

# Arapahoe Youth League



## 2025 Boys' Lacrosse Rules

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## Contents

<b>1 AYL LACROSSE BOARD OF DIRECTOR GUIDELINES .....</b>	<b>2</b>
1.1 LACROSSE BOARD VICE PRESIDENT .....	2
1.2 LACROSSE BOARD SECRETARY .....	2
1.3 LACROSSE SCHEDULER .....	2
1.4 MEMBER CLUB INFORMATION .....	3
1.5 RULE CHANGES .....	3
1.6 SEASON SCHEDULE REQUIREMENTS .....	4
1.7 EVALUATION OF OFFICIALS .....	4
1.8 PROTEST PROCESS .....	4
1.8.1 Protest Guidelines .....	4
1.9 CONCUSSION CERTIFICATION .....	5
<b>2 PARTICIPATION STANDARDS .....</b>	<b>6</b>
2.1 AGE REQUIREMENTS .....	6
2.1.1 Proof of Grade .....	7
2.1.2 Grade Play-Ups/Play-Downs .....	7
2.1.3 Conferences .....	8
2.2 CONFERENCES GUIDELINES .....	<b>ERROR! BOOKMARK NOT DEFINED.</b>
2.3 PLAY-OFFS .....	8
<b>3 ROSTERS .....</b>	<b>9</b>
3.1 OFFICIAL AYL ROSTERS .....	9
3.2 LACROSSE ROSTERS STANDARDS .....	10
3.3 ROSTER CHANGES .....	10
3.3.1 Roster Mix Remediation .....	10
3.3.2 Roster Moves .....	10
3.3.3 Roster Add On .....	10
3.3.4 Roster Violations .....	10
3.3.5 Grandfathered Rosters .....	<b>Error! Bookmark not defined.</b>
3.3.6 Roster Team .....	11
<b>4 RULES OF PLAY .....</b>	<b>12</b>
4.1 EQUIPMENT REQUIREMENTS .....	12
4.1.1 Mouth Guards .....	13
4.1.2 Eye Black .....	13
4.1.3 Crosse Dimensions .....	13
4.1.4 Official Lacrosse Ball .....	14
4.2 FIELD REQUIREMENTS .....	14
4.2.1 Field Size .....	14
4.2.2 Coaches and Players Box .....	16
4.3 GAME PLAY GUIDELINES .....	16
4.3.1 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> Grade (U7/U8/U9) Substitutions .....	17
4.3.2 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> Grade (U7/U8/U9) One Pass Rule .....	17
4.3.3 Length of Games .....	19
4.3.4 Advancing the Ball Into the Goal Area .....	20
4.3.5 Number of Players/Delays .....	21
4.3.6 Personal Fouls/Ejections/ .....	21
4.3.7 Mercy Rule .....	26
4.3.8 Game Times/Location .....	26
4.3.9 Game Officials .....	26

**"Proprietary- Not for use outside of the AYL without written permission"**

4.3.10 Roster of Players.....	26
4.3.11 Uniforms.....	26
4.3.12 Postponed Games.....	26
4.3.13 Rescheduling of Games .....	27
4.3.14 Sideline Safety .....	27
4.3.15 Home Team .....	27
4.3.16 Tie Breaker Rules .....	27
4.3.17 MINI PLAY-OFF GAMES.....	28
<b>5 SPORTSMANSHIP.....</b>	<b>29</b>
5.1 EXAMPLE CODE OF CONDUCT .....	30

*ARAPAHOE YOUTH LEAGUE  
2025 BOYS' LACROSSE RULES*

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March 08, 2025

Dear Arapahoe Youth League Families and Volunteers:

The Arapahoe Youth League (AYL), founded in 1967, has undergone significant growth and transformation over the past 57 years. Yet, one thing has remained constant: our unwavering commitment to running an ethical, integrity-driven youth sports organization. This dedication has helped us build a reputation for high character and a steadfast commitment to our communities. By prioritizing these values, we ensure the best possible youth sports experience for the children we serve, earning the respect and trust of our volunteers, commissioners, competitors, and, most importantly, the children themselves.

I trust that the AYL Lacrosse Rules will not only be upheld but will be surpassed by our actions, as we continuously strive to operate at the highest standard each season. This isn't just about enforcement—it's about doing what's right for our kids and fostering an environment where ethical behavior and respect are the foundation of everything we do.

We celebrate our shared commitment to every child in our communities, providing a space where integrity, sportsmanship, and personal growth are always at the forefront.

Sincerely,

Craig Randall  
President Arapahoe Youth League

*ARAPAHOE YOUTH LEAGUE  
2025 BOYS' LACROSSE RULES*

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## **1 AYL Lacrosse Board of Director Guidelines**

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The AYL Lacrosse Board of Directors will be responsible for establishing and enforcing specific rules and coordinating all Lacrosse related activities. The Board is comprised of one representative from each participating Member Club, a sport Vice President, and a sport Secretary.

### **1.1 Lacrosse Board Vice President**

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The Lacrosse Board Vice President will be responsible for the oversight of the sport specific board in accordance with all AYL By-Laws, General Principles of Operation, fiduciary responsibility and sport specific rules. The Sport Board Vice President will report into the AYL President for all issues that are presented to the Board of Directors. The representatives from each participating Member Club, elect the Lacrosse Board Vice President to a Two-year term

**Current Lacrosse Board Vice President:** Craig Randall (Term 2024-2028)

### **1.2 Lacrosse Board Secretary**

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The Lacrosse Board Secretary is responsible for roll call, meeting minutes, and the administration of all league paperwork. Representative of each participating Member Club selects the Secretary.

**2025-28 Lacrosse Board Secretary:** Kristen Coffey

### **1.3 Lacrosse Scheduler**

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The Lacrosse Scheduler is responsible for scheduling all regular season, makeup and playoff and championship games. This also includes the rescheduling of any games that have been cancelled.

**2025 Lacrosse Scheduler:** Sarah Futa/Kristen Coffey

*ARAPAHOE YOUTH LEAGUE*  
*2025 BOYS' LACROSSE RULES*

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## **1.4 Member Club Information**

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If you believe you have an issue that needs AYL Board attention please contact your club representative first, if you do not get a response in a timely fashion, please send an email to the VP of Lacrosse (Section 1.2). In the event you have an issue with registration, rules of play or questions regarding lacrosse please contact your club representative.

