

ORANGE COUNTY LACROSSE ASSOCIATION
 PLAYER, CONDUCT, GAME RULES 2007-2008
 (Approved April 8, 2008)

Changes are denoted in red

Section 1 - Player Eligibility

Youth	<ul style="list-style-type: none"> • Grades 2nd and 4th. Must not turn 11 years old before June 30, 2008. • Grades 5th and 6th. Must not turn 13 years old before June 30, 2008. • Grade verification required at registration.
Middle School	<ul style="list-style-type: none"> • Grades 7th and 8th for Boys. • Grades 6th and 8th for Girls. • Must not turn 15 years old before June 30, 2008. • Grade verification required at registration.
High School Junior Varsity (JV)	<ul style="list-style-type: none"> • Players must meet High School CIF eligibility requirements. A player age 19 prior to 15 June shall be eligible to participate for the following school year. Generally, grades at least 2.0 during the preceding semester and for progress reports during the semester played. Coaches/team reps. will verify that their players meet their High School's eligibility requirements to play CIF sports. • Grades 9th through 11th limited to 6 continuous semesters. (No Seniors). • Must be enrolled in school, continuation school not eligible. Home schooling is allowed. • Stabilized rosters submitted to the High School Commissioner for verification after the 1st and before the 2nd weekend in April. Following this date, coaches may petition to move players between Varsity and JV by exception (i.e. Injury) to the High School Commissioner for review and voted on by the OCLA board. A player may play in either the Varsity or JV OCLA playoffs, but not both. • JV goalie may be used to back-up a Varsity goalie (primarily to be used in case of injury) without penalty for OCLA games. • Seniors of JV only programs must play for the closest (geographically) Varsity program.
High School Varsity	<ul style="list-style-type: none"> • Same requirements as JV except: Grades 9th through 12th limited to 8 consecutive semesters. • Varsity goalies may not be used to back-up JV goalies in OCLA JV games.

Section 2 - Assignment of Players to High School Teams

Default Assignment	<ul style="list-style-type: none"> • Each program must associate with a local high school. • A player is automatically assigned to the team that is associated with the high school the player is zoned for. Under no circumstances may a player play for another program if there is a program at the player's school. If a team is not directly associated with the school, a player will be assigned to the team that is closest (geographically) to the school the player is zoned for. Specifically, if a player attends a private school with no program or is home schooled, he/she will play for the school he/she would have had to
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	attend if he/she went to public school. Hardship waiver requests will be sent to the OCLA High School Commissioner for review and voted on by the OCLA Board of Directors.
Team Size	<ul style="list-style-type: none"> • A minimum of 16 registered players is required for a team to be scheduled for league play. • A maximum of 40 players will be allowed on a team roster. Teams with more than 35 players must form an alternate program (e.g. create a junior varsity program).

Section 3 - Conduct of Players

Profanity	<ul style="list-style-type: none"> • The use of profanity will result in a one to three minute non-releasable penalty as provided for in the NFHS rules, Section 5-9. • In addition, profanity directed at any individual will result in expulsion from the game.
Fighting	<ul style="list-style-type: none"> • Any player involved in fighting will be charged with a 3-minute non-releasable penalty and will be ejected from the game as provided for in the National Federation of State High School Association (NFHS) rules, Section 5-11. Ejection requires removal from the facility (including school or park grounds). See expulsion rules below in Section 6. • Additionally, the ejected player will not be allowed to participate in their team's next 3 regular season or playoff games, scrimmages, or tournament games. • The official making the ejection must submit a written report of the incident to the Board of Directors. • A second ejection for fighting will result in suspension from the league. Participation in future league events will be considered only if the player petitions the league in writing. A quorum of 6 board members is required to vote on the request.
Prohibited Substances	<ul style="list-style-type: none"> • The use or possession of alcohol at games, practices, or league functions, including when traveling or being housed during tournaments, will result in suspension for the balance of the season. • The use of tobacco on or within 100 yards of the field will result in a game suspension.
Dress Code	<ul style="list-style-type: none"> • Clothing worn at any lacrosse function must follow player's school dress code. • Reference to tobacco, drugs, or alcohol is not permitted on any article of clothing; likewise, profanity is not allowed. • Undershirts must be tucked in. • Undershorts must not show. • Waistbands of short/pants must be at waist, no sagging. • Jewelry may not be worn (this includes all piercing). Religious or medical medals are not considered as jewelry and must be taped to body. No religious or medical piercing allowed. • Shoes with cleats not exceeding ½ inch or turf shoes are required; baseball, tennis, and board shoes are not allowed. • All players on a team must wear the same predominant color jerseys and shorts. Jerseys must be numbered on the front and back. • Helmet shells, must be uniform in color for High School teams. Vent Decals, team logos, and markings on helmets must be team issued and lacrosse specific.
Code of Conduct	<ul style="list-style-type: none"> • Players are required to sign a code of conduct acknowledging general standards of behavior, as well as the above rules. • Players violating Code of Conduct or those acting in contradiction to the principle of the OCLA or US Lacrosse may be sanctioned by the Board of Directors. Punishment may include suspension or expulsion from the league.

