



Penfield Boys Lacrosse Grades 5-8 will use [US Lacrosse Boys Modified Lacrosse Rules](http://www.lacrosse.org/the_sport/boys_rules.phtml) (www.lacrosse.org/the_sport/boys_rules.phtml) with the following exceptions:

General Rules

Participation: Individuals should currently be in grade 5/6 or 7/8 only. No higher grades will be allowed.

Contact Rules: No deliberate body contact may be initiated with the torso either offensively or defensively (PLAY THE BALL – just stick on stick – poke check). No slashing or wrap checks. Incidental body contact is to be expected (i.e. ground balls). Two-handed stick checks only.

The Ball: Lacrosse is played with a hard, dense rubber ball which can travel at high speeds. During practice and depending on the venue (i.e., indoor or outdoor) a similar sized "spongy" ball may be substituted. Please note that the sponge ball is much lighter than a regulation ball, which is a benefit and a curse. A sponge ball may be used when beneficial (i.e., in the presence of indoor lights or when first starting out). However a regulation ball is much easier to "feel" when catching or cradling and will be used in all official games.

Stick Rules: Short sticks ONLY (i.e., no defense shafts). Field lacrosse rules call for a minimum stick length of 40". A purchased "off the shelf" attack/midfielder lacrosse stick will typically be approximately 41" long give or take 1/2". For this age group cutting down the shaft and using a stick between 37" and the "stock" length is acceptable. No sticks over the "stock" length of approximately 41".

No "small", "kids", "trick" or box lacrosse heads will be allowed. All stick heads and pockets must conform to NFHS lacrosse dimensions for field lacrosse, meaning a minimum head width of 6.5 inches. When placed in the pocket, a ball may not sit such that a space can be seen between the ball and the lowest point on the sidewall.

Other Equipment: All players must wear the following equipment:

1. A helmet which is NOCSAE approved. Please ensure your child's first name is on the front of the helmet (tape or sticker).
2. A mouth guard - parents, please make sure the guard is fitted per instructions.
3. Shoulder pads.
4. Arm pads.
5. Protective gloves approved for lacrosse.
6. Use of a hard athletic cup.

Practices: The following is expected of all players at practice sessions:

1. Respect: Players must respect other players, the coaches, visitors and parents.
2. Ready to Go: Players should be ready to go at the beginning of practice (i.e., all gear present and accounted for) as well as during transition between drills during practice.
3. Hustle: Players are expected to hustle through the drills and in going from drill to drill.
4. Pay Attention: Players are expected to pay attention to the coaches and to pay attention to the action around them - lacrosse is an active sport and players need to be aware of the action.

Games

Players: 10 players (three attack, three midfielders, three defensemen and one goalie).

Officials: Experienced referees will be used for games.

Pass Rule: One pass must be completed in the offensive end with each new possession the team has before a shot can be taken.

Penalties: When a personal foul is committed it will result in a one minute penalty. The team on the man-up will play the normal number of midfielders (three) and the team that is man-down will play with two midfielders. The timekeeper on the sideline will release all penalties. Penalties occurring in the first half of play will carry over into the second half.

Time Keeping: No 10-second clock. We will play two – 20 minute running halves with a 5-minute half time. Each team will have one-90 second clock stopping time out per half. Clock stops last minute of the game. Games will have 55 minute running clock. There is no overtime: any game that ends in a tie at the end of regulation remains a tie.

Goal Rule: After a goal is scored the teams will have a face off at midfield.

Respect: All participants - players, coaches, officials and fans - should adhere to the [NYSSF Sport Parent Code of Conduct](http://www.penfieldlacrosse.org/images/PDF/sportparentcodeofconduct.pdf) as shown at www.penfieldlacrosse.org/images/PDF/sportparentcodeofconduct.pdf.