED GAMES

- Games that can't be played as scheduled will be determined by CYO Administration as a forfeit or "no game."

GUEST PLAYERS

- Guest Players will be used for the 2025 lacrosse season. See sports rules for specifics.

INCLEMENT WEATHER

- Inclement weather may prevent games from being played as scheduled. The safety of our players, coaches and their families are our primary concern when games are canceled due to inclement weather.
- Announcements related to the status of competitions will be posted on the main page of the [schedule website](#), [X](#), [Instagram](#) (@CYOSportsDOC) and media as needed.

FORFEIT

- If you need to forfeit, contact your Athletic Director. Your AD will contact CYO. CYO will cancel the officials, inform the site staff that your team is not coming and notify your opponent. Do not contact the other team. CYO will officially cancel the game. Check your sports specific rules for minimum number you can start with.

UNIFORMS

- All players are required to wear member issued, matching uniforms, including shirts and shorts.
- All players must have the CYO Emblem on their uniform.
- NO player or team nicknames are permitted other than the official team name (ex: tigers).
- Team jerseys must include player's number on front and back & numbers must follow NFHS regulations.
- All undergarments are to be worn under the uniform and must be of a solid color and the same color for all players wearing an undergarment.
- 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 parish/school color and the same color for all players.
- Shorts are to be worn above the hip.
- Shoes - Players are to wear composition or rubber-soled shoes. Plastic, leather, or rubber cleats-studs may be worn; no spikes are allowed.

BENCH AND COACHES CREDENTIAL

- All CYO Coaches must be certified through the CYO Coaches Development Program.
- CYO Credentials must be worn around the neck and visible at all times.
- Any coach who gives their credentials to another coach, even for one game, will lose coaching privileges for one year.
- See requirements & responsibilities for coaches <https://www.ccdocle.org/service-areas/cyo-athletics/coaches/requirements-responsibilities> for all coach's requirements.

- Bench personnel is limited to the players listed on the eligibility roster and no more than (3) certified coaches. Non-players 16 years of age or older must be CYO certified. Non-players under the age of 9 (nine) are not allowed in the team bench area.

PLAYER EQUIPMENT

- **BOYS**
 - Protective Helmet – must meet the NOCSAE standard. Both the chin pad and chin strap shall be firmly attached to the mask as designed.
 - Tooth and Mouth Protector – all players must properly wear a professionally manufactured intra-oral mouthpiece that fully covers the teeth.
 - Protective Gloves
 - Shoulder Pads
 - Arm Guards (Optional for goalkeepers)
 - Protective Cup or pelvic protector is required for all players
 - Lacrosse stick
- Long poles are legal for 3rd-8th grade boys. See CYO rule book clarifications.
- 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.
 - Eye Black shall be one stripe below the eye, no more than 2 inches by ½ Inch. Designs, and Excessive eye black must be washed off before the game. Playing with illegal eye black is a one Minute penalty.
 - Playing with Illegal Equipment Penalty: A 30 second technical foul penalty the ball is awarded to the opponent, or the player serves the foul. In either case the player must come off the field to serve the penalty or until the next break (Not a time out). Examples: Playing without mouthpiece, elbow pads, etc. Equipment must be remedied before reentry

SPECTATOR MANAGEMENT

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.

SCORING

- Scores - The winning team coach must submit the final score of the game to Vic (vic.rosato@ccdacle.org) within 48 hours of the game.

TOURNAMENTS

Single elimination tournaments will be held for the 6th- 8th divisions at the end of the regular season. More information will be sent out around mid-season.

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BOYS LACROSSE - POINTS OF EMPHASIS

