

DIOCESE OF CLEVELAND CYO GIRLS LACROSSE RULES



**CATHOLIC
CHARITIES**

Diocese of Cleveland

Table of Contents



SECTION 1	OFFICIAL TEAM	PAGE 3
SECTION 2	OFFICIALS	PAGE 3
SECTION 3	EQUIPMENT & UNIFORMS	PAGES 3-4
SECTION 4	PRE-CONTEST COACHES RESPONSIBILITIES	PAGE 4
SECTION 5	PARTICIPATION	PAGES 4-5
SECTION 6	GAME & TIME LIMITATIONS	PAGE 5
SECTION 7	LIGHTNING & INCLEMENT WEATHER	PAGE 5
SECTION 8	PRACTICE AND COACHING GUIDELINE	PAGE 5
SECTION 9	FOULS	PAGE 6
SECTION 10	3 RD & 4 TH GRADE COMPETITION RULES	PAGE 6
SECTION 11	5 TH & 6 TH GRADE COMPETITION RULES	PAGES 6-7
SECTION 12	7 TH & 8 TH GRADE COMPETITION RULES	PAGE 7
SECTION 13	CAUTION AND DISQUALIFICATION	PAGES 7-8



@CYOSportsDOC

www.ccdcle.org/cyo



CYO inspires young people to know God, to love God, and to serve God through athletics.

US Lacrosse Rules apply in this league with the exceptions contained within. CYO game rules may not be altered by mutual consent of the coaches. Only the CYO Administration may authorize changes.

SECTION 1 - OFFICIAL TEAM

- A. Defined as an individual or group of children from one or more Members listed on the team roster that meet the eligibility rules and are approved by the Member Athletic Director, Member Administrator, and CYO Office.
- B. A CYO Team refusing to continue playing a scheduled game for any reason without the consent of the game official or CYO representative may be subject to penalties as outlined in Bylaw 11. This also applies to CYO Sanctioned Events.
- C. CYO encourages teams with more than 14 players to form two teams.
- D. A partial roster or combined roster cannot be entered into any tournament or sanctioned event.
- E. A roster or team cannot be split to form two (2) teams at any time.

SECTION 2 - OFFICIALS

- A. Officials that are certified and registered with the Diocese of Cleveland CYO will be assigned to each game.
- B. Officials have the power to warn or disqualify from the competition anyone who commits acts which intend to influence their decisions.
- C. Officials have the authority to call or suspend a game if conditions warrant.
- D. One (1) official will be assigned to each regular season game. Two (2) officials may be assigned for sanctioned events and play-offs.
- E. The head coach and the team captain are the only persons that should speak to the officials during or after the game.

SECTION 3 - EQUIPMENT & UNIFORMS

- A. The field dimensions determined at each grade level.
- B. Boundary lines/marks and all other field rules will follow the NFHS requirements.
- C. Each goal shall consist of two posts or pipes perpendicular to the ground, constructed of metal, 6 feet high and 6 feet apart, joined at the top by a crossbar 6 feet from the ground.
- D. Uniforms and Apparel
 - 1. All players are required to wear CYO issued uniforms.
 - 2. Players must wear matching uniforms including shirts and shorts.
 - 3. Undergarments
 - a. If undergarments such as T-shirts or compression shorts are worn under the uniform, they must be white, gray, black or one of that team's uniform colors. All players wearing an undergarment must wear the same color.
 - b. Undershirts shall be hemmed and shall not have frayed or ragged edges.
 - c. Arm sleeves, knee sleeves, lower leg sleeves and tights are permissible and must comply with NFHS guidelines. Each item shall be white, black, beige, or a single school color for all participants.
 - 4. Shorts are to be worn above the hip.
 - 5. Shoes - Players are to wear composition or rubber-soled shoes. Plastic, leather, or rubber cleats-studs may be worn; no spikes are allowed.
 - 6. Guards, casts, braces, and compression sleeves must be worn for medical reasons and must comply with NFHS guidelines.
 - 7. Equipment
 - a. Mouthpiece - all players must properly wear a professionally manufactured intra-oral mouthpiece that fully covers the teeth.
 - b. Eye protection - All field players must properly wear eye protection that meets ASTM standard for women's lacrosse.
 - c. Lacrosse Stick

