



Boys Lacrosse (Sixes Format):

All youth lacrosse games at Hagerstown Field House are governed by the USA Boys' Lacrosse Youth Guidebook Standards for Small-Sided Play, with the following exceptions and modifications outlined in these rules.

Field Players:

- Mandatory:
 - Mouthguard
 - Gloves
 - Helmet with facemask and chinstrap
 - NOCSAE ND200 chest protector
- Optional:
 - All other equipment

Goalkeeper (GK):

- Mandatory:
 - Mouthguard
 - Helmet with facemask and chinstrap
 - Throat guard
 - NOCSAE ND200 chest protector
 - Athletic cup

Crosses/Sticks

- Only short sticks are allowed.
- Stick pockets may be checked during the game.

Personnel:

- Teams must have 6 players (including a goalkeeper) to start a game.
- On the field: 5 field players and 1 goalkeeper per team.
- A goalkeeper is required on the field at all times and may not cross the center line.

Timing:

- Four 8-minute quarters with running time. Teams change ends at the end of each quarter.
- Breaks:
 - 2-minute breaks between the 1st and 2nd quarters, and the 3rd and 4th quarters.
 - 4-minute halftime break between the 2nd and 3rd quarters.

Shot Clock:

- A 30-second shot clock begins when a team gains possession.
- The shot clock resets when:
 - A shot hits the goalkeeper (within the crease) or the pipe.
 - Play restarts after a time-serving penalty.
 - Possession changes.
 - A goal is scored.
 - Play stops due to a defensive injury.
 - A quarter ends unless the offensive team retains possession due to an extra-player situation.
 - A loose ball technical foul is committed by the defense.

Starts and Restarts:

- Each quarter begins with a draw at the center of the field.
- Play starts and stops on the official's whistle.
- For free positions:
 - All players must be at least 2 meters away.
- After a goal:
 - The goalkeeper (GK) must retrieve the ball within 5 seconds.
 - The official whistles to start, and the GK has 5 seconds to clear the ball out of the crease.

Out of Bounds:

- The ball is out of bounds if it touches anything outside the field of play or the box enclosure.
- Possession is awarded to the team that did not cause the ball to go out of bounds, including for shots on goal.

Types of Fouls:

Minor Fouls

- **Green Card:**
 - **If the offending team does not have possession:**
 - 30-second time-serving penalty.
 - **If the offending team has possession:**
 - Loss of possession with a whistle restart at the spot of the ball.

Examples of Minor Fouls:

- Interference (with stick or body)
- Pushing
- Illegal pick

- Holding
- Withholding the ball from play
- Illegal stick actions (e.g., contact with a horizontal stick is illegal in USA rules)
- Illegal actions by a team official (e.g., coach or trainer misconduct)
- Illegal procedure (e.g., leaving the penalty area before time served, delay of game)
- Illegal equipment
- Offsides (applies only to the goalkeeper)
- Warding
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Major Fouls

- **Yellow Card:**
 - 1-minute time-serving penalty.
- **Examples of Major Fouls:**
 - Illegal body check
 - Slashing
 - Cross-checking
 - Tripping
 - Unnecessary roughness
 - Illegal stick
 - Unsportsmanlike conduct
 - Illegal crease defending

Expulsion Fouls

- The offending player is ejected from the game.
- The in-home player must serve a 2-minute time-serving penalty.
- **Examples of Expulsion Fouls:**
 - Fighting
 - Using threatening or abusive language or misconduct directed at officials
 - Deliberately body checking the head, neck area, or from behind

Over and Back:

- Once the ball is in a team's offensive half of the field, it cannot return to the defensive half due to actions by the offensive team.
- **Key Points:**
 - Offensive players may bat the ball to keep it in the offensive zone.
 - If the ball touches or crosses the center line, possession is immediately awarded to the non-offending team, and play resumes with a quick restart.
 - No violation occurs if:
 - The ball crosses the line as part of a shot.
 - The ball crosses due to a loose ball last touched by the defense.
 - A loose ball leaves the offensive zone, and the defense commits a loose-ball foul (play-on is called).

Girls Lacrosse (Sixes Format):

All youth lacrosse games at Hagerstown Field House are governed by the USA Girls' Lacrosse Youth Guidebook Standards for Small-Sided Play, with the following exceptions and modifications outlined in these rules.

