



Central Ohio Youth Lacrosse League – Game Day Rule Reference 2023

(1) Game Times

- Junior: Four 10 minute running quarters (2 min between quarters). Last two min. in each half are stop time.
 - Senior: 8-minute stop time quarters (2 minutes between quarters)
 - 5-minute half times
 - 2 one minute timeouts per half (stop time for Junior)
 - NO overtime
- ** No game counts except for the 4 second goalie counts

(2) On Pass Rule (applies to Jr. and Sr Division. Does not apply to Senior Select)

- 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

- When the goal differential exceeds 12 goals **IN THE SECOND HALF** 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. Once the mercy rule is in effect, the game clock continues to run even if the score differential drops below 12 goals.
 - **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) 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.

(5) Penalty assessment (Jr's & Sr's)

- **Junior Level-** Any time serving penalty results in stoppage of play and results in 3 vs. 2 fast break from midfield, the player who committed the penalty must come off the field (unless infraction is on the goalie). **Trailing players start behind GLE.** Players on attacking half of field are free to move. **Ball is HOT**
- **Senior Rec & Junior/Senior Select** Time serving penalties are releasable unless locked in by officials.

(6) Weather Policy

- In the event of thunder or lightning, all individuals shall leave the game site and reach a safe shelter. Everyone **MUST** 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.

(7) Field Regulations

- Only 3 Coaches permitted per team (any person on the bench side who is not a player is considered a coach)
- An **ADULT** (other than the coach) needs to be the site host contact and located at the scoring table. Officials have been instructed that this adult is responsible party when escalated coach and/or parent issues arise.
- Spectators must site opposite of team unless games are played in a stadium.

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 players 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:

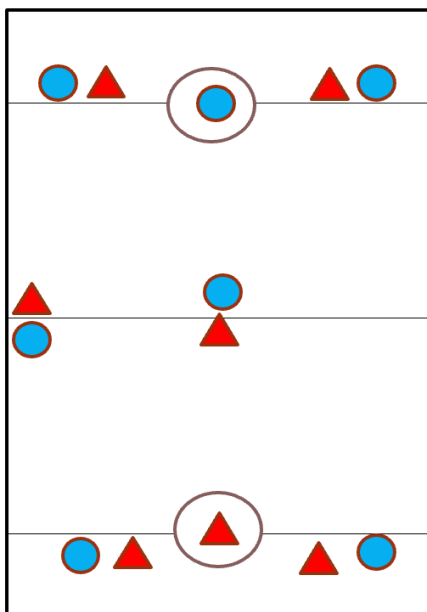
- **Field Measurements-** The playing field shall be a rectangular, 100-110 yards' max length and a 55-60 yard in width.
- **Number of Players-** Each team will field 10 players consisting of: (1) one goalkeeper, (3) midfield, (3) defense, and (3) attack.
- **Offside-** Offside will be called when it has more than six players in its offensive half of the field and more than seven players in its defensive half of the field.

(8) Fighting / Ejection

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

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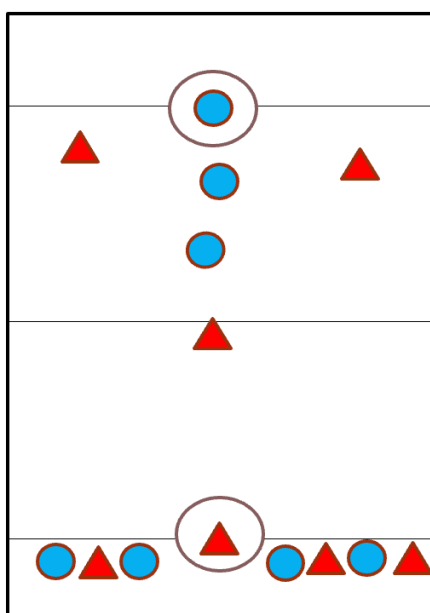
JR Face Off Positioning



Note: Players behind GLE
not released until possession

Wing players must have one foot on sideline.
They may both be on the same side or
opposite sides of the field.

JR Fast Break Positions



Defenders and attacking players on this half
of field are free to move.

Ball carrier located at midfield. Ball carrier is
automatically HOT.

Trailing players must be located behind GLE.
They are immediately released on restart of
play.