

APPENDIX E - TYKE (7 & 8) RULES

Note: These are modifications to the existing CLA rules for box lacrosse. Where there is a conflict between the CLA rule book and these special rules for tyke, then the tyke rules shall apply.

OPTION L

The Lacrosse Stick

- a) The player's stick shall measure not more than 101.6 cm (40"), nor less than 66.04 cm (26") in overall length.

The Ball

- a) The balls used in all matches may be soft lacrosse balls that conform to CLA standards and be approved by the CLA.

The Goals

- a) Each goal shall consist of two upright poles, 91.44 cm (3') apart, joined by a rigid crossbar 91.44 cm (3') from the playing surface. All measurements are to be inside distances.

Player's Equipment

- a) All players must wear at all times the following equipment: helmet, mask, elbow pads, mouth guards, gloves, a jock or jill strap, shoulder and arm pads, and back/kidney pads.
- b) The following pieces of equipment are optional: knee pads.

The Game

- a) The duration of a game shall be three fifteen-minute straight time periods, with intermission of three minutes between periods. Each period shall start with a face-off.

Score Sheet

- a) A score sheet must be completed prior to each game.
- b) All goals, assists, and penalties are recorded and the score is displayed on the scoreboard.
- c) A differential of more than five goals is not displayed.

Contact

- a) Defensive players may place their stick on the ball-carrier and push them away.
- b) Any offensive player (including the ball-carrier) who deliberately charged directly at a defensive player may be assessed a charging penalty.
- c) There is to be no body-checking.
- d) A defensive player may check an offensive player by placing their stick head on an opposing player's stick head.

Fall Back Rule

- a) Local lacrosse associations may incorporate the fall back rule.
- b) The fall back rule applies when possession is gained by the goalkeeper. All defensive players must enter the neutral zone. Once all the defensive players are in the neutral zone, they are free to go wherever they want once the goalkeeper has passed the ball (not necessarily caught). The goalkeeper must pass the ball to one of the offensive players who must be outside of the dotted line.

OPTION A

The Playing Surface

- a) Games are to be player length width in a modified lacrosse box. In a traditional box, the goals shall be moved so that the tail of the goal rest at the top of the dotted line.
- b) The crease is to be an arc that starts two feet on either side of the goal posts and extends as far back at the tail on the goal.
- c) A barrier should be set up 3 feet from the net tail of each goal. Any ball that goes beyond it is out of play.
- d) The wide length shall remain the same.
- e) Playing surfaces without floor markings can be used by using tae or chalk to mark the crease.

The Lacrosse Stick

- a) The player's stick shall measure not more than 101.6 cm (40"), nor less than 66.04 cm (26") in overall length.

The Ball

- a) The balls used in all matches may be soft lacrosse balls that conform to CLA standards and ne approved by the CLA.

The Goals

- a) Each goal shall consist of two upright poles, 91.44 cm (3') apart, joined by a rigid crossbar 91.44 cm (3') from the playing surface. All

measurements are to be inside distances.

Player's Equipment

- a) All players must wear at all times the following pieces of equipment: helmet, mask, elbow pads, mouth guards, gloves, a jock or jill strap, shoulder and arm pads, and back/kidney pads.
- b) The following pieces of equipment are optional: knee pads.

The Teams

- a) Each team shall be composed of four players, one designated goalkeeper, up to six substitute players (i.e., a maximum of ten).
- b) One coach from each team may be on the floor to instruct players.
- c) No other people may be on the floor other than the players, referees, and the coaches listed on the game sheet.

The Game

- a) Each session shall consist of two training sessions of 15 minutes in length and two games of 15 minutes in length.
- b) Each player, with the exception of the goalkeeper, plays a three minute shift.
- c) There is no thirty-second clock.

Appointment of Officials

- a) The appropriate governing body or their delegate may appoint one or two Referees for the game.
- b) If there are no Referees appointed for the game, then the coaches on the floor also referee the game.

Contact

- a) Defensive players may place their stick on a ball-carrier and use equal pressure to prevent his movement.
- b) Any offensive player (including the ball-carrier) who deliberately charged directly at a defensive player may be assessed a charging penalty.
- c) There is to be no body-checking.
- d) A defensive player may check an offensive player by placing their stick head on an opposing player's stick head.

Fall Back Rule

- a) The fall back rule applies when possession is gained by the goalkeeper. All defensive players must enter their own zone. Once all defensive players are in their own zone, they are free to go wherever they want. The goalkeeper must pass the ball to one of the offensive players who must be at least 9 feet from the crease.

