# 2021 Central Ohio Youth Lacrosse League

# Operations Manual

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# CENTRAL OHIO YOUTH LACROSSE LEAGUE
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# Central Ohio Youth Lacrosse League
# Calendar for 2021

**Please visit [www.allohiolacrosse.com](http://www.allohiolacrosse.com) for updated calendar.**

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# CENTRAL OHIO YOUTH LACROSSE LEAGUE
# RULES AND REGULATIONS

**(February 2021)**

The following Rules of Play and Standards of Conduct (the "Rules") have been adopted by the Central Ohio Youth Lacrosse League ("COYLL") and shall govern play and conduct for all games among COYLL member teams Participating League (PL) for the 2021 lacrosse season and all subsequent seasons until these rules are subsequently amended, restated or otherwise modified in accordance with the governing documents of COYLL.

COYLL Administration shall be comprised of the Executive Director, League Director, and League Assignor. Additional support staff will be provided as needed. Their responsibilities are as follows:

**Executive Director** shall oversee all operations of the league. Hire & oversee directors of the league. Help foster educational tools and resources to help the Participating Leagues grow. Set meetings and agendas for COYLL. Final approval of by-laws and waivers to the by-laws. Mediate any disputes between any parties involved with COYLL.

**Assistant Director** shall assist Executive Director to set the game calendar & schedule. Collect important information from each PL including but not limited to field number and locations, team counts and contacts for PL's. Sends and collects season invoices. Works with assignor to ensure referees are scheduled for each game. Maintenance of league rules and regulations. Will collect and keep all information on any potential by-law violations. Will work with assignor and executive director to hand out any violation that warrants a necessary reprimand. Collect and manage all petitions & waivers.

**League Assignor** shall train and certify all referees. Assign all regular season recreational games and designated COYLL select games. Provide invoice information to director. Including but not limited to PL assignments and referee payments. Take note of any violation that took place that involved a league official and report to the Executive Director and League Director. Communicate rules and rule changes to PL's. Write and submit for approval to League Director all final COYLL league rules prior to the first season meeting.

## I. Duties and Responsibilities

a. COYLL Participant League Duties and Responsibilities

i. The PL will retain its complete autonomy in function and order. A PL shall be any of the following, but not limited to:

- Municipal parks and recreational organization
- Community youth athletics organization
- Community youth lacrosse league

- School athletic program
- Private lacrosse league designated to represent a complete Central Ohio community or school

ii. The PL will arrange its teams by academic grade. The PL will support COYLL belief that youth players benefit from the social aspect of youth athletics by participating with youth players from their school and local communities.

iii. Designate a COYLL Primary League Contact (PLC) that will act as the single point of contact for ALL COYLL matters.

iv. The PL will register all players through their own systems. Each PL is responsible for managing individual player fees for their home community.

v. Participating League Contact will obtain a petition for waiver from the COYLL League Director for any deviation from any COYLL Rules. Deviation from the COYLL Rules without an approved waiver will be considered a violation of these rules and subject to sanctions as determined by the Executive Director.

**vi. When a PL has more than one team in a division of play, the teams will be blended by skill and age across all the recreational teams at the division. For example – All 5$^{th}$ grade players cannot reside on the same team and 6$^{th}$ grade players reside on the other team from the same PL. Each year's PL will assess and assign recreational teams to distribute player grade and skills evenly.**

b. <u>COYLL Recreational Team Duties and Responsibilities</u>

i. All PL players will be registered and assigned to one recreational team and only one recreational team. Team members will come from their respective PL. Individual players who do not have a representative PL from their community or school may play within another PL who is open and able to accept them.

ii. Each recreational team will have a single designated head coach. The recreational team head coach will sign and be responsible for following and enforcing the COYLL rules.

c. <u>COYLL Select Team Duties and Responsibilities</u>

i. Every PL has the option to designate one or more "select" teams to play games established by COYLL. Select team players will come from the PL recreational teams. These rosters are not static and can accommodate different players from within the PL Recreational Teams.

ii. A PL may elect to not put forth a select team, and one or more of the PL registered player(s) are permitted to play for a different PL select team.

