

## **LVGYLL Rules** in addition to the adoption of US lacrosse rules:

- Teams at every level are required to carry rosters with birthdates to all games.
- All coaches are required to take a PCA (Positive Coaching Alliance) online course prior to the beginning of lacrosse season to qualify to coach in the LVGYLL. Program directors will be responsible to furnish copies of the completion certificates upon request of the board.
- 7/8 Division
  - modified checking
  - Must have two refs per game
  - 25 min running time halves – stoppage on ref time for injury and the last 2 minutes of each half
  - If there is enough daylight, one overtime period will be played.
  - Recommended field dimensions: 120 yards total-100 yards between goals and 10 yards behind each goal.
- 5/6 Division
  - modified checking
  - Must have two refs per game
  - 25 min running time halves – stoppage on ref time for injury only
  - Recommended field dimensions: 120 yards total-100 yards between goals and 10 yards behind each goal
- 3/4 Division
  - No checking
  - One ref per game
  - 7 field players plus a goalie
  - Offensive team must have three consecutive touches before they can shoot. Change of possession resets this count.
  - 20 min running time halves – stoppage on ref time for injury only
  - On a draw after three failed attempts, players must be switched for new draw.
  - Recommended field dimensions: 80 total yards in length-60 yards in between goals with 10 yards behind each goal.
- K/2 Division
  - No checking
  - 7 field players
  - No goalie or shot blocker
  - Offensive team must have three consecutive touches before they can shoot. Change of possession resets this count.
  - 20 min running time halves – stoppage on ref time for injury only
  - On a draw after three failed attempts players must be switched for new draw.
- 5 minute half time at all levels
- 2 time outs per game at all levels
- Power Down Strategies – must be followed with a 4 or greater lead at all levels
- 4 goal lead – free draw (coaches option)
- 6 goal lead – 5 touches prior to a shot 8 goal lead – players will use weak hand