

**Southern Edge
Boys 4th/5th Grade Division
Rules of Play
Spring 2024**

****** Everything in this division is the same as 2nd/3rd grade division except:**

- 1. 7 v 7 format - 6 field players and a goalie**
- 2. 4th/5th division requires ONE attempted pass before shooting on goal (vs. 2)**
- 3. Man Down Penalties Apply (cannot sub someone in like younger age allows)**
- 4. Offsides - must have no more than 4 players in the offensive half of field, or no more than 5 players in the defensive field**

Format: (we will follow USA Lacrosse Youth Guidelines for short play (approx 60 x 30 yd field), with the modifications below:

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

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

***offsides applies** - teams cannot have more than 4 players on offensive side of field or more than 5 players on defensive side

***Mandatory Pass Rule** - There must be 1 attempted passes before a player shoots on goal

***Man Down Penalties APPLY** - If someone in penalty box, team must play man down for duration of time or upon release if releasable penalty

***Fouling Out** - 3 personal fouls or 5 minutes penalty time = fouling out

***3 yard rule** - Players must be within 3 yards (not 5) of man to initiate contact

***Restarting**- All players must be 5 yards away from the ball carrier before restarting play

***Limited stick checking**, with only lift checks, poke checks and stick checks below an opponent's shoulders - **NO ONE HANDED CHECKS**

***NO BODY CHECKING** - Some body contact is permitted, but body checking is illegal-

*Check to Head/Neck - mandatory penalty of 2-3 minutes; ejection if vicious or intentional

Game Length:

*Four 10 minute running clock quarters with a 2 minute break between each quarter and a 4 minute half time

*No timeouts

*Overtime - None in regular season play.

Mandatory Pass Rule - There must be 1 attempted pass before shooting on goal

Positioning of Players and Starting 5 v 5 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 and the goalie shall be located behind their own 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. All released players must play the ball before possession (not the body).

Legal Checking with 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 Checks - Lift the bottom hand, shaft, or the neck of the stick, whichever is below the chest area.
- b. Poke Checks - Poke the bottom hand, shaft, or the head of the stick, whichever is below the chest area.
- c. Downward check initiated from below both players' shoulders.

NO BODY CHECKING OR ONE HANDED STICK CHECKS - There should be NO one handed wrap checks or body checking. Players must play the ball at this age, not the body.

Scrum Situation: In the event a loose ball cannot be quickly picked up due to 3 or more players in a scrum, or ball becomes trapped by multiple sticks, the official shall stop the play and award the ball via alternate possession.

Over and Back: Once a ball is in the team's offensive half of the field, it cannot return to the defensive half of the field through actions of the offensive team.

Score Differential:

After the first half, once the goal differential reaches 12 goals or more, starting on the whistle to resume play, the team which is 12 or more down will get free possession at midfield if the head coach of team that's trailing wishing to do so, instead of a Faceoff.

Personal Fouls: More serious in nature, involving safety or sportsmanship. 1, 2, or 3 minute penalties depending on Official's discretion.

1. Cross check
2. Illegal body check (checks involving head and neck)
3. Targeting (ejection)
4. Slashing
5. Tripping

6. Unnecessary roughness
7. Unsportsmanlike conduct
8. Fouling out
9. Ejection
10. Misconduct
11. Use of illegal equipment or crosse

Technical Fouls: less serious in nature and involve players being illegally advantaged or gaining an unfair advantage over another player.

Penalty - *loss of possession* - if there is a loose ball or if the team in possession commits the foul, the offended team will get possession.

Time Serving Penalty - if a team had possession and fouled, then the player who fouled has a 30 second penalty.

1. Crease violation/Goalkeeper interference
2. Holding
3. Illegal screening
4. Illegal procedure
5. Conduct Foul
6. Interference
7. Pushing
8. Warding off
9. Withholding the ball from play
10. Misconduct