2011 Adirondack Youth Lacrosse Classic
RULES

General

1. Games will consist of two 25 minute running-time halves, with a 5 minute halftime. Teams shall be on the field, ready to play at their start times. Games start every hour on the hour. All games will start and end simultaneously.
2. There will be no time outs.
3. Scores will not be kept.
4. Proper conduct by coaches, parents and other spectators is expected. Zero tolerance rule strictly enforced.

Boy's Teams:

1. Penalties – U15 & U13 time will be served, using stop-time.
2. U15 – one handed stick check (legal) allowed.
   U13 – only two handed stick check allowed.
3. No freight train hits (3 step rule)
   U15 – Body checking permitted
   U13 – Body checking only on player in possession of the ball. No Man ball checking. Boxing out is allowed
5. No 10 second clear or failure to advance, yes goalie 4 second count.
6. All subbing is on the fly, no horns.
7. Full equipment is required including mouthpiece. No jewelry. No Hockey Helmets
8. Long Poles – yes for U15 and U13.
9. If a team is down by 5 goals, no face off, free clear from X

Girl's Teams:

Y.E.S. Lacrosse Rules
(Youth Education Safety) Level A for U-15 and Level B for U-12 unless both coaches agree to play A.

Housekeeping:

- Your assistance in cleaning up your team's sideline after each game is requested.
- Possession/consumption of alcoholic beverages is prohibited on school grounds.

Sportsmanship

- Please encourage good sportsmanship. Proper sportsmanship is expected by all players, coaches and parents.
- Anyone not adhering to this policy may be asked to leave the field and/or site.