3rd - 4th GRADE COMPETITION RULES

PARTICIPATION

- 1st and 2nd quarters will be separated into 2 segments. Play will stop at the midpoint of the quarter and full field substitutions are required. Goalie does not have to swap out.
- Each player MUST play a minimum of one full quarter in the first half unless the team has too many players to meet the requirement, then the requirement carries into the 3rd quarter. Any player who has not played one full quarter by halftime must start and play the first half of the third quarter before being swapped out.
- In the 2nd half, once all players have met the one quarter playing requirement, free substitution is allowed, however, all players must play a minimum of 3 minutes in quarter 3, and 3 minutes in quarter 4. NO PLAYER SHALL PLAY LESS THAN 15 MINUTES OF THE GAME.
- Coaches are responsible for tracking play requirements. Failure to adhere to playing rules results in a forfeit.
- Number of Players - 7 players will be on the field from each team; 6 field players and 1 goalkeeper.
- Field Dimensions - 60 x 30yards. Max 3 Long Poles on the field (47" - 54")
- Game Clock - a competition will consist of four (4) 9- (nine) minute running clock quarters, with a 2-minute break between each quarter and a 5-minute half time.
- Timeouts - teams have one timeout per half.
- Overtime - no overtime at this level.
- 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.
- Body Contact
 - 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.
 - There is no checking.
- A player may not:
 - Use the portion of the handle that is between his hands to hold an opponent.
 - Step on the crosse of an opponent.
 - Hold an opponent with his crosse.
 - Hold or pin an opponent's crosse against the body of the opponent with his crosse.
 - Hold an opponent with his free hand that is off the crosse.
 - Hold the crosse of the opponent using any part of his body.
 - Use his crosse to hold or pin an opponent's crosse to the ground on a faceoff.
- Legal holds – holding is permitted under the following conditions
 - An opponent with possession of the ball or within 3 yards of a loose ball may be held from the front or side.
 - 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).
 - A player may hold the crosse of an opponent with his crosse when that opponent has possession of the ball.
 - A player within 3 yards of a loose ball may hold the crosse of his opponent with his own crosse.
- 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.

- Positioning yourself against an opponent to gain possession of a loose ball (boxing out an opponent).
- Defensive positioning to redirect an opponent in possession of the ball (riding a player). Incidental contact.

5th-6th GRADE COMPETITION RULES

PARTICIPATION

1. 1st and 2nd quarters will be separated into 2 segments. Play will stop at the midpoint of the quarter and full field substitutions are required. Goalie does not have to swap out.
2. Each player MUST play a minimum of one full quarter in the first half unless the team has too many players to meet the requirement, then the requirement carries into the 3rd quarter. Any player who has not played one full quarter by halftime must start and play the first half of the third quarter before being swapped out.
3. In the 2nd half, once all players have met the one quarter playing requirement, free substitution is allowed, however, all players must play a minimum of 3 minutes in quarter 3, and 3 minutes in quarter 4. NO PLAYER SHALL PLAY LESS THAN 16 MINUTES OF THE GAME.
4. Coaches are responsible for tracking play requirements. Failure to adhere to playing rules results in a forfeit.

- Number of Players - 7 players will be on the field from each team; 6 field players and 1 goalkeeper.
- Field Dimensions - 60 x 30 yards (180 X 90 feet). Max 3 Long Poles on the field (52" - 72")
- 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.
- Timeouts - Teams have two timeouts per half.
- No overtime period.
- Start of the Game
 - The competition will start with each team placing 6 field players and a goalkeeper on the field.
 - Play shall be started at the beginning of each period and after each goal by facing the ball at the Center Spot.
 - A team may start with 6 to begin a game.
- Restart After A Goal Is Scored
 - 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.
- 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.
- 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.
- 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.
- Body Contact
 - 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.
 - There is no checking.
 - A player may not:
 - Use the portion of the handle that is between his hands to hold an opponent.
 - Step on the crosse of an opponent.
 - Hold an opponent with his crosse.

- Hold or pin an opponent's crosse against the body of the opponent with his crosse.
 - Hold an opponent with his free hand that is off the crosse.
 - Hold the crosse of the opponent using any part of his body.
 - Use his crosse to hold or pin an opponent's crosse to the ground on a faceoff.
 - Legal holds – holding is permitted under the following conditions
 - An opponent with possession of the ball or within 3 yards of a loose ball may be held from the front or side.
 - 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).
 - A player may hold the crosse of an opponent with his crosse when that opponent has possession of the ball.
 - A player within 3 yards of a loose ball may hold the crosse of his opponent with his own crosse.
 - 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.
 - Positioning yourself against an opponent to gain possession of a loose ball (boxing out an opponent).
 - Defensive positioning to redirect an opponent in possession of the ball (riding a player).
- Incidental contact.