Section 4 - Conduct of Coaches

General	<ul style="list-style-type: none"> Where applicable, coaches must comply with the same rules as players.
Dress Code	<ul style="list-style-type: none"> The following articles of clothing are not allowed while coaching: sandals, tank tops, shorts beyond knee-length. Coaches on a team are expected to dress uniformly. It is recommended that coaches' clothing is in sync with team colors and emblems.
Code of Conduct	<ul style="list-style-type: none"> Coaches are required to read and sign a copy of the Code of Conduct acknowledging standards of behavior, as well as the above rules. Coaches are to adhere to the US Lacrosse Coaches Council Code of Ethics. All coaches must be certified by the OCLA by attending a coach's clinic meeting. All coaches must submit fingerprints and undergo a background check.
Ejection	<ul style="list-style-type: none"> If a Coach is ejected from a game, he must leave the venue/site (including school or park grounds). See expulsion rules below in Section 6.

Section 5 - Game-day Requirements

Both Teams Must Supply to All Games	<ul style="list-style-type: none"> A sports first aid kit. Photocopies of OCLA Registration forms/Emergency Cards A Scorekeeper or Timekeeper US Lacrosse Incident Report Form. Water. A pre-printed player roster to be submitted to the opposing team. Recommended: CPR trained coach or parent on the sideline.
Home Team Must Provide	<ul style="list-style-type: none"> Properly marked playing field to include cones for the end lines, penalty box, and mid-field. Two regulation goals. Ice to be used in case of injury.
Uniforms	<ul style="list-style-type: none"> Home team is to wear light colored jerseys, away team in dark colored jerseys. Away team is responsible for contrasting jerseys. Pinnies shall be allowed to be used jerseys. The numbers shall be at least 6 inches tall on the front and at least 8 inches tall on the back for the 2nd thru 8th grade divisions.
Referees	<ul style="list-style-type: none"> Home team must confirm referees with assignor 48 hours before game. Home team must notify referee assignor of any possible cancellations or forfeits 24 hours before game.

Section 6 - Rules of Play

The National Federation of State High School Association (NFHS) Boys and the US Lacrosse (USL) Girls Rules Books are the basis for play in the Orange County Lacrosse Association. The following are exceptions, modification, and additions adopted by the Board of Directors.

Field	<ul style="list-style-type: none"> • May vary in dimensions, but cannot contain any hazardous obstacles (e.g. concrete curbing, storm drain, metal boxes, etc.) within 6 yards of sideline or end-line. • If unsafe condition is present, game cannot proceed until condition is corrected and made safe and both head coaches agree upon field conditions and surroundings. • In the goal area, the lines running parallel to the sidelines are solid, not dashed.
Misc. Gear	<ul style="list-style-type: none"> • Football pants with or without pads can be worn by a goalie only. • All other football gear (i.e., shoulder pads, helmet, etc.), except cleats, is prohibited. • Protective padding must not be altered and must be worn as they come from the manufacturer; penalty for any modification is a 1-minute non-releasable. • All helmets must be approved for use for lacrosse as provided in the NFHS Rulebook.
Off-Season Practice	<ul style="list-style-type: none"> • Teams may hold a coach-supervised practice no more than once a week during the off-season. All teams will notify the OCLA High School Commissioner of off-season practices with times and location. Within one week of a tournament the team may hold additional practices. All participants at off-season practices must be members of US Lacrosse or have insurance coverage from their school. Off-season practices must accommodate all participants. Coaches must notify the OCLA of date, time and location of all off season practices.
Game Expulsion	<ul style="list-style-type: none"> • An expelled player/coach must leave the venue/premises for the remainder of the event. • If the player is a non-adult, an authorized adult team person must accompany the player off the premises. • However, the player can remain at the bench if an authorized adult team person is not available to escort the player. The player is confined to the bench area, and is not permitted to communicate with any of the game personnel.
Forfeited Game	<ul style="list-style-type: none"> • A team must have a team-assigned and OCLA certified coach present to play a game • A boy's team must have 10 players present to play a game. Girls must have 11. • A game is an official forfeit after a ten-minute delay by a team failing to have a coach present or enough players to start play. • A team may continue play with less than 10 players (11 for girls) as provided for in the NFHS rules, Section 2-1. • Goalie must wear the proper throat-guard and chest protector throughout the game; failure to do so will result in a forfeit.
Weather	<ul style="list-style-type: none"> • Officials, if they deem fit may suspend the game due to inclement, unplayable weather. If the game has not reached the 2nd quarter. The game shall be a no-contest. Suspended games in the 2nd or 3rd quarter, shall be rescheduled, with the scorebook marking the time remaining, and ball position. Additional players may be added or subtracted from the roster for the rescheduled game. Game should be rescheduled at the earliest convenience. Games that have begun the 4th quarter shall be deemed a regulation game. The score shall be recorded. Tie games will be recorded as a tie.

