

1/2 Grade Boys Dublin Youth Association (DYA) Lacrosse "Rainbow" League Rules

The Spring League will use NHTSA Modified Lacrosse Rules with the following exceptions:

Player Safety: The priority for all games is the safety of its players. Stop play when a player is injured and utilize your whistle to encourage safe and fair play.

Participation: Individuals on the teams in the league should currently be in 1st or 2nd grade only. Younger players may play up at the discretion of their guardian. No higher grades will be allowed.

Player Format: 2 attackmen, 3 middies, 2 defense, no goalie or at the discretion of the coaches.

Pre-game: Players and coaches should be brought to the middle of the field by the refs for a quick review of the rules and for pre-game handshakes.

Contact Rule: No body contact may be initiated with the torso either offensively or defensively (PLAY THE BALL!!). Incidental body contact is to be expected i.e. ground balls. No checking of any kind.

Stick Rules: Short sticks only. No stick checks of any kind.

Field Size: Amended field size.

Officials: DYA will supply official.

Pass Rule: Two pass must originate and be completed in the offensive end with each new possession the team has before a shot can be taken.

Defense: Defense/Riding can be played throughout the entire field.

Penalties/Violations: When a personal foul is committed it will result in a fast break from midfield with no pass required. The player will be substituted, and the coach will explain penalty, establishing a learning experience. The referees will start play with their first whistle, allowing the player with the ball to fastbreak, then sound a second whistle 3 seconds later to allow all other players to continue play. Play will be stopped; offensive or defensive teams will lose possession on all violations.

Substituting: It is encouraged to allow players to play every position. Substitutions are encouraged at time outs, breaks in play, transitions or agreed upon intervals.

Time keeping: We will play 4 8-minute running quarters with 3-minute halftime break and 2-minute break between quarters. Each team will have one Time-Out (1-minute TO) per half. No TO's will be allowed during the last 5 minutes of the half. There is no Overtime; games will end

when time expires no matter the score. One coach will be allowed on the field anytime to be able to coach his team. His presence on the field will not affect the flow of the game.

Ball Stranded in the Crease: If the ball cannot be retrieved out of the crease by either team the ball is awarded to the defense team. No player offense or defense is allowed in the crease. If a defensive player attempts to play goalie, it will be a violation, awarding the ball to the other team.

Score Keeping: There is no official score being kept for games. Developing the players is stressed more than score. However, coaches do keep score and will manage the climate of the game if one team is dominating the other.

Goal Rule: If the goal differential is greater than 5 goals, the coaches will agree on continuing face-offs or after a goal is scored, the team behind will be awarded the ball at midfield when scored upon (free-clear).

Post-Game: Players cheer the other team and exchange handshakes.

3/4 Grade Boys Dublin Youth Association (DYA) Lacrosse "Native-American" League Rules

The Spring League will use NHTSA Modified Lacrosse Rules with the following exceptions:

Player Safety: The priority for all games is the safety of its players. Stop play when a player is injured and utilize your whistle to encourage safe and fair play.

Participation: Individuals on the teams in the league should currently be in 3rd or 4th grade only. Younger players may play up at the discretion of their coach. No higher grades will be allowed.

Player Format: 2 attackmen, 3 middies, 2 defense, and goalie or at the discretion of the coaches.

Pre-game: Players and coaches should be brought to the middle of the field by the refs for a quick review of the rules and for pre-game handshakes.

Contact Rule: **No body contact may be initiated with the torso either offensively or defensively** (PLAY THE BALL!!). Incidental body contact is to be expected i.e. ground balls.

Stick Rules: Short sticks only. Stick checks limited to the stick or glove area. Defense should be played with both hands on the stick no wider than hip width apart and at the hip level.

Field Size: Modified field size.

Officials: DYA will supply officials.

Pass Rule: One pass must originate and be completed in the offensive end with each new possession the team has before a shot can be taken.

Defense: Defense/Riding can be played throughout the entire field.

Penalties/Violations: When a personal foul is committed it will result in a fast break from midfield with no pass required. The player will be substituted, and the coach will explain penalty, establishing a learning experience. The referees will start play with their first whistle, allowing the player with the ball to fastbreak, then sound a second whistle 3 seconds later to allow all other players to continue play. Play will be stopped; offensive or defensive teams will lose possession on all violations.

Substituting: It is encouraged to allow players to play every position. Substitutions are encouraged at time outs, breaks in play, transitions or agreed upon intervals.

Time keeping: We will play 4-10-minute running quarters with a 3-minute break at half-time and 2-minute break between quarters. Each team will have one Time-Out (1-minute TO) per

half. No TO's will be allowed during the last 5 minutes of the half. There is no Overtime; games will end when time expires no matter the score. One coach will be allowed on the field anytime to be able to coach his team. His presence on the field will not affect the flow of the game.

Score Keeping: There is no official score being kept for games. Developing the players is stressed more than score. However, coaches do keep score and will manage the climate of the game if one team is dominating the other.

Goal Rule: If the goal differential is greater than 5 goals, the coaches will agree on continuing face-offs or after a goal is scored, the team behind will be awarded the ball at midfield when scored upon (free-clear).

