

# MYLA 2007

\*All Officials **must** go on-line to [www.mylalax.com](http://www.mylalax.com) or e-mail/call the Coach/Program Director to give Phone # and confirm site and time of the game.

## ALL USLAX RULES APPLY WITH THE FOLLOWING YOUTH MODIFICATIONS:

### LEVEL A SPECIFICS (JRS AND MIDGET. A, B, C) \$40 ea. 2 refs, \$60 1 ref (\$30 ea. Team)

1. Eleven field players, one goal-keeper.
2. Field size: 100yds x 70yds is recommended.
3. Regular field markings, including restraining line and sideline; cones at corners.
4. Regular women's crosse, regulation pocket.
5. Modified checking only for JB,JC,MA,MB,MC. (Below shoulder)
6. 25 minute halves (max.), running time until the last 2 minutes of each half.
7. May shoot from free positions.
8. Double/Triple team allowed.
9. 3 Second Rule for holding the ball while being guarded (except JA)
10. Coaches may move along Full Boundary **BUT** behind opponents team bench area and score table.
11. May call two time-outs per game on dead ball possession or after goal.

### LEVEL B SPECIFICS (LIGHTNING) (\$60 1 Ref. \$30 from ea. Team)

1. Eleven field players, one goal-keeper.
2. Field size: 90yds x 50yds is recommended.
3. Regular field markings, including restraining line and sidelines; cones at corners
4. Regular women's crosse.
5. Modified checking below WAIST. 2 attempted passes for LB and LC.
6. 20 minute halves (max.), running time until the last 2 minutes of each half.
7. May shoot from free positions (if 2 passes have been attempted).
8. Double team allowed.
9. 3 second rule for holding the ball while being guarded.
10. Coaches may move along full boundary but behind opponents team bench area and score table
11. May call two time-outs per game on dead ball possession or after goal
12. Two attempted passes before shooting (Levels B and C ONLY)

### LEVEL C SPECIFICS (TYKERS) (\$60 1 ref, \$30 from ea. Team)

1. Seven field players and a goal-keeper.
2. Field size: 50yds x 25yds is recommended.
3. 8m arc, no 12m fan, sidelines, no restraining line, center line (no circle)  
Center line used for off-sides (2 back and goal keeper)
4. Regular women's crosse, modified pocket.
5. No checking. 2 attempted passes.
6. 20 min halves (max.) running time until the last 2 minutes of each half.
7. May not shoot from any free position except when major foul in arc is called. FP 8m on goal line extended; defender placed 4 m. behind.
8. Man to man only; and at ALL times
9. 5 second rule in the arc only for holding the ball while being guarded.
10. Coach is allowed on the field.
11. May call two time-outs per game on dead ball possession or after goal
12. May sub from table on dead ball, on the fly or after a goal

### ALL LEVELS:

\*If, after an attack turnover between the restraining line and the goal they are shooting on, possession is regained, the attack does not have to have 2 more passes. JRs., Mids and Lightning A do not need 2 passes.

\*Four goal rule for all levels. Ball must be played by another player before shot.

\*May sub on the fly or after a goal from score table only. (except TYKERS, see above #12)

\*All GKs dressed per rulebook, plus thigh, shin, abdominal, pelvis protection. Shirt on OUTSIDE.

\*All levels to have table, horn, scorebook, timekeeper and (2) two clocks.

\* No parents on the bench side.

Midgets and Juniors will play off ties. Take 5 minute break. Meet Captains. Coin toss (Visitor calls). Play 3 min. sudden victory. Change ends. Play 3 min. sudden victory. Take 3 min. break. Continue with two 3 min. SV periods. Take 3 min break. Change ends each period. Continue until goal is scored. Unused timeouts may be used during overtime.