	<ul style="list-style-type: none"> • All players and coaches must leave the playing field upon hearing the first clap of thunder and /or witnessing lightning. Lacrosse sticks should not be held by participants during a thunder/lightning storm. The game may resume (15) minutes after the last clap of thunder and/or lightning. If the game is suspended a third time, the game shall be called.
<p>Spectator Limitations</p>	<ul style="list-style-type: none"> • Spectators are not allowed on the bench-side of the field or behind the end-lines. • Spectators are not allowed within 5 yards of the sidelines on the spectator side.
<p>Youth Boys 2nd thru 4th Grade</p>	<ul style="list-style-type: none"> • The 2nd thru 4th division shall be a recreational, no body checking, and non-competitive lacrosse atmosphere in which scores are not tracked, but no team standings are recorded. Equitable playing time is expected of all participants. Teams shall have a recommended roster size of no more than 25 players. • Rosters must be fixed by the 3rd game of the season. • Length of game: Four (4) - 12 minute running time quarters. Clock is to stop every four minutes for mandatory player substitutions. No overtime period. No time-outs. • The quarter breaks shall be 2 minutes and Half-time shall be 5 minutes in length. • Teams are responsible to supply an adequate number of end-line balls and/or ball boys with helmets on their half of the field. • All fouls shall be 30 seconds on length. • On a penalty, penalized player must leave the field, serve time in the substitution box, and may not return until the next whistle. Offended team will have a man-up opportunity until penalty expires. (Teams may not substitute a player from the mid-line). • The 10-second counts will not be enforced (advancing the ball beyond the defensive-area line, advancing the ball into the offensive-area box). • One-handed checks are not allowed; they will be considered slashes. • If a 4 goal lead is gained, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the 4 goal lead is maintained, unless otherwise waived by the coach of the trailing team. • Stick specifications: Crosse may be 37"-42"; no long poles. • All players must wear a lacrosse helmet approved by US Lacrosse. Team helmets are not required to be the same color. • Games may be played with one official assisted by a junior official or two line judges (each team providing a line judge). • One (1) Coach may be on the playing field to instruct players, but must not interfere with the play of the game. Head Coach must identify to the Official(s) before the game which coach is to be allowed on the field. Coaches may only enter the field of play through the Coach's box. Coaches are restricted from standing in or near the opponents' coaching area. Officials can revoke this privilege if abused • There shall be no playoffs for this division.
<p>Youth Boys 5th & 6th Grade</p>	<ul style="list-style-type: none"> • There will be a 5th/6th Grade Division will have two levels. • The Recreation Level shall have game scores and standings with no playoffs. There is no mandated play time guarantee, but equitable playing time is recommended. • The Competitive Division shall have game scores, standings, playoffs, and a Championship. There is no mandated play time guarantee. • Teams shall have a recommended roster size of no more than 30 players. • Rosters must be fixed by the 3rd game of the season. • Length of game: Four (4) - 12 minute, running time quarters. In the event of a tie, one 5-minute sudden-victory overtime period will be played; if overtime results in a tie, game will be recorded as a tie. In playoff and championship games, 5-minute overtime periods will continue to be played until a goal is scored. • The quarter breaks shall be 2 minutes and Half-time shall be 10 minutes in length.