8. Headwear and wristbands may be worn. Headbands cannot exceed 2 inches in width. If worn, only one wristband can be worn on each wrist and cannot exceed 4 inches in width. Each item shall be white, black, beige, or a single solid school color for all participants.
 9. Chains, earrings, other jewelry, glitter, face paint, or other inappropriate items may not be worn during the game.
 10. An American flag and or a commemorative/memorial patch not to exceed 2 by 3 inches and with the approval of the CYO Administration may be worn on each of the uniform apparel provided neither the flag nor patch interferes with the visibility of the player's number.
- E. If a player wearing an illegal uniform or equipment attempts to enter the game or is discovered in the game, the head coach will be assessed a technical foul and the player shall be removed from or not permitted to enter the game until the illegal equipment is removed or made legal.
- F. Electronic Devices
1. Walkie-talkies, cell phones, or any other electronic communication systems are not permitted within the competition area.
 2. Teams are permitted to only videotape their games.
 - a. Videotaping is only permitted from areas approved by the facility but is never permitted from within the competition area, team bench area or other unapproved areas.
 - b. Coaches, fans, etc. are not permitted to videotape an opponent's game or practice.

SECTION 4 - PRE-CONTEST COACHES RESPONSIBILITIES

- A. Coaches must be CYO certified.
- B. CYO Credentials are to be worn and visible at all times.
 1. Credentials cannot be given to another coach at any time.
 2. Coaches who have given their credentials to another coach, even for one game, will have their coaching privileges revoked for one year
- C. Coaches are responsible for the supervision of their team and spectators before, during and after the game.
- D. At each game and practice, coaches are to have in their possession: an official team roster, a copy of each athlete's Pre-participation Form and Emergency Medical Authorization Form and a first aid kit.
- E. A pre-game conference will be held between the officials, coaches, and captains.
- F. Bench personnel is limited to the players listed on the eligibility roster and no more than three (3) non-players. Non-players 16 years of age or older must be CYO certified. Non-players under the age of 9 are not allowed in the team bench area.

SECTION 5 - PARTICIPATION

- A. Each player must be treated with dignity regardless of her ability.
- B. If a coach will not play a player because of missed practice, unsportsmanlike conduct, academics or injury, the coach must mark the player as not participating on the official game score sheet and inform the Game Officials before the game begins.
- C. Participation is not modifiable. Players can only be removed as a result of an injury or technical foul at the discretion of the game official. Example; player #4 receives her third personal foul in the first half of the game, #4 must remain in the game until the half is over.
- D. All players are to meet the participation requirements contained in the division specific rules.
- E. Late Arriving Players
 1. If a player arrives late to a game during the first half and is permitted to play by the coach, the player is to meet the full participation requirement of the game.
 2. If a player arrives late to a game during the second half and is permitted to play by the coach, the player is to meet one half of the participation requirement for the total game.
- F. Upon violation of the Participation Rule, the following penalty will be assessed:

1. For violations discovered at the game, the official will contact the CYO Athletic Office with the details and documentation of the violation and the CYO Administration will assess the penalties toward the coach or team. If after a review a violation is confirmed, a forfeiture of the game will be assessed.
 2. All violations of the participation rules are to be communicated to the Athletic Office by the game officials by the morning following the infraction.
 3. Additional penalties may be imposed.
- G. Guest Player Rule: If a team has 8 or less athletes at a game, a guest player may be moved from the member's other CYO Lacrosse teams to fill the positions at the start of a game under the following restrictions:
1. The athlete meets the age/grade restrictions of the team she will assist.
 2. The guest player is reported by means of the button on the Coaches Information page of www.ccdocle.org/cyo before the game in which she will be used.
 3. The same individual may be moved as a guest player for no more than two (2) games during the season.
 4. The athlete complies with game and time limits as outlined in Section 6.
 5. The guest player(s) must meet the minimum participation requirements outlined in the division specific sections.
 6. Uniform Requirements
 - a. Guest players must wear the uniform of the team that they are playing on, not their rostered team uniform.
 - b. There are to be NO duplicated uniform numbers (teams should have at least one extra jersey to be borrowed by the guest player for that game).
 7. Guest players cannot be used for sanctioned events or CYO championship competitions.

SECTION 6 - GAME & TIME LIMITATIONS

- A. On Monday through Friday, no team or player may play in more than one (1) game per day.
- B. On Saturday and Sunday a team/player is permitted to play a maximum of two (2) games per day. For the 3rd-5th grade teams, there must be a minimum of three (3) hours between the scheduled start time of the first game and the scheduled start time of the second game.
- C. No team or player may play more than three (3) games per week.
- D. Events on Sunday cannot begin until 1:00 PM.
- E. Events cannot start after 8:00 PM.
- F. Practice sessions must be completed by 9:00 PM.