iii. PLs may pool their players together, when their number are insufficient to maintaining their own Select Team. All teams are subject to COYLL approval

# II. Rules of Play

a. Applicability of US Boys Youth Rules and Exceptions

COYLL plays by the current-year US Lacrosse (USL) Boys' Lacrosse Rules (the "Youth Boys Rules"), as modified by the rules set forth below. All USL Rules not modified below are to be considered standard rules for the current lacrosse season. Refer to https://www.uslacrosse.org

b. Scoopers Rules (K-2nd grade)

Utilize either U6 rules or U8 rules as defined by US Lacrosse with modifications that best fit each community – These modifications **do not** need to be approved by COYLL

c. Junior Rec Specific Rules (3rd and 4th grade):

Utilize U10 rules as defined by US Lacrosse with the following modifications:

i. 1.2 – Field Measurements – The playing field shall be rectangular, suggested 55-60 yards max length and 40-45 yards in width.
ii. 1.3 – Goals – Full size (6'x6' goals will be used)
iii. 1.9 – League Uniforms – All uniforms are to have the COYLL logo on the front left chest, unless approved by the Executive Director.
iv. 2.1 – Number of Plyers – COYLL will use the 7 v 7 Format; (2) two mid-fielders, (2) defenders, (2) offensive players, and (1) one goalkeeper.
v. 2.1 – 7 v 7 Format – No long poles are allowed for Junior Rec.
vi. 2.3 – Coaches – Head Coaches are required to stay within the sideline coaches' box and may not extended past goal line extended (GLE).
vii. 2.5 – Officials – Two officials will be utilized at this level of play.
viii. 2.8 – Timekeeper – The "home" coach shall designate a timekeeper and scorekeeper.
ix. 3.1 – Length of the Game – A legal game will consist of (4) 8-minute stop time quarters, with a 2-minute break between each quarter and a 5-minute half time.
x. 3.2 – Score Differential – A team trailing by 6 goals shall be awarded a free clear (possession without a face-off) to begin play after the opposing team

has established a 6-goal lead. If the lead is cut to 5 goals or less, play shall resume with a face-off at midfield. Note: regardless of the score differential, each quarter shall begin with a face-off. The trailing team shall have the option of waiving the mercy rule.

xi. 3.4 – Overtime – There will be no overtime at any level of play

xii. 4.4 – Positioning of Players and Starting Play – Teams shall place one face-off player at center field, along with one each on the designated wing lines. Goalkeepers are confined to their crease during a face-off. All players are positioned behind goal line extended and only released when possession is gained.

xiii. 4.4 – "One Pass Rule" – ONE complete pass must occur into or on the offensive end for a team to become HOT. The pass can originate from the defensive end of the field. If the defending team (Team B) never gains possession on their offensive end the ball will remain hot for Team A. Any technical / dead ball foul on the HOT offensive team will automatically make them COLD.

xiv. 4.21 – Substitutions Procedures – Substitutions shall be done during live ball play "on-the-fly". Coaches can request the officials to stop the game to allow substitutions on sideline dead-ball restarts.

xv. 4.25 – Timeouts – Each team will be granted two (1) one-minute timeouts per half.

xvi. 4.32 – Scrum Situation – There is no scrum rule, players will continue to play for possession until gained successfully.

xvii. Time Serving Penalties – Any time serving penalty results in a 3 vs. 2 fast breaks, the player who committed the penalty must come off the field (unless infraction is on the goalie). No time served.

xviii. Fighting – If a player is ejected for fighting that player will be suspended for the next contest (suspension will carry over to next season). All fights that occur will be subject to additional sanctions by the Executive Director. If a coach or spectator is ejected for fighting the punishment will be determined by the Executive Director.

d. <u>Senior Rec/Junior-Senior Select Specific Rules:</u>

Utilize U12 rules as defined by US Lacrosse with the following modifications:

i. 1.2 – Field Measurements – The playing field shall be a rectangular, 100-110 yards' max length and a 55-60 yards in width.

ii. 1.9 – League Uniforms – All uniforms are to have the COYLL logo on the front left chest, unless approved by the Executive Director

iii. 1.9B – Goalkeeper Equipment – Arm pads are required for all goalies.