	<ul style="list-style-type: none"> • The 10-second counts will not be enforced (advancing the ball beyond the defensive-area line, advancing the ball into the offensive-area box). However, the leading team must keep the ball in the attack box area for the last 2 minutes of the game. • Goalkeeper's penalty - In-Home can serve penalty for the goalkeeper, with the exception of un-sportsmanlike conduct. • Controlled one-handed checks are allowed. • No "take out checks" are allowed. Definition of Take-out checks: Checks in which the player hits with the force and intent to knock to the ground the other player. • Fouling out - A player who accumulates 4 personal fouls or 2 minutes of Un-Sportsmanlike Conduct penalties (not counting penalties assessed for illegal sticks or equipment) shall be disqualified from the game. This player may not re-enter the game, but is not expelled from the field of play or suspended from future games. • If a 4 goal lead is gained, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the 4 goal lead is maintained, unless otherwise waived by the coach of the trailing team. This rule will not apply to playoff/championship games. • Stick specifications 40"-72". Sticks greater than 42" shall be considered long poles. Teams are limited to 4 long poles on the field at a time. • All players must wear a lacrosse helmet approved by US Lacrosse. Team helmets are not required to be the same color. • Games may be played with one official assisted by a junior official or two line judges (each team providing a line judge).
<p>Middle School Boys</p> <p>7th & 8th Grade</p>	<ul style="list-style-type: none"> • There will be a 7th/8th Grade Division will have two levels. • The Recreation Level shall have game scores and standings with no playoffs. . • The Competitive Division shall have game scores, standings, playoffs, and a Championship. • Teams shall have a recommended roster size of no more than 30 players. • Rosters must be fixed by the 3rd game of the season. • The rules for the Middle School Division shall be the same as the 5th/6th grade Division with the following exceptions: • The 10-second counts will be enforced (advancing the ball beyond the defensive-area line, advancing the ball into the offensive-area box). However, the leading team must keep the ball in the attack box area for the last 2 minutes of the game.
<p>Youth Girls</p> <p>2nd thru 5th Grade</p>	<ul style="list-style-type: none"> • Play 7 vs. 7, but allow 6 vs. 6 games by mutual agreement of the coaches if someone has a small team. • Brine pop-up goals shall be used with no goal keepers. • Two players must remain behind the center line, and shall be used as the restraining line. • Length of game: Two (2) - 20 minute running time halves. The teams are limited to one time-out, per team, per half, only following a goal. • The field should have the following dimensions and configuration. 200 feet long, 125 feet wide. The goal line is 25 feet from the end line. The pop up goals are centered on the goal line inside of an 8 foot radius crease. No 4 meter hash marks or a goal arc. Use a 12 foot radius center circle. • Spirit of fair play. Coaches must work to keep games developmental or encouraging. If the score is lopsided, coach should instruct players to connect multiple passes before shooting, or to play weak handed. • Standard restarts after a shot goes out of bounds or a player plays the ball out of bounds. • Standard denial of goal for crease violation. • No covering. • No checking. • Anything more than incidental body contact is a foul.

	<ul style="list-style-type: none"> • Standard rules about dangerous propelling, shooting. • Modified 3 second shooting space rule. Since there is no arc, defenders have to be actively guarding someone in the general goal area and can just be fill shooting space. • On restarts for fouls in the shooting area, attacker is given the ball about 10-12 yards from goal and gets a free (uncontested) pass to a teammate. • During first half of season, no center draws. Coin flip and winner starts with the ball at center of field and gets a free pass on the whistle to start the game. Opposite team gets the same advantage at start of second half. Team that is scored on gets the same advantage on restarts after a goal. • If a 4 goal lead is gained, the team that is behind will be given the ball at the midfield line in lieu of a draw as long as the 4 goal lead is maintained, unless otherwise waived by the coach of the trailing team.
<p>Middle School Girls 6th thru 8th Grade</p>	<ul style="list-style-type: none"> • Length of game: two (2) - 25 minute running time halves. The teams are limited to one time-out, per team, per half, only following a goal. In the event of a tie, one 5-minute sudden-victory overtime period will be played; if overtime results in a tie, game will be recorded as a tie. In playoff and championship games, 5-minute overtime periods will continue to be played until a goal is scored. • If a 4 goal lead is gained, the team that is behind will be given the ball at the midfield line in lieu of a draw as long as the 4 goal lead is maintained, unless otherwise waived by the coach of the trailing team.

Approved by the board 4-8-2008