Club contact information can be found on the AYL Website: [www.aylsports.org](http://www.aylsports.org)

## **1.5 Rule Changes**

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- a) Member clubs may submit rule changes, new rules, modifications, and additions for the next season during the current season only. The current season is defined from Oct 1<sup>st</sup> through September 30<sup>th</sup>. Clarification: Rules submitted after September 30, 2024, will take effect starting Oct. 1, 2025. All rules (new rules, modifications, and additions) require at least one week for review by member clubs. Rules must be submitted and seconded during an approved AYL Lacrosse Board meeting, allowing at least one week for review before a final vote can be approved.
- b) The Board of Directors will take no action on submitted rule changes for the current season unless a National Federation of State High School Associations (NFHS) rule creates undue hardship and/or expense for the member Clubs and participants. Thirty (30) days or more must remain prior to the first game of the respective season in which the proposed NFHS rule would affect the clubs.
- c) The Lacrosse Sport Board has an unstated goal of being consistent and extremely accurate in all endeavors throughout the entire lacrosse season. Should obvious errors occur in the creation, application, or omission of our lacrosse specific rules and the result is inconsistent with the stated purpose of serving the youth or our territories, the Lacrosse Sport board reserves the right to make any corrections, additions, or deletions of our sport specific rules as the Lacrosse Sport Board sees fit. The approval of any change to the current rules within the 30 period prior to the start of the season or during the season will require a Super Majority (>65% in favor) vote of all Member Clubs in good standing.

*ARAPAHOE YOUTH LEAGUE*  
*2025 BOYS' LACROSSE RULES*

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## **1.6 Season Schedule Requirements**

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The AYL Board of Directors shall have the right to change the following dates.

- The first game may start as early as Saturday in mid-March.
- The Season may be played on the last Saturday of May.
- Games may be played on Sundays or any day during the week, if necessary.
- Mini play-offs will be played on **Sunday** after the last game.

**IT IS LIKELY PLAYOFFS WILL INCLUDE SUNDAY GAMES!**

## **1.7 Evaluation of Officials**

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The AYL Lacrosse Board in conjunction with the League Head Official continuously strives to improve the quality of our game officials. This effort requires that all Head Coaches must complete the AYL Official's Evaluation Form upon conclusion of every game. This allows the Head Coach and coaching staff to evaluate each game official individually as well as provide an evaluation of the officiating crew as a single entity. The Lacrosse Sport Board will receive regular reports on the performance of all AYL officials. Further, the Lacrosse Sport Board and the Head Official to assign game officials for our play-offs and Championships will use these official ratings.

## **1.8 Protest Process**

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Should the Head coach feel that a violation of the rules has occurred during a game, the protesting Head Coach or Member Club Delegate may file a Formal Protest. The Protesting Head coach and their Member Club Delegate must follow the Protest Process completely. Lack of adherence to this process will render the Protest invalid. The entire process is detailed in the AYL General Principles of Operation, Rule 6. This Lacrosse Rule only provides an overview of the AYL Protest process. **Refer to AYL General Principles of Operation, Rule 6.**

### **1.8.1 Protest Guidelines**

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1. **ONLY RULE VIOLATIONS ARE PROTESTABLE!** Judgment decisions by officials are not something that can be protested.
2. When the occurrence of an alleged rule violation has occurred, the protesting Head Coach must immediately notify the Head Official and the opposing Head Coach that they are protesting the game.
3. The Protesting Head Coach also must immediately complete the "AYL Lacrosse Protest Form", sign the form and have the Head Official and the opposing Head coach sign as well.



*ARAPAHOE YOUTH LEAGUE*  
*2025 BOYS' LACROSSE RULES*

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Each party will receive a copy of the signed AYL Protest Form.

4. The Protesting Head Coach must contact their Member Club Delegate immediately following the conclusion of the game in question.
5. Protests must be filed at the point in time of the alleged rule violation – any attempt to protest a game after its conclusion or later in time will not be heard by the AYL Lacrosse Board.

## **1.9 Concussion Certification**

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A bipartisan bill to help protect youth athletes with concussions was signed into law on March 29, 2011, by Governor John Hickenlooper. Senate Bill 40 named the "Jake Snakenberg Youth Concussion Act" in honor of a past Arapahoe Youth League Player who died because of multiple concussions, helps protect youth athletes. The AYL is proud of this bill and Jake will be forever remembered in our league.

It is a mandate that all coaches are required to participate and verify that they have adequately met the requirement of attending concussion training. This training can be attended online, for free by going to <http://www.nfhslearn.com/electiveDetail.aspx?courseID=15000>. Upon successful completion of this training, you will be given the opportunity to print out a certificate of participation. This is mandatory to be a head coach in the AYL.

*ARAPAHOE YOUTH LEAGUE  
2025 BOYS' LACROSSE RULES*

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## **2 Participation Standards**

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The AYL Lacrosse Program uses grade as the Participation Standards:

### **2.1 Age Requirements**

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The AYL Lacrosse Program is now grade based as of Spring 2019. No player in High School may play AYL Lacrosse.

*ARAPAHOE YOUTH LEAGUE  
2025 BOYS' LACROSSE RULES*

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### **2.1.1 Proof of Grade**

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If age/grade is questioned, an official report card must be presented.

See rule 3.3.4 Roster Violations for rules around any infraction regarding age and roster issues.

### **2.1.2 Grade Play-Ups/Play-Downs**

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Players may play-up one grade at the discretion of the Member Club. The Lacrosse Sport Board must approve players wanting to play up two grades.

A player at any Level MAY be allowed to "Play Down" one grade with approval from the AYL Lacrosse board if they meet the June 1<sup>st</sup> birthdate guideline.

ALL playdowns at the Red Level will require board approval. Playdowns are grandfathered in, however, clubs must disclose them to the board every year in the event circumstances change. (i.e. size of player) At white and blue, teams are allowed 2 playdowns without approval if they meet the June 1<sup>st</sup> birthday requirement.

*ARAPAHOE YOUTH LEAGUE  
2025 BOYS' LACROSSE RULES*

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### **2.1.3 Conferences**

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It is the goal of the AYL lacrosse board to have like talent levels competing against each other each season. The AYL lacrosse board will make best effort towards dividing each age group into multiple conferences with the goal of playing like “talent” and “experience” levels against each other.

The final placement of all teams in each grade division will be at the discretion of the AYL Lacrosse board.

### **2.2 Play-Offs**

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- A. The top eight (8) teams in each conference for 1st through 8<sup>th</sup> grade divisions will qualify for the playoffs.
- B. At the discretion of the Lacrosse Sport Board, additional teams may qualify for the play-offs.