iv. 2.1 – Number of Players – Each team will field 10 players consisting of: (1) one goalkeeper, (3) midfield, (3) defense, and (3) attack. Max of 3 long poles on the field.

v. 3.1 – Length of the Game – A legal game will consist of (4) 8-minute stop time quarters, with a 2-minute break between each quarter and a 5-minute half time.

vi. 3.2 – Score Differential – A team trailing by 6 goals shall be awarded a free clear (possession without a face-off) to begin play after the opposing team has established a 6-goal lead. If the lead is cut to 5 goals or less, play shall resume with a face-off at midfield. Note: regardless of the score differential, each quarter shall begin with a face-off. The trailing team shall have the option of waiving the mercy rule.

vii. 3.4 – Overtime – There will be no overtime at any level of play

viii. 4.4 – "One Pass Rule" – ONE complete pass must occur into or on the offensive end for a team to become HOT. The pass can originate from the defensive end of the field. If the defending team (Team B) never gains possession on their offensive end the ball will remain hot for Team A. Any technical / dead ball foul on the HOT offensive team will automatically make them COLD. The one pass rule does not apply to Jr. Select.

ix. 4.13 – Advancing The Ball – NO TIMERS

x. 4.21 – Substitutions Procedures – Substitutions shall be done during live ball play "on-the-fly". Coaches can request the officials to stop the game to allow substitutions on sideline dead-ball restarts.

xi. 4.25 – Timeouts – Each team will be granted two (1) one-minute timeouts per half.

xii. Fighting – If a player is ejected for fighting that player will be suspended for the next contest (suspension will carry over to next season). All fights that occur will be subject to additional sanctions by the Executive Director. If a coach or spectator is ejected for fighting the punishment will be determined by the Executive Director.

e. <u>Select Specific Rules:</u>

Utilize U14 rules as defined by US Lacrosse unless modified within this document.

i. Four (4) defensive poles are allowed per team for Select Senior play.

ii. No poles are to be allowed during Select Junior Play.

# III. <u>Scheduling & Cancelations</u>

a All recreational game schedules are to be provided through the COYLL Administration. Any games on COYLL league days outside of COYLL are considered a Rule and Regulations violations. Rec games are to be played on Sundays, with Select games on predetermined Saturdays.

b The visiting team, appointing official, games officials, and the League are to be informed at least forty-eight (48) hours in advance of any changes to start times and/or games cancellations, circumstances permitting.

c Notifications of cancellation due to weather conditions and/or field conditions are to be made by the home team to the visiting team, appointing official, games officials, and the League as soon as possible.

d Cancelations within 3 hours of the scheduled start time of a game will require Officials to be paid by each team.

e In the case of a team failing to appear for an officially scheduled game that has not been properly cancelled, the team failing to appear will be responsible for paying officials. The team appearing will be declared the winner.

f If a game is halted in the second half and cannot restart and cannot be rescheduled for any reason, the team who holds the lead at the time of stoppage will be declared the winner. If prior to the end of the first half and cannot restart or be rescheduled for any reason, the game shall be declared no contest.

g In the event of inclement weather see Exhibit D – Severe Weather Policy of this manual

# IV. Home Team Obligations

a. The designated Home Team is responsible for providing a playing field of regulation specifications and confirming the scheduling of duly-certified officials by the League. If officials are not appointed by the assigning authority for COYLL or if assigned officials fail to appear the game is to be cancelled. Head coaches may use the time to coordinate a practice or scrimmage. In the absence of these conditions, the visiting team can cancel the game and request it to be re-scheduled at a mutually acceptable date and time. The League Director must be notified as soon as possible.

b. The Home Team shall provide a scorekeeper, timekeeper, minimum of 4 (four) end line balls on each end line.

c. The Home Team wears white or light–colored jerseys or as agreed upon by coaches prior to the game.

d. **Box area must be maintained by the Home Team. There is not to be any cheering or coaching by personnel working the box/table area.**

e. Spectators are prohibited from the players' side of the field, and on the end line. It is the home team responsibility to remove all spectators from these areas before play can be resumed or be brought into the sideline box. Referees should not start or resume a game if fans are in these areas.

f. Spectators shall be seated in a safe space for them and the players.

