

## 2011 Boys Middle School Rules – Points of Emphasis and Special Variations from Standard NFHS Rules

### Points of Emphasis

1. Mouthguards – It is required that players wear an intra-oral mouthguard of yellow or any other highly visible color(s) during play. Clear mouth pieces are not legal. The mouthguard must cover all of either the upper or lower teeth with adequate thickness.
2. Sportsmanship – Unsportsmanlike conduct has no place in an athletic contest. Coaches and officials must maintain a professional demeanor and expect the same of all team members. With recent rule changes, officials have the necessary tools to address unsportsmanlike conduct swiftly to ensure that contests are played in a wholesome, competitive environment. Coaches must support the officials in these decisions.
3. Controlled Checks – One-handed checks will not be allowed. Checks that do not make contact with the stick or glove will be called. Take-out body checks will not be allowed.
4. Assistant Coaches – They are there to coach and not to question or complain to officials. Issues for the officials must be directed through the head coach.
5. Unnecessary Roughness and Targeting the Head/Neck – At the middle school level, physical contact is allowed, but should be controlled closely. Body checks are legal for Middle School Divisions 1 and 2, but not Division 3. A legal body check is from the front, above the waist and below the shoulders. An illegal body check is uncontrolled or done with intent to injure or put the other player on the ground. Any player who takes a running start to body check an opponent will be called for unnecessary roughness. Any body check that makes contact with the head or neck will result in a 1-3 minute non-releasable penalty for an illegal body check. Excessive violation of this rule may result in an ejection from the game.

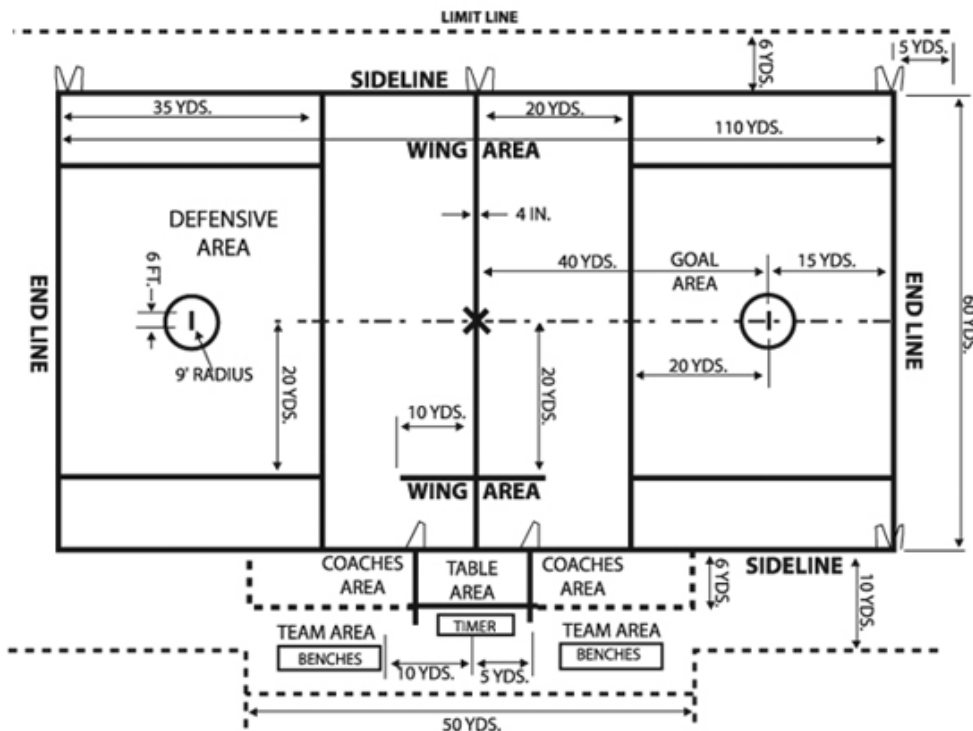
### Variations of NFHS Rules for Youth (Middle School) in the SNLA

[items highlighted in red are new for the 2011 season]

#### Rule 1 - The Game, Field & Equipment

**Field:** Play on regulation size field is preferred; however the coaches and officials can agree to play on any size field available.

**Youth and High School Men's Lacrosse Field of Play**



### **Equipment: Crosse – Dimensions**

- Divisions 1 and 2: The Crosse shall be an overall fixed length of either 40 to 42 inches (short crosse) or **50** to 72 inches (long crosse), except for the goalkeeper's crosse, which may be a length of 72 inches or less.
- **Division 3: The length of the short crosse may be 37 to 42 inches for offensive players in Division 3 and defensive players in such divisions may use a stick with a length of 37 to 72 inches.**

**Game Jerseys:** A team's game jerseys should be of a single, dominant color with numbers on the front and back of sufficient size to be clearly visible by game officials anywhere on the field.

