

New Hampshire Youth Lacrosse Association Rules

Approved December 2010

1. Program Eligibility

- 1.1. Town recreation, school or private "Program" must adhere to the New Hampshire Youth Lacrosse Association age restrictions(except as defined below).
- 1.1.1 Each Program must have a particular Geo Descriptor that locates the base of their program (i.e. Exeter, Hampstead, Laconia, etc . Town programs may also add an additional name (i.e. Lakes Region , John Stark, etc.) but they must have a town that describes their location .
- 1.2. Each Program is considered a league member in good standing having paid the Association fees as determined by the NHYLA. League fees of \$45/team are to be paid to the Treasurer by March 1 along with submission of the Team Compliance and Registration Form. The Team Compliance and Registration Form lists the teams registering for NHYLA league play and states that the teams are formed in accordance with NHYLA player eligibility rules and regulations. Certificate of insurance must be on record with the NHYLA by April 1.
- 1.2.1 All head coaches must be US Lacrosse level 1 certified, (including on-line course, on field clinic, Positive coaching Alliance on-line course, and the required background check) by April 1st 2011. All assistant coaches must be US Lacrosse on-line certified by April 1st 2011. This rule is to be enforced by the appropriate V.P.
- 1.3. A roster of all eligible players must be submitted to the NHYLA (boys or girls VP) by April 1.
- 1.4. Roster-Rosters that include the names, jersey numbers, birthdays and addresses of each player and a Code of Conduct section signed by parent, player and coach must be submitted to the NHYLA. Girls Team Rosters must be submitted to the Girl's VP and Boys Team Rosters must be submitted to the Boy's VP. Rosters must be received by April 1.
- 1.5. The Rosters are to be considered fixed once submitted to the NHYLA. Any changes must be approved must be approved by the Girl's VP for the Girl's Teams and the Boy's VP for the Boy's Teams.
- 1.6 The league does not encourage select teams. A player will play for the organization associated with his town as follows :A. If the players town has a program . He will play for that program : B. If there is no program in the players town , he will play for the program which is associated with the towns high school jurisdiction ; C. If there is no program falling under the high schools jurisdiction , the player will play any program he/she chooses .Players who currently play for a Program shall play for their town, if the town in which they reside launches a new Program.
- 1.7. No Program will be allowed to be a member of the NHYLA who refuses to play a league-scheduled game with another Program in their division. Any Program refusing to play another Program in the NHYLA shall lose the privilege of playing

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- any/all teams in the NHYLA to include participation in the year-end tournament.
- 1.8. Should a challenge arise that questions a programs and/or players eligibility to participate in NHYLA, then NHYLA Officers, or a committee formed by the Officers, will investigate. If it is determined that an organization has purposefully broken rules and regulations of program and/or player eligibility, the organization will be subject to sanctions as determined and subsequently voted on by the Board. The voting of sanctions shall adhere to NHYLA Bylaws Article 3, Paragraph 3.
 - 1.9. The NHYLA shall conduct coaches' clinics, one for boys and one for girls. These clinics can be hosted together or separately at the Presidents discretion. These clinics shall be chaired by the Vice Presidents.
 - 1.10 The respective VP will award forfeits. No team or organization will be allowed to forfeit games.

2. Player Eligibility

- 2.1. Age is determined on December 31 of the prior calendar year.
- 2.2. Each player and at least one parent must sign and submit a code of conduct pledge and contract at registration. The town is responsible for keeping the Code of Conduct on file for the current season
- 2.3. Girls will have the option of playing either with the boys using boy's lacrosse rules or playing girl's lacrosse.
- 2.4. Boys will not have the option of playing in the girl's league.
- 2.5. Any Boy or Girl participating in a high-school program as a member of a freshman, junior varsity or varsity team is not eligible to participate in the NHYLA. No 9th graders are eligible for NHYLA participation.
- 2.6. Divisions will be set up by State officials using the following table :(u15 and u13 only)
Teams in age bracket per program Division
1 B
2 A,C
3 A,B,C
4 A,A,B,C
5 A,A,B,B,C
6 A,A,A,B,B,C
7 A,A,A,B,B,B,C
Teams can chose to move up and a written letter requesting this must be received by the February meeting. First year teams may appeal this rule to respective VP of Boys or Girls.
- 2.6.1. The U11 bracket shall be divided into either "competitive or non-competitive" divisions . Town programs may choose to enter U-11 teams into either division

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regardless of the number of teams they are entering .If a town program enters 2 or more teams in the “non-competitive “ bracket, those teams must be balanced . Towns may enter as many teams as they wish in the “competitive bracket “ . Town programs that enter teams into the non-competitive bracket that demonstrates , by team record, a blatant misrepresentation of team skill and experience level will be subject to NHYLA board review and will subject that town program to corrective action .

