

**Southern Edge  
Boys 12U Rules of Play  
Chattanooga League  
Spring 2022**

**Format:** (we will follow US Lacrosse Youth rules, with the modifications below)

\*7 v 7 (6 field players plus a goalie)

\*short field - 60-70 yards approx

\*faceoffs are done at the start of each quarter and after each goal

\*offsides is applied - a team is offsides when more than 4 players in its offensive half of the field or more than 5 in its defensive half of field

\*some body contact is permitted, but body checking is illegal

\*limited stick checking, with only lift checks, poke checks and stick checks below an opponent's shoulders

\*Quick restarts apply

**Game Length:**

\*Four 12 minute running clock quarters with a 2 minute break between each quarter and a 5 minute half time

\*One timeout per team per game (kept by official)

\*Overtime - If the score is tied after the 4th quarter, there will be one 3 minute sudden death overtime period. If the score is still tied after 3 minutes, a Braveheart will take place. Braveheart is 3 field players plus a goalie.

**Score Differential:**

After the first half, once the goal differential reaches 12 goals or more, starting on the whistle to resume play, the game shall have a running clock. In the running clock situation, all time serving penalties that occur will be running time and will stop for the same reasons as a stoppage of the game clock. If score reverts to less than 12 goals, the game clock switches immediately back to stopped clock.

**Positioning of Players and Starting 7 v 7 Play:**

When a team has all of its players on the field, it shall place one faceoff player at the center of the field. One wing player shall be located in bounds with at least one foot resting on the sideline. Two defenders shall be located behind their own goal line extended and two offensive players shall be behind their opponent's goal line extended.

When the whistle sounds to start play, ALL players are released, except goalkeepers, who are confined to their crease until possession is gained. Once possession is gained, all normal body contact rules apply.

During the faceoff in all penalty situations, there must be three players in the defensive half and two players in the offensive half.

Exception: When a team has two players in the penalty area, a defender must come out of his normal faceoff position to take the faceoff but must remain inside.

**Restarting Play:**

For all restarts, the game shall resume as quickly as possible and nearest to the spot of the ball when play stopped. All players shall be 5 yards or more away from the player in possession of the ball. On the official's whistle, play restarts.

- 1) Play may restart when a defensive player is less than 5 yards from the player in possession of the ball if the defensive player:
  - a. Allows the player in possession of the ball a direct path to the goal, and
  - b. Does not defend the player in possession of the ball until the defending player reaches a distance of 5 yards from the ball carrier.
  - c. Penalty - delay of game - technical foul
- 2) Play may not restart when an offensive player is less than 5 yards from the player in possession of the ball.
- 3) The goalkeeper shall be given a maximum of 5 seconds to re-enter the crease on any restart.