*ARAPAHOE YOUTH LEAGUE*  
*2025 BOYS' LACROSSE RULES*

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## **3 Rosters**

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In accordance with the AYL General Principles of Operation, the AYL Lacrosse Board has established roster guidelines that include players from within a Member Club territory boundary and players from outside the Member Club territory boundary. This “roster mix” of inside territory and outside territory players is outlined below:

See Rule 3 Zoning, Paragraph A, Line 1A of the AYL General Principles of Operation for the definition of in territory player designation.

### **3.1 Official AYL Rosters**

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- A. Member Clubs are responsible for preparing official AYL Rosters using the AYL form provided by the Lacrosse Secretary. At a date set by the VP, each Member Club will provide the Lacrosse Secretary with an electronic copy of each roster.
- B. Member Clubs are responsible for submitting their official AYL Rosters on the date and time designated by the Lacrosse VP. Member Clubs will be fined \$250 for each roster not submitted on the date and time designated by the Lacrosse VP.
- C. Member Clubs are responsible for submitting completed and accurate official AYL Rosters. Member Clubs will be fined \$10 for each incomplete or blank field on the official AYL Roster.
- D. Out of territory players will be identified on the AYL Roster utilizing **Bold** type on the official roster form
- E. A team may be formed from two or more Member Clubs who cannot absorb additional players under the following conditions:
  - a. Each member club roster must be full (minimum of 22 players in that age group).
  - b. As a guideline each club wishing to combine players will have to have 6 players without a team to play.
  - c. The formed team must participate in the White, or Red conference.
  - d. The sport board must approve the roster.

*ARAPAHOE YOUTH LEAGUE  
2025 BOYS' LACROSSE RULES*

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## **3.2 Lacrosse Rosters Standards**

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This “roster mix” of inside territory and outside territory players is 50% for all teams.

## **3.3 Roster Changes**

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Rosters must always maintain the minimum number of in territory players. If a roster falls below the minimum number of in territory players, it is the responsibility of the Member Club to bring the roster back into compliance with the roster mix requirement. An illegal roster can be protested.

### **3.3.1 Roster Mix Remediation**

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If an in-territory player quits for reasons other than season ending injury (a note from a Doctor is required), and that causes the roster to be in violation of the roster mix, a new in territory player must be added to make the roster legal. Note that new players may not be added after the 4<sup>th</sup> game of the season.

### **3.3.2 Roster Moves**

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Generally, no roster moves will be allowed after the official rosters are submitted to the Lacrosse Secretary. However, until Formal Roster Sign-off by the Lacrosse VP, changes may be proposed and voted on by the Lacrosse Board.

### **3.3.3 Roster Add On**

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- A. After rosters have been submitted to the Lacrosse Secretary, new players may be added up to the fourth (4<sup>th</sup>) game of the season.
- B. The Member Club must file a Roster Add On form with the Lacrosse Secretary for any new player added to a roster. A fee of \$10 will be assessed to the Member Club for each player added.

### **3.3.4 Roster Violations**

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- The Lacrosse Sport Board will decide if a violation of the AYL roster policy has occurred. If a roster violation is found, the following will occur:
- For the first offense, the Head Coach is suspended for one (1) game, and the Member Club is fined \$100.
- For the second offense, the Head Coach is suspended for one (1) year, the Member Club is fined \$500, and the team is ineligible for any post-season playoffs.

*ARAPAHOE YOUTH LEAGUE  
2025 BOYS' LACROSSE RULES*

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- For the third offense, the Member Club delegate is suspended for one (1) year.

### **3.3.5 Roster Team**

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- A. When two or more teams are merged, the “new team’s” name (and schedule seeding) will be determined based by the team color with the largest number of players returning from the previous year’s roster. If the new team has a roster with a majority of new players, i.e. players that did not play in the previous year for that club, that team will be identified as a “new team”, with a new team designation, and seeded into the season schedule appropriately. All proposed “new team” final rosters will be reviewed by the Lacrosse Sport Board to determine that all roster criteria have been met. Rosters for “new teams” that have been reviewed and accepted by the Lacrosse Sport Board will carry the Sport VP’s or Secretary’s initials on the Official Roster near the Team’s Division, name, and color description. If a Club has an existing team that they wish to change the team designation of without any change in schedule seeding, the Club must be petition for approval by the Lacrosse Sport Board. If approved by the Lacrosse Sport Board, the Official Roster of the team involved will show both the “new” and the “old” team name on the roster form.
- B. An existing team name or team color is defined as 40% or more returning players from the previous year’s roster. Refer to chart below:

Previous Year’s Roster Number	# of Returning Players that Define Existing Team
16	6
17	7
18	7
19	8
20	8
21	8
22	9
23	9
24	10

*ARAPAHOE YOUTH LEAGUE  
2025 BOYS' LACROSSE RULES*

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## **4 Rules of Play**

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The AYL Lacrosse Rules of Play shall follow the 2025 National Federation of State High School Associations (NFHS) Boys Lacrosse Rule Book and USA Lacrosse 2025 Boys Youth Guidelines unless specifically stated in this document.

### **4.1 Equipment Requirements**

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Mandatory equipment. Each player shall wear the following pieces of equipment which shall be professionally manufactured, and not altered and shall be worn as the manufacturer intended.

A player may not use equipment that does not conform to specifications.

Use of illegal equipment or failure to properly wear mandatory equipment will be penalized as a non-releasable foul.

A protective helmet, designed for lacrosse, which met the NOCSAE standard at the time of manufacture and has a visible, exterior warning label regarding the risk of injury. Both the chin pad and chin strap shall be firmly attached to the mask as designed. The chin strap shall be worn **ON** the chin and shall be firmly attached at all the helmet's manufactured attachment points, securely enough so that the helmet is unable to be removed without detaching the chin strap from the attachment point(s).

If a player has the helmet come off during play, play shall be suspended immediately, and the player shall leave the field until the next dead ball following the resumption of play.

**Rationale:** The number of instances of players wearing their helmets improperly is rising rapidly. With risk minimization a major focal point of the rule book, helmets must be worn appropriately as the manufacturer intended with all straps securely attached.

Protective gloves designed for lacrosse.

Should pads designed for lacrosse (optional for goalkeeper) that meet [NOCSAE performance standard ND200](#) at the time of manufacture and are certified by SEI.

Arm pads designed for lacrosse (optional for goalkeeper)

**All goalkeepers and field players must wear chest protectors that meet the NOCSAE performance standard ND200 at the time of manufacture and are certified by SEI.**

**It is recommended that all goalkeepers wear arm pads.**



*ARAPAHOE YOUTH LEAGUE  
2025 BOYS' LACROSSE RULES*

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**Rationale:** Many coaches believe youth level goalkeepers benefit from wearing shin, knee, and thigh pads. Such pads are authorized for youth play, so long as they do not significantly increase the size of the limb protected (e.g., no ice hockey, field hockey, or box lacrosse goalie pads). Football pants with or without pads are permitted.