2.7 All players participating in NHYLA must be NH residents.

3. League Play

3.1 General (Boys and Girls)

3.1.1. Home team responsibilities-The home team is responsible for :

- a) Securing Dedicated Scorekeeper and Timekeeper for the game. Preferably this is two separate people , however one person may do both timing and scorekeeping .However under no circumstances can this be a coach or assistant coach of the teams playing the game .
- b) Game clock
- c) Horn-where allowed by local requirements .
- d) Scoreboard visible to both teams benches.
- e) Paying referees
- f) Extra line judges, ball chasers etc, as needed.
- g) Reschedule cancelled games . In the event that the 2 coaches are unable to come to an agreement then either coach can approach the perspective VP to set a date . The date chosen by the VP will be final .

3.1.2. Players shall be limited to one team roster to be filed with the VP of their respective division. Players will be allowed to play up from a B-to an A-team within their age bracket for no more than two (2) out of seven (7) league games. Players playing more than two of the A-team’s games will be considered a member of the A-team. These players will then be eligible only for the A-team tournament at the end of the season and no longer eligible for the B-team tournament.

3.1.3. A coach or town representative must submit a report of an incident if requested by a respective VP within 72 hours.

3.1.4 Tie breaker for playoffs are as follows:

- Wins
- Head to Head
- Record vs. Common Opponents
- Road Wins
- Strength of Schedule

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- 3.1.5. If any player or coach receives a second game ejection during the season in the boys game or a second game with a red card in a girls game, that individual will be required to forfeit any participation in NHYLA, at any level, for the balance of that season. During the period of disqualification, a coach or player shall not be in attendance at the game(s)/event(s) for which the disqualification is imposed.
- 3.1.6. Any player who leaves the bench area during the game where an altercation is taking place in the playing area shall receive a two game disqualification for the next two scheduled league games or NHYLA event. All altercations must be reported to the respective VP within 24 hours.
- 3.1.7 Taunting is a flagrant unsportsmanlike foul, which shall result in the ejection of the coach, player or other game personnel from that day of competition, plus the next day of scheduled competition. Examples of taunting that would lead to ejection, but are not limited to, “trash talk”, physical intimidation outside the spirit of the game; references to sexual orientation; “in the face” confrontations by one player to another; standing over/straddling a fallen player.
- 3.1.7 Under no circumstance can a coach propose changes to the existing rules at game time .
- 3.1.8

3.2 Boys Only

- 3.2.2. The league rules of play of the game will follow NHIAA rules except that Federation Rules will apply for length of games as follows: U15 and U13-(4) 10 minute stop time periods; U11-(4) 12 minutes running time. All regular season games may end in a tie. Both coaches must agree to play the overtime. If agreed, then a max of 2 four minute sudden victory overtimes may be played .
- 3.2.2 The 10 second rule for moving the ball in the boy’s box will be eliminated. The referee will have the discretion to warn and call stalling in lieu of the 10-second rule.
- 3.2.3 Whenever the difference in score equals or exceeds 5 goals, the losing team may elect to take possession of the ball at midfield without a face off following the scoring of a goal by either team. Whenever the goal differential becomes 10, then the coaches and referee(s) shall meet to discuss adjustments to play in order to maintain sportsmanship and fair play.
- 3.2.4. Player Ejections Any player ejected by the referee or ejected for committing 5 personal fouls will be ineligible for play in the following league game or NHYLA event. The coach of the ejected player must report the incident to their town rep. and the respective V.P. Failure to do so, will result in the team forfeiting 2 games and the coach will serve a 2 game suspension.

