



Mountain Recreation Youth Lacrosse Rules 2nd-3rd Grade

Game Play

- 7 v 7 play, 1 goalkeeper, 2 offense, 2 mid, 2 defense
- **Games:** (2) 20-minute halves with a halftime no longer than 5 minutes
- 2nd-3rd games will use the side fields on the full-sized field – 35x45 yard fields
- Regular Goals
- Helmets, shoulder pads, arm guards, lacrosse gloves
- Regular lacrosse balls
- No team timeouts

Rules Overview

- No body checking but some contact is allowed
- Only stick checks permitted are (1) lift checks (2) poke checks (3) downward stick checks below both players shoulders
- No faceoff
- No Long Poles
- **Offsides:** 2 defensive players must play behind mid-field at all times. All other players can roam.

Coaches Overview

- Coaches are responsible for officiating their own games.
- One coach on the field and one on the sideline is preferable.

Facing Off

- No face offs will be used.
- The team that won the coin toss shall place one player at the Center Spot with the ball. All other players shall be on their defensive side of the Center Spot, with all players on the defensive team at least five yards from all players on the offensive team.

Out of Bounds

- Play shall be stopped immediately when the ball goes out of bounds. On a shot that goes out of bounds, possession is awarded to the team of the in-bounds player closest to location of the ball when it went out. When the ball goes out of bounds, for any other reason other than a shot, it is awarded to the team that did not touch the ball last.

Allowable Contact

- Examples of permitted body contact are:
 - (a) Legal holds – Holding is permitted under the following conditions
 - (1) An opponent with possession of the ball or within 3 yards of a loose ball may be held from the front or side.
 - (2) An opponent in possession of the ball may be played with a hold check from the rear if the hold exerts no more than equal pressure. For (1) and (2), a hold check shall be done with closed hand, shoulder or forearm; and both hands shall be on the crosse.
 - (3) A player may hold the crosse of an opponent with his crosse when that opponent has possession of the ball.
 - (4) A player within 3 yards of a loose ball may hold the crosse of his opponent with his own crosse.
 - (b) Legal pushes – A legal push is exerting pressure after contact is made and is not a violent blow. Pushing is permitted from the front or side when an opponent has possession of the ball or is within 3 yards of a loose ball. In this case, pushing shall be done with either closed hands, shoulder, or forearm, and both hands shall be on the crosse. (c) Positioning yourself against an opponent to gain possession of a loose ball (boxing out an opponent) (d) Defensive positioning to redirect an opponent possession of the ball (riding a player) (e) Incidental contact

Check with Crosse

- In all cases, stick checks must be made with two hands on the crosse and to the crosse of an opponent or his gloved hand on his crosse. An opponent must be in possession of the ball or within 3 yards of a loose ball. Only checks with the crosse listed below are legal: (a) Lift the bottom hand or the head of the stick, whichever is below the chest area. (b) Poke the bottom hand or the head of the stick, whichever is below the chest area. (c) Downward check initiated from below both players' shoulders.

GENERAL GUIDELINES & RULES

Mountain Recreation strives to provide the communities of western Eagle County with a variety of quality, affordable, recreational activities and facilities for youth and adults. Mountain Recreation provides recreation facilities for public use and enjoyment. These provide residents opportunities to participate in organized sports and activities. The following general guidelines and rules have been developed by Mountain Recreation. All users and visitors of Mountain Recreation managed public facilities are expected to follow these guidelines and rules. Violations of these may result in disciplinary action and/or suspension of privileges. Each incident will be dealt with on a case-by-case basis. The disciplinary process and result of that process is at the sole discretion of Mountain Recreation. Disciplinary action may include, but are not limited to; Ejections, Suspensions, Fines, Police Reports, and other disciplinary action

Sportsmanship Policy

No game is important enough to warrant physical or verbal abuse of officials or participants. Each team is responsible for the actions of its members at all times during competition. Unsportsmanlike conduct, including intimidation, infliction or threat of bodily harm, will not be tolerated and could subject an entire team to disqualification. Please remember that these games are not professional sporting events. No one's job is on the line. The officials and coaches are doing the best they can, just like the players. Please provide them with the respect they deserve.

FACILITY RULES

No physical or verbal assault	No Inappropriate clothing
No forms of harassment or threats	No bullying or intimidation
No weapons or gambling	No disorderly conduct
No destruction of property or vandalism	No inappropriate language
No Loitering	No creating unsafe environment for public
No Unauthorized entry or theft	No tethering of animals to facility
No public alcohol & drug impairment	No alcohol, drugs, or tobacco on premises
No misuse of public property	No gum, candy, food, or drinks in activity areas
No changing in public areas	No forms of discrimination
No unsanitary behavior that can spread disease	No cheating