

MYLA 2010

*All Officials **must** go on-line to www.mylalax.com/cgi-bin/myla.rb 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 (JUNIOR A, B, C) \$45 ea. 2 refs, \$70 1 ref (\$35 each team)

1. Modified checking below **SHOULDER**.
2. 25 minute halves (max.) running time until last 2 minutes of each half.
3. Double/Triple teaming allowed.
4. 3 second rule for holding the ball while being guarded.
5. Coaches may move along full boundary and behind opponent's team bench area & score table.
6. May call two time-outs per game on dead ball possession (no sub allowed) or after goal.

LEVEL A SPECIFICS (MIDGET A, B, C) \$45 ea. 2 refs, \$70 1 ref (\$35 each team)

1. Modified checking below **SHOULDER**.
2. 25 minute halves (max.), running time until the last 2 minutes of each half.
3. Double/Triple team allowed.
4. 3 second rule for holding the ball while being guarded.
5. Coaches may move along full team boundary and behind opponent's team bench area & score table.
6. May call two time-outs per game on dead ball possession (no sub allowed) or after goal.

LEVEL A SPECIFICS (LIGHTNING) \$40 ea. 2 refs (\$70 1 ref, \$35 from ea. team)

1. Modified checking below **WAIST**.
2. 20 minute halves (max.), running time until the last 2 minutes of each half.
3. May shoot from free positions (if 2 passes have been attempted - B and C).
4. Double team allowed. Triple teaming is a major foul.
5. 3 second rule for holding the ball while being guarded.
6. Coaches may move along full team boundary and behind opponent's team bench area & score table
7. May call two time-outs per game on dead ball possession (no sub allowed) or after goal
8. Two attempted passes before shooting (Levels B and C ONLY) Goalie clears counts as pass

LEVEL C SPECIFICS (TYKERS) (\$70 1 ref, \$35 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 (mesh stringing permitted) modified pocket.
5. No checking. 2 attempted passes. Goalie clear counts as pass. **UNDERARM pass NOT INCLUDED** in the count.
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. **EXCEPTION:** If attack beats her defender by good margin, another defender is permitted to slide to pick up. Ensure that there is no double-team by trail defense
9. 5 second rule over ENTIRE field for holding the ball while being guarded.
10. One coach from each team is allowed on the field.
11. May call two time-outs per game on dead ball possession (no sub allowed) 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 need 2 more passes. JR, Mids and Lightning A do not need 2 passes. A pass is defined as a stick's length in distance.

*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 abdominal, pelvis protection. (p. 82) Shirt on **OUTSIDE**.

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

* No parents on the bench side.

* No follow-through into goal circle on shots.

OVERTIME: Midgets and Juniors will play off ties. Take short 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.