**A protective cup or pelvic protector is required for all players.** Each player is personally responsible for wearing this protective equipment and the equipment shall not be modified from the manufactured state and shall be worn in the manner the manufacturer intended.

The officials are not required to inspect the wearing of a protective cup and will rely on the coach's certification and/or a player's statement regarding satisfaction of this requirement.

Rib pads are recommended for all players.

Shoes shall be worn which are designed for the sport of lacrosse. Metal spikes are not permitted.

#### **4.1.1 Mouth Guards**

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1. Mouth guards are mandatory. No warning need be given.
2. The mouth guard must be of any readily visible color, other than white or clear.

#### **4.1.2 Eye Black**

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Eye black is permitted and shall not have logos, numbers, or letters.

#### **4.1.3 Crosse Dimensions**

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AYL recommends that coaches assess players' size, strength, and skill in determining proper long crosse length for defense players, within NFHS rules.

The circumference of the crosse handle shall be no more than 3½ inches. The head of the crosse at its widest point shall measure between 6-inches and 10-inches, inside measurement, at the top and the bottom of the wall.

Crosse dimensions shall conform to NFHS requirements, with the following modifications:

##### **4.1.3.1 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Grade:**

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The crosse shall be an overall fixed length of 37-inches to 42-inches. Long crosses are NOT

*ARAPAHOE YOUTH LEAGUE*  
*2025 BOYS' LACROSSE RULES*

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permitted.

#### **4.1.3.2 4<sup>th</sup> Grade**

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The crosse shall be an overall fixed length of either 40 to 42 inches (short crosse) or 47-inches to 54-inches (long crosse). **Rationale:** Many coaches find that the use of a 40-inch to 42-inch crosse is best for players' defensive development in this Grade Division.

#### **4.1.3.3 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Grade**

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The crosse shall be an overall fixed length of either 40 to 42 inches (short crosse) or 52 to 72 inches (long crosse).

Goalkeepers Crosse The measurements of the goalkeepers crosse shall be: Length 40-72 inches, head 10-12 inches wide, maximum 16 ½ inches long. Additionally, there are no restrictions on stringing, (other than a hanging length no longer than 2 inches) and no restrictions on pocket depth.

**Rationale:** This change separates the stick to be used by the goalkeeper from all other sticks used. This proposal simplifies the reading of rules and eliminates confusion of legality of pocket, stringing etc. unique to the goalkeeper.

#### **4.1.4 Official Lacrosse Ball**

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The ball shall be white, yellow, orange, or lime green and meet the current NOCSAE lacrosse ball standard at the time of manufacture. White balls shall be used unless both coaches agree prior to or during the game to use a yellow, orange, or lime green ball. Game balls shall be supplied by the home team.

### **4.2 Field Requirements**

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The AYL Lacrosse Field Requirements shall follow the National Federation of State High School Association (NFHS) unless specifically stated in this document.

#### **4.2.1 Field Size**

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Play on regulation size field is preferred; however, the coaches and officials may agree to play on any size field available. If a game is played with reduced numbers (e.g. 7 per side) it is recommended that field size be reduced as well

Kindergarten / 1<sup>st</sup> / 2<sup>nd</sup> Grade games will be played on a smaller field if available. Field size should be: 80-Yards x 50-Yards and the creases are marked 12-Yards from the end lines.

*ARAPAHOE YOUTH LEAGUE  
2025 BOYS' LACROSSE RULES*

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*ARAPAHOE YOUTH LEAGUE  
2025 BOYS' LACROSSE RULES*

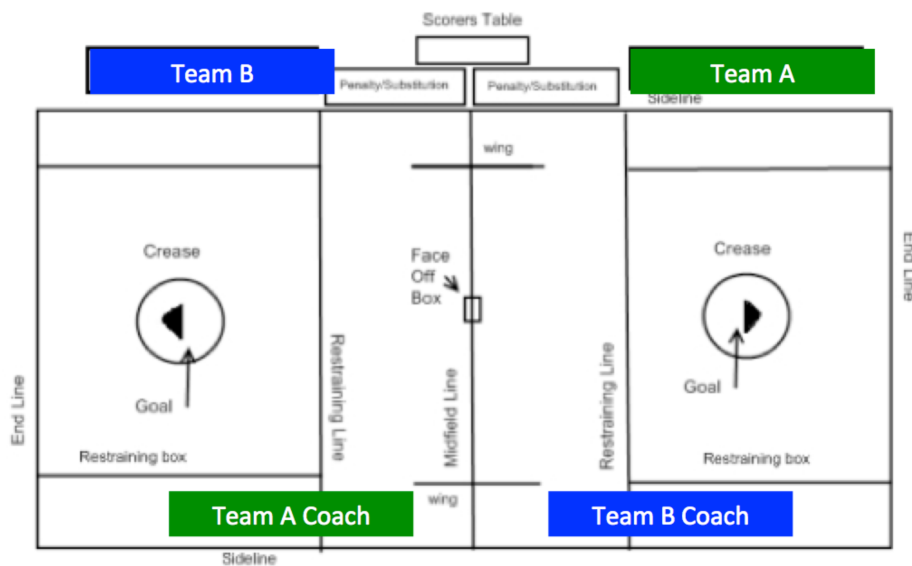
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### **4.2.2 Coaches and Players Box**

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Only Coaches, Asst. Coaches, players will be allowed INSIDE this area.

At 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> grade, one coach per team may be allowed on the field during play to provide instruction during the game. Coaches are required to be on the opposite alley of the field, diagonally across from their team's bench and cannot cross the midfield line. They should not get in the way of players or officials and cannot be in scrimmage area during live ball play. Their sole job is to coach their own players and not argue or attempt to influence the officials' penalty calls, no calls or missed calls. At the officials' discretion, the coach may be asked to return to the coaches' area on the team sideline and no other coach is permitted on the far sideline for the remainder of the game.



### **4.3 Game Play Guidelines**

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5-minutes before the start of the game, the officials will meet with both teams together, in front of the table area to certify both Head Coaches that their players are properly equipped by rule and explain the rules of play, emphasize safety and fair play, and remind players that they must be properly equipped with mouthpiece in place at all times on the playing field. At this time the game officials will convey the equipment, safety, and fair play information, in addition to explaining any special ground rules as required under NFHS Rule 4-2.

