



Central Ohio Youth Lacrosse League – Junior/Senior-Game Day Rule Reference 2026

(1) Game Times

- 8-minute stop time quarters for Senior, 10-minute running clock quarters for Junior.
- For juniors, the last two minutes of the 2nd and 4th quarter are stop time.
- 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.
- Personal fouls will result in the offended team being HOT.

(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 COVLL 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.
- Offended team is automatically "HOT"

(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.



Central Ohio Youth Lacrosse League – Scoopers - Game Day Rule Reference 2026

(1) Game Times

- Four, 6 minute running time quarters.
- 2 minutes between quarters, 5-minute half times
- Officials time out only
- NO overtime

(2) On Pass Rule

- ONE **ATTEMPTED** pass must occur on or into the offensive end for a team to become HOT.
* An “attempted pass” is recognized by a pass to a teammate that has a reasonable chance to be caught, even if it is not. This will be determined by the official on the field.
- 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
- Any technical / dead ball foul on the HOT offensive team will automatically make them COLD.

(3) Field Regulations

- **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.**
- Full size (6’x6’) goals will be used option to flip to triangle if both head coaches agree.
- **Number of Players**– 5 players per team, no goalkeeper. All players may run the entire field.
- **Positioning of Players and Starting Play** – At the beginning of each quarter, teams shall place one face-off player at center field. All other players are positioned behind goal line extended and are released immediately upon the whistle to start play.
- **Positioning of players after a goal is scored** – When a goal is scored, the scored upon team will receive the ball next to the goal at GLE. All players on the scoring team must move into their defensive half of the field. No full field defense.
- **NOCSAE Certified balls**- Only balls allowed to be used on the field of play

(4) **Scrum Situation** – An extended scrum with 3 or more players for longer than 5 seconds will cause play to stop. The ball will be awarded based on alternating possession (AP)

(5) **Personal fouls** –No time served, no man down. Offending player should be replaced on field. **The offended team is “Hot” and no pass is required.**

(6) **Defense, body contact, and checking with cross** – Defense should be a basketball style defense with limited contact. Only poke and lift checks should be permitted. Down checking will result in the ball being awarded to the offended player.

(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.

(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.