Equipment:

- Mandatory for all players:
 - Mouthguard
 - Eyewear
- Goalkeeper (GK):
 - Mandatory:
 - Mouthguard
 - Helmet with facemask and chinstrap
 - Throat guard
 - NOCSAE ND200 chest protector
 - Athletic cup
 - Required for GK:
 - Thigh protection
 - For players 14 and under: Shin guards are also mandatory
- Crosses/Sticks:
 - Same as field lacrosse
 - Pockets must be checked before the start of the game

Timing:

- Four 8-minute quarters with running time.
- Teams change ends at the end of each quarter.
- Breaks:
 - 2-minute breaks between the 1st and 2nd quarters, and the 3rd and 4th quarters.
 - 4-minute halftime break between the 2nd and 3rd quarters.

Shot Clock:

- A 30-second shot clock starts when a team gains possession.
- The shot clock resets in the following situations:
 - The shot hits the goalkeeper (within the crease) or the pipe.
 - Play restarts after an official assesses a time-serving penalty.
 - There is a change of possession.
 - After a goal is scored.
 - Play is stopped due to a defensive injury.
 - The end of a quarter, unless possession is retained due to an extra-player situation.
 - A loose-ball technical foul is committed by the defense.

Starts and Restarts:

- Each quarter begins with a draw at the center of the field.
- Play starts and stops on the official's whistle.
- For free positions:
 - All players must be at least 2 meters away.
- After a goal:
 - The goalkeeper (GK) must retrieve the ball within 5 seconds.
 - The official whistles to start, and the GK has 5 seconds to clear the ball out of their crease.

Out of Bounds:

- The ball is considered out of bounds if it touches anything outside the field of play or the box enclosure.
- Possession is awarded to the team that did not cause the ball to go out of bounds, including for shots on goal.

Types of Fouls:

Minor Fouls:

- **Green Card:**
 - **If the offending team does not have possession:** 30-second time-serving penalty.
 - **If the offending team has possession:** Loss of possession with a whistle restart at the spot of the ball.
- **Examples of Minor Fouls:**
 - Interference (with stick or body)
 - Pushing
 - Illegal pick
 - Holding
 - Withholding the ball from play
 - Illegal actions with the stick (e.g., contact with a horizontal stick is illegal in USA rules)
 - Illegal actions by a team official (e.g., coach or trainer misconduct)
 - Illegal procedure (e.g., leaving the penalty area before time is served, delay of game)
 - Illegal equipment
 - Offsides (applies only to the goalkeeper)
 - Warding
 - **Empty stick check:**
 - A minor foul only when the team has possession.
 - Empty stick checks during loose ball situations are legal.

Major Fouls:

- **Yellow Card:**
 - 1-minute time-serving penalty.
- **Examples of Major Fouls:**
 - Illegal body check
 - Slashing
 - Cross-checking
 - Tripping
 - Unnecessary roughness
 - Illegal stick
 - Unsportsmanlike conduct
 - Dangerous follow-through
 - Illegal crease defending
 - Walling
 - **Dangerous propel:**
 - **Above the knee** = expulsion.
 - **Below the knee** = 1-minute penalty.

Expulsion Fouls:

- The offending player is ejected from the game.
- The in-home player must serve a 2-minute time-serving penalty.
- **Examples of Expulsion Fouls:**
 - Fighting
 - Using threatening or abusive language or misconduct directed at officials
 - Deliberately body checking the head, neck area, or from behind

Traditional Field Game Penalties that are NOT Called:

- 3 Seconds
- Shooting space violation
- Empty stick check on ground balls
- Hooking
- Poke checks
- In-the-sphere check across the body
- Slash

Walling:

- Defense players crowding in front of their goal or forming a stack/wall formation are not allowed if they are not within a stick's length of an opponent.
- This is comparable to a **double shooting space violation**.
- For players 14 and under, only one player is allowed to use the walling criteria.

Over and Back:

- Once the ball is in a team's offensive half, it cannot return to the defensive half due to actions by the offensive team.
- Offensive players may bat the ball to keep it in the offensive zone.
- If the ball touches or crosses the center line:
 - There is an immediate change of possession.
 - Play resumes with a quick restart for the non-offending team.
- **No violation occurs if:**
 - The ball crosses the line as part of a shot.
 - A loose ball last touched by the defense crosses the line.
 - A loose ball is leaving the offensive zone, and the defense commits a loose-ball foul (play-on is called).