

National Youth Sports Lacrosse Rules K-2nd Grade Revised - August 31, 2009

NYS Youth Lacrosse Leagues are dedicated to teaching the highest level of skill development to each individual player while providing a safe environment, sportsmanship and competition. The rules that follow are set down to insure the best possible experience for each player, coach, volunteer and spectator.

Level 1- Mod-Cross Rules for Co-ed Youth Lacrosse (K-2nd Grade)

- Equipment-** Regulation size stick 37-42” long butt end to top of head. Boys or girls pocket allowed
Mouth Piece
NYS Jersey
- Ball-** “Soft” lacrosse ball will be used. 7.75-8 inches (19–20 cm) in circumference and 2.5 inches (6.5 cm) in diameter.
- Practices-** 30 min practice/clinics will be conducted prior to each game.
- Field-** 60 x 35-yard field divided in two by half mark
Cones demarcating the halfway line and end of the field will be present.
- Goals-** 3x3’ Goals will be set up at the end line of each half of the playing field.

Game Rules-

Duration-	Four 8 minute quarters
Half Time-	5 minutes for water and to switch goalies.
Time Outs-	1 time out per half (2 minutes each)
Face Off-	Standing Face Off- 2 players only
Positions-	All players will be allowed to roam and play both offense and defense. Off-sides will not be called.
Checking-	No checking at this level.
Scoring-	1 point per goal scored. Ball must travel past the plane of the goal to count.
Goalies-	Parent/volunteer goalies.
Defense-	Body positioning only at this level. No stick or body checks.
Ground Balls-	Only 1 player per team may go after a ground ball. All others must keep 3 yards away from the two fighting for the ground ball. A verbal call of "I got ball" must be made prior to approaching a ground ball. A call of "release" is also mandated when ball is controlled and possessed by a player.
Out of Bounds-	If a ball goes out of bounds it will go to the team who touched it second to last.
Substitutions-	On the fly through the box, after Out of Bounds call, or at coaches' request.

Penalties-

All penalties will be assessed a “change of possession” at this level.

No Ball Call- No “I got ball” call prior to approaching ground ball.

No Release Call- No “release” call after ground ball is picked up and possessed

Too Many Players- Too many ground players going after a ground ball

Checking- No checking of any kind

Physical Play- knocking down players or running through players and any other physical play will result in a penalty. *Note- Referees will reserve the right to send any player who is overly physical off the field at his/her discretion. Safety First!*

Unsportsmanlike Conduct- Foul language, taunting, etc.

Improper Equipment- All mandated equipment must be properly in place prior to a player entering the field of play and must be worn until safely off the field of play.