- One player will be assigned to play Goalie each half, and will change each half unless there is a volunteer who specifically wants to play Goalie for a full game, and no other team players are Goalie volunteers.
- All Goalies must wear the following protective equipment: Helmet, Neck Protector, Chest Protector, Arm Pads, Gloves, Athletic Cup, Shin Guards.

Post-Game: Players cheer the other team and exchange handshakes.

5/6 Grade Boys Dublin Youth Association (DYA) Lacrosse "Collegiate" League Rules

The Spring League will use NHTSA Modified Lacrosse Rules with the following exceptions:

Player Safety: The priority for all games is the safety of its players. Stop play when a player is injured and utilize your whistle to encourage safe and fair play.

Participation: Individuals on the teams in the league should currently be in 5th or 6th grade only. Younger players may play up at their coach's discretion. No higher grades will be allowed.

Player Format: 3 attackmen, 3 middies, 3 defense, and a goalie or at the discretion of coaches

Pre-game: Players and coaches should be brought to the middle of the field by the refs for a quick review of the rules and for pre-game handshakes.

Contact Rule: Body contact is allowed, **no take-out checks**. Deliberate body contact may be initiated with the torso either offensively or defensively (PLAY THE BALL!!). Incidental body contact is to be expected i.e. ground balls.

- Contact must be from the front or the side
- Contact must be above the waist and below the neck
- Both hands of the player applying the check shall remain in contact with the crosse (stick)
- Player being checked must be in possession of or within 3 yards of a loose ball

Stick Rules: Short sticks only- **no long sticks**. Stick checks limited to the stick or glove area. Defense should be played with both hands on the stick no wider than hip width apart and at the hip level.

Field Size: Regulation Field: over and back violation will be called.

Officials: DYA will supply and pay for officials.

Pass Rule: NO Pass Rule at this level.

Defense: Defense/Riding can be played throughout the entire field.

Penalties/Violations: When a personal foul is committed it will result in a fast break from midfield with no pass required. The player will be substituted, and the coach will explain penalty, establishing a learning experience. The referees will start play with their first whistle, allowing the player with the ball to fastbreak, then sound a second whistle 3 seconds later to allow all other players to continue play. Play will be stopped; offensive or defensive teams will lose possession on all violations.

Substituting: It is encouraged to allow players to play every position. Substitutions are encouraged at time outs, breaks in play, transitions or agreed upon intervals.

Time keeping: We will play 4 10-minute running quarters with a 3-minute break at half-time and 2-minute break between quarters. Each team will have one Time-Out (1-minute TO) per half. No TO's will be allowed during the last 5 minutes of the half. There is no Overtime; games will end when time expires no matter the score. One coach will be allowed on the field anytime to be able to coach his team. His presence on the field will not affect the flow of the game.

Score Keeping: There is no official score being kept for games. Developing the players is stressed more than score. However, coaches do keep score and will manage the climate of the game if one team is dominating the other.

Goal Rule: If the goal differential is greater than 5 goals, the coaches will agree on continuing face-offs or after a goal is scored, the team behind will be awarded the ball at midfield when scored upon (free-clear).

- One player will be assigned to play Goalie each half, and will change each half unless there is a volunteer who specifically wants to play Goalie for a full game, and no other team players are Goalie volunteers.
- All Goalies must wear the following protective equipment: Helmet, Neck Protector, Chest Protector, Arm Pads, Gloves, Athletic Cup, Shin Guards.

Post-Game: Players cheer the other team and exchange handshakes.

General DYA Rules

- Each player will get EQUAL playing time each game.
- Face off to begin each game, after each quarter, and after each goal (unless a team leads by more than 5 goals, in which case the team down by more than 5 goals gets the ball at midfield after any goal)
- Running clock for each division level with 2-minute break between quarters, 3-minute half time; one 1-minute timeout per team, per half.
- Field players for each team will rotate through all 3 of the field positions during the course of each game.
- The substitutions and changes in position can be done either “on the fly”, on an out of bounds whistle, or between each quarter. It is STRONGLY encouraged that Attack and Defense changes are made either on-the-fly (when ball is on opposite half of the field) or between Quarters, in order to not slow down the pace of play.
- The team closest to the ball where and when it goes out of bounds gets possession on a shot.
- If a team is leading by 5 goals, a 3-attempted pass rule will go into effect for the leading team (3 pass rule is revoked if lead is subsequently reduced to less than 5 goals).
- If a team is leading by 8 goals, a 5-attempted pass rule will go into effect for the leading team (5 pass rule is revoked if lead is subsequently reduced to less than 8 goals).
- Upon a Personal Foul (or other “time serving” penalty), the team who was fouled receives a Fast-Break (in lieu of man-down); “Play-on” and “Slow Whistle” rule applies until ball touches the ground. Goal during play-on or slow-whistle negates awarding a Fast Break.
- Upon a Fast Break, the player who was fouled (or if against goalie or an off-sides call, a designated player) starts with the ball 5 yards inside midfield line. Attack (Middie replaces the Attack if Attack was man who was fouled) and Defense men are inside the “box”; all others remain behind the mid-field restraining line until the whistle starts Fast Break. Remaining players released upon 3-second second whistle.
- Referee shall have the discretion to disqualify, for the remainder of the game, any player who accumulates four or more personal fouls during any game (player is replaced on the field by another teammate).
- No overtime
- No sticks greater than 42 inches allowed on the field (no “long poles”)