# V. Other Rules and Obligations.

a Officials' Decisions. The application and interpretation of the game rules shall be the sole responsibility of the officials. All decisions made by officials are considered final.

b League Penalties. Penalties or sanctions for violating these Rules or other applicable rules may be imposed by COYLL on players, coaches, teams, league and/or spectators after a process of fact gathering and the opportunity to be heard by the person or entity accused of wrongdoing. Penalties shall be fair and reasonable considering the circumstances, as determined by the Executive Director.

c Player Eligibility. Each player must meet all requirements as specified by each member school or club to be eligible to participate in COYLL games including academic grade and age standards. All players must be registered with COYLL. A copy of the team roster with player contact info (address, phone number, guardian name, and email) will be provided to COYLL, before games are scheduled. A player may play "up" or "down" to the Seniors or Juniors, per individual case, upon the written request of the player's parent or legal guardian and the approval of the COYLL Administration. A determination to permit a player to play "up" or "down" shall be made solely with the player's well-being in mind and may take into consideration any physical or other factors as may be relevant. Such requests shall not be considered for the competitive advantage of a team. The decision of the COYLL Administration shall be final.

d Game Disputes. In case of disputes regarding games, written protests are to be submitted to the League within twenty-four (24) hours of the contest. The ruling of the League shall be final.

e Player Waiver Process- It is the responsibility of each community to ensure their players are compliant with league policies involving insurance and liability waivers. For 2021, each guardian of a player that participates in COYLL will need to submit a waiver acknowledgement with COYLL.

# EXHIBITS - FORMS

## Exhibit A: COYLL Cheat Sheet

## Exhibit B: COYLL Exemption Petition

## Exhibit C: COYLL Game Request Form

## Exhibit D: Severe Weather Policy

## Exhibit E: Field Layout

## Exhibit F: Waiver and Arbiter

## Central Ohio Youth Lacrosse League – Game Day Rule Reference 2021

**(1) Game Times**

- 8-minute stop time quarters (2 minutes between quarters)
- 5-minute half times
- 2 timeouts per half
- NO overtime

** No game counts except for the 4 second goalie counts

**(2) On Pass Rule (does not apply to senior select ONLY)**

- ONE pass must occur on or into the offensive end for a team to become HOT.
  * The pass can originate from the defensive end of the field
  * If the defending team never gains possession on their offensive end, the ball will remain hot for Team A
- Any technical / dead ball foul on the HOT offensive team will automatically make them COLD.

**(3) Mercy Rule**

- **NEW – When the goal differential is 12 or more goals the game shall have a running game clock. The clock will only stop for timeouts (official, team, injury timeouts). Time serving penalties (Sr. & Select) will be running time and stop for the same reasons as above. If the score reverts to less than 12 goals, the game clock switches back to a stopped clock.**
- **Mercy Rule for ALL COYLL Levels of Play-** A team trailing by 6 goals shall be awarded a free clear (possession without a face-off) to begin play after the opposing team has established a 6-goal lead. If the lead is cut to 5 goals or less, play shall resume with a face-off at midfield.
  **Note:** regardless of the score differential, each quarter shall begin with a face-off. The trailing team shall have the option of waiving the mercy rule.

**(4) NOCSAE Certified balls**- Only balls allowed to be used on the field of play

**(5) Long Pole Rule**

- 4 defensive poles are allowed per team for *Select* Senior play.
- 3 defensive poles are allowed per team for Senior Rec play
- No defensive long poles are to be allowed during any Junior Play.

**(6) Penalty assessment (Jr's & Sr's)**

- **Junior Level**- Any time serving penalty results in a 3 vs. 2 fast breaks from midfield, the player who committed the penalty must come off the field (unless infraction is on the goalie). **Trailing players start behind GLE.**
- **Senior Rec & Junior/Senior Select** Time serving penalties according to referees will be served.

**(7) Weather Policy**

- In the event of thunder or lighting, all individuals shall leave the game site and reach a safe shelter. Everyone MUST should wait at least 30 minutes after the last flash of lightning or sound of thunder before returning to the field of activity. Officials will assume all authority for restarting the game.