SECTION 7 - LIGHTNING & INCLEMENT WEATHER

- A. When thunder is heard or a lightning bolt is seen at a practice or competition, the teams must suspend play and take shelter immediately. Once play has been suspended, a period of at least 30 minutes after the last thunder heard or lightning flash is witnessed must be honored prior to resuming play/practice.
- B. Officials or the CYO Administration assume authority for competitions when they arrive on the field. When officials recognize inclement weather, they are duty bound to suspend the game. Coaches and Athletic Directors are responsible for application of this policy at practices.
- C. Announcements related to game cancelations will be posted on the main page of the schedule website, telephone announcement lines, Twitter (@CYOSportsDOC) and media as needed.
- D. Contests that are suspended as a result of inclement weather and cannot be resumed within a reasonable time at the same site will be canceled, unless deemed necessary to reschedule by the CYO Administration.
- E. Teams are to report to the field at the scheduled time of the game, unless they are notified through the CYO Office of the field/game cancelation.

SECTION 8 - PRACTICE AND COACHING GUIDELINE

- A. Practice or any organized team conditioning cannot start prior to the CYO published first day of practice.
- B. Practice sessions shall be limited to one (1) session per day not to exceed two (2) hours in duration.
- C. Scrimmages - No score or time limits will be kept. Use of officials is the decision and expense of the teams involved.

SECTION 9 - FOULS

- A. Fouls fall into 3 categories:
 1. Minor (misplay, procedural), penalty administration is 4 meters away from the ball and the ball is no closer than 12 meters to the goal circle. Change of possession and a free position is awarded to the opponent.
 2. Major (safety), penalty administration is 4 meters behind and the ball is no closer than 8 meters to the goal circle. Change of possession and a free position is awarded to the opponent.
 3. Cardable/Misconduct (excessive), penalty administration is a card. Ball is no closer than 8 meters to the goal circle. At the 5th grade level, the player will serve a time penalty of 2 minutes, the team does NOT play short. At the 8th grade level, the player will serve a time penalty of 2 minutes AND the team will play short.

SECTION 10 - 3rd & 4th GRADE COMPETITION RULES

- A. Number of Players - 7 players will be on the field from each team; 6 field players and 1 goalkeeper.
- B. Field Dimensions - 60 x 30 yards
- C. Game Ball - The ball shall meet the current NOCASE lacrosse ball standard at the time of manufacture.
- D. Participation
 1. Each player on a team of 11 or more athletes must play a minimum of eight minutes per half.
 2. Each player on a team of 10 or less athletes must play a minimum of nine minutes per half.
 3. Substitutions - Regular substitutions should occur focusing on player development in multiple positions on the field. Substitutions occurs on a whistle or goal.
- E. Game Clock - A competition will consist of two (2) eighteen-minute running clock halves with a five minute half time.
- F. Timeouts - Teams have one timeout per half.
- G. Overtime - No overtime at this level.
- H. Start of the Game - The competition will start with a draw.
- I. Players must play 1v1 defense.
- J. Restart After A Goal Is Scored - The competition will restart with a faceoff at the center. When a team is up by 6 or more goals, the ball is automatically awarded to the scored upon team.
- K. Out Of Bounds - Play shall be stopped when the ball goes out of bounds. The last team to touch the ball will lose possession of the ball and play will be restarted closest to the location the ball went out of bounds.
- L. Goal Circle Rules - No player other than the goalkeeper may enter the goal circle at any time. Additionally a player may not follow through into the goal circle on a shot.
- M. Restraining Line - A team is considered offside when they have more than 4 players in their offensive end or more than 5 players in their defensive end including the goalie.
- N. Body Contact - Modified checking is allowed and three seconds closely guarded applies.

SECTION 11 - 5th & 6th GRADE COMPETITION RULES

- A. Number of Players - 8 players will be on the field from each team; 7 field players and 1 goalkeeper.
- B. Field Dimensions - 60 x 30yds
- C. Game Ball - The ball must meet NOCSAE specifications.
- D. Participation
 1. Each player on a team of 11 or more athletes must play a minimum of nine minutes per half.
 2. Each player on a team of 10 or less athletes must play a minimum of ten minutes per half.
 3. Regular substitutions should occur focusing on player development in multiple positions on the field. Substitutions can occur after goals or during play.
- E. Game Clock - A competition will consist of two (2) twenty-minute running clock halves, with a 5 minute half time.
- F. Timeouts - Teams will have one timeout per half.
- G. Overtime - A sudden-victory overtime will be played in the event of a tie at the end of the regulation game. In sudden-victory overtime, there will a three-minute period or until a goal is scored. The game ends upon the scoring of the first goal. If the game is tied after two overtime periods, the game is over and considered a tie.