*ARAPAHOE YOUTH LEAGUE*  
*2025 BOYS' LACROSSE RULES*

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### **4.3.0 Goal Scored**

A goal is scored when a loose ball passes from the front, completely through the imaginary plane formed by the rear edges of the goal line, the goal posts and the crossbar of the goal, regardless of who supplied the impetus. A goal will be allowed if the shot is released prior to the end of a period.

Situation: If the Goalkeeper or any player in possession of the ball in the crease (a) brings the crosse back through the plane of the goal, or (b) brings the crosse back through the plane of the goal and the ball drops to the ground across the goal line. RULING: (a) Legal play. No goal. (b) No goal. Award the ball to the Other Team.

### **4.3.1 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Grade Substitutions**

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For 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> grade, stop play substitutions can occur approximately every 4 minutes when the officials have suspended play for a penalty, after the ball has gone out of bounds or other natural stop of play. The clock will continue to run and will not stop for these timed substitutions.

### **4.3.2 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Grade One Pass Rule**

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In the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> grade divisions, one (1) attempted pass is required in the offensive end of the field before a team or player may take a shot on goal. NOTE:

- The pass must be a legitimate overhand pass attempt in the offensive end of the field.
  - Any blatant roll or self-pass is not considered a legitimate forward pass.
- A completed clearing pass caught in the air made from the defensive end of the field, which crosses over the midfield line to the offensive end of the field.
- The one-pass rule re-sets on every whistle.
  - **Exception:** Shot on goal that goes out-of-bounds.
    - If the officials award the ball to the attacking team on a shot that goes out of bounds, then the attacking team is still considered “hot.”
- Once the one-pass rule has been satisfied, if a team or player with possession of the ball steps on or over the mid-field line, then the one-pass rule re-sets.
  - There is No over and back turnover.
- If a penalty occurs or there is flag down, slow whistle situation while a team or player is “hot,” that team or player are still “hot.” The penalty or flag down, slow whistle does not affect the one-pass rule.
- The Goalkeeper cannot score on himself.
- MECHANICS NOTE: The Lead Official will extend his or her arm and hold one finger in the air to designate that a team must make their one-pass. The Lead Official will point

*ARAPAHOE YOUTH LEAGUE*  
*2025 BOYS' LACROSSE RULES*

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his or her arm in the direction of the goal to designate that the team is “hot” may now shoot on goal.

**Facing Off : Standing Neutral Grip (“SNG”)**

1. Play shall be started at the beginning of each period and after each goal by facing the ball at the Center.
2. The official conducting the faceoff will start the procedure by placing the ball on the midfield line at the spot the faceoff will take place.
3. The official shall instruct the players to prepare for the faceoff by saying, “down.” Once the players are down, they are to move into their faceoff position as quickly as possible.
3. Players shall stand as they get into position for the faceoff and remain standing until the faceoff whistle. If younger players struggle to stand, then knee(s) down on the ground is permitted for the faceoff.
4. The crosses and gloves shall rest on the ground along the center line, parallel to each other up to, but not touching the center line.
5. All fingers of both hands shall be gloved and wrapped around the crosse.
6. The crosse head and the gloved hands shall be touching the ground.
7. The hand closer to the throat of the crosse shall be in the palm up position (no “moto grip”).
8. The official shall make certain the reverse surfaces of the crosses match evenly (“top to stop”) and the crosse heads are perpendicular to the ground.
9. The official shall make certain that the reverse surfaces of the crosses match evenly and are perpendicular to the ground. Each player must have both hands wrapped around the handle of his own crosse, touching the ground. The right hand may not touch any part of the head of the crosse. The player’s feet may not touch his crosse. Both hands and feet of each player must be to the left of the throat of his crosse. Each player must be positioned so his entire body is to the left of the throat of his crosse. It is legal to lean over the center line.  
If the players are not positioned properly, the officials may adjust the players positioning (including crosses) to ensure the faceoff will be conducted fairly for both players.
10. Once the official is satisfied with the placement of the ball and the positioning of the players’ crosses, he shall instruct the players to remain motionless by saying “Set” For hearing-impaired players, a reasonable accommodate for the “set” command and whistle sound will be provided.
11. After the “Set” command, the official shall back out and blow the whistle when clear of the scrimmage area. The official does not have to be stationary, and likely will still be moving backwards, when he or she blows the whistle to start play. The whistle cadence will vary with every faceoff.
12. Upon the whistle starting play, the players shall not initiate a body check against their opponent; a body check against a crouched player is an illegal body check.
13. A violation will be called if a player picks up and carries the ball on the back of his stick. It is legal to clamp the ball with the back of the stick, and it must be moved, raked, or directed within one step.

*ARAPAHOE YOUTH LEAGUE  
2025 BOYS' LACROSSE RULES*

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14. A player may not lie on the ball or trap it with his crosse longer than necessary for him to control the ball and pick it up with one continuous motion or withhold the ball from play in any other manner.
15. It is illegal to kick, step on, or place any other body part to his crosse or the crosse of the opponent. It is illegal for a faceoff player to use his crosse to hold or pin down either player's crosse.
16. It is illegal for a player to use his hand or fingers to play the ball. This shall be enforced immediately as an unsportsmanlike conduct penalty. Inadvertent touching of the ball when the hand is grasping the stick should not be called as an unsportsmanlike conduct foul.
17. It is illegal for a player to grab an opponent's crosse with the open hand or fingers. This shall be enforced immediately as an unsportsmanlike conduct penalty.
18. A contrasting color between the head and top glove must be visible on the shaft for faceoffs. This can be accomplished with the original shaft color, paint or a single wrap or tape or other material

### **4.3.3 Length of Games**

#### **4.3.3.1 All Ages**

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Game will consist of four 12-minute running time quarters (clock stops only for a team timeout, an official's timeout, or an injury timeout).

The Final Two Minute stalling rule (Get It In / Keep It In) shall be ENFORCED for 6-8<sup>th</sup> Grade Divisions if the score differential is less than or equal to four (4) goals.

#### **4.3.3.2 Overtime**

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In the event of a tie during a Regular Season game, one 4-minute running time sudden victory overtime period will be played. In sudden victory overtime, each team is entitled to one timeout. (Clock stops only for a team timeout, an official's timeout, or an injury timeout).

Playoffs or Championship games will be played using 4-minute running time overtime periods until a goal is scored in sudden victory.

#### **4.3.3.3 Time Outs**

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All Grades and All Teams are permitted to use three (3) timeouts per game; no more than two (2) timeouts per half. All timeouts are 1-minute in length. The clock will stop on each team timeout. Teams shall take their timeouts on the sidelines. The officials will sound the whistle after 40 seconds advising both teams they need to take the field. The team that calls timeout does not need to use the entire 1-minute.