Face-Offs, Possession, and Awarding Possession

- a) Play to start with a face-off at the start of a period.
- b) After a shift, play to start with the goalkeeper of the team that had possession at the end of the shift.
- c) After each goal and the end of a shift, the opposing team is to fall back to their zone.

Penalties

- a) No penalties are to be assessed. Instead play is stopped and the offending player has the infraction explained to him by the Referee or their own coach. If the offending player's team had possession of the ball, it is awarded to the opposing team. In more serious cases, the coach may replace the offending player with another player.

OPTION X

The Playing Surface

- a) Games are to be played wide length in one of the attacking zones. The end boards and the closest restraining line are to be the boundaries. This allows two games to occur simultaneously.
- b) The neutral zone is where the players wait to enter the play.
- c) The crease is to be an arc that starts two feet on either side of the goal posts and extends as far back at the tail on the goal. The net tail must be 3 feet from the boards.
- d) Playing surfaces without floor markings can be used by using tape or chalk to mark the crease.

The Lacrosse Stick

- a) The player's stick shall measure not more than 101.6 cm (40"), nor less than 66.04 cm (26") in overall length.

The Ball

- a) The balls used in all matches shall be soft lacrosse balls that conform to CLA standards and be approved by the CLA.

The Goals

- a) Each goal shall consist of two upright poles, 91.44 cm (3') apart, joined by a rigid crossbar 91.44 cm (3') from the playing surface. All measurements are to be inside distances.

Player's Equipment

- a) All players must wear at all times the following pieces of equipment: helmet, mask, elbow pads, mouth guards, gloves, and a jock or jill

strap.

- b) The following pieces of equipment are optional: shoulder and arm pads, back/kidney pads, and knee pads.

The Teams

- a) Each team shall be composed of three players, one designated goalkeeper, up to six substitute players (i.e., a maximum of ten)
- b) One coach from each team may be on the floor to instruct players.
- c) No other people may be on the floor other than the players, referees, and the other coaches listed on the game sheet.

The Game

- a) Each session shall consist of two training sessions of 15 minutes in length and two games of 15 minutes in length.
- b) Each player, with the exception of the goalkeeper, plays a three minute shift.
- c) There is no thirty-second clock.

Appointment of Officials

- a) The appropriate governing body or their delegate may appoint one or two Referees for the game.
- b) If there are no Referees appointed for the game, then the coaches on the floor also referee the game.

Score Sheet

- a) A score sheet must be completed prior to each game.
- b) No score is kept or displayed on the scoreboard.

Contact

- a) Defensive players may occupy a space to prevent an offensive player from entering. The defensive player may place their stick on an opponent, but they are not to push or check with the stick.
- b) Any offensive player (including the ball-carrier) who deliberately charged directly at a defensive player may be assessed a charging penalty.
- c) There is to be no body-checking.
- d) A defensive player may check an offensive player by placing their stick head on an opposing player's stick head.

Fall Back Rule

- a) The fall back rule applies when possession is gained by the goalkeeper. All defensive players must enter their own zone. Once all the defensive players are in their own zone, they are free to go wherever they want. The goalkeeper must pass the ball to one of the offensive players who

must be at least 9 feet from the crease.

Face-Offs, Possession, and Awarding Possession

- a) Play to start with a face-off at the start of a period.
- b) After a shift, play to start with the goalkeeper of the team that had possession at the end of the shift.
- c) After each goal and the end of a shift, the opposing team is to fall back to their zone.

Penalties

- a) No penalties are to be assessed. Instead play is stopped and the offending player has the infraction explained to him by either the Referee or their own coach. If the offending player's team had possession of the ball, it is awarded to the opposing team. In more serious cases, the coach may replace the offending player with another player.

APPENDIX F – NOVICE (9 & 10) RULES

Note: These are modifications to the existing CLA rules for box lacrosse. Where there is a conflict between the CLA rule book and these special rules for novice, then the novice rules shall apply.

OPTION L

The Game

- a) The duration of a game shall be three fifteen-minute straight time periods, with intermissions of three minutes between periods. Each period shall start with a face-off.

Score Sheet

- a) A score sheet must be completed prior to each game.
- b) All goals, assists, and penalties are recorded and the score is displayed on the scoreboard.
- c) A differential of more than five goals is not displayed.