- H. Start of the Game
 1. The competition will start with a draw.
 2. 2 players from each team will be positioned around the draw circle for the draw.
 3. The players behind the restraining lines must hold until the official has signaled that possession has been attained.
- I. Restart After A Goal Is Scored - The competition will restart with a faceoff at the center. When a team is up by 6 or more goals, the ball is automatically awarded to the scored upon team.
- J. Out Of Bounds - Play shall be stopped when the ball goes out of bounds. The last team to touch the ball will lose possession of the ball and play will be restarted closest to the location the ball went out of bounds.
- K. Goal Circle Rules - No player other than the goalkeeper may enter the goal circle at any time. Additionally a player may not follow through into the goal circle on a shot.
- L. Restraining Line - A team is considered offside when they have more than 4 players in their offensive end or more than 5 players in their defensive end including the goalie.
- M. Body Contact - Modified checking is allowed and three seconds closely guarded applies.

SECTION 12 - 7th & 8th GRADE COMPETITION RULES

- A. Number of Players - 8 players will be on the field from each team; 7 field players and 1 goalkeeper.
- B. Field Dimensions - 60 x 30yds
- C. Game Ball - The ball must meet NOCSAE specifications.
- D. Participation
 1. Each player on a team of 11 or more athletes must play a minimum of 12 minutes per half.
 2. Each player on a team of 10 or less athletes must play a minimum of 13 minutes per half.
 3. Regular substitutions should occur focusing on player development in multiple positions on the field. Substitutions can occur after goals or during play.
- E. Game Clock - A competition will consist of two (2) twenty-five minute running clock halves, with a 5 minute half time.
- F. Timeouts - Teams will have one timeout per half.
- G. Overtime - A sudden-victory overtime will be played in the event of a tie at the end of the regulation game. In sudden-victory overtime, there will a three-minute period or until a goal is scored. The game ends upon the scoring of the first goal. If the game is tied after two overtime periods, the game is over and considered a tie.
- H. Start of the Game
 1. The competition will start with a draw.
 2. 2 players from each team will be positioned around the draw circle for the draw.
 3. The players behind the restraining lines must hold until the official has signaled that possession has been attained.
- I. Restart After A Goal Is Scored - The competition will restart with a faceoff at the center. When a team is up by 6 or more goals, the ball is automatically awarded to the scored upon team.
- J. Out Of Bounds - Play shall be stopped when the ball goes out of bounds. The last team to touch the ball will lose possession of the ball and play will be restarted closest to the location the ball went out of bounds.
- K. Goal Circle Rules - No player other than the goalkeeper may enter the goal circle at any time. Additionally a player may not follow through into the goal circle on a shot.
- L. Restraining Line - A team is considered offside when they have more than 4 players in their offensive end or more than 5 players in their defensive end including the goalie.
- M. Body Contact - Transitional checking is allowed.

SECTION 13 - CAUTION AND DISQUALIFICATION

- A. Teams are expected to conduct themselves in a manner that the game officials and CYO administration believe shows respect and dignity towards its opponent.
- B. Yellow Cards

1. There are five mandatory yellow cards: Check to the head, dangerous follow through, dangerous propelling, slashing and dangerous contact.
 2. If a player received a yellow card, they are removed from the field for one minute. At the 3rd/4th grade the team DOES NOT play short on the field. In 5th/6th and 7th/8th the team will play short for the minute.
 3. If the player is issued a second yellow card, they are suspended for the remainder of the game.
 4. If a coach receives a yellow card, a player is removed from play for a minute.
- C. Red Cards - If a player or coach receives a red card for a flagrant or unsportsmanlike foul the team will play one player short for four minutes.
- D. If a coach receives one technical foul, the coach must remain seated for the remainder of the game.
- E. A player or coach ejected from the game must fulfill the requirements of Bylaw 10 prior to returning to practice or participation in any games.
- F. A player ejected from a competition for any reason must remain with the team and be supervised by a member of the team's coaching staff at the competition site.
- G. Any player, coach or other person who receives two (2) ejections during the course of the season will be suspended for the remainder of the season and may be subject to additional disciplinary action.





TAKE **\$10 OFF**

YOUR PURCHASE OF \$50 OR MORE

EVERY SEASON STARTS AT
DICK'S
SPORTING GOODS



Limit one coupon per customer per transaction. Excludes: taxes, prior purchases, gift cards, extended warranties, licenses, store credit, services or excluded items detailed in-store or at DICKS.com/Exclusions. Cannot be combined with other offers. No reproductions or rain checks accepted. Valid 1/1/20 - 12/31/20.

GET THE MOST OUT OF YOUR GEAR. CHECK OUT OUR IN-STORE SERVICES AT DICKS.COM/THEPROS