*ARAPAHOE YOUTH LEAGUE  
2025 BOYS' LACROSSE RULES*

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#### **4.3.4 SLOW-WHISTLE TECHNIQUE (6th – 8th Grade ONLY) – “GOODIES”**

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- G- Goal
- O – Out of Bounds
- O – Offense commits a foul
- D- Defense gains possession
- I – Injury in the scrimmage area
- E – End period or game
- S – Second defensive foul

If a defending player commits a foul against an attacking player and an attacking player has possession of the ball, the official must drop a flag, verbally signal “flag down” and withhold his whistle until:

- a) The attacking team scores a goal.
- b) The ball goes out of bounds.
- c) A player on the defending team gains possession of the ball.
- d) The attacking team commits a foul.
- e) An injury occurs to any player and is deemed by the official to be severe enough for an immediate whistle.
- f) A player in the scrimmage area loses any required equipment or is injured.
- g) The attacking team requests a team timeout.
- h) The period ends.
- i) A second defensive foul is committed unless a scoring play is imminent.
- j) The ball hits the ground (not on a shot), the slow whistle is terminated.
- k) The attacking team requests a timeout.
- l) A shot hits the goalkeeper, goal posts, or crossbar, and a rebound touches any player of either team other than the defending goalkeeper or an official.

#### **4.3.4 SLOW WHISTLE TECHNIQUE (K-5<sup>th</sup> GRADE ONLY) – GROUNDED**

If a defending player commits a foul against an attacking player and an attacking player has possession of the ball, the official must drop a flag, verbally signal “flag down” and withhold his whistle until the ball touches the ground.

- Once the ball hits the ground, the whistle is sounded and the play is blown dead.

#### **4.3.5 Advancing the Ball into the Goal Area**

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Over & Back: 4<sup>th</sup> Grade – 8<sup>th</sup> Grade:



*ARAPAHOE YOUTH LEAGUE  
2025 BOYS' LACROSSE RULES*

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After Entering the Attach Box or Goal Area, the Offense Must Keep the Ball in the Offensive Half of the Field.

If the Offense causes the ball to cross the midfield line, then we AWARD the Ball to the Other Team.

Two (2) Exceptions that do NOT cause an Over & Back Situation:

- The Offense takes a legal shot and the ball rebounds over the midfield line.
- The Defense tips the ball or last touches the ball in offensive end of the field that causes ball to cross the midfield line.

### **7<sup>th</sup> and 8<sup>th</sup> Grade**

The defensive 20-Second count will be used

The offensive 10-Second count will be used

No count will be used at all other levels.

### **4.3.6 Number of Players/Delays**

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Two teams with 10 players per side on the field, however games can be played with as few as eight (8) players on the field for grades 2 – 8.

K, 1<sup>st</sup> and some 2<sup>nd</sup> Grade teams will play with 7 players on each side of the field.

Some 2<sup>nd</sup> Grade teams will play with 10 players on each side of the field.

Teams must appear on the field promptly and any unnecessary or willful delay will result in the forfeiture of the game. Within 10 minutes of the scheduled game time, each team must have all eligible players on the field to start the game, including a properly equipped Goalkeeper; otherwise, the offending Club will forfeit the game unless the game has been officially postponed.

### **4.3.7 Penalties**

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ALL PLAYERS IN K-8<sup>th</sup> GRADE SIT PENALTIES.

Grades 1-3: Player subs-out and serves penalty in table area. Player then releases to team bench area. Penalized Team does NOT play man down.

Grades 4-8: Players serve penalties in table area. Penalized Team plays man down.

### **4.3.8. Disqualification**

*ARAPAHOE YOUTH LEAGUE*  
*2025 BOYS' LACROSSE RULES*

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1<sup>st</sup>-8<sup>th</sup> Grade: Three (3) Personal Fouls or Five (5) Total Personal Foul Penalty Minutes.

#### **4.3.9 Timekeeper**

The duties of the timekeeper shall include:

a. Keep an accurate account of the time of each period; keep an accurate account of penalty time and inform the penalized player(s) when the penalty time has expired.

#### **4.3.10 Scorer**

The duties of the Scorer include:

a. Keep a record of the number of goals scored.

b. Keep a record of the number of each player to whom a penalty is assessed, the type of violation, the period when the foul occurred, and the duration of the penalty.

- For Example: “Red #24; 1-Minute Slash; 1<sup>st</sup> Quarter.” Blue #16; 30-Second Push; 4<sup>th</sup> Quarter.”

#### **4.3.7 Personal Fouls/Ejections/**

In keeping with the overarching emphasis on player safety and sportsmanship at the youth level, AYL enforces stricter enforcement of the Cross Check, Illegal Body Check, Checks Involving the Head/Neck, Slashing, Unnecessary Roughness, and Unsportsmanlike Conduct rules than is common at the high school level.

##### **4.3.7.1 Illegal Body Check**

A body check that targets a player in a defenseless position. This includes but is not limited to: (i) body checking a player from his “blind side”; (ii) body checking a player who has his head down in an attempt to play a loose ball; and (iii) body checking a player whose head is turned away to receive a pass, even if that player turns toward the contact immediately before the body check.

**PENALTY:**

Two-or three-minute non-releasable foul, at the official’s discretion. An excessively violent violation of this rule may result in an ejection.

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##### **4.3.7.2 TAKE-OUT CHECK/EXCESSIVE BODY-CHECK**

1. Take-Out Checks/Excessive Body Checks are prohibited at every age level.

*ARAPAHOE YOUTH LEAGUE*  
*2025 BOYS' LACROSSE RULES*

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2. A Take-Out Check/Excessive Body Check is defined as:
- a. A body check in which the player lowers his head or shoulder with the force and intent to put the other player on the ground.
  - b. A body check considered more aggressive or more physical than necessary to stop the advancement of the player carrying the ball or to keep or move a player away from a loose ball. This includes without limitation:
    - i. A body check in which a player makes contact of sufficient force and intent to knock down the opposing player.
    - ii. A body check in which a player makes contact of sufficient force and intent to injure the opposing player; and (iii) any check made in a reckless or intimidating manner.

**PENALTY:** Two-or three-minute non-releasable foul, at the official's discretion. An excessively violent violation of this rule may result in an ejection.

*ARAPAHOE YOUTH LEAGUE  
2025 BOYS' LACROSSE RULES*

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#### **4.3.7.3 Body Checking**

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An avoidable bodycheck of an opponent after he has passed or shot the ball is an illegal body check.

**6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Grade:** Limited Body Checking is permitted within three (3) yards of the ball.

