

# 2009 OYLA

## U.S. Lacrosse Rules modified by Grade Level - Summary and Exceptions

2009 National Federation of State High School Associations(NFHS) Lacrosse Rules				
As Amended By: 2009 U.S. Lacrosse Youth Rules; 2009 Oregon Youth Lacrosse Association (OYLA) Rule Sets				
Grades --->	7+8	5+6	3+4	1+2
FIELD 10 v 10	110 x 60	110 x 60		
FIELD 8 v 8		80 x 50	80 x 50	
FIELD 6 v 6				60 x 45
PLAYERS	STD 10 v 10	STD 10 v 10 / OPTIONAL 8v8	STD 8 v 8	5V5 / 3x3 GOALS / NO GOALIE
BODY CHECKS / CONTACT *(see notes below)	Permitted to dislodge ball / No take-out checks	Controlled, restricted contact only / No take-out or collision-style checks	No contact except as described for ground balls and advancing the ball	<b>NO CONTACT</b>
STICK CHECKING / SLASHING	2 Hands on stick / Gloved hand on stick and/or stick contact / 90 ° guideline	2 Hands on stick / LIFT +POKE only / 90 ° guideline	2 Hands on stick / LIFT+POKE only / 90 ° guideline	2 Hands on stick / LIFT +POKE only
PENALTIES	Personal: Penalty Box; Technical: Penalty Box or ball turnover	Personal: Penalty Box; Technical: Penalty Box or ball turnover	Personal: Penalty Box; Technical: Penalty Box or ball turnover	Coaches Discretion
GAME TIME	15 minute Quarters or 30 minute Halves / BYL - 25 min running halves	30 minute Halves / BYL - 25 min running halves	30 minute Halves / BYL - 25 min running halves	30 minute Halves / BYL - 25 min running halves
FIELD MONITOR	YES	YES	YES	<b>NO</b>
D POLES	YES	<b>NO</b>	<b>NO</b>	<b>NO</b>
OFFSIDES	YES	YES	YES	<b>NO</b>
COUNTS	4 second goalie count only	<b>NO</b>	<b>NO</b>	<b>NO</b>

**Notes:**

1. Game logistics can be modified as needed by the league and require notification to the participating clubs.
2. Game Time: All games are Running Clock with 5 minute half-time.  
Game Time can be reduced (e.g. 25 minute halves) to accommodate field logistics. Coach notification required.
3. Time-outs: 2 per half; 1 minute each
4. Face-offs: After Goals; at start of each quarter and half except when the 4 point score differential applies per U.S. Lacrosse

**\* Contact:**

1. The safety of the players is the guideline that governs the rule interpretation of appropriate contact between players.
2. Any play utilizing more force than necessary to accomplish legal, grade-level play is illegal ( Unnecessary Roughness Personal Foul).
3. Contact outside the grade-level guidelines is a foul and the appropriate Personal or Technical penalty must be applied.
4. Excessive contact is never permitted.
5. Body contact when incidental and non-injurious (loose ball, dodge situations) is a technical foul at the discretion of the referee.

Grade 7-8: Legal positioned body checks; may NOT use excessive force to "take-out" a player.

Grade 5-6: Acceptable legal contact is limited to pressure with gloved hands and forearm while on the stick.

**6. Contact-Related Fouls:**

Personal - Cross-Check, Illegal Body Check, Slashing, Tripping, Unnecessary Roughness, Unsportsmanlike Conduct

Technical - Holding, Pushing, Interference