

All American Sports Youth Lacrosse League – Rules 2011

Except where expressly modified below, all rules of field lacrosse apply for All American Sports Youth Lacrosse league:

1. Team Size: Approximately 8 – 13 players – 6 per team (1 goaltender, 5 runners) on the field at one time. There is no off-sides, so all players play both offense and defense. All players must have valid US lacrosse membership. 6' x 6' field lacrosse goals to be used.
2. Equipment: All players are required to wear a helmet with cage, shoulder pads, arm pads, gloves, and a mouth guard. Rib pads and athletic cup are recommended. Goalies must wear a chest protector and throat guard and athletic cup in addition to the equipment required by all players.
3. Game length: 5 minutes of warm-up; Two 22 minute running time halves; 3 minutes between halves. Times may be modified to meet special circumstances in the discretion of the official and/or league director.
4. Time-outs: None unless otherwise indicated by the official or league representative for special circumstances.
5. Face-offs: Occur at the beginning of each half and after each goal unless difference of score is greater than 4 points (see rule 6).
6. 4 point rule: If there is a 4 goal or more margin in the score, the team with the lower score begins play with possession at center of the field with 3 yards of space between him and the closest player from the opposing team. This continues after each goal until the margin is less than 4 goals.
7. Substitutions: All substitutions are on the fly or on a dead ball stoppage of play. There is no horn. Players must be within a 5 foot radius of the bench to substitute.
8. Penalties:
 - a. Penalties result in a stoppage of play and the fouled person getting a 3 yard fast break.
 - b. If it is determined by official that a penalty is flagrant (language, sportsmanship, baiting/taunting, fighting) the offending player must sit out 1 minute to an entire half or game at the official's discretion.
9. Checking: There is no body checking allowed. Stick checking is permitted. No one-handed stick checks are allowed.
10. Bench area and field of play: Only team members and coaches are allowed in the bench area or field of play during a game.
11. Have fun, work hard, teach fundamentals, and enforce great sportsmanship.