**(8) Field Regulations**

**Junior Rec Specific Rules (3rd and 4th grade):**

- **Field Measurements-** The playing field shall be rectangular, suggested 55-60 yards max length and 40-45 yards in width. No restraining line is used. Attack/defenders will line up at GLE and release on possession during a faceoff. Midfield wing player will line up just inside of the sideline at midfield.
- **Number of Players Jr Rec-** Each team will field 7 players, (2) two mid-fielders, (2) defenders, (2) offensive players, and (1) one goalkeeper.
- **Off sides**- off sides will be called when it has more than four players in its offensive half of the field and more than five players in its defensive half of the field
- **Senior Rec/Junior-Senior Select Specific Rules:**
- **Field Measurements-** The playing field shall be a rectangular, 100-110 yards' max length and a 55-60 yard in width.
- **Number of Players-** Each team will field 10 players consisting of: (1) one goalkeeper, (3) midfield, (3) defense, and (3) attack.
- **Offside-** Offside will be called when it has more than six players in its offensive half of the field and more than seven players in its defensive half of the field.

**(9) Every game will start with a player lineup**

**(10) Fighting**

- If a player is ejected for fighting that player will be suspended for the next contest (suspension will carry over to next season). All fights that occur will be subject to additional sanctions by the League Director.
- If a coach or spectator is ejected for fighting the punishment will be determined by the League Director.

# COYLL Rule Exemption Petition

What is the rule that you are requesting to alter?

Reason for alteration request?

Reasonable accommodations you are proposing to the rule:

(Attach blank page if more room is needed)

By signing this agreement, I knowingly accept any risk that could happen to the participant due to the nature of the rule change.

Participant Name: _____

Participant Age: _____ Participant Gender: _____

PLC Signature: _____

Team Name: _____

Community of Team: _____

Parent/Guardian signature: _____

Coaches Signature: _____
Date: _____

Notes and comments to COYLL administration:
_____
_____

Approved and Signed By: _____ _____
Date: _____

Notes from administrator:
_____
_____

**COYLL Game Request Form (non – Sunday games only)**

**HOME** **AWAY**

Community: _____ Community: _____
Team: _____ Team: _____

Age: _____ Age: _____

Type of Game: _____

Site of Game: _____

Time of Game: _____

Date of Game: _____

**Home Coach** **Away Coach**

Name: _____ Name: _____

Phone: _____ Phone: _____

**League Director**

Name: _____

Phone: _____

**Sign**: _____

Comments from League_____

**Severe Weather Policy Guidelines**

This position paper provides basic guidelines for dealing with lightning, windstorms, and other severe weather conditions. The peak season for severe weather occurs in the United States between May and August, typically in the late afternoon and early evening.

1. Lightning
   a. Recognizing the threat
      (1) If you hear thunder or see lightning suspend play immediately. Wait 30 minutes or more after hearing the last thunder or seeing lightning before leaving shelter.
      (2) Know and heed warning systems and community rules
      Many communities or park systems have lightning detection and warning systems. Use this information and obey the rules established by the community or park system.
      (3) Know and apply the rules or procedures established by the competition authority
      (4) Minimize the risk of being struck
      Referees must protect the safety of all participants by stopping game activities quickly, so that participants and spectators may retire to a safer place before the lightning threat becomes significant. Remember, if you can hear the thunder, you are within reach of lightning.
   b. Seeking proper shelter
      (1) No place outside is safe near thunderstorms
      (2) The best shelter is a large, fully enclosed, substantially constructed building. A vehicle with a solid metal roof and metal sides is a reasonable second choice.
   c. If there is no proper shelter, <u>avoid</u> the most dangerous locations:
      (1) Higher elevations
      (2) Wide open areas, including fields
      (3) Tall isolated objects, such as trees, poles, or light posts.
      (4) Unprotected open buildings
      (5) Rain shelters
      (6) Bus stops
      (7) Metal fences and metal bleachers
   d. If you cannot avoid these locations, crouch down on the balls of your feet, with your head tucked into your chest and your hands over your ears.
   e. If someone is hit
      All deaths from lightning result from cardiac arrest and stopped breathing. CPR and mouth-to mouth resuscitation, respectively, are the recommended first aid. Referees should become involved in such assistance only if they have proper training.
   f. Remain calm. A calm official will often be able to prevent panic by young players.

