

# Maryland Youth Lacrosse Association Recreation Rules

## Rule Highlights – 2024

*NFHS Rules to be used with the following exceptions*

**OLD Federation Sticks (less than 3” throat are LEGAL)**

### Equipment:

Mouthguards	<b><u>All players must wear</u></b> – including goalie Violation is not a penalty unless repeated																
Shoulder Pads	<b><u>Goalie excepted</u></b> All field players must wear Football shoulder pads are prohibited																
Helmets	<b><u>Hockey helmets</u></b> are prohibited <b><u>Football helmets</u></b> are prohibited Helmets must have current NOCSAE certification																
Arm Pads	<b><u>ALL PLAYERS</u></b> - <b><u>including Goalie</u></b> must wear																
Gloves	Top side of all fingers must be completely protected – <b><u>padding must be secured to the fingers</u></b> Worn-out or cut-out gloves are permitted but fingers must remain “in” (protected) by the glove Unsafe gloves are not to be assessed a penalty – but must removed from the game immediately (may return if repaired)																
Crosses	<table><thead><tr><th></th><th><b><u>Tykers</u></b></th><th><b><u>Lightnings</u></b></th><th><b><u>Mid &amp; Jun</u></b></th></tr></thead><tbody><tr><td>Legal Lengths</td><td>36” - 52”</td><td>36” – 72”</td><td>40”-42” &amp; 52”-72”</td></tr><tr><td>Long Crosse Limits</td><td>N/A</td><td>4, 42”+ max</td><td>4, 42”+ max</td></tr><tr><td>Illegal Crosse Penalty</td><td>by book -</td><td>by book -</td><td>by book</td></tr></tbody></table> <p>Stick head dimensions may be legal by <b><u>either</u></b> the <b><u>OLD</u></b> HS Federation (throat width less than 3” is OK) or NCAA rule book. But <b><u>stick must be completely legal by one or the other.</u></b></p>		<b><u>Tykers</u></b>	<b><u>Lightnings</u></b>	<b><u>Mid &amp; Jun</u></b>	Legal Lengths	36” - 52”	36” – 72”	40”-42” & 52”-72”	Long Crosse Limits	N/A	4, 42”+ max	4, 42”+ max	Illegal Crosse Penalty	by book -	by book -	by book
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### Play of the Game:

4 Goal Rule	Free clear following goal for the team losing by 4 goals or more <b><u>Face-off to begin every quarter</u></b> unless excepted by NFHS rule
1 Hand Check	Personal foul (a slash) Penalize only legitimate attempts to dislodge the ball
Body-checks Tyker	<b><u>Tyker ONLY</u></b> – bodychecking permitted <b><u>ONLY</u></b> on player with <b><u>possession</u></b> of the ball. The technique of using the gloved hands to keep a player from the goal is legal, but should not be used in a thrusting motion. This will be considered a body check which is not permitted.