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- 3.2.6 Coach Ejections. Any coach or assistant coach ejected from a game: For misconduct will be suspended from coaching his/her team for the next 2 NHYLA games. All ejections must be reported to the respective VP within 24 hours or a third suspension will be added. Suspensions will carryover to the next season's games. A corrective action plan outlining current issue and ways to correct the issue must be submitted to the respective VP within 72 hours of an ejection.
- 3.2.7. All rules concerning dimension of shafts for U13 Boys games are voided except that sticks must be at least 36" long and there can be no more than 4 sticks longer than 42" on the field at one time. No long sticks (42' or longer) will be allowed at the U13-C or U11 levels.
- 3.2.8. Body checking is permitted in U15 and U13, however, no take-out checks are permitted by any player. A take-out check is a check in which the player lowers his head or shoulder with the force and intent to take-out (and put on the ground) the other player. Ages and grades may play together. Multiple teams within a program should be balanced. Players may make contact in upright positions within five yards of the ball. No body checking of any kind is permitted in the Lighting and Bantam division, which includes no man/ball, clear the body pushing. If the ball is not moving the referee will start play following the alternating position session rule."
- 3.2.9. Boy's equipment: All boys game players, regardless of age division, must wear a protective helmet designed for lacrosse which meets NOCSAE standards and has a visible exterior warning label stating the risk of injury. Both the chin pad and chin strap shall be firmly attached to the helmet as designed by the manufacturer. Players are also required to wear shoulder pads, arm pads, gloves, and a mouthpiece. Rib pads are recommended. Goaltenders at all age divisions, must have a NOSAE certified lacrosse helmet with a throat guard, gloves, arm or elbow guards, chest protector, mouthpiece, and protective cup. Additional recommended equipment includes shoulder pads, shin guards (soccer or baseball) and protective goalie pants. Lacrosse sticks (stick head and shaft) that measure 52"-72" (referred to as a defensive stick) in length are only allowed in u13a and u13b and all u15 divisions. There may only be four defensive sticks on the field at one time. U9 players may play with a lacrosse stick that measures 30"-40" in length.
- 3.2.10 Bantam Division: U9 this is a non-competitive league. Multiple teams within the same program should be balanced. The field shall measure 40 yds wide by 50-60 yds long. The middle area of a standard field (restraining line to restraining line) should be used. The wing line shall serve as the goal lines. Equipment will conform to NFHSA equipment requirements including NOC SAE-approved helmets with the following modifications: The length of the stick may be 30 to 40

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- inches for both offensive and defensive players in the bantam division only. No long poles are permitted. Rib pads are strongly recommended. All players will wear the following protective equipment: helmet, gloves, arm pads, and mouth piece. 4 quarters with 12 minute running time with no overtime. There shall be 7 players per team using standard positions on the field. Multiple player substitution is recommended and play time should be 3-5 minutes. At the referees discretion a stop clock shall be allowed for multiple player substitutions. 2 timeouts per half. No 10 second count. There are no time serving penalties; instead a player must be substituted and the ball will be awarded to the other team at the point of the infraction. In any game an at any point during the game when there is a five point lead, the team that is behind will be given the ball at the midfield line in lieu of a face off as long as the five point lead is maintained, unless waived by the coach of the trailing team.
- 3.2.11. At the U9 level 1 coach is allowed on the field to provide direction and instruction to his players .

3.3 Girls Only

- 3.3.1. The duration of girls games shall be as follows: U13 and U15-25 minutes running time per half (maximum) and U11-20 minutes running time per half (maximum)
- 3.3.2. A free position will be taken at the center by the team with fewer goals, if a four (4) or more goal differential exists. The player taking the free position may run or pass, but may not shoot directly on goal until another player has “played” the ball.
- 3.3.3 Player Ejections - Any player receiving a red card in a girl’s game will be ineligible for play in accordance with US Lacrosse Rule Book Current Addition.. The coach of the ejected player must report the incident to their town rep. and the respective V.P. Failure to do so, will result in the team forfeiting 2 games and the coach will serve a 2 game suspension.
- 3.3.4. All carding rules will follow US Lacrosse Rule Book Current Edition .
- 3.3.5 Pass Rule;(except U15a) One attempted pass is required after the ball and the ball carrier completely cross the restraining line before a shot can be taken at the goal. An additional pass is not required until the ball leaves the offensive side of the field beyond the restraining line. If a shot is taken before the pass is attempted, it is considered a goal circle violation and the ball is awarded to the goal keeper.
- 3.3.6. Coach Ejections. Any coach or assistant coach ejected from a game:
Red cards carded in a girl’s game will be suspended from coaching his/her team for the next 2 NHYLA games. All ejections must be reported to the respective VP within 24 hours or a third suspension will be added. Suspensions will carryover to next season’s games. A corrective action plan outlining current issue and ways to

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correct the issue must be submitted to the respective VP within 72 hours of an ejection.

- 3.3.6. Teams shall play under the following rule levels as defined by US Lacrosse Rules Book;
 - U11 teams shall play under Level C Rules
 - U13 teams shall play under Level B Rules
 - U13a teams shall play under Level A Rules if both teams are in agreement
 - U15 teams shall play under Level A Rules
- 3.3.6 (ONE YEAR TRIAL PERIOD for 2010 season)
 - U-13A teams have the option to play at the “A” level if both teams are in agreement. (2010 season)
- 3.3.7. Girls field stick length 35 1/2” minimum; 43 1/4” maximum. Goalie stick length 35 1/2” minimum; 48” maximum.
- 3.3.8. Girls mandatory equipment: a properly fitted mouth guard and ASTM regulated eye wear for the field player. The goalie must wear a regulated helmet with a face mask, separate throat protector, chest protector, abdominal pelvic protector, goalie gloves, and leg padding on the shins and thighs, meeting the requirements & standards of the US Lacrosse Women’s Rule Book.