**1<sup>st</sup>-5<sup>th</sup> Grade:** No Body Checking of any kind is permitted.

Legal pushes are allowed. In all loose ball situations players should “play the ball.” Incidental contact, “boxing out”, or screening techniques during such play shall not be considered a violation of this rule. If a loose ball is not moving, stuck, or the players are having difficulty picking the ball up the referee may re-start play following the alternate possession (A/P) rule.

#### **4.3.7.4 Checks Involving the Head/Neck**

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A player shall not initiate contact to an opponent’s head or neck with a cross-check, or with any part of his body (head, elbow, shoulder, etc.).

A player shall not make indirect contact to an opponent’s head and/or neck. Indirect contact occurs when the initial force of the contact is to the body of the opponent then slides up to the head and/or neck area.

**PENALTY:** A one-minute non-releasable foul. An excessively violation may result in a longer non-releasable penalty or an ejection.

A player shall not initiate an excessive, violent, or uncontrolled slash to the head/neck.

A player, including an offensive player in possession of the ball, shall not block an opponent with the head or initiate contact with the head (known as spearing).

A player shall not initiate a body check that deliberately slides up into or follows through to an opponent’s head or neck.

A player shall not body check a player in a defenseless position. This includes, and is not limited to : (a) body-checking a pleyer from the “blind side;” body checking a pleyer who has the head down in an attempt to play a loose ball; (c) body-checking a player whose head is turned away to receive a pass, even if that player turns toward the contact immediately before the body check; (d) body-checking a player laying on the ground.

**PENALTY:** Items above are two-or three-minute non-releasable foul, at the official’s discretion. An excessively violent violation of this rule may result in an ejection.

*ARAPAHOE YOUTH LEAGUE*  
*2025 BOYS' LACROSSE RULES*

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A player shall not initiate targeting that intentionally takes aim at the head/neck of an opponent for the purpose of making violent contact. This could include a check with the crown of the helmet (spearing) that targets the head or neck of an opponent.

A player shall not initiate targeting that intentionally takes aim at a player in a defenseless position.

**PENALTY:** Intentional targeting shall result in a three-minute non-releasable foul. An excessively violent violation of this rule may result in an ejection.

#### **4.3.7.5 One-Handed Stick Checks**

Grades 1-6: Any one-handed stick check is a slash whether or not it makes contact with the opponent's crosse or gloved hand on the crosse.

Grades 7-8: A one-handed check is permitted so long as it makes contact with the opponent's crosse or gloved hand on the crosse.

#### **4.3.7.6 Unnecessary Roughness**

An excessively violent infraction of the rules against holding and pushing. Deliberate and excessively violent contact made by a defensive player against an offensive player who has established a screening position.

Any avoidable act on the part of a player that is deliberate and excessively violent, whether it be with the body or crosse. This may include a legal body check. A check delivered with the gloved hand or hands may not be delivered with a punching blow.

**PENALTY:** Any penalty for Unnecessary Roughness shall be non-releasable.

#### **4.3.7.7 Unsportsmanlike Conduct**

Unsportsmanlike conduct by coaches and/or players will not be tolerated. Obscenities need not be used for language to draw a penalty. Tone, intent, and body language can all contribute to unsportsmanlike conduct. Players and coaches will always exhibit the highest level of sportsmanship.

**PENALTY:** Two-or three-minute non-releasable foul, at the official's discretion. An excessively violent violation of this rule may result in an ejection.

*ARAPAHOE YOUTH LEAGUE  
2025 BOYS' LACROSSE RULES*

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### **4.3.8 Mercy Rule**

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At any point during a game when there is a six (6) goal differential, the team that is behind will be given the ball at the midfield line in lieu of a face off as long as the six (6) goal lead is maintained, unless waived by the coach of the trailing team.

### **4.3.9 Game Times/Location**

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The time and location for all League games will be determined by the Lacrosse Sport Board and published on the schedules.

### **4.3.10 Game Officials**

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Two paid officials will be supplied for all games; however, games may be played with only one official (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Grade). Game officials must be in full referee's uniform. If an official fails to show up at a scheduled game, a person mutually chosen by the coaches involved may officiate.

### **4.3.11 Roster of Players**

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Before play is commenced, each coach shall hand the opposing coach a correct copy of his official roster as it appears on file with the League Secretary.

If requested by the opposing coach, before play is commenced, each team shall line up in numerical order on the sidelines allowing opposing coach to validate rosters.

### **4.3.12 Uniforms**

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A team's game jerseys should have numbers centered on the front and back of sufficient size to be clearly visible by game officials anywhere on the field and opposing teams' jerseys should have contrasting dominant colors. Home teams are responsible for contrasting jersey colors and will provide and wear contrasting color numbered pinnies or pinnies that allow jersey numbers to be clearly seen, if needed.

### **4.3.13 Postponed Games**

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Games may not be postponed for reasons other than weather without approval of the AYL Board.

*ARAPAHOE YOUTH LEAGUE*  
*2025 BOYS' LACROSSE RULES*

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#### **4.3.14 Rescheduling of Games**

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Saturday games will be rescheduled for **Sunday** (8 days later) at a field and time to be decided by the Lacrosse Sport Board.

All regular season and play-off games must be decided with one of the teams involved being declared the winner. No games will be defined as "Did Not Play". No coach or Delegate shall willfully manipulate the final standings of a particular team by refusing to either agree to a re-schedule of a game or declare the game a forfeit. The only exception will be due to problems that force the Lacrosse Sport Board, by majority vote, to eliminate games so as to complete the season by the required end date.

#### **4.3.15 Sideline Safety**

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ALL Spectators, parents, fans, children, photographers, videographers, cameras, video recording equipment, chairs, tables, benches, coolers, or other items must be placed six (6) yards from the far sidelines for the entire length of the playing field. ("Spectator Boundary"). The Head Coach is responsible to ensure their sideline is compliant with this 6-yard "Spectators Boundary." Any coach failing to maintain the Spectators Boundary shall be given one warning by the Game Official, after which an unsportsmanlike penalty may be assessed for further violations of this rule. Spectators, cameras, and/or video recording devices are PROHIBITED on the team sidelines and endlines. Refer to AYL General Principles of Operation, Rule 22, KEEPING ORDER.

No individual or team is permitted to sit, stand or warm-up behind the end line.

#### **4.3.16 Home Team**

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The Home Team shall have the choice of which sideline they will occupy for that particular game.

#### **4.3.17 Tie Breaker Rules**

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Tie Breaker rules apply to the seeding of teams in the play-offs; they will not be used to eliminate a team from the play-offs. Teams that are tied for the last play-off position will play a mini play-off. Tie Breaker rules will apply for seeding the teams for the mini play-off.