<b>Substitutions</b>	<p><b><u>Substitution horn</u></b> (yelling) on ANY out-of-bounds ball</p> <p><b>NO HORN on</b>      Non-time serving penalties</p> <p style="padding-left: 100px;">Inadvertant whistles</p> <p style="padding-left: 100px;">Officials' Time-outs (not including injuries)</p>
<b>Play-on</b>	Used only with regard to interference with goalie in the crease
<b>Time-outs</b>	<p>2 per half and 1 in each OT period for all levels playing OT</p> <p>Time-outs during play can be called <b><u>ANYWHERE ON THE FIELD</u></b></p>
<b>Stalling</b>	<p><b><u>AUTOMATIC "KEEP IT IN"</u></b> during the <b><u>last 2 minutes</u></b> of game for the team ahead – <b><u>EXCEPT TYKERS!</u></b></p> <p>Officials may put "stall warning" on if appropriate at any time during game.</p> <p><b><u>Midgets ONLY</u></b> – During the <b><u>LAST 2 MINUTES</u></b> of the game, (regardless of the score) both teams required to follow NFHS clearing rules (counts).</p> <p><b><u>Juniors ONLY</u></b> – During the <b><u>ENTIRE</u></b> game, (regardless of score) teams will be required to follow NFHS clearing and count rules (20/10).</p> <p><b><u>In and Back</u></b> – Juniors will follow the "Backcourt" rule as stated in NFHS manual. Once offensive team has advanced ball into the offensive box, it is illegal for ball to go back into defensive end unless last touched by defense or a shot. <b><u>Midgets use during final 2 minutes.</u></b></p>
<b>Restarts &amp; Substitution Horns</b>	
	<p>MYLA will continue to use the substitution horn on ANY out-of-bounds ball.</p> <p>The Federation rulebook allows for "quick" restarts – <b><u>we won't use quick restarts</u></b> in our games.</p>
<b>Goalie Foul</b>	<p>Goalie will serve a penalty only if the penalty is Unsportsmanlike Conduct.</p> <p>Otherwise, the in-Home will serve any Goalie penalties. Replacement goalie has 2 minute warm-up period.</p>
<b>Field Player in GOAL</b>	<p><b><u>NO PLAYER</u></b> other than the <b><u>designated Goalie</u></b> may assume the position of a Goalie in the mouth of the goal. If this occurs, there will be <b><u>IMMEDIATE</u></b> (no flag down slow whistle) whistle stopping play.</p> <p>Penalty will be illegal procedure – 30 second time-serving penalty.</p>
<b>Conduct</b>	<p>Inappropriate conduct by an official, player, coach, or spectator has no place in the MYLA.</p> <p>Inappropriate conduct must be dealt with immediately and appropriately.</p> <p>First responder to inappropriate conduct is to be the coach if a player or spectator is at fault.</p> <p>If the coach doesn't act or if the spectator doesn't comply, the official needs to take charge and remedy the situation. If possible, the official should follow the SLOA prescribed sequence:    Verbal warning</p>

Technical Foul  
Personal Foul  
Expulsion

Expulsions or complaints need to be reported to me immediately upon the conclusion of the game.

**Penalty Time** By book unless excepted above. Tykers never play “man-down”. For a “time-serving” penalty in a Tyker game, the offending player leaves the field for the appropriate length of time. He is substituted for immediately. The offended Tyker team is awarded a “fast break” – ALL middies except ball carrier are held at midfield. Player with ball is positioned 5 to 8 yards into offensive area. Attack and defensive players position themselves as they wish but always allowing the player with ball 5 yards on restart. All players are “live” with whistle.

**Field** No penalty if incorrectly marked.

**Ball** All balls must have official NOCSAE stamp. NO NOCSAE = NO GAME.

**Counting** Offensive and defensive counts are as explained in “Stalling”.

**Alternate Possession** Used and determined as per NFHS rules.

**Game Time** Home team will probably NOT have a clock and timer at the table. If the refs need to keep time on the field, these are quarter times:

<u>Division</u>	<u>w/ clock at table</u>	<u>if refs time</u>
Tyker & Lightning	10 min RT	10 min RT
Midgets	8 min start/stop	11 min RT
Juniors	10 min start/stop	13 min RT

Penalty time should always be start-stop.

Stop time on time-outs and during last 2 minutes of game w/i 2 goals.

**Overtime Play** Tykers NO overtime play

Ltgs, Midgets & Juniors by book – 4 minute periods change goals  
Advancing Counts continue in OT

Lightning, Midget, & Junior games MUST NOT END IN A TIE!!

### Procedure:

**CERTIFY COACHES** prior to the game

**Equipment Checks** Equipment checks are to be conducted per NFHS rules only by request

<b>Equipment</b>	<b>Check goalie and players for required equipment at opening line-up</b>
<b>Face-off</b>	<b><u>NO contrasting tape required.</u></b>
<b>Injury</b>	<b>Injured player – <u>except Goalie</u> – must come out of game If injury is to goalie, he may remain in the game <u>if he and his coach agree.</u></b>
<b>Spectators</b>	<b>All spectators should view the game from the non-bench side of the field.</b>

**ILLEGAL HITS THAT ARE SERIOUSLY VIOLENT SHOULD BE CONSIDERED FOR EJECTION.**