

*All Officials must go online to www.mylalax.com or e-mail/call the Coach/Program Director to provide Phone Number and confirm site and time of the game.

ALL NFHS RULES APPLY WITH THE FOLLOWING YOUTH MODIFICATIONS:

JUNIOR A, B, C \$60 each for 2 refs; \$85 for 1 ref

1. Four 12 minute quarters; running clock after goals; change ends after 2nd quarter
2. Coaches may move between team sub area to end line in their own half of field
3. 6 goal differential will result in option for possession at center

MIDDIE A, B, C \$60 each for 2 refs; \$85 for 1 ref

1. Modified checking below shoulder
2. Four 12 minute quarters; running clock after goals; change ends after 2nd quarter
3. Coaches may move between team sub area to end line in their own half of field
4. No follow-through into the goal circle on shots
5. 3 second rule for holding the ball while being closely guarded*
6. 6 goal differential will result in option for possession at center

LIGHTNING A, B, C \$55 each 2 refs; \$80 for 1 ref

1. Modified checking below shoulder
2. Modified field; 8v8 including goalie. Midfield restraining line
3. Four 10 minute quarters; running clock after goals; change ends after 2nd quarter
4. Coaches may move along full team boundary, behind opponent's team bench area, and score table; no coaches on the field
5. One pass required before shot. Goalie clear does not count as pass.
6. No follow-through into the goal circle on shots
7. 3 second rule for holding the ball while being closely guarded*
8. 6 goal differential will result in option for possession at center
9. In the case of a red or yellow card, team **MUST** sub for carded player

TYKERS A, B, C \$80 for 1 ref

1. No checking
2. 2 20 min halves; running clock after goals; change sides after 1st half
3. Seven field players and a goalkeeper
4. Modified field; goal circle, 8m arc, no 12m fan, sidelines, center line (no center circle); center line used for offsides
5. One coach from each team is allowed on the field for the purpose of coaching only; all other coaches may move along full team boundary, behind opponent's team bench area, and score table
6. No follow-through into the goal circle on shots
7. 5 second rule for holding the ball while being closely guarded*
8. 4 goal differential will result in option for possession at center
9. 2 passes prior to a completed goal; a pass must be intentional, a minimum of stick's length in distance, and not underarm; goalkeeper clear counts as pass; in the case of 2 passes completed, the ball has crossed the center line into the attacking end, there is a loss of possession, but possession is regained prior to crossing the center line into the defensive end, the attacking team does not need 2 more passes prior to a completed goal
10. Double teaming is allowed at all levels; triple teaming not allowed for any levels
11. Offsides is called (less than 2 field players back and goal keeper), but not penalized; if goal is scored and offsides affects play, goal is disallowed
12. May shoot from any free position when 2 passes have been made; free positions for major and minor fouls in the critical scoring area will be taken from the 8m hash on the goal line extended; player serving the penalty is placed 4m behind; critical scoring area cleared
13. No red or yellow cards will be presented; overly aggressive players or repetitive fouls may result in a sub

ALL LEVELS:

1. Each team permitted two timeouts during regulation within rule 4-3-1
2. All goalkeepers will be dressed per NFHS Rules; shirt on outside of pads
3. All players may kick the ball within rule 9-1-a
4. After possession at center, the ball must be played before a shot
5. If a team has no goalkeeper or the goal is empty, all 8m free positions must be indirect
6. No deputy permitted in goal circle
7. Only three coaches from each team will be permitted on the sideline
8. No parents on the team bench side
9. A game is considered complete if 75% of playing time has elapsed, or end of the 3rd quarter
10. In the case a game is suspended for weather, 75% of the game has not been completed, and the game is continued on another day, the game will start from the point of suspension; including all stats (time, cards, score, timeouts, etc.)
11. All regular season ties will result in overtime; overtime procedure starts with a coin toss (Visitor calls) for possession or goalkeeper positioning, 3 minutes on clock, first goal scored wins and game is over within rule 4-6; if no goal is scored, change ends, 3 minutes on clock; repeat until goal is scored; each team is permitted one timeout in overtime (no carryover from regulation play)

*A player is considered closely guarded when they are marked by a defender who has both hands on their stick and is in a position to complete a legal check