4. Uniforms

- 4.1. Each team must state their team uniform color at the beginning of each session on their roster to the NHYLA.
- 4.2. In the event of a conflict in color, the home team is responsible for changing colors or wearing pinnies.
- 4.3. Color differences are the sole discretion of the referees.

5. Referees

- 5.1. The home team is responsible for securing and paying for certified referees for their home games.
 - 5.1.1 Boys Games -It is recommended that all games be officiated by two umpires. It is required to have the following umpires for games as follows,
 - U15 A and B and C Two qualified umpires for all games
 - U13A Two qualified umpires for all games
 - U13B and C One qualified umpire for all games
 - U11 One qualified umpire for all games
 - U9 One qualified umpire for all games
 - 5.1.2 Girls Games- It is recommended that all games be officiated by two umpires. It is required to have the following umpires for games as follows,
 - U15 A and B Two qualified umpires for all games

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U13A Two qualified umpires for all games

U13B One qualified umpire for all games

U11 One qualified umpire for all games

U9 One qualified umpire for all games

- 5.2. To all towns that play in NHYLA game or scrimmage all officials must be certified by either NHLOA, MDOC or US Lacrosse. Their certification must be current for the year and carry insurance. If no official is present then the game must not be played.
- 5.3. A referee list will be made available by NHYLA.
- 5.4. If the referee deems that the game is “out of control” he/she is to stop/end the game.
- 5.5. All towns must allow US Lacrosse patched officials, whether youth or adult to officiate over games in their town if assigned or hired (they must be current and insured).

6. Rules

- 6.1. The Boy’s VP and the Girl’s VP will interpret rules, arbitrate disputes and manage an exception process and will report their recommendations back to the Board at a special meeting or the next scheduled monthly meeting.
- 6.2. The Boy’s VP and the Girl’s VP will recommend rules to encourage competitive and sportsman-like play.
- 6.3. The Boy’s VP will be responsible for exceptions to the boy’s eligibility rules. The Girl’s VP will be responsible for exceptions to the girl’s eligibility rules.
- 6.4. Changes to the rules must be by agreement of 75% of the Board of Directors (the Executive Directors and towns, schools or private Programs represented at the NHYLA meeting).
- 6.5. All NHYLA board members are required to attend the monthly meetings of Sept., Oct., and Nov., to be eligible to vote on any proposal at the December meeting. The same person must not necessarily be in attendance but a representative of the member organization’s board must be there so that information will be passed on to that organization. NHYLA officers subject to same attendance requirements as towns.
- 6.6. All monies, except office operating expenses over \$200.00, will be voted on before spending, by the Board of Directors.

7. Schedule

- 7.1. Each year the board shall determine which week the season will start. The objective is to start the season as late in the month of April as possible.
- 7.2. The league schedule will consist of a minimum 7 game schedule. Any team wishing to play more than the 7 game schedule can do so but only games played against other

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NHYLA teams in their division will be used for the NHYLA Tournament seeding. The results of all games between teams in the same division must be reported by entering in the current scoring system .

- 7.2.1 Any NHYLA league games that are not played are not to be scored . Towns may not declare a forfeit (only the respective VP may declare a forfeit) and may not enter any score .
- 7.3. The home team coach has the responsibility to get the final score of all games by entering into the current scoring system, to be used for the tournament seeding.
- 7.4. Season End Tournament- A state tournament will be held consisting of tiers of all teams in a division, consisting of 4 teams per tier. The location will be up for bid or coin toss. Rankings will be by the state league games only. The top four team's winners will be state champions.
- 7.5. Schedules for NHYLA Games will be made on Sundays as the preferred days, except in June, when Saturdays will also have league scheduled games.
- 7.6. Every member organization must be a member in good standing to receive the team schedule at the March meeting. All teams that are scheduled must be registered and appropriate fees paid.
- 7.7. Towns must submit required information per the Rules and By-Laws as requested by the NHYLA. Failure to do so may result in NHYLA Executive Board pulling the current schedule.

8. NHYLA All-State Program

- 8.1 All-State players and coaches will be determined as proposed by the Boy's All State Director and the Girl's All-State Director and their committees. All proposals shall be presented to and approved by the NHYLA Executive Board.

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