



Central Ohio Youth Lacrosse League – Game Day Rule Reference 2024

(1) Game Times

- 8-minute stop time quarters for Senior, 10-minute running clock quarters for Junior (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 (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 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 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.**
- **Senior Rec & Junior/Senior Select** Time serving penalties according to referees will be served.

(7) 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.

(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 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.

(9) Stick Checks.

In all cases, stick checks must be made with two hands on the crosse and to the crosse of an opponent or his gloved hand on his crosse. An opponent must be in possession of the ball or within 3 yards of a loose ball. Legal checks include: Lift the bottom hand or the head of the stick, whichever is below the chest area. Poke the bottom hand or the head of the stick, whichever is below the chest area. Downward check initiated from below both players' shoulders. ONE HANDED STICK CHECKS ARE ILLEGAL AT ALL LEVELS OF PLAY.

(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.