

Maryland Youth Lacrosse Association Recreation Rules

Rule Highlights – 2026

NFHS Rules to be used with the following exceptions

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

New for 2026:

Per NFHS rules, Goalies no longer get 5 seconds to get back to their goals if they leave the crease.

If a player has their helmet come off for any reason during a game, Play is stopped immediately and that player has to leave the field until the next whistle restating play.

Equipment:

Mouthguards

All players must wear – including goalie
Violation is not a penalty unless repeated

Shoulder Pads

Goalie excepted
All field players must wear
Football shoulder pads are prohibited

Helmets

Hockey helmets are prohibited
Football helmets are prohibited
Helmets must have current NOCSAE certification

Arm Pads

ALL PLAYERS - including Goalie must wear

Gloves

Top side of all fingers must be completely protected – **padding must be secured to the fingers**
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

	<u>Tykers</u>	<u>Lightnings</u>	<u>Mid & Jun</u>
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

Stick head dimensions may be legal by **either the OLD HS Federation (throat width less than 3” is OK) or NCAA rule book. But stick must be completely legal by one or the other.**

Play of the Game:

4 Goal Rule

Free clear following goal for the team losing by 4 goals or more

Face-off to begin every quarter unless excepted by NFHS rule

- 1 Hand Check** **Personal foul (a slash)**
Penalize only legitimate attempts to dislodge the ball
- Body-checks Tyker** **Tyker ONLY – bodychecking permitted ONLY on player with possession 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.**
- Substitutions** **Substitution horn (yelling) on ANY out-of-bounds ball**
For use in Ltg age group and younger
NO HORN on **Non-time serving penalties**
 Inadvertant whistles
 Officials' Time-outs (not including injuries)
- Time-outs** **2 per half and 1 in each OT period for all levels playing OT**
Time-outs during play can be called ANYWHERE ON THE FIELD
- Stalling** **AUTOMATIC "KEEP IT IN" during the last 2 minutes of game for the team ahead – EXCEPT - LTG & TYKERS!**
Officials may put "stall warning" on if appropriate at any time during game.
Middies ONLY – During the LAST 2 MINUTES of the game, (regardless of the score) both teams required to follow NFHS clearing rules (counts).
Juniors ONLY – During the ENTIRE game, (regardless of score) teams will be required to follow NFHS clearing and count rules (20/10).
In and Back – 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. Middies use during final 2 minutes.
- Goalie Foul** **Goalie will serve a penalty only if the penalty is Unsportsmanlike Conduct. Otherwise, the in-Home will serve any Goalie penalties. Replacement goalie has 2 minute warm-up period.**
- Field Player in GOAL** **NO PLAYER other than the designated Goalie may assume the position of a Goalie in the mouth of the goal. If this occurs, there will be IMMEDIATE (no flag down slow whistle) whistle stopping play. Penalty will be a Releasable 60 second Unsportsmanlike Conduct time-serving penalty.**
- Conduct** **Inappropriate conduct by an official, player, coach, or spectator has no place in the MYLA.**

Inappropriate conduct must be dealt with immediately and appropriately. First responder to inappropriate conduct is to be the coach if a player or spectator is at fault.

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
- 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
Middie	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, Middies & Juniors by book – 4 minute periods change goals
Advancing Counts continue in OT

Lightning, Middie, & 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

Equipment Check goalie and players for required equipment at opening line-up

Face-off **NO contrasting tape required.**

Injury Injured player – **except Goalie** – must come out of game
If injury is to goalie, he may remain in the game **if he and his coach agree.**

Spectators All spectators should view the game from the non-bench side of the field.

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