



2016 League Rules & Guidelines

1. Roster & Age Eligibility Provisions

- a. All players and parents/guardians must complete the online waiver and grade certification document prior to participation.
- b. The Mid-Atlantic Lacrosse League is a grade-based league. Each player's current enrolled grade in school determines the division in which the player may compete. For example, an athlete enrolled in 7th grade during the 2015-16 school year may not compete in any League division younger than the 7th grade division. Athletes may play "up" and compete in older divisions. Any team found to have a player or players in violation of this provision will forfeit all games in which the ineligible player competed. Flagrant or multiple violations of this provision may result in the removal of the violating team or club from the league without refund of registration fees.
- c. No player may compete or be rostered on more than one team during the league. (i.e. cannot play for Team Vermont and Team New Hampshire in the same league). Any team with a player in violation of this rule will forfeit all games in which the player has participated. In the event a club fields teams at several age groups, a player or players may be rostered, for example, on a club's 7th grade team and move up to play on the 8th grade team of the same club.
- d. All rosters will be checked before games by Field Coordinators

2. Administrative

- a. Coaches or Club Directors should check-in Sunday morning at the registration tent, prior to the first game.
- b. The NXT Mid-Atlantic Lacrosse League will stay on schedule. Please have your teams ready to play. Field coordinators will be checking to make sure teams up next are ready to go in order to keep all games on schedule.

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- c. The League Director has the final say on rules interpretations.
- d. If a coach has concerns about the final score of a game, the coach should immediately bring the concern to the attention of the field coordinator and game referees prior to that score being reported to the League Directors. The field coordinator or coach may request that the league director come to the field to handle a score dispute. Once reported, scores may not be challenged. Please do not send parents to the registration tent if your team has concerns. League Directors will only communicate with team head coaches.

3. Forfeit Penalty

- a. Any team that forfeits a game shall be subject to a financial penalty designed to subsidize their opponent for the lost game.
- b. Each club, in advance of League play, must provide the Mid-Atlantic Lacrosse League with three checks in the amount of \$250 each made out to NXT Sports. These checks will not be deposited and shall be returned to each club at the conclusion of League play in the event no forfeit occurs. In the event of a forfeit, the league shall deposit one of the checks and shall issue payment of \$250 to the scheduled opponent of the forfeited game.
- c. The forfeiture penalty applies only to situations in which a forfeited game is not played. It shall not apply if a game is played in full and later deemed a forfeit due to player ineligibility or any other similar issue.

4. Game Clock

- a. There will be a continuous central clock, which will be managed by the League Director and communicated to the field coordinators and referees.
- b. Games consist of four 12 minute running quarters
- c. Halftime will be five minutes

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5. Timeouts

- a. Each team has one 1-minute timeout per game. The game clock does not stop during timeout. Timeouts cannot be called in the last two minutes of the game by the leading team.

6. Overtime

- a. The overtime period will consist of a four minute running clock kept by the field coordinator.
- b. Each team receives one 30-second timeout during the overtime period during which the clock will stop. Unused timeouts do not carry over from regulation.

7. Officiating

- a. Referees can stop the game for any reason that he/she feels fit. Examples include serious injury, weather, etc. Generally for such stoppages, the clock will continue running. If there is a significant delay during a game the referee may stop the game clock at his/her discretion.
- b. Time serving penalties – penalty time will be kept by the on-field officials
- c. The official score will be kept by both the field coordinator and one of the referees. The coordinator and referee will confer throughout the game and at stoppages to ensure the correct score. At the end of the game, the referee is responsible for certifying the official game score. All scores are reported to the League Director.
- d. All substitutions are on the fly, except on a time serving penalty.
- e. Limited body checking. Excessively big hits and physical play (even within five yards of a loose ball) constitute unnecessary roughness and will result in a 1-minute penalty.
- f. All teams will play used NFHS rules with the following modifications:
 - i. No horns – quick restarts with defensive players giving offensive players five yards on the restart
 - ii. Appropriate equipment and mouth guards must be worn at all times

- g. Play will be stopped or a delayed whistle will be used for rule violations using NCAA guidelines:
 - i. For a personal foul or technical foul committed by the team with possession, the whistle is sounded immediately.
 - ii. For any foul committed against the team in possession, the slow whistle technique is employed.
 - iii. For a technical foul during a loose ball when the offended team would be disadvantaged by an immediate whistle, the play-on technique is employed provided there is no flag down. If stopping the play will not disadvantage the offended team, the whistle is sounded immediately.
 - iv. For a personal foul during a loose ball, the whistle is blown immediately. Exception: If there is a loose-ball personal foul while the flag is down, a second flag is thrown and play continues.

8. Counts/Advancement

- a. There will be no counts in the 4th-7th grade divisions. If a game official detects an effort to stall the advancement of the ball in either the defensive clearing area or the offensive zone outside the offensive box, the official will give a verbal command to “advance the ball” followed by a visual 5-second hand count. If the team warned does not attempt to advance the ball within the 5-second count, a turnover will occur with the restart at the point of the stalling infraction.
- b. The 8th grade division will use NFHS rules for U15 and U13. A defensive 20-second count will be used and an offensive 10-second count will be used.

9. Stick Lengths

- a. The league will use US Lacrosse rules pertaining to allowable stick lengths at each age level.

	U-9	U-11	U-13	U-15
Crosse Lengths				
Short	37" - 42"	37" - 42"	40" - 42" (NFHS)	40" - 42" (NFHS)
Long	None	47" - 54"	52" - 72" (NFHS)	52" - 72" (NFHS)
Goalie	37" - 72"	37" - 72"	40" - 72" (NFHS)	40" - 72" (NFHS)
# of Long Crosses	None	4 (NFHS)	4 (NFHS)	4 (NFHS)



10. Mercy Rule

- a. Applies when there is a seven-goal deficit.
- b. Teams down by seven or more goals will get a free clear after each goal.

11. Sportsmanship Policy – If a player leaves the sideline to get involved in an on field altercation, or a player on the field runs from the opposite end crossing the midfield line, that player is automatically ejected from the game. The player can also be removed from the league and the team may be punished as well and have to forfeit the game at the discretion of league officials and referees. In the event that both teams have players exhibiting this behavior the game may be called and both teams will have the game recorded as a loss. Directors and Staff consider the safety of each player their first priority and expect coaches and players to understand and abide by this philosophy as well. The coaches and officials are expected to protect and promote the safety and well being of all players.

I have read, fully understand, and agree to abide by, the Mid-Atlantic Lacrosse League rules and guidelines.

Print Full Name

Club

Signature

Date

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