

Personal Foul: The penalty for a personal foul shall be a stoppage of play, with the foul being explained to the player who then must leave the field. The offending player may return on the next whole team substitution.

Technical Foul: The penalty for a technical foul shall be a stoppage of play, and possession awarded to the offended team.

Goalie Equipment. All goalies shall have (1) A lacrosse helmet that meets NOCSAE Standards, (2) A throat protector, (3) An intra-oral mouth protector (mouth piece), (4) Protective gloves designed for boy's lacrosse, (5) Goalie chest protector, (6) Athletic cleats or athletic shoes, (7) Athletic protective cup, (8) jersey and shorts of the same color as their teammates

Allowable Body Contact:

(a) Legal holds - Holding is permitted under the following conditions

- 1) An opponent with possession of the ball or within 3 yards of a loose ball may be held from the front side
- 2) An opponent in possession of the ball may be played with a hold check from the rear if the hold exerts no more than equal pressure.
- 3) A player may hold the crosse of an opponent with his crosse when that opponent has possession of the ball.
- 4) A player within 3 yards of a loose ball may hold the crosse of his opponent with his own crosse.

(b) Legal pushes - A legal push is exerting pressure after contact is made and is not a violent blow. Pushing is permitted from the front or side when an opponent has possession of the ball or is within 3 yards of a loose ball. In this case, pushing shall be done with either closed hands, shoulder, or forearm, and both hands shall be on the crosse.

(c) Positioning yourself against an opponent to gain possession of a loose ball (boxing out an opponent)

(d) Defensive positioning to redirect an opponent possession of the ball (riding a player)

(e) Incidental contact

8U

The youth game is to be called tighter than a high school game

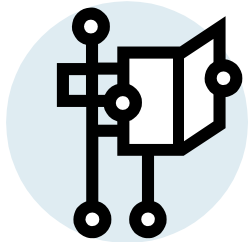
Players	4 v 4 play, 1 goalie plus 3 field players	Body Contact	No body checking but some contact allowed
Field Size	60 -70 x 35 - 45 yards	Stick Checks	1) Lift Checks 2) Poke Checks 3) Downward stick checks below both players shoulders
Goals	3'x3' goals in 9' radius	Faceoffs	None
Goals	40 yards apart	Offsides	None
Timeouts or Overtime	None	Coach on Field	Yes, 1
Equipment	Soft lacrosse balls	Scoring	Score is not kept
		Restarts after Goal	GLE, 5 yards away for all players
Equipment	Mouth guards, Lacrosse gloves, and protective cups are mandatory	Length of Game	(2) 12 Minute Running Time Halves, 4 Minutes Halftime
Equipment	Helmets, shoulder pads, and arm guards are mandatory	Faceoffs Substitutions	None Whole Team

6U

The youth game is to be called tighter than a high school game

Players	3 v 3 play, with no goalkeepers	Body Contact	None
Field Size	60 -70 x 35 - 45 yards	Stick Checks	No stick-on-stick or stick-on-body contact allowed
Goals	3'x3' goals in 9' radius	Faceoffs	None
Goals	40 yards apart	Offsides	None
Timeouts or Overtime	None	Coach on Field	Yes, 1
Equipment	Soft lacrosse balls	Scoring	Score is not kept
Equipment	Mini stick type crosses recommended	Restarts after Goal	GLE, 5 yards away for all players
Equipment	Mouth guards are mandatory. Lacrosse gloves and eyewear are optional.	Length of Game	(2) 12 Minute Running Time Halves, 4 Minutes Halftime
Equipment	Helmets, shoulder pads, and arm guards are not permitted	Faceoffs Substitutions	None Whole Team

Main Inside Heading



Caption describing picture or graphic.

Use this space to provide more detailed information about your products or services. You can also include a graphic of a product or service.

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore magna aliquam erat volutpat. Ut wisis enim ad minim veniam, quis nostrud exercitation ullamcorper suscipit lobortis nisl ut aliquip ex ea commodo consequat. Duis te feugifacilisi. Duis autem dolor in hendrerit in vulputate velit esse molestie consequat, vel illum dolore eu feugiat nulla facilisis at vero eros et accumsan et iusto odio dignissim qui blandit praesent luptatum.

PRICE LIST

List your product or service here \$0.00
Include description if necessary.

List your product or service here \$0.00
Include description if necessary.

List your product or service here \$0.00
Include description if necessary.

List your product or service here \$0.00
Include description if necessary.

List your product or service here \$0.00
Include description if necessary.

List your product or service here \$0.00
Include description if necessary.

List your product or service here \$0.00
Include description if necessary.

List your product or service here \$0.00
Include description if necessary.

List your product or service here \$0.00
Include description if necessary.

List your product or service here \$0.00
Include description if necessary.

List your product or service here \$0.00
Include description if necessary.

List your product or service here \$0.00
Include description if necessary.

BUSINESS NAME

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com