

U.L.A. Boys Rules

3rd/4th Grade Conference

ULA Mission Statement: The Upstate Lacrosse Association (ULA), by teaching the fundamentals and foundations of lacrosse, strives to provide the youth players of Central New York with a healthy, positive, and safe learning environment in which the game of lacrosse will be taught, played, and enjoyed while instilling good sportsmanship, teamwork, discipline, charity, and integrity.

Grade Clarification: The grade level that the player attended this past school year is where the player will compete in the ULA. A player may play at only one grade level per year.

Grade Advancement: A player is allowed to move up one age group if both affected coaches and the players parent(s) agree. A 2nd grader may play in the 3/4 conference.

RULES: All rules per NYS Modified High School rules with the following exceptions.

- * PLAY: 8 versus 8 with 3 midfielders, 2 attack, 2 defensive players, and 1 goalie.
- * No body checking is allowed.
- * There is no such thing as a "Brush" in this level. Contact between the Stick and a Helmet is a personal foul.
- * **Point of Emphasis** – One or more Defenders cannot use the sideline or end line as an additional Defender using their bodies to force the Player with the Ball out of bounds. This would be considered a body check.
- * Stick checking must be two handed and is allowed only on the gloves holding the stick or the stick itself and checks must be under control. Any one-handed check will be considered a slash, regardless of it making contact on the Gloves. A Player may be forced out of bounds while having their Stick checked.
- * Penalties result in a fast break for the fouled player, or a player selected by the Official. No substitutions of attack players for the fast break. Penalties that occur at the end of a shift are run with no time elapsed until the ball hits the ground or a shot is taken.
- * Goals that are scored during a delayed penalty situation will wipe out the fast break regardless of the type of penalty.
- * Flagrant penalties will be assessed at the discretion of the Officials. If a player is assessed a flagrant penalty, he will sit out the remainder of the quarter but can be substituted for. If a player has 2 flagrant penalties in one game, he will be suspended for the remainder of that game and the next game. If a Player has more than two games with 2 or more Flagrant penalties, they are suspended for the balance of the season.
- * Lacrosse sticks must be between 36" and 42" long and suitable for field lacrosse play.
- * Faceoff: Play shall start at the beginning of the game, each quarter, and after each goal - see 4 goal rule for exception. Both players go down into the face-off position and are adjusted by the official. Once in place, the ball is placed between the players sticks and the face-off is executed.
- * Goalie Ball - When the goalie's stick is clamped on the ball and with at least 1 foot in the crease, it is the goalie's ball.

* 4 Goal Rule- If a team is losing by 4 or more goals, the face off may be suspended and the ball awarded to the team that is behind in the score at the midfield line. The coach of the team that is losing by 4 or more goals may request to maintain the face off instead of automatically taking possession of the ball.

* Maximum of 3 coaches per team on the sidelines during games. Only the Head Coach is allowed to speak to the officials during play of the game. The Head Coach must introduce himself/herself to the officials prior to the start of the game. Teams with a large number of players may have a 4th coach on the sidelines to assist with player management. The officials must be informed that a 4th coach will be on the sidelines prior to the start of the game. The 4th coach must remain behind the team bench.

*Coaches are allowed on the field with agreement between coaches and officials before the start of the game for player instruction.

* Start/Stop of play - During Scheduled One-Hour Games- There will be seven (7) 3- minute running time shifts per half. The horn will sound every 3 minutes for substitutions and the clock is stopped. The clock is stopped a maximum of 30 seconds for each substitution. There will be 2 halves per game and a 4-minute halftime. No timeouts or overtime.

*During Scheduled One Hour 15-minute Games- There will be four 3- minute running time shifts per quarter. There will be a horn every 3 minutes for substitutions and the game clock is stopped. The game clock will be stopped for a maximum of 30 seconds for each substitution. There are four quarters per game with a 5-minute halftime. One timeout per half per team. No substitutions are allowed after timeouts. No overtime period.

* Scoring: A goal is counted once the ball goes completely past the goal line.

EQUIPMENT: The following equipment is required; Helmet, Gloves, Arm Pads (including goalies), Shoulder Pads, Protective Cup, and a Mouth guard. Rib pads are recommended for all players. Goalies are also required to have a Throat Guard and a Chest Protector. For goalies, many coaches believe youth level goalkeepers benefit from wearing shin, knee, and thigh pads. Such pads are allowed for youth play, as long as the pads do not significantly increase the size of the limb protected (i.e., no ice hockey, field hockey, or box lacrosse goalie pads).

PLAY AREA: The field dimensions for the 3/4 level of play are: 50 yards by 90 yards and 60 yards from goal line to goal line. The restraining box is 25 yards square. Goals are recommended to be 5 'x 5'.

POINTS OF EMPHASIS:

* Please encourage your player's parents to offer only positive comments to the players on both teams.

* Parents/spectators must be seated on the opposite side of the field from the team benches & at least 5' back from the sideline.

* Coaches and officials need to work together as partners to promote safe play and a positive learning environment for all players.

* During the game, all players should be playing multiple positions on the field to develop a variety of lacrosse skills and become well-rounded players.