**Spectators:** Spectators and fans will be placed on the opposite side of the field from the table and bench areas. If the field is laid out in a manner that does not allow spectators and fans to be located on the far side of the field, the referee can waive this requirement.

## **Rule 2 - Game Personnel**

### **Responsibilities of the Home Team**

- a. Home teams are responsible for contrasting jersey colors and will wear pennies if needed.
- b. Number of players: 10 players per side on the field, **however Division 3 games can be played with as few as 7 per side on the field if coaches agree.**
- c. Sideline Managers - Each team will be asked to provide a designated Sideline Manager (one adult per team, on site, per game-day contest) to help encourage, maintain and manage the sportsmanlike behavior of spectators and fans.

## **Rule 3 - Time Factors and Scoring**

### **Game Time**

- a. Divisions 1 and 2: Four 10-minute stop-time quarters. In the event of a tie, two 4-minute sudden-victory overtime periods will be played. If after two overtime periods the score is still tied, additional sudden-victory overtime periods may be played until a winner is determined (provided time permits and coaches and officials are in agreement).
- b. Division 3: Four 12-minute running-time quarters. In the event of a tie, one 10-minute running-time overtime period will be played, with the team in the lead at the end of the overtime declared the winner. This is not a sudden victory period. If the score is still tied at the end of the overtime period, the game will end as a tie.

### **Stalling – Final Two Minutes of Regulation Play**

The stalling rule (Rule 3 Section 3) shall be enforced for Divisions 1 and 2; however this rule will be waived for Division 3.

## **Rule 4 - Play of the Game**

### **Facing Off – Rule 4 Section 3**

In any game (any level), at any point during a game when there is a **six**-point lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off, unless waived by the coach of the trailing team.

### **Advancing the Ball – Rule 4 Section 14 & 15**

- No offensive 10-second count
- No defensive clearing 20-second count for D2 and D3 (we will play the 20-second count for D1)

If a game official detects an effort to stall the advancement of the ball in either the defensive clearing area or the offensive zone outside the offensive box, the official will give a verbal command to "*advance the ball*" followed by a visual 5-second hand count. If the team so warned does not attempt to advance the ball within the 5-second count, a turnover will occur with restart at the point of the stalling infraction.

**Time-Outs:** Each team shall have 2 time-outs per half. In Division 3 where the game clock is a running clock, a time-out will stop the game clock.

## ***Rule 5 - Personal and Expulsion Fouls***

### **Body Checking - RULE 5 SECTION 3**

Body checking is permitted in Divisions 1 and 2; however, no take-out checks are permitted by any player. A take out check is defined as any check in which the player lowers his head or shoulder with the force and intent to put the other player on the ground.

Players in Divisions 1 and 2 may make contact in an upright position within five yards of the ball. No body checking of any kind (including man/ball "clear the body" type pushing) is permitted in Division 3. If a loose ball is not moving, the referee may re-start play following the alternate possession rule.

### **Slashing - RULE 5 SECTION 6**

- For all Divisions, any checking motion that involves a swing of greater than 45 degrees will be called a slash.
- One-handed checks are not allowed at any level.

### **Unsportsmanlike Conduct - RULE 5 SECTION 9**

Personal fouls are to be taken seriously. In addition to the NFHSA rules, any player or coach who uses derogatory or profane language (starting with "damn") on the field or bench, whether addressing a player, coach or referee may receive: first offense, 1 to 3-minute non-releasable unsportsmanlike conduct penalty; second offense a 3-minute non-releasable expulsion foul.

### **Ejection Fouls - RULE 5 SECTION 11**

Players illegally playing down to any division will be ejected for the season and the team will be eliminated from any playoffs and ineligible for any titles or awards.

## ***Rule 6 - Technical Fouls***

### **Offensive Stalling - RULE 3 SECTION 10**

Offensive stalling shall be enforced for Divisions 1 and 2; however this rule will be waived for Division 3.

### **NFHSA Rule 3, Section 3 - Final two minutes of regulation play**

Divisions 1 and 2: the team with the lead must keep the ball in the goal area during the last two minutes of the game. Division 3 is excused from this rule.

## ***Rule 7 - Penalty Enforcement***

### **Time Serving Penalties - RULE 7 SECTIONS 1, 2 & 3**

Time serving penalties are enforced and man up situations are permitted in all divisions except the Division 3, where there are no time-serving penalties; instead the player must be substituted for and the ball awarded to the other team at the point of the infraction.

### **Game Termination**

Officials will have authority to terminate a boys' youth game in response to flagrant acts of unsportsmanlike behavior by coaches, athletes, spectators, or fans.