NO LIGHTNING SAFETY GUIDELINES WILL GIVE 100% GUARANTEED TOTAL SAFETY,
BUT THESE STEPS WILL HELP YOU AVOID THE VAST MAJORITY OF LIGHTNING CASUALTIES.

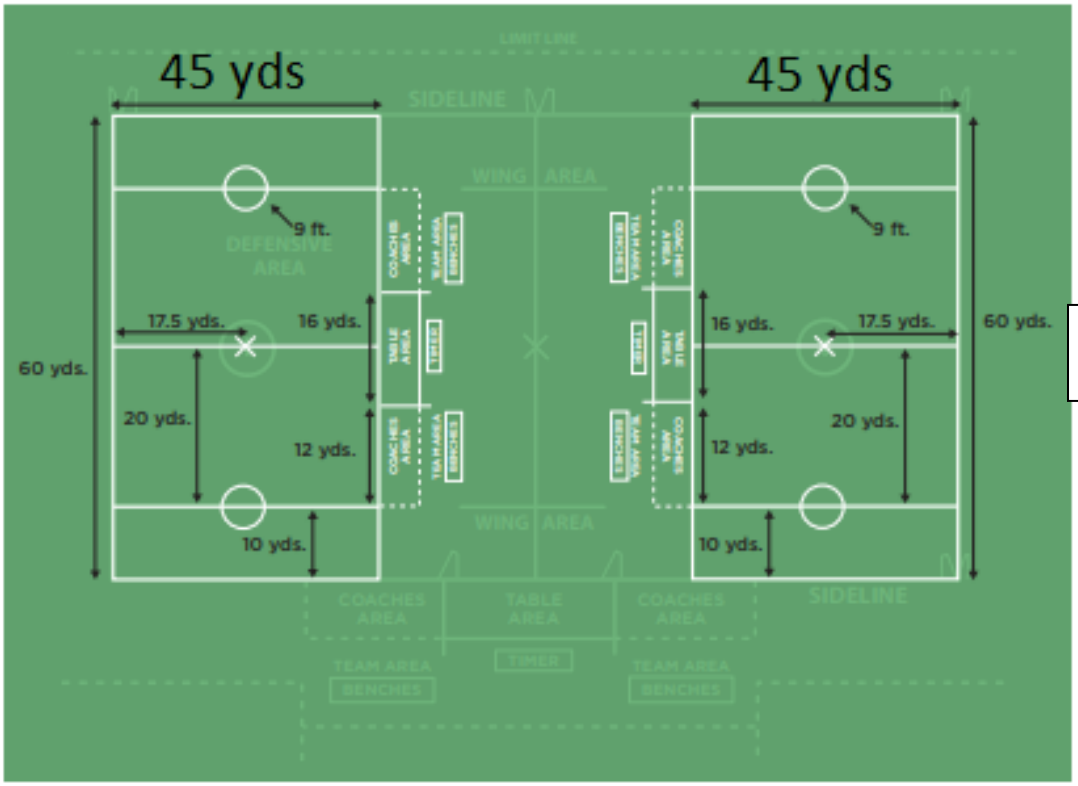
2. Other types of severe weather
   a. Severe storms or tornadoes
      Obey local rules and heed warnings (meaning that a severe storm or tornado has been sighted). Clear the field and seek proper shelter immediately – see above. Remember, according to standard weather warning terminology a "warning" represents a more immediately likely occurrence than a "watch."

   b. Extreme Temperatures
      Play should be suspended at the decision of the home site administrator with notification to the League Director. Water breaks should be taken in high temperatures.