- Lacrosse Tie Breaker rules:
  - Head-to-Head
  - Best W-L-T with common opponents.
  - Strength of Schedule (this year)
  - Best opponents total W-L-T of each team played. Example: 37-24-2

*ARAPAHOE YOUTH LEAGUE  
2025 BOYS' LACROSSE RULES*

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- Coin Toss.

#### **4.3.18 MINI PLAY-OFF GAMES**

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When multiple teams end the regular season tied for the last play-off position the league will schedule MINI PLAY-OFFS to decide the final team to qualify for the Play-offs. The tie breaker process defined above will be utilized to seed the teams into the MINI PLAY-OFFS. The determined seeding will be used to declare the Home team(s) as well as where each team is placed in the MINI PLAY-OFF Bracket. When two teams are tied, these teams will play a full game to determine the team advancing into the Play-offs. When three teams are tied, the highest seed, #1, will be awarded a bye for the first round of the MINI PLAY-OFFS. The remaining two teams, #2 & #3, will play in a first round half game, with the #2 seed as the home team. The winner of the first-round half game will then play the #1 seed in a second-round half game, played on the same day as the first round, to determine the team advancing into the Play-offs. Should more than three teams end the regular season tied, the Lacrosse Sport Board will determine the MINI PLAY-OFF structure to be utilized.



*ARAPAHOE YOUTH LEAGUE  
2025 BOYS' LACROSSE RULES*

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## **5 Sportsmanship**

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The AYL Lacrosse Board requires that all Coaches always uphold the principle and spirit of Good Sportsmanship. Coaches must take a visible leadership role in this issue by signing a standard "Code of Conduct" form (see Example included as an attachment) as a mandatory requirement to coach in the AYL. Since the coaches are the most influential persons in teaching good sportsmanship, one of their fundamental responsibilities is to inspire players and spectators to conduct themselves in a manner which best represent those values. Coaches must stress respect for opposing players and tolerate no conduct from players or spectators, which demeans or embarrasses the opponent, the officials, or the sport itself. Taunting and baiting an opponent are contrary to the basic concept of fair play and honorable competition. Profane language and taunting are exactly opposite of the type of conduct and behavior which participation is intended to teach. Profane language, taunting, and unsportsmanlike behavior cannot be tolerated as part of an educational program. The AYL Lacrosse Board will act quickly in the investigation of any complaints of unsportsmanlike behavior by any Coach associated with our Lacrosse Program. Should a Coach be found to have acted in an unsportsmanlike manner, that Coach might face suspension or other penalties, up to and including expulsion from the AYL.

*ARAPAHOE YOUTH LEAGUE  
2025 BOYS' LACROSSE RULES*

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## **5.1 Example Code of Conduct**

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**EXAMPLE  
Code of Conduct Form  
AYL LACROSSE**

In order for our Lacrosse program to teach and communicate good sportsmanship and provide a positive **educational** environment for our youth, it is imperative that coaches and spectators adhere to strict behavior policies. Our athletes look to us to provide a positive, healthy and fun environment in which to compete. To accomplish this environment, it is critical to give players a good and positive playing venue.

The goal of the AYL Lacrosse program is to provide this positive and healthy competitive environment for our children and eliminate unruly behavior by coaches and spectators.

**Required behavior for Coaches/Parents/Spectators:**

- Display good sportsmanship at all times. LEAD BY EXAMPLE.
- Provide positive comments for good play and effort.
- Encourage players to be good winners and accept losses with good sportsmanship.

**SHOW RESPECT FOR THE GAME.**

Always be cognizant that this is YOUTH sports & the game is for the children and not the adults. Encourage love of the game, respect for game officials & competitors, & teach sound fundamentals & technique for skill growth.

**Prohibited behavior for Coaches/Parents/Spectators:**

- 1) Any Un-sportsmanlike comments or behavior.
- 2) Any harassing of referees.
- 3) Any harassing of opposing & own coaches or spectators.
- 4) Any use of profanity.
- 5) Being under the influence of alcohol or illegal drugs.
- 6) Any physical and/or verbal threats to anyone in attendance.
- 7) Any direct OR indirect criticism of opposing players.

All head and assistant coaches are responsible for enforcing these AYL Lacrosse Code of Conduct rules. The coach is responsible for the actions of their respective sidelines. In order to help the coaches, all AYL Lacrosse officials have been advised not to interact with spectators. Rather, when a violation of conduct occurs, the referees officiating the game can & may call a time-out & direct the coaches to address the problem. If the conduct persists then those in violation will be flagged with an "Unsportsmanlike" Penalty & may be ejected from the game. The violating spectator and/or coach shall be suspended from the next regular season or playoff game. If this type of behavior takes place in a subsequent game, the result will be the suspension for the remaining regular season and any playoff games. If this person is a coach, he/she will also have to go before a league review in order to be reinstated to coach in the league again. If any person receives two unsportsmanlike penalties because of his/her behavior towards the game referees they will also be ejected, suspended for 1 game.

Bottom line – All head and assistant coaches are responsible for enforcing the AYL Lacrosse Code of Conduct rules with his/her players, parents and spectators.

*ARAPAHOE YOUTH LEAGUE  
2025 BOYS' LACROSSE RULES*

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Should a situation occur where a Referee does not display a command of the game rules, or they themselves display inappropriate behavior, as a coach, you should report on the required pink sheet. The pink sheet is the official review & is mandatory. It is the chosen, and only acceptable, vehicle for league feedback on officiating.

Any display of un-sportsmanlike behavior on behalf of a player can also result in a player ejection & suspension from the next regular season or playoff game. Any player ejected in a future game will be disqualified from all future regular season and playoff games.

The undersigned hereby acknowledges that he/she:

Has read and understands this Code of Conduct document

Agrees to abide by this Code of Conduct, and associated penalties including payment of fines.

Agrees to distribute and discuss this Code of Conduct to all of his/her team's coaches, players and parents.

\_\_\_\_\_ Date

Coaches Name

\_\_\_\_\_ email address

CLUB

Team Color

\_\_\_\_\_ Signature

***ANYONE WISHING TO COACH IN AYL LACROSSE IS REQUIRED TO SIGN THIS CODE OF CONDUCT ACKNOWLEDGING THEY UNDERSTAND THE RULES, RESPONSIBILITIES AND ACCOUNTABILITY AS A COACH (INCLUDING PAYMENT OF FINES & SUSPENSIONS ASSOCIATED WITH CODE OF CONDUCT VIOLATIONS).***