7th - 8th GRADE COMPETITION RULES

PARTICIPATION

1. Since this is full field play, free substitution is allowed.
 2. Each player MUST play a minimum of one full quarter in the first half unless the team has too many players to meet the requirement, then the requirement carries into the 3rd quarter. Any player who has not played one full quarter by halftime must start and play the first half of the third quarter before being swapped out.
 3. In the 2nd half, all players must play a minimum of 3 minutes in quarter 3, and 3 minutes in quarter 4.
 4. NO PLAYER SHALL PLAY LESS THAN 16 MINUTES OF THE GAME.
 4. Coaches are responsible for tracking play requirements. Failure to adhere to playing rules results in a forfeit.
- Number of Players - 9 players will be on the field from each team; 8 field players and 1 goalkeeper.
 - Field Dimensions – Regulation Max 4 Long Poles on the field (52" - 72")
 - Substitutions - should occur focusing on player development in multiple positions on the field. Substitutions can occur after goals or during play.
 - 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.
 - Timeouts - Teams will have two timeouts per half.
 - No Overtime
 - Checking is permitted. No "Take Out" body checks.
 - Offsides- 6 players on off or > 7 players on def. (Include penalty area)

PICK 1-2 AREAS OF FOCUS PER PRACTICE/GAME

You may only have as little as one hour for your practice. Pick one topic (two at the most) to introduce and repeat over and over again. At the start of practice you might say, “Today is going to be all about passing.” Then each time you bring the players in, ask them, “What is our focus today?” Then have this same focus for your competition that week. Whenever you see it being executed well, let your players know it, “Milo, awesome pass to Nathan!”

CREATE A TEAM CHEER AND DO IT OFTEN

Young kids love having adults who are willing to be silly with them. Bring them in multiple times during practices to do their cheer, and make sure they see and hear you as an active participant.

END PRACTICE/COMPETITION ON A POSITIVE NOTE

At the end of practice or competition call in all of the athletes and the parents. Ask the kids: “Who saw one of your teammates do something well?” The kids are actually good at answering this question. Then ask the parents, “Parents, what did you see that you liked?” This gives the parents a nice chance to recognize specific, positive things they saw, and it ends the practice/competition on a high note.

DON'T FORGET, THIS CAN BE HARD!

Most parents are surprised by how hard it is to feel successful coaching. We go in with very high expectations, and we don't have control over the outcome! You are not alone. Find other coaches who have been doing this for a while, and share your challenges. They can serve as a wonderful resource.



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	3/4	5/6	7/8
Field Size	60 X 30	60 X 30	NFHS
Goal size	6 X 6	6 X 6	6 X 6
Balls	NOCSAE Lacrosse Ball standard	NOCSAE Lacrosse Ball standard	NOCSAE Lacrosse Ball standard
Lacrosse Stick	Regulation Stick	Regulation Stick	Regulation Stick
Players on Field	6 & 1 goalkeeper	6 & 1 goalkeeper	8 & 1 goalkeeper
Officials	1 or 2 per game	1 or 2 per game	1 or 2 per game
Length of Game	4-9 minute quarters, 2 min. between quarters, 5-min. half time	4-10 minute quarters, 2 min. between quarters, 5-min. half time	4-10 minute quarters, 2 min. between quarters, 5-min. half time
Team Timeouts	Two per half	Two per half	Two per half
Overtime	No Overtime	No Overtime	No Overtime
Off-sides	Applicable-CYO Rulebook	Applicable-CYO Rulebook	Applicable-CYO Rulebook
Checking Allowed	No	No	Yes-No body take-outs
Long Poles	47" - 54" see CYO Rules	"52-72" See CYO Rules	"52-72" See CYO Rules
Goal Circle Violations	No player other than the goalkeeper may enter the goal circle at any time	No player other than the goalkeeper may enter the goal circle at any time	A player may follow through into the goal circle with their crosse as long as they do not contact the goalkeeper



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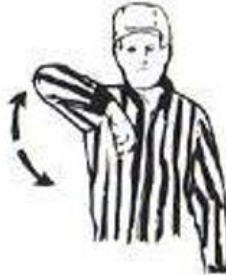
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BOYS LACROSSE SIGNALS

PERSONAL FOULS



19. Personal Foul



20. Illegal Body Check



21. Slashing



22. Cross Checking



23. Tripping



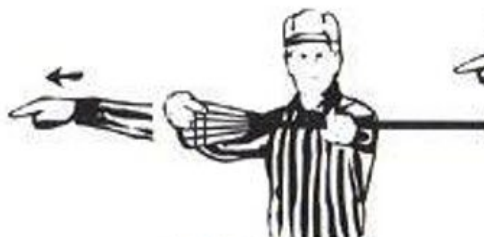
24. Unnecessary Roughness



25. Unsportsmanlike Conduct



26. Illegal Equipment (Crosse)



27. Deep Pockets



28. Illegal Equipment (Gloves)



29. Expulsion Foul