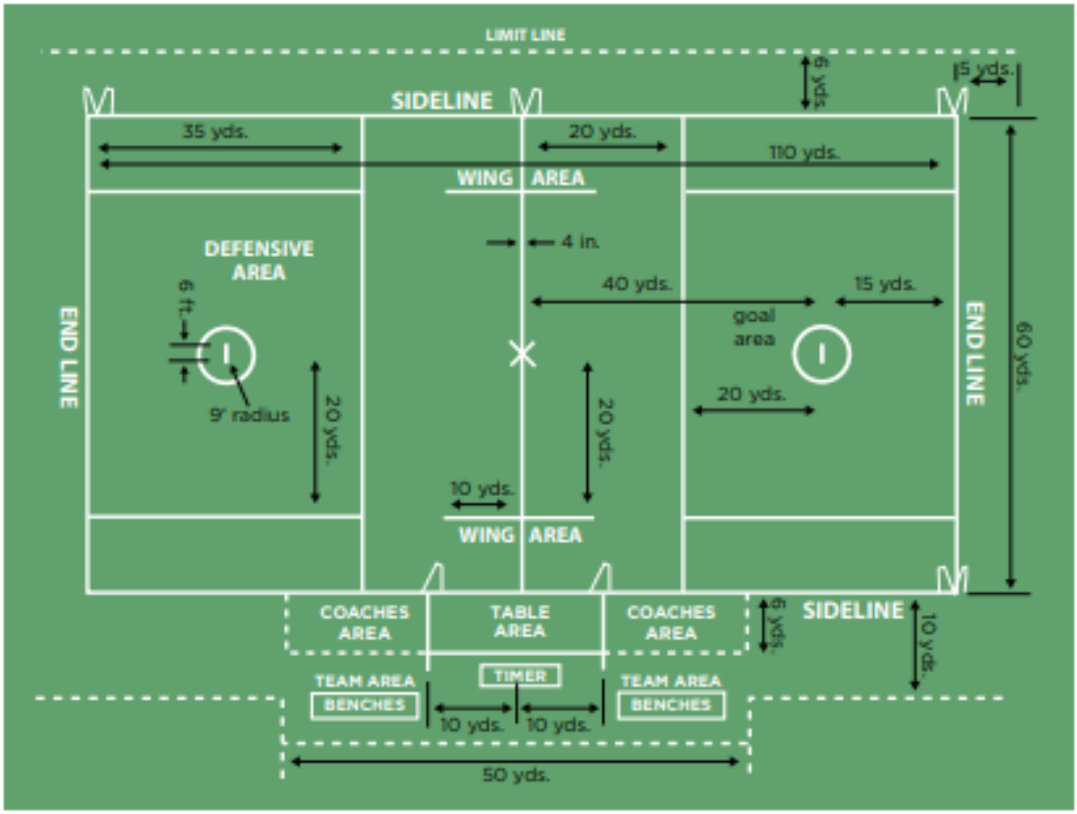
   c. Hail
      Stop the game, clear the field, and seek proper shelter – see above.

NO SEVERE WEATHER SAFETY GUIDELINES WILL GIVE 100% GUARANTEED TOTAL SAFETY, BUT THESE STEPS WILL HELP YOU AVOID THE VAST MAJORITY OF CASUALTIES

Field Layouts




JR Rec Field Layout ONLY




JR Select - SR Rec– SR Select Field

## Waiver instructions

Every participant's parent or guardian that will be playing in COYLL in the 2021 season must complete an online waiver.
There are 3 reasons for this waiver:

1. This is required for our (COYLL) insurance policy to operate as administrators
2. To create a mailing database that will allow the League to send notices to everyone (these messages will ONLY be COYLL related business)
3. To have a cross reference for rosters sent in that we can ensure age/grade and community living rules are adhered too

## Score reporting instructions

The home site PLC is responsible for collecting and submitting all scores of games played at their venue. They then need to submit these scores no later than Tuesday of the week the games were played (2 Days later). This should be done in an excel spreadsheet and submitted via email to kevin@allohiolacrosse.com. The format should be as follows:

| Date | Level | Time | Location | Home Name | Away Name & Community | Home Score | Away Score |
|---|---|---|---|---|---|---|---|

## Arbiter Guide

Arbiter will be the official scheduler of COYLL and will be the final reference for all disputes.

All PLC's and Coaches will have a log in to Arbiter once the official coaching list is submitted to the League Director.

To log on go to: www.Arbitersports.com and log in the top right corner. Then click the "Lists" then under that click "contacts" to view other community contacts or "sites" to view site locations. Additionally, the same to view teams. If you cannot log in contact the League Director.